

THE KETOGENIC COOKBOOK



Delicious & Healthy Low Carb, High Fat Keto
Diet Recipes For Maximum Weight Loss

PRESENTED BY: "TOTAL BODY AND HEALTH"

 **TOTALBODY**
AND HEALTH



*The Ultimate
Beginners Guide To
Feel Energetic,
Healthy & Maximize
Weight Loss With
Ketogenic Cookbook
+ 7 Day Keto Meal
Plan For Women &
Men*

Class of 2021
BS Business Administration

PRESENTED BY: "TOTAL BODY & HEALTH"



INTRODUCTION TO KETOGENIC DIET

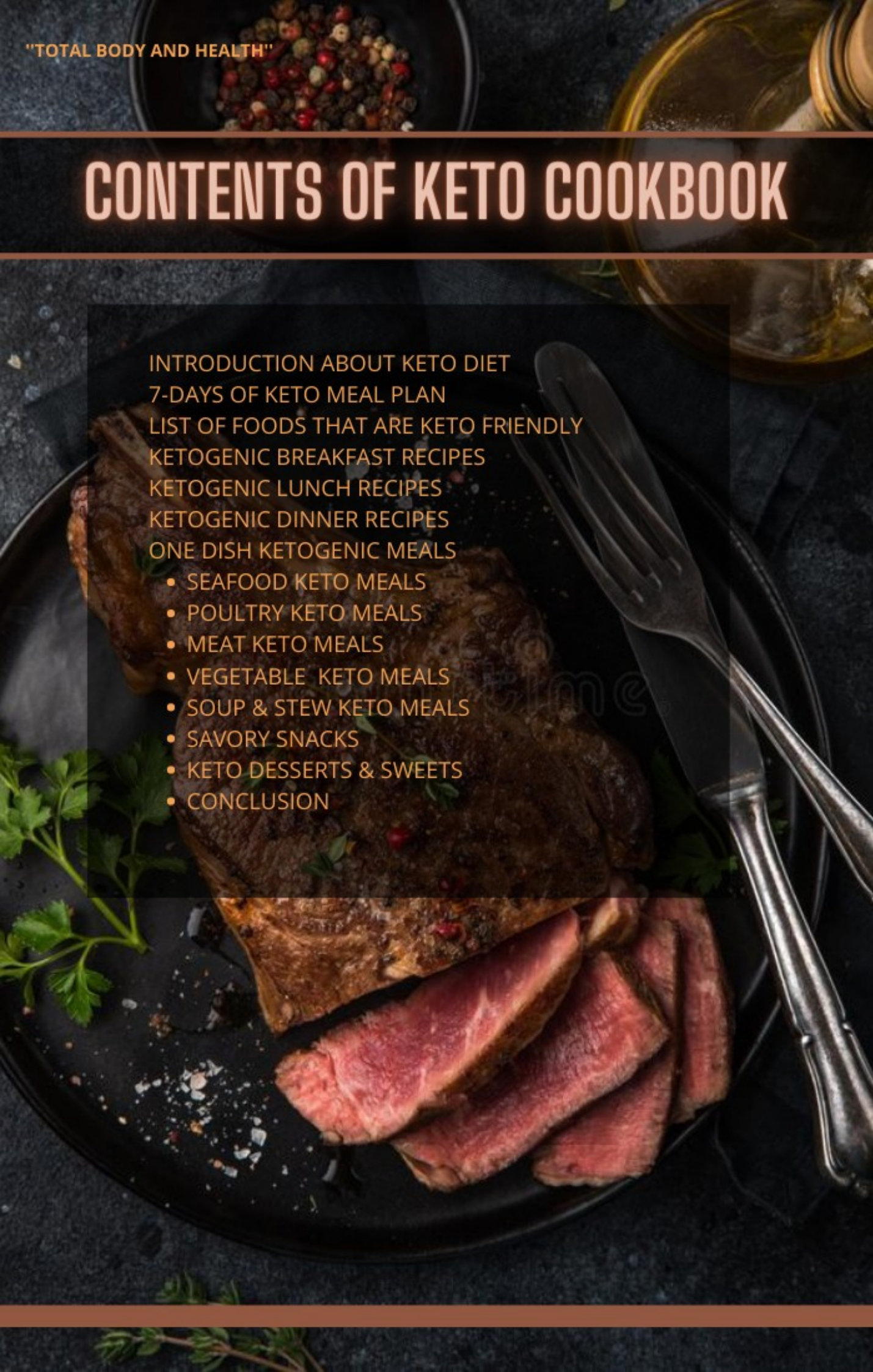
The ketogenic diet is a very low carb, high fat diet that shares many similarities with the Atkins and low carb diets. It involves drastically reducing carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis.

The ketogenic diet is a precisely prescribed diet. The classical ketogenic diet is calculated at a 4 to 1 ratio, which means it contains four times as much fat by weight as carbohydrate and protein combined. It is important to know that a gram of fat produces more than twice the number of calories produced by a gram of carbohydrate or protein. Therefore the amount of food prepared for each ketogenic diet meal is a much smaller volume than a regular meal. In addition, the total calorie intake is restricted to about three quarters of normal, making the volume appear even less.

The amount of calories and the ratio of fats to protein and carbohydrate for each meal are calculated on a case by case basis. Calculations for each day's meals are based on a participant's

"TOTAL BODY AND HEALTH"

CONTENTS OF KETO COOKBOOK

- 
- INTRODUCTION ABOUT KETO DIET
 - 7-DAYS OF KETO MEAL PLAN
 - LIST OF FOODS THAT ARE KETO FRIENDLY
 - KETOGENIC BREAKFAST RECIPES
 - KETOGENIC LUNCH RECIPES
 - KETOGENIC DINNER RECIPES
 - ONE DISH KETOGENIC MEALS
 - SEAFOOD KETO MEALS
 - POULTRY KETO MEALS
 - MEAT KETO MEALS
 - VEGETABLE KETO MEALS
 - SOUP & STEW KETO MEALS
 - SAVORY SNACKS
 - KETO DESSERTS & SWEETS
 - CONCLUSION

"TOTAL BODY AND HEALTH"



**One Dish
Ketogenic Meals**



Ingredients

- 1 cup hemp hearts
- 2 cups oat milk or coconut milk or almond milk
- 2 tablespoon chia seeds
- 4 tablespoon ground flax seeds
- 1 tablespoon stevia or maple syrup or sugar-free sweetener of one's choice
- 1.5 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ cup crushed or finely sliced almonds



Directions

- Take a saucepan, add hemp hearts, flax seed powder, and chia seeds.
- Add vanilla extract, cinnamon powder, stevia or maple syrup, and dairy-free milk.
- Mix everything well and cook for at least 2 minutes while stirring in between.
- Lastly, add sliced almonds and give a mix.
- Serve the porridge.
- Add fruit toppings or nut toppings you prefer.

Hemp Heart Porridge

- 🕒 Prep Time 5 mins
- 🕒 Cook Time: 5 mins
- 🍴 Servings: 2 bowl

MACROS

426 kcal	8g Fats	3g Carbs	15g Protein
-------------	------------	-------------	----------------

NOTES

It is important to rest the porridge in the refrigerator for a minimum 1 hour before serving

Ingredients

- 4-6 slices of cheese
- ¼ cup bell peppers, finely sliced (red, yellow, green)
- 2 tablespoon onions, finely chopped
- 3-4 Roma tomatoes, halved or chopped
- salt and pepper seasoning
- olive oil spray

Directions

- Take a non-stick pan and heat it.
- Spray some cooking oil and place the cheese slices on the pan.
- Add toppings such as chopped onions, tomatoes, and bell peppers all over the slices.
- Sprinkle salt and pepper seasoning on the slices.
- Smear little oil at the edges of the cheese slices.
- Let the slices cook until they reach slight golden color.
- Scrape the cheese slices and flip them.
- Cook for another one or two minutes on low to medium heat.
- Serve them and enjoy the cheesy breakfast.



Keto Cheese Omelette

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 5 mins
- 👤 Servings: 2 people

MACROS

390 kcal	7g Fats	3g Carbs	20g Protein
-------------	------------	-------------	----------------

NOTES

It is important to serve the omelette at room temperature so that you can enjoy the taste of cheese.

Ingredients

- 1 cup coconut milk
- ¼ cup chia seeds
- ½ cup blueberries
- 1 teaspoon stevia or
any sugar-free sweetener of one's choice(optional and skip if not required)
- Toppings can be sliced almonds, granola, chopped fruits, or fresh fruits such as strawberries, blueberries, raspberries, or any seasonal fruits chopped

Directions

- Take a bowl, add chia seeds, coconut milk, and sweetener of your choice, and mix well thoroughly.
- Place the bowl in the fridge and refrigerate for 6-7 hours or best if allowed to sit overnight.
- Take a saucepan, add some blueberries, turn on the heat and when they begin to pop up, smash them with a smasher and let the mashed blueberries rest in the fridge.
- Take a serving cup, add the chia pudding, and layer with mashed blueberry.
- Layer again with chia pudding and top with sliced almonds granola, blueberries, chopped mangoes, or any berry of one's choice.



Chia Pudding With Blueberries

- 🕒 Prep Time: 5 mins
- 👤 Servings: 2 people

MACROS

390 kcal	7g Fats	3g Carbs	20g Protein
-------------	------------	-------------	----------------

NOTES

It is important to rest the chia pudding in the refrigerator for about 1 hour to serve them chilled

Ingredients

- 4 almond flour bread slices
- 2 tablespoon butter
- 1 medium-size avocado (peeled, scooped and mashed)
- 1 medium-size cucumber, finely chopped
- ½ teaspoon red pepper flakes
- ¼ teaspoon each, salt and pepper seasoning
- 2 tablespoon red onions, finely chopped
- 2 tablespoon chopped bell peppers, any color
- 3 ounces smoked salmon slices



Directions

- In a mixing bowl, add the mashed avocado, chopped cucumber, chopped onions, and bell peppers.
- Add salt and pepper seasoning, and add red chilli flakes.
- Give a mix.
- Toast the bread slices by applying butter to them.
- Take each toasted bread slice and take equal portions of the smashed avocado mixture and spread it all over the bread slices.
- Place the smoked salmon slices equally on each bread slice.
- Serve the delicious toast and enjoy this low carb breakfast without eggs.

Keto Toast With Avocado And Salmon

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 5 mins
- 👤 Servings: 3 people

MACROS

415 kcal	12g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to cook the toast on low flame by applying butter to make them crispy and flavourful

Ingredients

- ½ cup strawberries
- blueberries, ½ cup
- ½ cup raspberries
- 1 cup Greek yogurt
- ½ cup walnuts
- ¼ cup macadamia nuts



Directions

- Take a mixing bowl, and add the strawberries, blueberries, and raspberries into the bowl.
 - Add Greek yogurt into the bowl or layer with berries and Greek yogurt.
 - Serve them in bowls.
 - Add walnuts and macadamia nut toppings
- Serve and enjoy!

Keto Yogurt Breakfast

🕒 Prep Time: 5 min

🍴 Servings: 4 servings

MACROS

230 kcal	20g Fats	2g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the bowls in the refrigerator for about 1 hour to serve them chilled.



Ingredients

- Mayonnaise
- Dijon mustard
- Lemon juice
- Hard boiled eggs
- Celery
- White onion
- Chives
- Sea salt
- Black pepper
- Paprika (optional – for garnish)



Directions

- Boil eggs: I usually do this ahead of time. You can boil eggs on the stove, or believe it or not, make baked hard boiled eggs.
- Make dressing: In a medium bowl, whisk together the mayo, mustard, and lemon juice, until smooth.
- Mix egg salad: Gently fold in eggs, celery, onions, and chives. Season with salt and pepper to taste.
- Garnish: A sprinkle of paprika and more chives are just perfect!

Easy Keto Egg Salad

- 🕒 Prep Time: 5 min
- 👨‍🍳 Cook Time: 5 mins
- 🍴 Servings: 2 servings

MACROS

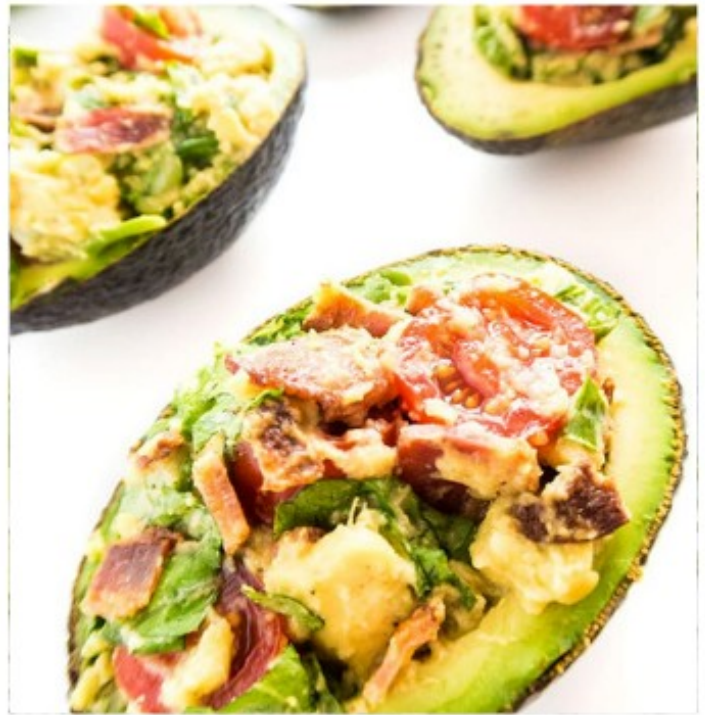
330 kcal	20g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to boil the eggs by adding some salt in the hot water to make hard.

Ingredients

- 2 medium Avocado
- 2 slices Bacon
- 1/2 cup Grape tomatoes (halved)
- 1/2 cup Romaine lettuce (chopped)
- 1 tsp Lime juice
- 1 tsp of garlic powder
- some sea salt to taste
- some black pepper to taste



Directions

- Cook the bacon. I have directions for frying below, or you can use the oven baked bacon method!
- Prep the avocados. Once you slice the avocados in half, remove the pit. Scoop half of the flesh out of each avocado half (being sure to leave some undisturbed) and transfer to a bowl.
- Mix the filling. Mash the avocado and then stir in grape tomatoes, lettuce, lime juice, garlic powder, sea salt, and black pepper. Gently mix in the chopped bacon.
- Fill the avocados. Add the stuffing back into the avocado halves. EAT!

Keto Stuffed Avocado

- 🕒 Prep Time: 5 min
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 2 servings

MACROS

350 kcal	10g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the avocados at room temperature before serving and then serve them with any sauce of your choice.

Ingredients

- 1 cup canned tuna fish, drained (about 2 cans)
- 3 tablespoon of "real" mayonnaise
- 1 tsp dried onion flakes
- salt and pepper to taste.



Directions

- Combine the tuna fish, mayonnaise, and dried onion flakes in a small bowl.
- Stir and taste.
- Season with salt and pepper as desired.
- Enjoy

Keto Tuna Salad

- 🕒 Prep Time: 5 min
- 🕒 Cook Time: 5 mins
- 🍴 Servings: 4 servings

MACROS

220 kcal	19g Fats	2g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to boil the eggs by adding some salt in the hot water to make hard.

Ingredients

- 1 pound ground chicken
- 2 teaspoons sesame oil
- 1 cup red onion, chopped
- 2 garlic cloves, minced
- 2 green onions, chopped
- salt and pepper to taste
- 8 romaine lettuce leaves, rinsed
- 1/2 cup canned water chestnuts, chopped (optional)
- **For the sauce:**
- 5 tablespoons [low carb soy sauce](#) or [coconut aminos](#)
- 1 teaspoon [sriracha sauce](#)
- 1/2 teaspoon garlic powder
- 2 teaspoons [rice wine vinegar](#)
- 1 tablespoon [swerve](#) or [monkfruit sweetener](#)
- 1 teaspoon fish sauce, optional
- salt and pepper to taste



Keto Stuffed Avocado

Directions

- Make the sauce - Take a small bowl and combine all of the sauce ingredients and mix well until well combined. Set aside.
- Heat a large skillet on medium heat. Add the oil, once hot, add red onion, garlic cloves and saute for 1-2 minutes.
- Add the ground chicken, salt and pepper to taste and cook for 3-4 minutes or until chicken has done and browned.
- Pour in the sauce, green onions and water chestnuts (if desired); combine all and cook for 1-2 minutes.
- Layer the lettuce and distribute the filling evenly into each of the lettuce, top with green onions or garnish with chopped peanuts.
- Serve!

- 🕒 Prep Time: 10 min
- 🕒 Cook Time: 15 mins
- 🍴 Servings: 4 servings

MACROS

340 kcal	15g Fats	2g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the lettuce wraps at room temperature before serving and then serve them with any sauce of your choice.

Ingredients

- **For the chicken:**
- 1 pound chicken thighs, boneless, skinless cut into bite-sized pieces
- 2 large eggs
- 1/4 teaspoon black pepper
- 1 1/2 cups parmesan cheese powdered
- 1 cup avocado oil, for frying
- **For the sauce:**
- 1 tablespoon tamari sauce
- 1/3 cup white sweetener
- 1/4 cup tomato sauce, sugar-free (or tomato paste)
- 1/3 cup rice wine vinegar
- 1 teaspoon garlic powder
- 1/8 teaspoon ginger, fresh grated
- 1/4 cup water
- 1/2 teaspoon xanthan gum, optional
- **For garnishing:**
- Scallions, sliced



Keto Sweet And Sour Chicken

- 🕒 Prep Time: 10 min
- 🕒 Cook Time: 15 mins
- 🍴 Servings: 4 servings

Directions

- **For the sauce:**
- Heat a saucepan over medium heat and add in all the sauce ingredients except xanthan gum; stir well to combine.
- Bring the mixture to a boil, add in the xanthan gum and boil for 2-3 minutes, stirring occasionally or until the sauce thickens.
- Remove from the heat and set aside to completely cool.
- **For the chicken:**
- Heat a cast-iron skillet over medium heat, add oil and let it become hot.
- Take two shallow bowls and beat the eggs into the first one and combine the powdered parmesan and pepper with the other.
- Firstly, dip a chicken into the egg mixture then into the cheese mixture, and coat well. Repeat for the remaining pieces.
- When the oil is hot and ready to fry, add the chicken and fry for about 5 minutes (make sure not to overcrowd the skillet) or until cooked through and browned. Fry the chicken in batches and set aside.
- Baste the chicken with the sauce and serve immediately over cauliflower rice and garnish with scallions.

MACROS

427 kcal	20 Fats	3g Carbs	30g Protein
-------------	------------	-------------	----------------

NOTES

It is important to rest the chicken at room temperature and then serve them with warm cauliflower rice

Ingredients

- 5 cups Romaine lettuce (chopped)
- 5 cups Watercress (chopped)
- 8 slices Cooked bacon (cut into small pieces or crumbled)
- 12 oz Cooked chicken breast (cut into cubes or shredded)
- 2 cups Grape tomatoes (halved)
- 2 medium Avocados
- 4 large Hard boiled eggs (diced or sliced)
- 1/2 cup Roquefort cheese (crumbled)
- 2 tbsp Chives (finely chopped)
- 1/2 cup Ranch dressing
- Sea salt (to taste)
- Black pepper



Keto Cobb Salad

Directions

- In a large bowl, combine all ingredients except dressing, salt, and pepper.
- Add dressing and toss to combine. Season to taste with salt and pepper

🕒 Prep Time: 10 min

🍽️ Servings: 5 servings

MACROS

374	27g	5g	24g
kcal	Fats	Carbs	Protein

NOTES

It is important to rest the chicken at room temperature and then serve them with warm cauliflower rice

Ingredients

- 2 medium zucchini
- 2 Tablespoons (30 g) butter
- 3 large cloves garlic, *minced (or to taste)*
- 3/4 cup (75 g) parmesan cheese *(approximately)*
- kosher salt, *to taste*
- black pepper, *to taste*
- 1/4 teaspoon (1.25 ml) red chili flakes



Zucchini Noodles With Garlic, Butter, Parmesan

Directions

- Cut zucchini into spirals or noodle strands using the vegetable spiralizer or julienne peeler. Set aside noodles.
- Heat large pan on medium-high heat. Melt butter, then add garlic. Cook garlic until fragrant and translucent, about 30 seconds. *Don't let the garlic burn.*
- Add zucchini noodles and cook until tender, about 3-5 minutes. *Zucchini noodles cook really fast, so taste a strand as you cook and decide how firm or "al-dente" you want the zucchini. Don't overcook the zucchini noodles or else they'll become mush.*
- Remove the pan from the heat, add parmesan cheese and season generously with salt and pepper to taste. Add chili flakes then serve warm.

- 🕒 Prep Time: 15 min
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 2 servings

MACROS

430 kcal	20g Fats	45g Carbs	30g Protein
-------------	-------------	--------------	----------------

NOTES

Add some sausage, tomatoes, or more vegetables to make it a perfect fit for your family and menu. Whatever you do, don't skimp out on the garlic. The flavor is amazing!

Ingredients

- 2 heads of broccoli, tops only
- 8 slices well cooked and chopped bacon
- 1 cup red onion, diced
- 1 cup shredded cheddar cheese
- 1/2 cup salted and roasted sunflower seeds
- 1 cup mayonnaise
- 2 Tbsp apple cider vinegar
- 3 Tbsp erythritol



Keto Broccoli Salad

Directions

- Mix mayo, apple cider vinegar and erythritol in small bowl to make the broccoli salad dressing and set aside
- Combine the remaining ingredients in a large bowl
- Add the dressing mixture and combine well
- Chill for 1+ hours before serving
-

🕒 Prep Time: 10 min

🍽️ Servings: 5 servings

MACROS

374 kcal	27g Fats	5g Carbs	26g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the rest the salad in the refrigerator for at-least 1 hour before serving.

Ingredients

Creamy Dill Dressing:

- ½ cup mayonnaise
- 2 tablespoon avocado oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 2 tablespoon chopped fresh dill
- Salt and pepper to taste

Salad:

- 16 ounces baby spinach, washed and dried
- 1 lb cooked salmon, flaked
- 1 avocado, chopped or sliced
- 4 small radishes, sliced
- 2 thin slices red onion separated into rings



Salmon Salad With Avocado and Spinach

Directions

Dressing:

- Place all the ingredients in a jar and shake vigorously to combine.

Salad:

- Place the spinach on a large serving platter or in a large bowl. Arrange the salmon, avocado, sliced radish, and onion rings on top. You can also arrange individual salads on separate plates
- Dress the whole salad or serve onto individual plates and pass the dressing at the table.

- 🕒 Prep Time: 10 min
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 4 servings

MACROS

458 kcal	15g Fats	5g Carbs	3g Protein
----------	----------	----------	------------

NOTES

Serve the salad with your favorite dressing and rest it for about 15 minutes in the refrigerator before serving



DINNER RECIPES



Ingredients

- 2 cups poached chicken finely diced (10 oz)
- 1 medium Hass Avocado, mashed
- 1/3 cup celery, finely diced (1 large rib)
- 2 tbsp red onion or scallion, minced
- 2 tbsp cilantro, finely chopped
- 2 tbsp avocado oil (or your favorite)
- 1 tbsp fresh lemon juice (or lime juice)
- salt and pepper to taste



Avocado Chicken Salad

Directions

- Prepare the celery, onion, and cilantro, placing in a medium bowl. Dice the chicken and add it to the bowl with the vegetables.
- Cut into the avocado with a chef's knife until the blade hits the pit. Slide the knife around the pit, cutting the avocado in half. Twist the halves to separate. Remove the pit by tapping the knife into the pit until it sticks, make sure the avocado half is held steadily on a cutting board before attempting. Scoop out the avocado flesh with a spoon and place into a small bowl. Mash with a fork until smooth and creamy. Stir in the lemon juice and oil.
- Add the mashed avocado to the to the chicken and vegetables and stir to mix. Serve over lettuce or enjoy on a low carb bagel.
- Makes 3, 3/4-1 cup servings.

🕒 Prep Time: 15 mins

🍴 Servings: 3 serving

MACROS

267 kcal	15g Fats	3g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to note that wash the chicken with water by adding some vinegar to remove the excess smell and make the chicken tender while cooking

Ingredients

- 7 oz. bacon
- 4 oz. (1²/₃ cups) mushrooms, sliced
- 1½ lbs ground beef or ground turkey
- ½ tsp salt
- ¼ tsp pepper
- 1 cup (4 oz.) shredded cheddar cheese
- 1 butterhead lettuce, leaves separated and washed
- 8 (5 oz.) cherry tomatoes, sliced



Keto Bacon Cheeseburger Wraps

Directions

- Add the bacon to a large skillet and cook over medium heat for about 15 minutes, or until crispy. Remove the bacon from the pan and set aside.
- Over medium-high heat, sauté the mushrooms in the bacon fat, for about 5 to 7 minutes, or until browned and tender. Set aside.
- Add the ground beef, salt, and pepper. Sauté the beef (breaking up any chunks with the back of a wooden spoon) for about 10 minutes, or until evenly browned.
- For serving, spoon the ground beef onto the lettuce leaves and layer the cheddar cheese, bacon, mushrooms, and tomatoes on top.
-

- 🕒 Prep Time: 5 mins
Cook Time: 25 mins
- 🍴 Servings: 3 serving

MACROS

356 kcal	25g Fats	4g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to note that rest the bacon wraps at room temperature for about 15 minutes before serving.

Ingredients

- 8 oz. smoked salmon
- 2 (14 oz.) avocados
- 2 tbsp mayonnaise
- salt and pepper



Directions

- Split the avocado in half, remove the pit, and scoop out avocado pieces with a spoon. Place on a plate.
- Add salmon and a hearty dollop of mayonnaise to the plate.
- Top with freshly ground black pepper and a sprinkle of sea salt.

Keto Smoked Salmon and Avocado Plate

- 🕒 Prep Time: 5 mins
Cook Time: 5 mins
- 🍴 Servings: 2 serving

MACROS

367 kcal	20g Fats	2g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to note that rest the salmon at room temperature for about 15 minutes before serving.

Ingredients

- 1 lb chicken sliced thinly
- 1 red bell pepper sliced
- 1 yellow pepper sliced
- 1 medium size onion sliced
- 2 tablespoon olive oil divided
- ¼ cup chicken broth

Spices for Fajita Mix:

- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon ground cumin
- flour tortillas optional
- lettuce wraps optional



Directions

- Heat skillet over medium-high heat with 1 tablespoon Olive oil.
- Add peppers and onion, saute until tender(about 5-7 minutes).
- Remove peppers and onions to plate.
- Add remaining olive oil and chicken.
- Saute until chicken is no longer pink and done; about 8 minutes.
- Add spices and chicken broth, bring to a boil then turn to simmer.
- Add peppers and onions back to skillet.
- Heat for about 3-5 minutes.
- Serve immediately.

Keto Skillet Chicken Fajitas

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍴 Servings: 6 serving

MACROS

327 kcal	25g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to note that rest the chicken fajitas at room temperature for about 15 minutes before serving.

Ingredients

- 1 pound Cauliflower
- ½ cup Mayyonaise
- 1 tablespoon Olive Oil
- 2 tablespoon White Vinegar
- 1 tablespoon Dijon Mustard
- 1 teaspoon Garlic Powder
- ¼ teaspoon Paprika
- ¼ teaspoon Celery salt
- ¼ teaspoon Sea Salt
- ¼ teaspoon Pepper
- 2 Eggs Hard Boiled, chopped
- ¼ cup Red Onion Sliced
- ¼ cup Scallions chopped



Directions

- Steam the cauliflower until fork tender, about 10 minutes. Cool to room temperature for 20-30 minutes.
- Whisk the next 9 ingredients together, taste and adjust salt if needed.
- Stir the dressing in the bowl with the cauliflower then add in the onion, eggs and scallions.
- Chill for 30 minutes or until ready to serve.

Keto Cauliflower Potato Salad

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 4 serving

MACROS

227 kcal	15g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to note that rest the salad at room temperature for about 15 minutes before serving.

Ingredients

- 1 head Cauliflower (cut into small florets)
- 2 tbsp Olive oil
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper
- 1 cup Cheddar cheese (shredded)
- 1/4 cup Heavy cream
- 1/4 cup Unsweetened almond milk (or any milk of choice)
- 1 tbsp Unsalted butter



Directions

- Preheat the oven to 450 degrees F (232 degrees C). Line a **baking sheet** with **foil** or **parchment paper**.
- In a large bowl, toss the cauliflower florets, olive oil, salt, and pepper.
- Arrange the cauliflower florets on the prepared baking sheet. Roast for **15-20 minutes**, until crisp-tender.
- In a small saucepan over low heat (or a bowl in the microwave), heat the cheddar cheese, heavy cream, almond milk, and butter, stirring frequently, until smooth. Be careful not to overheat.
- When the cauliflower is done, transfer it to a large bowl. Pour the cheese sauce over the cauliflower and gently fold the sauce into the cauliflower until coated evenly.

Cauliflower Mac And Cheese

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 4 serving

MACROS

425 kcal	15g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the cauliflower mac and cheese hot at room temperature.

Ingredients

- 2 tablespoons butter
- 1 stalk celery *chopped*
- 1 small onion *chopped*
- 1½ pounds broccoli florets *cut into bite-sized pieces*
- 3 cups canned chicken stock
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 3 cups cheddar cheese *shredded*
- salt and pepper *to taste*



Directions

- In a large stockpot, melt butter over medium heat. Cook celery and onion in butter until softened.
- Stir in broccoli, and cover with stock. Simmer until broccoli is tender, 10 to 15 minutes.
- If you want your soup chunky, remove about a cup of broccoli with a slotted spoon and set aside.
- Reduce heat, and stir in the garlic powder and paprika. Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted.
- Using a stick blender, blend until smooth.
- Stir in the broccoli that was removed earlier and serve. Salt and pepper to taste.

Low Carb Broccoli Cheese Soup

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 8 serving

MACROS

427 kcal	20g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the soup hot at room temperature.

Ingredients

- 1 Large Zucchini halved lengthwise
- Kosher salt and pepper, to taste
- 1 5oz Can Tuna drained
- 1 Stalk Celery finely chopped
- ½ small Red Onion diced
- ¼ Cup Plain Greek Yogurt
- 2 Tbsp Chopped Dill
- 1 Tsp Dijon Mustard
- 1 Tbsp Fresh Lemon Juice
- 1 Jalapeno thinly sliced or chopped
- ¼ Cup Shredded Cheddar Cheese

OPTIONAL TOPPINGS

- Corn
- Chopped Tomatoes
- Red chili peppers
- Green Onions

Directions

- Preheat your oven to 350F and line a baking tray with parchment paper.
- Cut the zucchini in half lengthwise, then scoop out the insides and save for another use.
- Place the zucchini into the prepared baking tray, and spray with cooking oil. Season with salt and pepper to taste, then place into the middle rack of the oven and bake for 12-15 minutes, or until just tender.
- In a mixing bowl, add tuna, celery, red onion, yogurt, dill, mustard, lemon juice, and jalapeño. Mix until combined, then taste and season with salt and pepper as needed.
- Stuff the zucchini with the tuna mixture then sprinkle with cheddar.
- Continue to bake in the preheated oven for about 10 minutes, or until cheese is melted. Enjoy!



Tuna Melts Zucchini Boats

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 26 mins
- 🍽️ Servings: 2 servings

MACROS

427 kcal	25g Fats	5g Carbs	20g Protein
----------	----------	----------	-------------

NOTES

It is important to serve the jalapenos boats hot at room temperature.

Ingredients

- 4 chicken breasts (about 4-6 ounces each)
- 2 tablespoons olive oil, divided
- 4 cups organic spinach
- ½ teaspoon garlic powder
- 2 ounces goat cheese
- 1 white onion, sliced
- 8 ounces sliced baby mushrooms
- 1 teaspoon fresh thyme
- Optional: 1 tablespoon balsamic vinegar
- Freshly ground salt and pepper



Goat Cheese & Spinach Stuffed Chicken Breast with Caramelized Onions + Mushrooms

- Preheat the oven to 375 degrees F. Use a sharp knife to Hasselback each chicken breast, and cut 6 slits into the top of each breast, making sure you don't cut all the way through to the bottom of the chicken breast. Drizzle each chicken breast with a little olive oil then season with salt and pepper. Set aside.
- Place a large ovenproof skillet over medium-high heat and add in ½ tablespoon of olive oil. Add in spinach and season with garlic powder. Cook, stirring occasionally until spinach is fully wilted.
- Transfer cooked spinach to a medium bowl and add goat cheese. Stir until well combined. Stuff each slit with the spinach/goat cheese mixture.
- Next, add 1 tablespoon of olive oil to the same skillet. Add in sliced onions, mushrooms, fresh thyme, and optional balsamic vinegar, and season with a little salt and pepper. Saute until onions begin to caramelize and mushrooms turn golden brown. Make room for the chicken by moving the mushrooms and onions to the sides of the skillet.
- Add chicken to the skillet, making sure there is a little bit of room between each chicken breast; you may need to rearrange the mushrooms and onions. Transfer to oven and bake for 20-30 minutes until the chicken is fully cooked

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 30 mins
- 🍴 Servings: 4 servings

MACROS

428 kcal	20g Fats	4g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to cook the chicken in the oven until it is reached to 165 degrees F.

Ingredients

- 2 tbsp olive oil
- 2 1/4 lbs boneless, skinless chicken breasts (thin cut)
- 3 garlic cloves, minced
- 1/2 tsp Italian seasoning
- 1.2 tsp paprika
- 1/2 cup chicken broth
- 2 tbsp butter
- 1 1/4 cup heavy whipping cream
- 1/2 cup Parmesan cheese, freshly grated + 1/4 cup for garnishing (optional)
- 1/3 cup Gouda cheese, freshly grated
- 1 cup grape tomatoes, halved
- 1/4 onion, chopped
- 1 1/2 cup fresh baby spinach leaves, roughly chopped.

Directions

- Season chicken with Italian seasoning, paprika, salt, and pepper.
- In a 12-inch cast-iron skillet over medium heat, add 2 tbsp olive oil.
- When the skillet gets nice and hot, add your chicken and sear on both sides until brown. Put a lid on the top to help the chicken cook. Don't overcook the chicken. The internal temperature should reach 165°F. (Use a thermometer to help.) Remove from the pan and set aside.
- Add butter, garlic, onion, and diced tomatoes to pan with Italian seasoning and paprika sauce for 5 minutes stirring occasionally on medium/ low heat.
- De-glaze pan with chicken broth. Scrape the pan to remove the bits that might have stuck to the bottom. Make sure to keep them in the pan as they add incredible flavor.
- Add heavy cream, Parmesan cheese, Gouda, and spinach and simmer on medium heat until the sauce begins to thicken stirring occasionally so that it doesn't stick. (It took me approx seven minutes.)
- Add the chicken back to the skillet, and simmer on low heat for two minutes.
- Add remaining 1/4 cup of Parmesan cheese on top of chicken if desired.



Creamy Tuscan Garlic Chicken

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 6 servings

MACROS

428 kcal	25g Fats	5g Carbs	30g Protein
----------	----------	----------	-------------

NOTES

It is important to not that using a cast-iron skillet will help sear your chicken more evenly and also develop the flavor better.

"TOTAL BODY AND HEALTH"

KETO FOODS LIST



LIST OF FOODS THAT ARE KETO-FRIENDLY

Here is a list of all the low-carb, keto-friendly foods that are appropriate to eat when you're following keto.



Fish is rich in B vitamins, potassium, and selenium; it's also protein-rich and carb-free.



Nonstarchy vegetables are low in calories and carbs, but high in many nutrients, including vitamin C and several minerals.



cottage cheese is high in protein and calcium-rich. Five ounces of plain Greek yogurt provides just 5 g of carbohydrates and 12 grams of protein.



Choose heart-healthy fats like avocados, which are high in monounsaturated fat, and potassium, a many minerals.



Meat is a source of lean protein and is considered a staple on the ketogenic diet.



Eggs are high in protein, B vitamins, minerals and antioxidants. Two eggs contain zero carbohydrates and 12 grams of protein.



Nuts and seeds are full of healthy polyunsaturated and monounsaturated fats, fiber and protein. They also are very low in net carbs.



Yogurt is high in protein and calcium-rich. Five ounces of plain Greek yogurt provides just 5 g of carbohydrates and 12 grams of protein



Berries are rich in antioxidants that reduce inflammation and protect against disease. They are low in carbs and high in fiber.



"TOTAL BODY AND HEALTH"

"TOTAL BODY AND HEALTH"



**EASY KETO
BREAKFASTS**



Ingredients

- 4 medium green tomatoes (about 2 lb. total), sliced ½" thick
- 2 1/2 tsp kosher salt, divided
- 3/4 tsp freshly ground black pepper, divided
- 2 tbsp extra-virgin olive oil, divided, plus more for grill and drizzling
- 4 oz goat cheese, softened
- 2 tbsp heavy cream
- Zest of 1 lemon (about 2 tsp.)
- 1/2 tsp agave or honey
- 1/2 tsp red pepper flakes, plus more for garnish
- 1/2 c fresh basil leaves
- Flaky sea salt, optional



Grilled Green Tomatoes

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍴 Servings: 4 servings

Directions

- Season tomatoes on both sides with 1 tsp. kosher salt and ½ tsp. black pepper. Drizzle with 1 tbsp. oil. Set aside.
- In a medium bowl, mix goat cheese, cream, lemon zest, agave, red pepper flakes, and remaining 1 tbsp. oil, 1 1/2 tsp. kosher salt, and 1/4 tsp. black pepper until well combined. Spread on a platter or plate.
- Preheat a gas grill to high; clean and oil grates. Grill tomatoes until well-charred but not overly soft, 2 to 3 minutes per side.
- Arrange tomatoes over goat cheese mixture. Drizzle with oil, then top with basil, sea salt, if using, and red pepper flakes.

MACROS

310 kcal	20g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the tomatoes hot at room temperature.

Ingredients

- 2 tbsp extra-virgin olive oil, plus more for grill
- 1 clove garlic, grated
- 1 tsp finely grated lime zest
- 1 tbsp fresh lime juice
- 1 tsp dried oregano
- 1 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- Pinch of red pepper flakes
- 2 avocados, pitted and quartered lengthwise (skin on)
- Fresh cilantro, flaky sea salt, and lime wedges, for serving



Grilled Avocado

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 15 mins
- 🍴 Servings: 4 servings

Directions

- Prepare a grill for high heat; clean and oil grates. In a small bowl, whisk oil, garlic, lime zest, lime juice, oregano, kosher salt, black pepper, and red pepper flakes.
- Lightly drizzle avocados with oil. Grill, turning once, until char marks are visible on flesh side and avocados have slightly softened, about 2 minutes per side.
- Scoop out flesh from avocado and transfer to a plate. Whisk vinaigrette again, then drizzle over avocados. Garnish with sea salt and cilantro. Serve with lime wedges alongside.

MACROS

320 kcal	20g Fats	4g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the avocados hot at room temperature.

Ingredients

- 1 tbsp butter, room temperature, divided
- 2 large eggs
- 2 tbsp heavy whipping cream
- 1 pinch salt and pepper
- 2½ oz. tuna in water, drained
- 1¼ oz. (32/3 tbsp) green bell peppers, cut into strips (1/4 medium pepper)
- 1 tsp finely chopped, fresh chives.



Keto Scrambled Eggs In A Mug

- 🕒 Prep Time: 2 mins
- 🕒 Cook Time: 5 mins
- 🍽️ Servings: 2 servings

Directions

- Grease a large cup or mug with butter.
- In a small bowl, whisk together the eggs, heavy whipping cream, salt, and pepper. Pour egg mixture into the cup or mug (a maximum of two-thirds full, as the eggs, will gain volume while cooking).
- Microwave at maximum power for about 1 minute. Remove and stir, turning over the scrambled egg. Microwave for another 30 seconds to 1 minute, or until firm, yet moist. Set aside. Note: the eggs will keep cooking when removed from heat, so try not to overcook.
- Add the remaining butter to the eggs, stir, and let cool for a minute.
- Serve the scrambled eggs with tuna, bell pepper, and chives.

MACROS

240 kcal	15g Fats	4g Carbs	17g Protein
-------------	-------------	-------------	----------------

NOTES

You can exclude the cream if you want to avoid dairy products.

Ingredients

- Streaky bacon - as much or as little as you needed



CRISPY BACON

Directions

- Pre-heat the oven to 220°C/200°C fan.
- Lay out the bacon on a baking tray. Make sure that the rashers aren't overlapping.
- Put into the oven and cook for 15 minutes until crispy.
- Remove from the oven and serve.

- 🕒 Prep Time: 2 mins
Cook Time: 16 mins
- 🍴 Servings: 2 servings

MACROS

240 kcal	15g Fats	4g Carbs	17g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve them hot to enjoy its flavor and crispy texture as well.

Ingredients

- 8 eggs
- 1 12 oz roll breakfast sausage
- 1 tablespoon butter
- 1 cup chopped spinach
- 1 cup diced mushrooms
- 1/4 cup heavy cream
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup shredded colby and monterey jack cheese or cheese of choice



Keto Egg and Sausage Bowl

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 4 servings

Directions

- Cook and crumble sausage in a large skillet over medium heat. Add diced mushrooms and spinach to the skillet and cook for another 3-4 minutes.
- In a large bowl, whisk eggs and cream. Season with salt and pepper.
- In a separate skillet, melt butter. Add egg mixture and scramble eggs until fluffy.
- Stir in cooked eggs with sausage mixture.
- Stir in shredded cheese.
- Serve or separate into meal containers.

MACROS

340 kcal	27g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve keto and eggs sausage bowl at room temperature.

Ingredients

- 8 oz mozzarella cheese shredded or cubed
- 2 oz cream cheese
- ⅔ cup almond flour
- ⅓ cup coconut flour
- 1 egg
- 2 teaspoon baking powder
- 1 teaspoon salt

Filling Ingredients:

- 2 eggs scrambled
- 4 oz Canadian bacon or other cooked breakfast meat
- ½ cup shredded cheddar cheese or other cheese or your choice



Keto Breakfast Pockets

Directions

- Preheat oven to 350.
- Put mozzarella cheese and the cream cheese in a microwave-safe bowl. Microwave one minute. Stir. Microwave 30 seconds. Stir. At this point, all the cheese should be melted. Microwave 30 more seconds (it should look like cheese fondue at this point).
- Put the melted cheese and the other dough ingredients into a food processor and pulse until a uniform dough forms. (Alternatively, you can mix by hand but make sure to knead the dough thoroughly).
- Divide the dough into 8 pieces. Press each into a 6-inch circle on a piece of parchment paper on a baking sheet. It helps to wet your hands. Divide the filling between each circle of dough. Fold in the edges and crimp to seal. Place back on the parchment seam side down.
- Bake for 20-25 minutes until golden brown.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 20 mins
- 🍴 Servings: 8 servings

MACROS

198 kcal	16g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the waffles hot at room temperature.

Ingredients

- 4 large Egg
- 2 large Bell pepper (cut in half, seeds removed)
- 1/2 cup Swiss Gruyere shredded cheese blend (or any shredded cheese you like)
- 4 tsp Chives (chopped)
- Sea salt
- Black pepper



Breakfast Egg and Cheese Stuffed Peppers

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 30 mins
- 🍴 Servings: 4 servings

Directions

- Preheat the oven to 400 degrees F (204 degrees C). Line a baking sheet with foil or parchment paper and grease lightly.
- Place the peppers cut side up onto the baking sheet. Bake for 15-20 minutes, until softened.
- Place a tablespoon of shredded cheese at the bottom of each pepper. Crack an egg on top, then sprinkle lightly with sea salt and black pepper. Add another tablespoon of shredded cheese around the edges, leaving some of the yolk visible in the center. Finish with a light sprinkling of chives.
- Bake for 15-20 minutes, until egg whites are set.

MACROS

289 kcal	9g Fats	2g Carbs	14g Protein
-------------	------------	-------------	----------------

NOTES

It is important to bake the peppers for about 20 minutes by applying some oil on its top to prevent them from burning.

Ingredients

- 3 tbsp olive oil
- 8 eggs
- 1/2 cup heavy cream (or milk)
- 1/2 tsp kosher salt
- 1/4 tsp pepper
- 1 small onion, diced
- 1 small zucchini, diced
- 1 cup fresh baby spinach leaves
- 4 oz smoked salmon, chopped
- 1 tbsp fresh chives, chopped (or 1 tsp dried)
- 1 tbsp fresh parsley, chopped (or 1 tsp dried)
- 2 tbsp fresh dill, chopped (or 2 tsp dried)
- 1 cup gouda, or other favorite cheese



Smoked Salmon Frittata

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 20 mins
- 🍴 Servings: 4 servings

Directions

- Preheat oven to 350 degrees. Whisk egg, cream, salt, and pepper together in a separate bowl. Set aside.
- In a 10" ovenproof skillet over medium-high heat, saute onions and zucchini until soft. Add spinach and stir until wilted.
- Reduce heat to medium and add smoked salmon, herbs, and gouda to the skillet.
- Pour egg and cream mixture over the top. Continue cooking until the frittata begins to pull away from the sides of the pan, 5 to 7 minutes.
- Remove from heat and place in oven. Bake for 16 to 18 minutes, or until the center is set.
- Delicious topped with a dollop of sour cream, fresh herbs, and even some more cheese.

MACROS

329 kcal	11g Fats	2g Carbs	26g Protein
----------	----------	----------	-------------

NOTES

It is important to serve this low carb smoked salmon at room temperature you can enjoy this with any of your favorite sauce.

Ingredients

- 4 large eggs
- 4 oz cream cheese ½ block
- ½ cup almond flour
- 2 tablespoons melted butter or coconut oil
- 1 teaspoon vanilla extract
- 1 tbsp erythritol optional
- 1 teaspoon baking powder
- Keto Maple Syrup Optional



Keto Waffles

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 15 mins
- 🍴 Servings: 4 servings

Directions

- Add all the ingredients into a blender. Blend until mixed through and smooth, about 1 minute.
- Grease pre-heat waffle iron with cooking spray or butter. Pour batter into waffle iron depending on the iron size.
- Cook until golden and crispy. Repeat until all the batter is finished. Enjoy!

MACROS

293 kcal	10g Fats	4g Carbs	27g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the waffles hot at room temperature.

Ingredients

- 2 tablespoons olive oil
- 1 medium tomato
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Pinch of red pepper flakes
- A handful of chopped kale
- 2 eggs
- Salt to taste



Keto Shakshuka

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 1 serving

Directions

- Heat the oil in a small cast-iron skillet, add in the chopped tomato and spices, cook 3-4 minutes until soft.
- Add in the kale and cook 2-3 minutes until wilted. Make two divots in the tomato/kale mixture and crack in the eggs.
- Cover and cook 4-5 minutes over low heat until the whites are set. Sprinkle with salt and serve.

MACROS

376 kcal	25g Fats	4g Carbs	14g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the shakshuka hot at room temperature.

Ingredients

- 1 oz. kale leaves
- 1/2 avocado (peeled and stone removed)
- 1 stick celery (chopped)
- 2 oz. cucumber (peeled)
- 1 cup unsweetened almond milk (or regular milk)
- 1 tablespoon peanut butter (you can use any nut butter you like)
- 2 tablespoon freshly squeeze lemon juice



Keto Green Smoothie With Avocado

- Add all of the ingredients to a high-speed blender.
- Pulse to combine, stopping to scrape down the sides if necessary.
- Serve immediately garnished with fresh mint or store in the fridge for later that day.

🕒 Prep Time: 5 mins

🍷 Servings: 2 servings

MACROS

320 kcal	10g Fats	2g Carbs	14g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the smoothie in the refrigerator for about 3 hours before serving.

Ingredients

- 16 ounces cream cheese, softened
- 1 cup powdered erythritol
- 1/2 cup sour cream
- 1/2 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1 cup crumbled coconut shortbread cookies (or other keto cookie crumbs)
- 1 1/2 cups fresh berries (any combo of strawberries, blueberries or raspberries)



Keto Parfaits

Directions

- Combine the cream cheese, sweetener, vanilla, and lemon zest in a medium sized bowl, and blend with a mixer until smooth and fluffy.
- Add the sour cream and heavy whipping cream and blend until smooth.
- Chill for at least 1 hour, or overnight.
- Divide the cookie crumbs between 6 medium sized glasses or small mason jars - about 2 - 3 tablespoons each.
- Divide the cheesecake mixture evenly between the 6 glasses (about 1/2 cup each)
- Top with fresh berries.
- Alternatively, you could do 2 layers of each item as shown, for a more attractive presentation.

🕒 Prep Time: 16 mins

🍴 Servings: 6 servings

MACROS

325 kcal	10g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the parfait in refrigerator for about 15 hours before serving.

Ingredients

- 1 Cup Almond Breeze Original Almond milk
- 1 Cup Crushed ice
- 1/4 Cup Avocado (about 1/2 an avocado or 60g)
- 3 Tbsp Monk fruit, or to taste
- 2 Tbsp Natural creamy peanut butter (Almond butter for paleo)
- 1 Tbsp Unsweetened cocoa powder)



Directions

- Place all ingredients into a blender and blend until smooth.
- SLURP UP!

Keto Peanut Butter Smoothie

🕒 Prep Time: 5 mins

🍷 Servings: servings

MACROS

150 kcal	8g Fats	2g Carbs	30g Protein
-------------	------------	-------------	----------------

NOTES

It is important to rest the smoothie in refrigerator for about 1 hour before serving.

Ingredients

- 1 lb Breakfast sausage
- 6 cloves Garlic (minced)
- 12 large Egg
- 1/2 cup Heavy cream
- 2 cups Cheddar cheese (divided)
- 2 tbsp Fresh parsley (chopped)
- 1/4 tsp Sea salt
- 1/4 tsp Black pepper
- 3 cup Broccoli (optional - cut into florets if using)



Directions

- In a greased skillet over medium-high heat, cook the minced garlic for about one minute, until fragrant.
- Add the breakfast sausage. Cook for about **10 minutes**, breaking apart with a spatula, until browned.
- Meanwhile, preheat the oven to 375 degrees F.
- If using broccoli (or other veggies), blanch them in boiling water for about **5-7 minutes**, until crisp tender. Then plunge into an ice bath to stop cooking, drain and pat dry.
- In a large bowl, whisk together the eggs, heavy cream, half of the cheddar cheese, parsley, sea salt, and black pepper.
- Grease the bottom of a glass or ceramic 8x8 in (20x20 cm) or 9x9 in (23x23 cm) casserole dish (**I use this one**). Arrange the crumbled sausage evenly at the bottom of the casserole dish.
- Pour the egg mixture over the sausage. Sprinkle the remaining cheddar cheese on top.
- Bake for approximately **30 minutes**, until the eggs are set and cheese is melted.

Keto Sausage, Cheese, and Egg Breakfast Casserole

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 40 mins
- 🍴 Servings: 8 servings

MACROS

240 kcal	10g Fats	2g Carbs	20g Protein
----------	----------	----------	-------------

NOTES

You can also bake this in the oven at 350 °F (175 °C) for about 20 minutes.

Ingredients

- 5 oz. diced bacon or chorizo
- 2 tbsp butter
- 8 oz. (7½ cups) fresh spinach
- 8 eggs
- 1 cup heavy whipping cream
- 5 oz. (1¼ cups) cheddar cheese, shredded
- salt and pepper



Directions

- Preheat the oven to 350 °F (175 °C). Grease a 9x9 baking dish or individual ramekins.
- Fry the bacon in butter on medium heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
- Whisk the eggs and cream together and pour into a baking dish or in ramekins.
- Add the bacon, spinach, and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

Keto Spinach Frittata

- 🕒 Prep Time: 1 min
Cook Time: 60 mins
- 🍴 Servings: 8 servings

MACROS

240 kcal	10g Fats	3g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Try serving with shredded green or red cabbage on the side, with a homemade dressing. Delish!
You can also bake this frittata in the oven at 350 °F (175 °C) for about 20 minutes.

Ingredients

- 1 large head cauliflower
- 8 slices bacon, chopped
- 10 large eggs
- 1 c. whole milk
- 2 cloves garlic, minced
- 2 tsp paprika
- Kosher salt
- Freshly ground black pepper
- 2 c shredded cheddar
- 2 green onions, thinly sliced, plus more for garnish
- Hot sauce, for serving



Directions

- Preheat oven to 350°. Grate cauliflower head on a box grater and transfer to a large baking dish.
- In a large skillet over medium heat, cook bacon until crispy, 8 minutes. Transfer to a paper towel-lined plate to drain fat.
- In a large bowl, whisk together eggs, milk, garlic, and paprika. Season with salt and pepper.
- Top cauliflower with cheddar, cooked bacon, and green onions, and pour over egg mixture.
- Bake until eggs are set and top is golden, 35 to 40 minutes.
- Garnish with hot sauce and more green onions before serving.

Cauliflower Bacon Breakfast Bake

- 🕒 Prep Time: 1 min
- 🕒 Cook Time: 60 mins
- 🍽️ Servings: 8 servings

MACROS

240 kcal	10g Fats	3g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the cauliflower bacon at room temperature so that you can enjoy the flavors.

Ingredients

- 2.5 oz slice of Bread Cheese
- Desired toppings optional suggestions below

Latin Inspired:

- 1/4 avocado
- 1 tablespoon chimichurri
- 3 slices pickled onions
- 1 radish thinly sliced
- 1 jalapeno thinly sliced
- 1/2 tablespoon unsalted butter for frying egg
- 1 fried egg

Bacon + Goat Cheese:

- 1/2 avocado
- 1 ounce crumbled goat cheese
- 2 slices cooked bacon crumbled

Everything Bagel with Lox:

- 1/4 avocado
- 1 tablespoon cream cheese
- 1 teaspoon everything bagel seasoning
- 1 tablespoon capers
- 1 oz smoked salmon
- 3 thin slices red onion
- 1 slice tomato

Classic:

- 1/2 avocado sliced
- Drizzle olive oil
- Flaky sea salt
- Pinch red pepper flakes



Keto Avocado Toast

🕒 Prep Time: 10 mins

🕒 Cook Time: 15 mins

🍴 Servings: 2 servings

MACROS

460 kcal	10g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the avocados toast at room temperature so that you can enjoy the flavors.

Directions

- Heat a small cast iron skillet over medium heat. Add the bread cheese to the skillet and cook 1 minute per side until warmed.
- Remove the bread cheese from the skillet and top with desired toppings.

Ingredients

- 3 large Fresh avocados
- 6 large Eggs
- Sea salt
- Black pepper
- 1/4 cup Cheddar cheese
- 2 tbsp Red bell peppers (diced finely)
- 2 tbsp Chives (sliced thinly)
-



Directions

- Preheat the oven to 400 degrees F (204 degrees C).
- Cut the avocados in half and remove the pits. Spoon 1.5-2 tablespoons (21-28 g) of avocado flesh out of the center, so that you have a well large enough to fit an egg. (The well needs to fit about 3 tablespoons (42 g) total.)
- Place the avocado halves cut side up onto a baking dish. Crack an egg into the center of each, being careful not to break the yolk.
- Sprinkle with sea salt and black pepper.
- Bake for 7 minutes. Sprinkle shredded cheese on top. Bake for 5-10 more minutes, until the eggs reach your desired doneness:
- Sprinkle with chives and diced bell peppers for serving.

Baked Avocado Egg Boats

- 🕒 Prep Time: 8 mins
- 🕒 Cook Time: 12 mins
- 🍴 Servings: 6 servings

MACROS

269 kcal	21g Fats	3g Carbs	10g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the avocados at room temperature so that you can enjoy the flavors.

Ingredients

- 3 small sized raw eggs
- 2 long slices of bacon
- 3 teaspoons of olive oil
- 1 avocado
- some salt to taste
- some ground black pepper to taste



Directions

- Heat a half tablespoon of oil in a skillet over a medium heat. Chop the bacon and add it to the skillet, cooking through until crisp and golden. Set the bacon aside.
- Add eggs to a small bowl and whisk them together. Season with salt and pepper to taste. You may season your eggs with other spices if you wish.
- Heat the remaining olive oil in a saucepan over medium heat. Add the beaten eggs and allow them to settle and cook for a moment before scrambling. Scramble the eggs to your liking.
- Dice the avocado into half-inch cubes. Once the egg has just cooked to preference, add the bacon and avocado to the pan and stir through. Cook together for just a few seconds before removing from the heat and enjoying.

Keto Scrambled Eggs with Avocado and Bacon

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 2 servings

MACROS

329 kcal	11g Fats	2g Carbs	29g Protein
-------------	-------------	-------------	----------------

NOTES

Add some milk in the eggs before beating to make them tenderwhile cooking.

Ingredients

- 4 hardboiled eggs chopped
- 8 ounces cream cheese
- 2 tablespoons minced green onion
- 1 lb bacon cooked and crumbled



Directions

- In a medium bowl mix together the egg, cream cheese, and green onion. Roll into 8 balls. Place the balls in the freezer for 10 minutes to set just a bit.
- Place the crumbled bacon on a plate and roll the balls in the bacon pressing the bacon slightly into the ball.
- Store in an airtight container in the refrigerator for up to 4 days.

Keto Breakfast Fat Bombs

- 🕒 Prep Time: 30 mins
- 🍴 Servings: 8 servings

MACROS

365 kcal	15g Fats	2g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Add some salt in the hot water while boiling the eggs to make them tender.

Ingredients

- 2 long slices of bacon
- 4 cracker sliced cheese
- 4 large sized hard boil eggs
- Some salt to taste
- Some ground black pepper to taste



Directions

- Prep your ingredients by cooking and cutting your bacon into 8 pieces (2 pieces per egg), arrange 4 slices of cheddar (1 per egg), and slice 4 hard-boiled eggs in half.
- Prep your ingredients by cooking and cutting your bacon into 8 pieces (2 pieces per egg), arrange 4 slices of cheddar (1 per egg), and slice 4 hard-boiled eggs in half.

Keto Hard-Boiled Egg Breakfast Bites

- 🕒 Prep Time: 5 mins
Cook Time: 1 min
- 🍴 Servings: 6 servings

MACROS

146 kcal	10g Fats	1g Carbs	10g Protein
-------------	-------------	-------------	----------------

NOTES

Add some salt in the hot water while boiling the eggs to make them tender.

Ingredients

- 2 tablespoons olive oil
- 1 large turnip, peeled and diced
- 1 cup Brussels Sprouts, trimmed and halved
- 1 cup asparagus spears, cut into pieces
- ¼ cup chopped onion
- 2 teaspoons minced garlic
- ¼ teaspoon paprika
- ¼ teaspoon chili powder
- 4 large eggs
- Salt and pepper to taste



Keto Hash

Directions

- Heat the olive oil in a skillet over medium heat on the stove.
- Add the turnips and brussels sprouts to the heated skillet. Cook until browned and beginning to soften, stirring frequently.
- Place the asparagus and onion in the skillet. Sauté several more minutes until they begin to soften.
- Add the minced garlic, paprika, chili powder, and salt and pepper to the skillet. Sauté another 30 seconds.
- Create four holes in the hash mixture so that the bottom of the pan is visible.
- Crack an egg into each of the four holes. Top the egg with salt and pepper to taste.
- Cook until the eggs are done to your liking and the whites are cooked through.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍴 Servings: 5 servings

MACROS

281 kcal	15g Fats	2g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to cook the eggs on medium flame to make them tender and flavourful.

Ingredients

- 2 tablespoons Golden Flaxseed Meal
- 2 tablespoons Coconut Flour
- 2 tablespoons Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 2 tablespoons Heavy Cream
- 2-3 tablespoons Sugar-Free Maple Syrup
- 1 teaspoon Vanilla Essence



Keto Oatmeal

Directions

- Place the dry ingredients into a small saucepan and mix together.
- Add the remaining ingredients.
- Place the saucepan over medium heat and whisk the ingredients together for about 10 minutes until it has thickened and is warmed through.
- Pour into a bowl and top with your favorite toppings - we recommend extra Sugar-Free Maple Syrup and chopped Pecans.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 1 serving

MACROS

381 kcal	17g Fats	3g Carbs	27g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the oatmeal in the refrigerator for about 1 hour before serving.

Ingredients

For the chaffles

- 1 egg
- 1/2 cup Cheddar cheese, shredded

For the sandwich

- 2 strips bacon
- 1 egg
- 1 slice Cheddar or American cheese.



Keto Chaffle Breakfast Sandwich

Directions

- Preheat the waffle maker according to manufacturer instructions..
- In a small mixing bowl, mix together egg and shredded cheese. Stir until well combined.
- Pour one half of the waffle batter into the waffle maker. Cook for 3-4 minutes or until golden brown. Repeat with the second half of the batter.
- In a large pan over medium heat, cook the bacon until crispy, turning as needed. Remove to drain on paper towels.
- In the same skillet, in 1 tbsp of reserved bacon drippings, fry the egg over medium heat. Cook until desired doneness.
- Assemble the sandwich, and enjoy!

- 🕒 Prep Time: 3 mins
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 2 servings

MACROS

245 kcal	10g Fats	2g Carbs	20 Protein
-------------	-------------	-------------	---------------

NOTES

It is important to add some spoons of milk to the egg while beating to make the sandwich fluffy and soft.

Ingredients

- 12 eggs
- 1/3 cup heavy cream
- 1/2 teaspoon dry mustard powder
- black pepper to taste
- 2 tablespoons fresh parsley or fresh herbs
- 8 slices bacon cooked and crumbled
- 3 1/2 oz cheddar cheese shredded
- 2 green onions



Bacon Egg Muffins

Directions

- Preheat oven to 375°F.
- Combine eggs, cream, dry mustard, and pepper in a bowl. Whisk until well mixed.
- Grease a muffin tin very well.
- Divide cheese, bacon, and onions over the wells and sprinkle with parsley. Pour eggs ovetop.
- Bake 20-25 minutes or until set.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍴 Servings: 12 servings

MACROS

167 kcal	15g Fats	1g Carbs	9g Protein
-------------	-------------	-------------	---------------

NOTES

I have been making double/triple batches of these keto pancakes and refrigerating the leftovers in a ziplock bag and reheating the in the microwave. They still taste great reheated and make the busy weekday mornings much easier! You can also individually wrap them in saran wrap and freeze them!

Ingredients

- 2 large eggs
 - 1 tablespoon water
 - 2 oz cream cheese, cubed
 - 2/3 cup almond flour
 - 1 teaspoon baking powder
 - 2 teaspoons vanilla extract
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon Sweetleaf - stevia sweetener
-
- butter and syrup (sugar free syrup for low carb option)



Low Carb Keto Pancakes

Directions

- Add all ingredients to blender. Start with eggs and water and cream cheese so you don't have anything get stuck at bottom.
- Blend until smooth, scraping down the sides if needed. Let batter sit for 2 minutes.
- Heat a non-stick skillet to medium heat. For each pancake, pour 3 to 4 tablespoons of batter onto skillet.
- Once you start to see little bubbles form, flip and continue to cook until pancake is browned on each side. Continue until you have used all pancake batter.
- Serve pancakes topped with butter and syrup!

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍴 Servings: 6 servings

MACROS

246 kcal	5g Fats	5g Carbs	30g Protein
-------------	------------	-------------	----------------

NOTES

I have been making double/triple batches of these keto pancakes and refrigerating the leftovers in a ziplock bag and reheating them in the microwave. They still taste great reheated and make the busy weekday mornings much easier! You can also individually wrap them in saran wrap and freeze them!

Ingredients

- 1 lb Frozen strawberries
- 1 1/2 cups Unsweetened almond milk (regular or vanilla; see notes*)
- 1 large Avocado
- 1/4 cup Besti Powdered Monk Fruit Allulose Blend (to taste)



Strawberry Avocado Smoothie

Directions

- Puree all ingredients in a high-powder blender, until smooth.
- Adjust sweetener to taste as needed.

🕒 Prep Time: 2 mins

🍷 Servings: 6 servings

MACROS

165 kcal	1g Fats	5g Carbs	20g Protein
-------------	------------	-------------	----------------

NOTES

For a richer, creamier smoothie, swap out half of the almond milk with coconut cream, or heavy cream if you're not dairy-free.

"TOTAL BODY AND HEALTH"





EASY KETO
LUNCH

"TOTAL BODY AND HEALTH"

Ingredients

Pesto

- 2 cups basil
- 2 garlic cloves
- 1/3 cup pine nuts
- 1/4 cup Parmigiano cheese
- 1/2 cup extra virgin olive oil
- 1/2 tsp coarse salt
- 1 Tbsp lemon juice

Bruschetta Topping

- 1 pint of cherry tomatoes
- 2 garlic cloves
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1/4 tsp salt
- 1/4 tsp pepper
- 6-7 fresh basil leaves

Chicken

- 2 large chicken breasts
- 8 oz fresh mozzarella
- 1 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp salt



Pesto Bruschetta Chicken

Directions

Pesto

- Rinse basil and remove leaves from the stem. Peel garlic.
- Add basil leaves, garlic cloves, cheese, salt, and pine nuts to a blender or food processor. Pulse a few times until ingredients are blended into a coarse mixture.
- Drizzle in olive oil and pulse blender until all ingredients are well mixed. If needed, scrape the sides of the blender to ensure everything is evenly mixed.
- Add lemon juice and again pulse.
- Taste and adjust salt, garlic, and cheese to your taste.

Bruschetta topping

- Halve tomatoes and finely chop garlic. Cut basil leaves into strips.
- Mix all bruschetta topping ingredients together in a bowl

Chicken

- Preheat the oven to 400°F.
- Slice chicken breasts into evenly thick cutlets and place in greased baking pan. Drizzle with olive oil and sprinkle with salt and pepper.
- Bake chicken for 30-minutes until internal temperature reaches 165°F.
- Slice mozzarella into four thick slices and place atop chicken cutlets. Return to the oven for a few minutes to allow the cheese to melt slightly.

Plating

- Atop cooked chicken cutlets, and spread a good-sized dollop of pesto. Top with a generous portion of bruschetta topping.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 40 mins
- 🍽️ Servings: 4 servings

MACROS

420 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this salad by spreading any of your favorite keto sauce to enjoy its flavor.

Ingredients

Big Mac Salad

- 1 pound 85-90% ground beef
- 1/2 cup diced onions
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 6 cups romaine lettuce (chopped)
- 1/2 cup sliced red onion
- 1 cup shredded cheddar cheese
- 1 cup tomato, diced (optional)
- 1/4 cup dill pickles (sliced or diced)

For The Big Mac Sauce:

- 3/4 cup mayo
- 2 tablespoon dill pickles, finely minced (or pickle relish)
- 1 tablespoon mustard (or French/Thousand Island Dressing)
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder



Keto Big Mac Salad

🕒 Prep Time: 15 mins

🕒 Cook Time: 20 mins

🍽️ Servings: 6 servings

Directions

- **Cook beef:** Add the beef to a large pan and brown over medium-high heat for 3-4 minutes, smashing the beef to crumble. Add the onion, salt & pepper, and cook for another 4-5 minutes or until the onion is softened and the beef is browned, cooked through, and slightly crispy.
- **Make a big mac sauce:** whisk all the ingredients in a medium bowl.
- **Assemble:** Divide the lettuce into 4 bowls, and top each bowl with 1/4 the browned beef, onion, cheese, tomato, and pickled. Drizzle with big mac sauce and serve immediately

MACROS

415 kcal	25g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

You can swap the ground beef for ground chicken, ground turkey or any other ground beef that you like.

Ingredients

Cauliflower low-carb grits

- 1 medium cauliflower , *Approx 907g / 2lb*
- 2 tablespoons butter
- 2 cups Cheddar cheese, *226g / 8oz - grated*
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Low carb shrimp

- 2 lbs medium shrimp, *907g - peeled and deveined*
- 6 slices bacon, *cooked crispy and chopped*
- 1 tbsp fresh lemon juice
- 2 tbsp butter
- 2 tbsp Worcestershire sauce
- 2 garlic cloves, *minced*
- 4 green onions, *sliced*
- 2 tbsp fresh parsley, *chopped*



Keto Shrimp And Grits

🕒 Prep Time: 15 mins

🕒 Cook Time: 20 mins

🍽️ Servings: 6 servings

Directions

How to cook cauliflower grits

- Cut the cauliflower into chunks and steam for 5-7 minutes until soft, do not overcook.
- Grate the cheese while the cauliflower is cooking.
- Drain out any water from the cauliflower and while hot add 2 tbsp butter, shredded cheese, salt, and pepper, and blend until smooth. I used a **hand blender**. Taste and add more cheese, salt, and pepper if desired.

How to pan-fry shrimp

- Cook bacon in a large nonstick skillet over medium-high heat until crisp; remove bacon from pan (keep the bacon grease) and chop into small pieces.
- Cook shrimp in the same pan with the bacon grease over medium heat for 3 minutes or until almost pink, turn shrimp at least once.
- Add fresh lemon juice, 2 tbsp butter, Worcestershire sauce, garlic, green onions, and cooked bacon, cook for a couple more minutes until shrimp is fully cooked.
- Spoon cauliflower grits onto a plate; top with shrimp mixture and a little chopped fresh parsley. Serve immediately.

MACROS

387 kcal	20g Fats	4g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve this recipe hot at room temperature to enjoy its flavor.

Ingredients

- Two 5 oz pouches of pink salmon (or cans, drained well)
- 1 egg
- ¼ cup finely ground pork rinds (optional, but helps)
- ½ jalapeno, finely chopped
- 2 tbsp sarayo (or plain mayo)
- 2 tbsp finely diced red onion
- ¼ tsp garlic powder
- ¼ tsp chili powder
- Salt and pepper to taste
- 1 tbsp avocado oil

Avocado cream sauce

- 1 avocado
- ¼ cup sour cream
- 3 tbsp cilantro
- 1-2 tablespoons avocado oil (to thin)
- 1-2 teaspoon Water, to desired thickness
- Juice of half lemon
- Salt, and pepper to taste



Keto Salmon Patties

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍴 Servings: 12 servings

Directions

- In a large bowl mix salmon, egg, jalapeno, Saraya, red onion, ground pork rinds, and seasoning
- Form patties with the mixture (4 large or 5-6 small)
- In a nonstick skillet, drizzle oil and cook patties over medium heat for 4-5 minutes until each side is golden brown and crispy

Avocado sauce

- Blend all ingredients in a food processor until smooth
- Serve salmon cakes hot with avocado sauce and an extra drizzle of sarayo

MACROS

365 kcal	10g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve this soup hot at room temperature to enjoy its flavor.

Ingredients

- 6 boneless, skinless chicken thighs
- 4 Tbsp butter, divided
- 1 small onion, chopped
- 3 Tbsp garlic, chopped
- 8oz mushrooms, sliced
- 6 cups chicken broth
- 1 cup heavy cream
- 1.5 lemons, juiced
- 1/2 cup shredded parmesan
- 1 tsp thyme
- 8oz fresh spinach
- 1/2 tsp pepper
- 1/2 tsp salt
- 2 tsp paprika



Creamy Lemon Chicken Soup

Directions

- Cut chicken into bite size pieces and season it with salt, pepper and paprika.
- Heat 1 Tbsp butter in a dutch oven or soup pot over medium high heat. Add chicken and sear for 10 minutes, stirring occasionally. Plate it out. Discard excess fat.
- Melt in remaining 3 Tbsp butter and sauté onion till it is soft and starts changing color. Add in mushrooms and sauté till soft. Add in garlic and cook for a couple of minutes.
- Add in chicken broth and cream and cook for a couple of minutes. Add in lemon juice, parmesan cheese, thyme and chicken and simmer uncovered over medium low heat for 20-25 minutes.
- Add in spinach and cook till it starts wilting. Taste and adjust seasonings like salt and lemon juice. Serve immediately.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 40 mins
- 🍽️ Servings: 4 servings

MACROS

387 kcal	25g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve this soup hot at room temperature to enjoy its flavor.

Ingredients

- 2 lbs ground chicken
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 1 egg, beaten
- 1 tbsp red chili flakes
- 1 tbsp coriander powder
- 1 Tbsp cumin powder
- 1/2 tsp garam masala powder
- 1/2 tsp black pepper
- 1.5 tsp salt
- 2 Tbsp green chili, chopped
- 1 Tbsp butter
- 6 Tbsp flour
- 1 cup scallion, chopped
- 1.5 cup tomato, chopped
- 1 cup cilantro, chopped
- 1/4 cup mint, chopped
- Oil for frying



Chicken Chapli Kebabs

Directions

- In a large bowl, mix all ingredients well except tomato and oil. Cover and refrigerate at least 30 minutes to a few hours.
- When ready to cook, mix in tomatoes. Wet your palms with a little oil or water and shape the chicken mixture into round patties. The patties should be thin (about 3/8 inch) so as to cook quickly and evenly.
- Heat oil on medium heat in a skillet and, once oil is hot, place the chicken patties in oil and let them fry for five minute, till they get golden brown. Flip and cook for another 4-5 minutes.
- Remove to a paper towel lined plate.
- Garnish with pomegranate seeds and serve along with green chutney and vegetable salad.

🕒 Prep Time: 10 mins

🕒 Cook Time: 40 mins

🍽️ Servings: 12 servings

MACROS

178 kcal	15g Fats	5g Carbs	16g Protein
-------------	-------------	-------------	----------------

NOTES

While using green chilies, jalapeños and serranos vary in hotness. Always check the chili hotness and add accordingly to the mixture. Sometimes I add just 1/2 Tbsp if it's a very hot jalapeño.

Ingredients

- 8oz bacon
- 1lb Italian sausage links, casing removed
- 1 small onion, chopped
- 6 cloves garlic, sliced
- 7 cups chicken broth
- 1 head cauliflower, cut into florets
- 1 tsp dried oregano
- 1 tsp dried thyme
- Red chili flakes, salt and pepper to taste
- 4 cups kale or spinach
- 1.5 cups heavy whipping cream



Keto Zuppa Toscana

Directions

- In a large pot, fry bacon until crispy over medium-high heat. Remove bacon, set aside, and remove all but 2-3 Tbsp bacon drippings.
- In the same pot, fry sausage in bacon drippings, crumbling with a wooden spoon, until browned and crumbly. Remove and set aside.
- Add chopped onions to the same pan, and sauté until translucent. Add garlic, and cook until fragrant.
- Add chicken broth, cauliflower, oregano, thyme, red chili flakes, salt, and pepper. Mix well and bring to a boil. Reduce heat to medium-low and cook until cauliflower is fork-tender, about 10-15 minutes.
- Optional - Remove about half of the cauliflower and blend in a blender or food processor, then stir back into the pot. This thickens the soup.
- Add about 3/4 of the meat mixture, saving some aside for garnishing.
- Stir in kale or spinach and cook for 2-3 minutes, until wilted.
- Reduce heat to low, add heavy cream, stir nicely and allow flavors to mix together for a few minutes.
- Taste. Add additional salt, pepper, red chili flakes, thyme, and oregano as desired.
- Serve in your favorite bowl and garnish with more bacon and sausage along.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 15 mins
- 🍽️ Servings: 13 servings

MACROS

325 kcal	18g Fats	3g Carbs	16g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve this soup hot at room temperature to enjoy its flavor.

Ingredients

- 1 lbs shrimp, peeled and deveined
- 6 butter or Boston lettuce leaves

To Boil Shrimp

- 1 lemon, sliced
- 3 bay leaves
- 1 tsp red chili flakes
- 2 Tbsp salt
- 1 tsp Worcestershire sauce

For Remoulade Sauce)

- 1 cup mayonnaise
- 2 Tbsp Creole mustard
- 1 Tbsp Louisiana-style hot sauce
- 2 Tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1 Tbsp sweet relish
- 1 medium-sized garlic clove, minced
- 2 Tbsp parsley, chopped
- 2 tsp capers, chopped
- 1 tsp cajun or creole seasoning
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper

For Garnishing

- 3 hard-boiled eggs
- 1 cup black olives
- 1 Avocado
- 1/2 lemon, wedged

Directions

- Add the ground beef, onion, and bell pepper to a large deep pot and cook over medium heat, breaking up the meat as it cooks. When meat is cooked through, drain fat from the pan.
- Add the jalapeno, garlic, tomato paste, diced tomatoes, beef broth, chili powder, cumin, and salt, and stir.
- Bring to a boil and reduce to a simmer. Simmer for at least 20 minutes, preferably an hour for the best taste and texture.
- Serve with sour cream and shredded cheddar, as desired.



Shrimp Remoulade Lettuce Cups

🕒 Prep Time: 10 mins

🕒 Cook Time: 1 hour

🍽️ Servings: 6 servings

MACROS

324 kcal	18g Fats	3g Carbs	17g Protein
-------------	-------------	-------------	----------------

NOTES

In a hurry? You can use pre-cooked shrimp, though I love the flavors this method imparts.

Ingredients

- 1 ½ pounds ground beef
- 1 yellow onion, diced
- 1 green pepper, diced
- 1 jalapeno, minced
- 1 clove garlic, minced
- ¼ cup tomato paste
- 15 ounces canned diced tomatoes
- 2 cups beef broth
- 2 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt



Keto Chili

Directions

- Add the ground beef, onion, and bell pepper to a large deep pot and cook over medium heat, breaking up the meat as it cooks. When meat is cooked through, drain fat from the pan.
- Add the jalapeno, garlic, tomato paste, diced tomatoes, beef broth, chili powder, cumin, and salt, and stir.
- Bring to a boil and reduce to a simmer. Simmer for at least 20 minutes, preferably an hour for the best taste and texture.
- Serve with sour cream and shredded cheddar, as desired.

🕒 Prep Time: 10 mins

🕒 Cook Time: 1 hour

🍽️ Servings: 6 servings

MACROS

324	18g	3g	17g
kcal	Fats	Carbs	Protein

NOTES

Simmer for at least 20 minutes before serving. The longer the chili simmers, the better the flavor will be. I recommend one hour or more for the best taste and texture. Add additional broth if too much cooks off during the simmering process.

Ingredients

- 2 lbs chicken - boneless skinless thighs or breasts
- 1 packet (1 oz) Ranch seasoning
- 2 (8oz) blocks cream cheese
- 6 strips bacon
- 1/2 cup chicken broth
- 1.5 cups cheddar cheese, shredded
- 3 scallions, diced



Crack Chicken

Directions

- Add chicken and chicken broth into the crock pot. Sprinkle ranch seasoning all over the chicken. Place cream cheese cubes over everything evenly. Close the lid and cook for 4-5 hours on high or 6-7 on low.
- Cook the bacon crisp and crumble it to use later.
- Once the chicken is cooked, remove the lid and shred the chicken in the crock pot itself with the help of 2 forks.
- Top with cheddar cheese and bacon. Replace lid and cook for a few minutes until cheese is melted.
- Garnish with diced scallion and serve.

🕒 Prep Time: 10 mins

🕒 Cook Time: 6 hours

🍽️ Servings: 8 servings

MACROS

326 kcal	18g Fats	3g Carbs	20g Protein
----------	----------	----------	-------------

NOTES

Serve the chicken with your favorite dip and enjoy!

Ingredients

- 2 cauliflower heads, cut into medium-sized florets
- 6 bacon strips
- 1 medium onion, chopped
- 4 garlic cloves, chopped
- 2 tsp dried thyme
- 6 cups chicken broth
- 1/2 cup sour cream
- 1 cup heavy cream
- 1 cup + 2 Tbsp cheddar cheese, divided
- 2 scallions, chopped, for garnish
- Salt & pepper to taste



Loaded Cauliflower Soup

Directions

- Fry bacon in a pot till crispy and remove to plate. Crumble it into pieces for garnish.
- In bacon grease, add in onion and garlic and sauté for 3-4 minutes. Add in cauliflower florets along with salt, pepper, and thyme. Mix well and cook for 5 minutes.
- Stir in chicken broth and cook for about 10 minutes till the cauliflower gets tender.
- Blend 3/4 of the cauliflower mixture in a blender leaving 1/4 behind in the pot. Mix blended cauliflower back into the pot and keep on simmering for 5 minutes. Alternately, you can use an immersion blender.
- Add in sour cream, cream, and 1 cup cheddar cheese and mix well.
- It's ready to serve. Optionally, if you want a thicker consistency, mix 2 Tbsp regular flour or almond flour with cream into a slurry. Gradually stir into the soup until you get the desired consistency.
- Ladle the soup into bowls and top it with remaining cheddar cheese, bacon bits, and chopped scallions. Serve hot.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 8 servings

MACROS

326 kcal	18g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve the sandwich with your favorite dip and enjoy!

Ingredients

- 12 Hardboiled eggs.
- 1/2 cup Mayonnaise.
- 1/2 cup Yellow Mustard.
- Salt.
- Pepper.



Directions

- Cook your hardboiled eggs and let them cool.
- Shell the hardboiled eggs. Once they are shelled, cut each egg in half in one small bowl and put all of the yolks. In a large bowl put all of the egg whites.
- Next cut all of the egg whites into small pieces and put the chopped egg whites back into the large bowl.
- With a fork smash the yolks until they are all fully crumbled into tiny crumb pieces.
- Add the mayo and the mustard to the bowl with the mashed egg yolks. Mix everything well so it is nice and creamy.
- Add the yoke mixture to the diced egg whites and mix well.
- Add salt and pepper to taste.
- Serve right away with lettuce or store in the fridge in an airtight container.

Keto Egg Salad Lettuce Wraps

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 4 servings

MACROS

278 kcal	15g Fats	3g Carbs	14g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the dip in the refrigerator for about half an hour.

Ingredients

- 2 lbs ground pork (see note 1)
- 2 Tbsp olive oil
- 1 small onion, chopped
- 2 medium carrots, chopped
- 1/2 small cabbage, chopped into bite sized pieces
- 1/2 small red cabbage, chopped into bite-sized pieces
- 6 garlic cloves, finely chopped
- 1.5 tbsp ginger, finely chopped
- 8 cups chicken stock
- 1 Tbsp soy sauce (or tamari sauce)
- 1 Tbsp Hoisin sauce (for keto, you can skip this)
- 1 Tbsp sesame oil
- 1 Tbsp sriracha

For Garnishing and Toppings

- 1 tsp sesame seeds
- 2 Tbsp green onions (only green part), chopped
- Sriracha, to taste

Directions

- Heat olive oil in a pot over medium-high heat. Add chopped onions and carrots and sauté for a few minutes, till the onion gets soft and translucent.
- Add in pork and start cooking the pork by breaking it with a wooden spoon. We prefer to keep the pork a bit chunky. Cook the pork till no longer pink.
- Add chopped ginger and garlic and cook for a couple of minutes.
- Add chicken broth along with soy sauce, hoisin sauce, and sriracha.
- Stir in chopped cabbage and bring the soup to a boil. Lower the heat to medium-low and simmer for 15 minutes, or until carrots and cabbage are nice and tender.
- Stir in sesame oil until combined. Taste for seasonings like salt or soy sauce.
- Serve and garnish with sesame seeds, green onions and sriracha.



Egg Roll Soup

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 8 serving

MACROS

356 kcal	20g Fats	4g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

You can make the same soup with ground chicken, ground turkey or even chicken or pork sausage.

Ingredients

Jus

- 1 ½ cup cups beef broth or beef stock
- ¼ cup cooking sherry
- 1 tablespoon coconut aminos
- 2 teaspoons Dijon mustard
- 1 clove garlic minced
- Salt and pepper

Horseradish Mayo

- ¼ cup mayonnaise
- 2 tablespoons prepared horseradish sugar-free
- Sandwiches
- 8 chaffles cooked according to this recipe
- ¾ pound thinly sliced roast beef either leftover or from the deli
- 4 slices Gruyere cheese

Directions

- Preheat the broiler to high.
- In a small saucepan, bring the broth, sherry, coconut aminos, Dijon, and garlic to a boil over medium-high heat. Reduce the heat and simmer for 5 minutes. Season to taste with salt and pepper. Turn the heat to low.
- Meanwhile, combine the mayonnaise and horseradish in a small bowl.
- Spread the mayonnaise mixture on the chaffless.
- Dip the roast beef into the warm broth mixture just long enough to warm it slightly. (Don't cook it!)
- Drain and divide the meat between four of the chaffless. Place on a baking sheet and top with the gruyere.
- Heat under the broiler for 2 minutes until the cheese melts.
- Top with the remaining chaffless and serve with the warm jus.



Keto French Dip

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 6 serving

MACROS

372 kcal	20g Fats	4g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

You can store this dip for at-least 2 weeks .

Ingredients

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 4-5 garlic cloves, finely chopped
- 1lb Italian sausage, casings removed
- 6 cups low sodium chicken broth
- 1/2 cup sun-dried tomatoes, cut into strips
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/2 tsp crushed red chili flakes
- 5 cups chopped kale
- 1 cup heavy cream
- Salt and pepper, to taste
- Fresh parsley and parmesan cheese, for garnish



Creamy Tuscan Soup

🕒 Prep Time: 10 mins

🕒 Cook Time: 15 mins

🍽️ Servings: 2 serving

Directions

- Heat oil in a heavy soup pot over medium high heat. Add onion and sauté until translucent, about 5-6 minutes.
- Add in garlic, stir, and cook for one minute.
- Add in sausage, break into chunks with a spoon, and cook until browned, about 4-5 minutes.
- Stir in chicken stock, sundried tomatoes, thyme, oregano, chili flakes and salt and pepper. Bring to boil, reduce heat to low and simmer 20 minutes.
- Add in kale and cook until it wilts, about a minute or two.
- Stir in cream, heat the soup until hot.
- Serve in bowls and garnish with parsley and parmesan cheese.

MACROS

376 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

You can substitute kale with spinach.



Cheesy Taco Skillet

Ingredients

- 1.5 lbs ground beef
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 zucchini, chopped
- 8 oz mushrooms, chopped
- 1 onion, chopped
- 2 large tomatoes, chopped
- 1/2 jalapeño, finely chopped
- 4 cloves garlic, finely chopped
- 1.5 Tbsp chili powder
- 2 tsp onion powder
- 2 tsp cumin powder
- 2 tsp paprika
- 2 tsp dried oregano
- 1/4 tsp black pepper
- 1/2 tsp red chili flakes
- 1.5 Tbsp tomato paste
- 2 cups shredded cheddar cheese
- Salt to taste

Directions

- Heat oil in a skillet over medium high heat. Add onions, bell peppers, zucchini and mushrooms and sauté 3-4 minutes.
- Add in garlic, jalapeño, ground beef and salt and combine well, breaking the meat as you go along. Cook until the beef is no longer pink.
- Add tomatoes and taco seasoning ingredients. Stir well and cook 2 minutes.
- Mix in tomato paste and cook 8-10 minutes.
- Spread cheese on top of mixture. Cover and cook until cheese is melted.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 20 mins
- 🍴 Servings: 4 serving

MACROS

300 kcal	17g Fats	3g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

1. For a milder version, you can omit the jalapeño and red chili flakes. To make it hotter, use a whole jalapeño.

Ingredients

- 2 large eggs
- 2 tablespoons cottage cheese (sour cream can be substituted)
- 2 tablespoons butter, melted
- 1 cup almond flour
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pink Himalayan or sea salt
- 1 cup shredded cheddar cheese (*or any other shredded cheese*)

Optional Toppings:

- *low-carb pizza sauce (like Roa's), shredded cheese, pepperoni, sausage, veggies*



Keto Pizza

Directions

- Preheat oven or air fryer to 400 degrees and line a baking sheet with parchment paper.
- In a medium bowl, whisk together the eggs, cottage cheese, and butter. Set aside.
- In a separate bowl, whisk together the almond flour, garlic powder, and salt. Add dry mixture to the wet ingredients and stir to combine. Mixture will be wet. Stir in the cheddar cheese.
- Roll dough between two parchment paper sheets to desired size, thickness, and shape. The dough will be very wet. You will need to peel the top parchment sheet off and bake it on the bottom sheet of parchment on a baking sheet. Bake for 12-14 minutes or until desired level of crispiness. The longer you bake it the crispier it gets!
- Remove from oven and load your pizza however you like with all of your favorite sauces, cheese, and toppings. Bake pizza for another 5-8 minutes or until the cheese is melted.

- 🕒 Prep Time: 10 mins
Cook Time: 20 mins
- 🍴 Servings: 1 serving

MACROS

267 kcal	17g Fats	2g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to serve the pizza hot at room temperature to enjoy the richness of cheese and butter.

Ingredients

- 2-6 slices Prime Fresh Honey Ham
- 2 Tablespoons Pimento cheese spread
- Leaf lettuce



Keto Ham and Pimento Cheese Wraps

Directions

- Spread a piece of parchment paper on your workspace, about 1' square.
- Layer 2-4 leafs of lettuce on your parchment paper, depending on the size of the lettuce you're using.
- On top of the lettuce, layer 4-8 slices of Prime Fresh Honey Ham.
- Spread 2 Tablespoons pimento cheese on top of your ham layer, across the middle.
- Fold the sides of your parchment paper towards the middle, then roll up your wrap from the top down. When you're ready to eat, cut in half and fold back the parchment paper.

🕒 Prep Time: 5 mins
🍴 Servings: 1 serving

MACROS

200 kcal	10g Fats	2g Carbs	20g Protein
----------	----------	----------	-------------

NOTES

Sprinkle some oil over the parchment paper to avoid the browning of the lettuce leaves lying there.

Ingredients

- 8 ounces of Fresh Salmon, skinless and deboned
- 1 tablespoon of Sesame Oil
- 1 teaspoon of Tamari Sauce
- Pinch of Salt
- 2 cups of Cabbage, shredded (we used a mixture of Red and White Cabbages)
- 4 ounces of Cucumber, sliced
- 1 small Radish, thinly sliced
- ½ an Avocado, diced
- ¼ cup of Cilantro
- 2 tablespoons of [Keto Sesame Mayonnaise](#)
- 1 teaspoon of Sesame Seeds
- 1 teaspoon of Black Sesame Seeds



Keto Salmon Poke Bowl

- 🕒 Prep Time: 10 mins
- 🍴 Servings: 4 servings

Directions

- Cut the salmon into cubes and place them into a small bowl.
- Add the sesame oil, tamari, and salt and set aside to marinate.
- Assemble the cabbage, cucumber, radishes, avocado, and cilantro into two bowls.
- Top with the marinated salmon, drizzle over the sesame mayonnaise and sprinkle with the sesame seeds.
- Enjoy immediately.

MACROS

336 kcal	26g Fats	5g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these salad with your favorite keto dip and enjoy.

Ingredients

- 5 Eggs
- 1/2 cup heavy cream
- 1/2 cup milk
- 1 cup chopped ham
- 8 oz shredded Swiss cheese
- 1 cup sautéed zucchini (2 cups before cooking)
- 1 tsp thyme
- Salt and pepper to taste
- 1-2 Tbsp butter



Crustless Ham and Swiss Quiche

Directions

- Preheat oven to 375°F.
- Melt 1 Tbsp butter in skillet over medium heat, add ham and sauté until lightly browned (optional). Remove and set aside.
- Melt 1 Tbsp butter in skillet and add diced zucchini. Cook until slightly softened.
- Mix eggs, cream, milk, thyme, salt and pepper in a bowl.
- In lightly greased 8-9 inch, layer ham, most of the cheese and zucchini. Pour in egg mixture and top with remaining cheese.
- Bake in preheated oven 35-40 minutes, until knife or toothpick inserted in center comes out clean.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍴 Servings: 6 servings

MACROS

267 kcal	8g Fats	4g Carbs	25g Protein
-------------	------------	-------------	----------------

NOTES

Serve these lettuce wraps hot to enjoy its richness of flavor.

Ingredients

- 1 lb ground chicken
- 1 Tbsp oil
- 1 small yellow onion, finely chopped
- 1 Tbsp ginger, finely chopped
- 4 cloves garlic, finely chopped
- 4 oz mushrooms, chopped
- 1/2 red bell pepper, julienne cut
- 1 Tbsp sesame oil
- 2-3 Tbsp tamari sauce
- 1 tsp white vinegar
- 1 tsp monk fruit sweetener (optional)
- 1 Tbsp chili garlic sauce
- 2 Tbsp cilantro, chopped
- 4 green onions, chopped green and white part separately
- 1 head Boston or butter lettuce



Keto-Friendly Lettuce Wraps

🕒 Prep Time: 10 mins

🕒 Cook Time: 15 mins

🍽️ Servings: 4 servings

Directions

- Heat oil in a wok over medium-high heat. Add in onions along with the white part of the green onions. Sauté till translucent. Add chicken, break up and sauté for 5 minutes. Stir in mushrooms, bell pepper, garlic, and ginger along with tamari sauce, vinegar, monk fruit sweetener, and chili garlic sauce. Cook till the chicken is fully cooked. Stir in the green part of the green onions and cilantro.
- Separate the lettuce leaves from the head. Scoop generous amounts of chicken mixture into the lettuce leaf boats and enjoy.

MACROS

267 kcal	8g Fats	4g Carbs	25g Protein
-------------	------------	-------------	----------------

NOTES

Serve these lettuce wraps hot to enjoy its richness of flavor.

Ingredients

- 6 Iceberg lettuce leaves
- 1 tablespoon
Mayonnaise, *divided into 3 portions (1 teaspoon each)*
- 4 ounces Deli Ham, *thinly sliced*
- 6 ounces Deli Turkey, *thinly sliced*
- 2 ounces Cheddar Cheese, *thinly sliced*
- .5 ounce Tomato slice , *from 3 inch diameter tomato*
- 2 slices Cooked Bacon



Keto Club Sandwich

Directions

- Remove the core from the iceberg lettuce and dispose of any wilted, or damaged outer leaves.
- Peel off approximately 6 leaves of lettuce.
- Place two pieces of lettuce together and spread on 1 teaspoon of mayonnaise.
- Place the 1 ounce of the cheese, approximately 1 slice, on the lettuce and top with the deli ham slices.
- Place the next two pieces of lettuce over the ham and spread 1 teaspoon of mayonnaise on it. Top with the cooked bacon, sliced tomato, the remaining cheese, and sliced deli turkey.
- Spread the remaining 1 teaspoon of mayonnaise on top of the turkey and top with the last two pieces of lettuce.
- Cut into four wedges and place a toothpick through each one to hold it together.

🕒 Prep Time: 10 mins

🍴 Servings: 2 servings

MACROS

189 kcal	5g Fats	3g Carbs	15g Protein
-------------	------------	-------------	----------------

NOTES

Serve these sandwich with your favorite keto dip.

Ingredients

- 1 lb ground beef
- homemade taco seasoning (or store-bought if preferred)
- ½ cup beef broth
- 1 large head of Romaine lettuce (approx. 6 cups washed and chopped)
- 4 oz sharp cheddar cheese
- 4 oz white cheddar cheese
- 1/2 avocado sliced
- ¼ cup red onion
- ¾ cup grape tomatoes (halved)
- ¼ cup bell pepper chopped
- Freshly chopped cilantro *garnish
- Jalapenos, sliced *optional



Keto Taco Salad

Creamy Taco Dressing

- ½ cup chunky salsa
- ½ cup ranch dressing
- 1 tsp freshly squeezed lime juice.

Directions

- In a medium skillet, brown ground beef. Drain out any liquids.
- Add the taco seasoning to the browned ground beef along with ½ cup of beef broth and simmer over medium-high heat for 5 minutes or until the liquid is reduced and the meat mixture thickens.
- While it is simmering, wash and dry your lettuce, chop it into bite-sized pieces, and place it in a large bowl.
- Top your lettuce with the taco meat mixture, shredded cheese, then the rest of the toppings (except the avocado).
- In a small bowl, combine the salsa, ranch dressing, and fresh lime juice until thoroughly combined.
- Drizzle ¼ of the dressing back and forth on the top of the taco salad, reserving the rest for individual servings.
- Garnish with sliced jalapenos, sliced avocado, and chopped fresh cilantro.

🕒 Prep Time: 10 mins

👨‍🍳 Cook Time: 20 mins

🍴 Servings: 7 servings

MACROS

189 kcal	5g Fats	3g Carbs	15g Protein
-------------	------------	-------------	----------------

NOTES

Serve these sandwich with your favorite keto dip.

Ingredients

- 3 lb heirloom or beefsteak tomatoes (about 4 large), sliced into 1/2" rounds
- 1 shallot, finely chopped
- Flaky sea salt
- Freshly ground black pepper
- 2 tbsp extra-virgin olive oil
- 2 tbsp red wine vinegar
- 1/3 c panko bread crumbs
- 1 tbsp chopped fresh basil, divided
- 1 tbsp chopped fresh chives, divided
- 2 (4-oz.) balls burrata, drained and room temperature
- Crusty bread, for serving



Burrata Salad

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 50 mins
- 🍴 Servings: 4 servings

Directions

- On a rimmed baking sheet, toss tomatoes and shallot; season with 1 tsp. sea salt and 1 tsp. black pepper. Drizzle oil and vinegar over. Let sit until tomatoes have released their liquid and shallots have softened, about 30 minutes.
- In a small skillet over low heat, toast panko, stirring occasionally, until golden brown, about 2 minutes. Transfer to a small bowl.
- Layer tomatoes on a large platter. Spoon shallot and juices over top. Sprinkle with panko, 2 tsp. basil, and 2 tsp. chives. Arrange burrata in center of tomatoes and crack open with your hands. Sprinkle with sea salt, black pepper, and remaining 1 tsp. basil and 1 tsp. chives. Serve with bread alongside.

MACROS

325 kcal	20g Fats	4g Carbs	25g Protein
----------	----------	----------	-------------

NOTES

It is important to sprinkle some oil over the baking sheet before tossing tomatoes and shallots to make them crispy and tender.

Ingredients

- Cooking spray
- 8 portobello mushrooms, washed and stems and gills removed
- 2 tbsp extra-virgin olive oil
- 1 (8-oz.) block cream cheese, softened
- 1 (10-oz.) package frozen spinach, defrosted and squeezed dry
- 1 can of shredded mozzarella
- 6 strips of bacon, cooked and roughly chopped
- 1/2 can cherry tomatoes, quartered
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Kosher salt
- Freshly ground black pepper
- Pinch crushed red pepper flakes
- 1/2 can of panko breadcrumbs
- 1/4 c freshly grated Parmesan
- 4 tbsp melted butter
- Freshly chopped parsley, for serving



Stuffed Portobello Mushrooms

- 🕒 Prep Time: 15mins
- 🕒 Cook Time: 55 mins
- 🍽️ Servings: 8 servings

Directions

- Preheat the oven to 400° and grease a large baking sheet with cooking spray. Place mushrooms, and stem side down on the pan and brush with oil.
- Bake for 10 minutes or until beginning to soften. Soak up any excess water on a pan with paper towels.
- In a large bowl, combine cream cheese, spinach, mozzarella, bacon, tomatoes, garlic, and oregano. Season with salt, pepper, and a pinch of red pepper flakes.
- In a medium bowl combine panko, Parmesan, and melted butter.
- Flip mushroom caps over and stuff with cream cheese mixture. Top with panko mixture.
- Bake until cheese is melty and tops are golden, 15 minutes.
- Garnish with parsley before serving.

MACROS

267 kcal	15g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to sprinkle some oil over the baking sheet before tossing the ingredients and let them serve hot to enjoy its yummy flavor.

Ingredients

- 1/4 can of kimchi, drained
- 4 tbsp. (1/2 stick) butter, room temperature
- 24 medium to large oysters
- Kosher salt
- Finely chopped fresh cilantro, hot sauce, and lemon wedges, for serving



Grilled Oysters

Directions

- In a mini food processor, process kimchi until finely chopped. Add butter and process until well combined. Alternatively, finely chop kimchi with a knife and combine with butter in a medium bowl.
- Prepare a grill for medium-high heat. Arrange oysters on the grill flat side up. Cover and grill until oysters slightly open up, 5 to 7 minutes.
- Transfer oysters to a cutting board. Using tongs or a dishtowel, hold the oyster steady with one hand. Using an oyster knife in another hand, shimmy the lid off. Cut muscle from the flat side of a shell and loosen meat from the bottom of the shell. Add about 1/2 tsp. kimchi butter and a tiny pinch of salt to each oyster. Continue to grill, taking care not to spill liquid, until butter is melted, about 1 minute more.
- Transfer oysters to a platter. Garnish with cilantro. Serve with hot sauce and lemon wedges alongside.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 25 mins
- 🍴 Servings: 6 servings

MACROS

345 kcal	20g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

You can serve this with any of your favorite sauce to enjoy its richness.

Ingredients

- 2 tbsp. cornstarch
- 1 tbsp Cajun seasoning (salt free, if possible)
- 1/4 tsp kosher salt, plus more to taste
- 1 lb okra, halved lengthwise
- 2 tbsp extra-virgin olive oil
- 1/2 c sour cream
- 2 tsp creole mustard or country-style mustard
- 1/2 tsp hot sauce
- lemon wedges, for serving



Keto Air Fryer Okra

Directions

- In the bottom of a large bowl, combine cornstarch, Cajun spice, and salt. Add okra and toss to coat. Drizzle with the oil and toss to coat again.
- Working in two or three batches, arrange okra in a single layer in the basket of the air fryer (do not overcrowd) and heat to 400°.
- Bake, tossing the okra halfway through, until golden and crisp, about 18 minutes. Transfer to a plate and sprinkle with more salt. Repeat with remaining okra.
- Meanwhile, combine sour cream, mustard, and hot sauce in a small bowl. Season to taste with salt, if desired. Squeeze a lemon wedge on overcooked okra and serve with more lemon wedges and the mustard sauce.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 4 servings

MACROS

325 kcal	15g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this fried okra with a squeeze of lemon juice and mustard dip. ENJOY!

"TOTAL BODY AND HEALTH"





**EASY KETO
DINNER**

Ingredients

For the Chicken

- 1 pound boneless, skinless chicken breasts, pounded to 1/2-inch thickness
- ¾ teaspoon **seasoning salt**, or to taste (I use Lawry's)
- ½ teaspoon **sweet paprika**
- 1/4 teaspoon fresh ground pepper
- 2 tablespoons unsalted butter
- 2 tablespoons **avocado oil**, or olive oil

For the Gravy

- 1 tablespoon unsalted butter
- 1 large yellow onion, thinly sliced
- ⅛ teaspoon salt
- 4 cloves garlic, minced
- ½ tablespoon chopped fresh herbs, Use rosemary, thyme, or whatever you like, or have on hand. For dried herbs, use 1 teaspoon.
- ¾ cup **low sodium chicken broth**
- ¼ cup heavy cream
- chopped fresh parsley for garnish

Directions

- Pat dry the chicken breasts with paper towels, then season chicken breasts with seasoning salt, paprika, and pepper.
- Heat oil and butter in a large skillet over medium-high heat until butter is melted.
- Add chicken to skillet and sear for 5 to 7 minutes per side, or until golden brown and cooked through.
- The thicker the chicken, the longer it will take to cook. If skillet isn't big enough, cook the chicken in batches.
- Transfer cooked chicken to a plate and keep covered.
- Return skillet to heat and add a tablespoon of butter; melt over medium heat.
- Stir in sliced onions and add a pinch of salt. Cook onions for 10 to 12 minutes, or until very soft and caramelized, stirring frequently.
- Add garlic and fresh herbs; continue to cook for 30 seconds.
- Pour in chicken broth, and using a wooden spoon, scrape up the browned bits from the bottom of the pan.
- Whisk in the heavy cream and simmer for 1 minute.
- Return chicken and all the chicken juices to the skillet.
- Reduce heat to medium-low and continue to cook for 2 to 3 more minutes, or until chicken is heated through and sauce has thickened.
- At this point, you can also add a slice of cheese on top of each chicken breast and cook until melted.
- Remove skillet from heat; garnish chicken with parsley and serve with the onions and gravy.



Smothered Chicken And Gravy

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 4 servings

MACROS

328 kcal	26g Fats	5g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 1 ½ cups cauliflower riced (about 3.75 ounces)
- 1 ½ cups Monterey jack cheese freshly grated (about 6 ounces)
- 2 large eggs beaten
- ½ teaspoon ground sage
- ½ teaspoon ground oregano
- ½ teaspoon dried thyme
- ¼ teaspoon ground mustard
- ground black pepper to taste
- fresh parsley minced (for garnishing)



Directions

- Remove the base or leaves and cut cauliflower into florets. Rice cauliflower by using a food processor. Cook for about 8 to 10 minutes, you can use a microwave or a toaster oven. Allow to cool.
- Pre-heat oven at 450F.
- Once riced cauliflower has cooled, place in a kitchen towel and strain the liquid. Transfer to a mixing bowl.
- Season cauliflower with sage, oregano, thyme and mustard seed. Mix well.
- Season egg with ground black pepper. Pour beaten egg, 3 tablespoon cheese and combine with seasoned cauliflower. Allow for eggs to set at the bottom of the bowl and spoon the excess eggs out.
- In a greased baking sheet, spread cauliflower until about ¼ inch thick, rectangular shape.
- For the heart-shaped Cauliflower "Bread" Sticks, use a heart-shaped cookie cutter. ½ cup of cauliflower mixture makes about 9 heart-shaped in different sizes. Bake for about 8 to 10 minutes. Top with ½ cup cheese and bake in the oven for 5 more minutes or until cheese is melted and golden.
- For the remaining 1 cup of cauliflower mixture formed into a rectangular shape, bake for about 10 to 15 minutes. Top with the remaining cheese and bake for 5 to 8 minutes or until cheese is melted and golden in color.
- Cool for about 2 to 3 minutes and slice with a pizza cutter.
- Garnish with freshly minced parsley. Serve with marinara sauce or with a Creamy Cheese Sauce

Cheesy Keto Cauliflower Bread Sticks

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 33 mins
- 🍽️ Servings: 4 servings

MACROS

102 kcal	5g Fats	1g Carbs	7g Protein
-------------	------------	-------------	---------------

NOTES

Serve this recipe at room temperature with any of your favorite sauces and ENJOY!

Ingredients

- 2.5 - 3 lb chicken breast
- 1 egg
- 1 cup grated parmesan cheese
- ½ tablespoon dried minced garlic
- ½ tablespoon dried minced onion
- ½ tablespoon dried oregano
- ½ tablespoon dried basil
- ½ tablespoon dried parsley
- ¼ tablespoon freshly ground black pepper
- pinch salt
- 1 cup jarred marinara sauce
- 6 oz shredded mozzarella



Keto Chicken Parmesan

Directions

- Preheat oven to 400. Line a large baking sheet with foil and spray with cooking spray.
- Beat egg in one small wide bowl. In a second bowl combine the parmesan cheese with all the spices and mix.
- Dip each piece of chicken in the egg and then the cheese, coating both sides
- Place on prepared baking sheet. Bake for 30 min.
- Top each piece with sauce and then shredded mozzarella. Bake for another 10-20 min until the chicken is 160 degrees when checked with a meat thermometer and the cheese is melted and bubbly.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 40 mins
- 🍽️ Servings: 6 servings

MACROS

326 kcal	17g Fats	5g Carbs	26g Protein
-------------	-------------	-------------	----------------

NOTES

(The ground beef will keep up to 5 days in the refrigerator if made in advance and freezes well. I often make a double batch and freeze half.)



Baked Cheesy Bacon Ranch Chicken

Ingredients

- 4 medium chicken breasts
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper
- 6 tbsp Ranch dressing (divided into 1/4 cup and 2 tbsp)
- 8 oz fresh mozzarella cheese (sliced into 8 slices)
- 6 slices of cooked bacon (chopped)

Directions

- Preheat the oven to 400 degrees F (204 degrees C).
- Season both sides of the chicken breasts with salt and pepper.
- Place the chicken into a stoneware baking dish, so that the pieces are just barely touching, but not crowded. Spread 1 tablespoon ranch dressing over each chicken breast. Top each with 2 slices of fresh mozzarella.
- Cover the baking dish with foil, so that the foil is not touching the cheese. Bake for 20 minutes.
- Remove the foil. Sprinkle chopped bacon on top of the chicken. Bake, uncovered, for 10-15 more minutes, until chicken is cooked through.
- Let the chicken rest for **5 minutes** before serving. Drizzle the remaining 2 tablespoons of ranch over the chicken.

- 🕒 Prep Time: 10 mins
Cook Time: 30 mins
- 🍽️ Servings: 4 servings

MACROS

426 kcal	30 Fats	4g Carbs	29g Protein
----------	---------	----------	-------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

Taco Shells

- 6 cheese taco shells

Ground Beef Taco Meat

- 1 pound lean ground beef
- 1 recipe [Low Carb Taco Seasoning](#) (use 2 tbsp or all depending on your taste)
- 2 tbsp tomato paste
- 1/2 cup beef broth (or 1/2 cup water with 1/2 tsp beef base)
- salt and pepper to taste

Toppings (Use what you like)

- 2 cups chopped lettuce
- 1 medium avocado, sliced (toss with lemon or lime juice)
- 1/2 cup salsa
- 1/2 cup sour cream
- 1/2 cup shredded cheese
- 1/4 cup purple onion, minced
- 1/4 cup cilantro, chopped



Best Ground Beef Taco

🕒 Prep Time: 15 mins

🕒 Cook Time: 10 mins

🍽️ Servings: 6 servings

Directions

- Crumble the ground beef into a cold pan and turn the heat to medium. Working continuously, break-up the ground beef with a spatula or a wedge shaped wooden scraper/spoon, until it is very fine in texture.
- Stir the taco seasoning into the ground beef and cook until fragrant. Add the tomato paste and stir. Add the beef broth (or water and beef base) and simmer until almost absorbed. Aim for a moist but not wet mixture. Adjust seasoning with salt and pepper.

Assembly:

- Divide the seasoned taco meat evenly between the 6 cheese taco shells. Fill the shells with your favorite toppings. Enjoy!
-

MACROS

432 kcal	33g Fats	2g Carbs	28g Protein
----------	----------	----------	-------------

NOTES

(The ground beef will keep up to 5 days in the refrigerator if made in advance and freezes well. I often make a double batch and freeze half.)

Ingredients

Bowl

- $\frac{3}{4}$ cup cauliflower rice
- $\frac{1}{2}$ packet smoked salmon
- $\frac{1}{2}$ cup spiralized cucumber
- $\frac{1}{2}$ avocado
- 2 sheets dried seaweed
- 1 tsp low sodium soy sauce
- salt and pepper, to taste
- $\frac{1}{2}$ tsp wasabi, optional

Sauce

- 3 tbsp mayo
- 1-2 teaspoon sriracha



Keto Salmon Sushi Bowl

🕒 Prep Time: 10 mins

🕒 Cook Time: 20 mins

🍽️ Servings: 4 servings

Directions

- Steam cauliflower rice and season with salt and pepper to taste (I used premade bag)
- Place rice layer in the bottom of a small bowl with soy sauce and seasoning
- Add salmon, cucumber, avocado, and seaweed around the bowl
- For the sauce, mix mayo and sriracha, adjusting to the preferred heat
- Drizzle sauce over the bowl
- Add sesame seeds and pepper for garnish, if desired

MACROS

234 kcal	10g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe as your dinner, lunch and appetizer
ENJOY! as well.

Ingredients

- B5 Bacon Slices Thick Cut
- 6 oz Can Crab Meat in Water shredded or lumps
- 4 tbsp Kewpie Mayo can sub with regular mayo but will alter taste
- 1/2 tsp Monkfruit Erythritol Blend
- 1/4 tsp Rice Vinegar can sub with white vinegar but will alter taste
- 1/2 Whole Avocado
- 1/2 Whole Persian or Japanese Cucumber
- 1 1/4 oz Cream Cheese
- 1/8 tsp Sesame Seed optional



Keto Bacon Wrapped California Roll

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 10 servings

Directions

- Preheat oven to 400F. Line oven tray with aluminum foil or use a silicone baking mat.
- Cut bacon into ~5" slices (you should end up with 10 slices). Cut aluminum foil into 3-4" width strips and wrap onto a cylinder shaped object with a diameter of about 3-4" (or you can use your fingers). Wrap the bacon around the foil and place a toothpick at the end to hold the bacon together. Place bacon along with the rolled aluminum foil onto the oven tray making sure it's standing up vertically. Repeat for all 10 bacon rolls. Transfer to center of the oven and bake for 16-19 minutes until crispy.
- Once the bacon is done and cool to touch, remove toothpicks. With 2 fingers, undo the bacon rolls and place 1 piece of cucumber, cream cheese, avocado, and a tsp worth of crab mix into the center of bacon. Roll back the bacon to form roll and plate.

MACROS

235 kcal	10g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

No need to dip in soy sauce.



Keto Broiled Salmon

Ingredients

- 1 1/2 lb Side of wild-caught salmon
- 1 teaspoon fine salt
- 2 tablespoon olive oil
- 1/4 cup coconut aminos
- 1/4 cup fresh-squeezed orange juice
- Chives to garnish

Directions

- Line your sheet pan with parchment paper (or you will scrub forever). Set aside.
- Salt your salmon all over.
- Combine the coconut aminos, olive oil, and orange juice in a shallow bowl or container, large enough for the salmon.
- Put your salmon meat side down in the marinade. Let it sit for 20 minutes.
- Set the oven to broil 550F.
- Place the salmon skin side down on the parchment paper. Pour the marinade (olive oil, juice and aminos) over it.
- Broil for 8 minutes right under the broiler, or until the salmon is cooked, flakes easily with a fork. Check every minute after 8 minutes until it's done.
- Remove from the oven garnish with chives. Serve hot! Goes well with The Best Roasted Broccoli, Crispy Fried Rice or Brussel Sprouts.

🕒 Prep Time: 20 mins

🕒 Cook Time: 8 mins

🍽️ Servings: 6 servings

MACROS

324 kcal	23g Fats	3g Carbs	26g Protein
-------------	-------------	-------------	----------------

NOTES

You can also use premade coconut aminos based marinade



Keto Meatloaf with Almond Flour and Parmesan

Ingredients

- 1 large egg
- 2 teaspoons Diamond Crystal kosher salt (or 1 teaspoon of fine salt)
- ½ teaspoon black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- ½ teaspoon dried thyme
- 2 lbs. lean ground beef (85/15)
- ½ cup blanched finely ground almond flour
- ½ cup grated Parmesan
- ¼ cup unsweetened ketchup

Directions

- Preheat your oven to 350° F. Line a rimmed sheet pan with foil.
- In a large bowl, whisk together the egg, salt, pepper, garlic powder, onion powder, and thyme.
- Add the ground beef, almond flour, and Parmesan. Gently mix, just until uniform.
- Shape the mixture into a rectangular loaf (as shown in the video) and place it on the prepared baking sheet. Brush the loaf with ketchup.
- Bake the meatloaf until the center of the loaf registers 160° F, 50-60 minutes.
- Rest the meat for 15 minutes before slicing and serving.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 50 mins
- 🍴 Servings: 8 servings

MACROS

324 kcal	23g Fats	3g Carbs	26g Protein
-------------	-------------	-------------	----------------

NOTES

One of the most important things you can do to keep your meatloaf tender and fluffy (not a brick!) is to handle it lightly.



Keto Rosemary Garlic Parm Pork Chops

Ingredients

- 1 lb. boneless pork chops
- 4 Tbsp. unsalted butter separate into 2 Tbsp amounts to use separately
- ¼ cup parmesan cheese (grated)
- ¼ Tbsp. rosemary
- ¼ Tbsp. garlic powder
- ½ tsp. minced garlic
- salt to taste
- black pepper to taste

Directions

- Put 2 Tbsp. butter into a medium bowl and microwave to melt butter.
- Add minced garlic to the bowl with the butter and mix together, set aside.
- In another bowl mix together parmesan cheese, rosemary, and garlic powder.
- One at a time dips the pork chops into melted butter on both sides.
- Dredge in parmesan cheese mixture on both sides.
- Repeat until all the pork chops are covered.
- In a large skillet melt the remaining butter to coat the pan.
- Place pork chops in a skillet on medium-high heat. Cook for 5-8 minutes per side until no longer pink inside or until internal temperature is 145°F. Cook time will depend on the thickness of the chop. If it is a thin chop reduce cooking time.
- Let rest 5 minutes before serving.

- 🕒 Prep Time: 5 mins
Cook Time: 15 mins
- 🍽️ Servings: 4 servings

MACROS

325 kcal	25g Fats	3g Carbs	26g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 1 lb chicken breasts , *cut into thin slices*

CHICKEN STIR FRY SAUCE

- 2 garlic cloves , *minced*
- 1 inch piece root ginger, peeled and grated , *Do not use powdered ginger!*
- 4 tbsp gluten free soy sauce , *or coconut aminos for Paleo/W30*
- 1 tbsp apple cider vinegar

CHICKEN STIR FRY

- 2 tbsp olive oil
- 1/2 cup onion , *80g*
- 2 cups broccoli , *200g*
- 1/2 red bell pepper , *100g*
- 1 cup mushrooms , *80g*
- 2 tsp sesame oil
- 1/2 tsp red pepper flakes

Directions

- Marinate the chicken in the garlic, peeled and grated root ginger (do not use powdered ginger it's not suitable for this recipe) , **gluten free soy sauce**, and apple cider vinegar in a bowl or ziplock and refrigerate for at least 30 minutes.
- Heat the olive oil in a **large wok** and cook the onions for two minutes then add the broccoli and bell peppers and cook for a few more minutes until crisp-tender, then remove the vegetables from the wok and add to a bowl with a foil cover to keep warm.
- Drain the chicken from the marinade (keep the marinade, we will cook it later) and add a little more oil to your wok and cook the chicken over a high heat for 3-4 minutes per side or until chicken pieces are fully cooked.
- Return the cooked vegetables to the wok along with the remaining stir fry marinade, mushrooms, **sesame oil**, and red pepper flakes and cook for about three to four more minutes until the mushrooms are cooked.
- Serve hot.



Keto Low Carb Chicken Stir Fry

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 12 mins
- 🍽️ Servings: 4 servings

MACROS

375 kcal	20g Fats	4g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Root Ginger – use only root ginger, this is not interchangeable with powdered ginger that you typically use in baking. You should be able to find ginger root at any grocery store so just ask if you are not sure. You need to peel it first and then grate it or finely chop it.

Ingredients

- 12 oz cubed butternut squash
- 4 slices of bacon cut in half
- 3 cloves garlic thinly sliced
- 2 tablespoons brown erythritol we use Swerve
- 2 teaspoons olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon garlic powder



Keto Bacon Roasted Butternut Squash

Directions

- Preheat oven to 425° F. Place the butternut squash, chopped bacon, and sliced garlic in a large 10.5" cast iron skillet.
- In a small bowl mix together the brown erythritol, olive oil, mustard, salt, and garlic powder. Sprinkle over the squash and transfer to the oven. Bake for 45 minutes until the bacon is crispy and the squash is tender. Serve immediately.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 45 mins
- 🍽️ Servings: 4 servings

MACROS

378 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these roasted butternut squash with any of your favorite sauces.
ENJOY!

Ingredients

- 12 oz cauliflower, cut into bite-sized pieces (*about 1/2 a large head of cauliflower*)
- cooking oil *for frying*

EGG WASH

- 2 large eggs *whisked*
- 2 tbsp heavy cream

BREADING

- 1 cup superfine blanched almond flour
- 1 cup finely grated parmesan cheese *use fresh and not shelf-stable kind*
- 1 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/4 tsp cayenne pepper is *optional if you like a little spice in your breading.*



Crispy Low Carb Keto Cauliflower Bites

- 🕒 Prep Time: 25 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 8 servings

Directions

- In a small bowl, whisk eggs with heavy cream. Set aside.
- In a medium bowl, whisk together almond flour, cheese, garlic powder, smoked paprika, and cayenne pepper. Set aside.
- Line a medium baking sheet with parchment paper. Spoon a small amount of breading onto your sheet pan (just enough to cover the bottom of a cauliflower bite).
- Dip a piece of cauliflower in the egg wash. After it is fully coated, shake it a few times, making sure to shake off any excess egg drippings back into the egg bowl before adding it to the breading. The reason for doing this is that you don't want the egg drippings going into the breading. The moisture will cause the breading to clump and they will no longer stick to the cauliflower.
- Place the cauliflower piece onto the small mound of bread crumbs, applying a little pressure so the breading sticks to the bottom of the cauliflower.
- Wipe your hand that was holding the cauliflower so that your hand is also dry before touching the breading. Spoon a small amount of breading over the cauliflower and then use your fingers to press the breading onto the cauliflower until it is fully coated. It is important to keep the breading in a separate bowl, to prevent it from getting wet.
- Carefully set the cauliflower aside onto a clean part of your baking sheet. Repeat with remaining cauliflower.

BAKE

- Preheat your oven to 400F. Line a baking sheet with parchment paper. Place cauliflower pieces on the baking sheet in a single layer, spacing about 1/2 inch apart. Spray the surface of cauliflower with cooking oil spray. Bake for about 20-25 minutes or until cauliflower coating is crispy.

MACROS

378 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

The finely grated parmesan cheese should be the size of grains of sand.

Ingredients

- 6 pieces of fresh salmon, about 2" wide/4 ounces each
- 1 tablespoon + 1 teaspoon of Cajun seasonings mix divided
- ¼ cup unsalted butter
- 1 cup heavy cream
- ½ cup grated parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon parsley



Keto Cajun Salmon Alfredo

Directions

- Heat a large skillet over medium. Add in the oil and half the butter. Sprinkle the cajun seasoning over each piece of salmon and rub in gently with your hands to coat evenly. Place each piece of salmon in the skillet, skin side up and cook for 3 minutes, then flip over. Cook 3 more minutes, then remove the salmon and set aside.
- Add in the rest of the butter to the skillet and once melted, sauté the garlic for about 20 seconds. Careful not to burn it! Stir in the the remaining 1 teaspoon of cajun seasoning, then heavy cream, parmesan cheese and parsley. Add the salmon back in to finish cooking. While cooking, spoon the sauce over the tops so that each piece is well coated.
- Serve with your favorite veggie on the side! A little tip... if you're cooking for anyone who's not on Keto, you can add more heavy cream to the sauce and serve it to them over pasta.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 12 mins
- 🍽️ Servings: 6 servings

MACROS

234 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve them hot at room temperature with any of your favorite sauces.

Ingredients

- 5 lb Pork Shoulder (butt) boneless
- 2 tbsp Erythritol
- 1 tsp Dried Oregano
- 1 tsp Salt
- 1 tsp Pepper
- 2 tbsp Olive Oil
- 1/4 cup Salted Butter
- 1 small Onion diced
- 2 large Jalapeno sliced
- 4 cloves Garlic crushed
- 2 Limes zest and juice
- 2 cup Chicken Stock



Keto Pulled Pork Carnitas

Directions

- Remove any string or netting from the pork. Unroll it and cut deep slits in the meat to ensure even marinating and cooking.
- Rub the pork with the oregano, erythritol, salt, pepper, and olive oil and marinate for at least 3 hours, or overnight for best results.
- Set your instant pot to saute, add the butter, onion, jalapenos and garlic. Saute until the onion starts to turn translucent.
- Add the lime juice, zest, and chicken stock, followed by the marinated pork. Keeping the skin and fat to the top.
- Place the lid on your instant pot and set to high pressure for 2 hours.
- After 2 hours have passed, use the natural release technique before removing the lid.
- Gently remove the pork, it will be very soft and tear apart easily. We recommend using a set of tongs in each hand or a sturdy spider tool to remove it.
- Put the pork into a baking tray and shred the meat with the tongs or a pair of forks.
- Turn the heat back to high and reduce the cooking juices to about 2 cups. Pour the reduced juices over the shredded pork.
- To serve the carnitas, heat 1 tbsp olive oil in a non-stick pan over medium to high heat. Add the pork to the pan and press down gently.
- Cook until the pork is as crispy as you desire.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 2 hours
- 🍽️ Servings: 12 servings

MACROS

276 kcal	20g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve them hot at room temperature with any of your favorite sauces.

Ingredients

- Avocado oil spray
- 1 tablespoon avocado oil mayonnaise
- 2 tablespoons Dijon mustard
- 4 small boneless skinless chicken breasts 6-7 oz each
- ½ teaspoon Diamond Crystal kosher salt
- ½ teaspoon black pepper
- 1 cup almond meal (4 oz)
- 8 thin slices ham
- 4 slices Swiss cheese
- 2 tablespoons chopped parsley



Keto Buffalo Chicken Meatballs

Directions

- Preheat the oven to 400. Spray a sheet pan with non stick cooking spray or grease with Olive oil, coconut oil or butter. (I use Olive oil)
- In a large bowl, combine all ingredients, minus the buffalo sauce. Mix well.
- Use your hands to form 2" balls, mixture will be sticky. If desired set out a small amount of almond or coconut flour to dust your palms with. I personally just pushed through it and made a mess all over my hands!
- Place meatballs on a sheet pan. Bake for 15 minutes or until center has reached 160°
- Remove meatballs from the oven. Place in a skillet or pot over medium low heat. Coat with buffalo sauce. Continue to cook just until sauce is warmed.
- Serve over pureed celery root or cauliflower that has been mixed with a ranch seasoning packet! Or eat as is.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 5 servings

MACROS

196 kcal	20g Fats	2g Carbs	10g Protein
-------------	-------------	-------------	----------------

NOTES

These keto buffalo chicken meatballs make a great snack, lunch or dinner. Heck, I have even had a few wrapped in lettuce for breakfast.

Ingredients

- Avocado oil spray
- 1 tablespoon avocado oil mayonnaise
- 2 tablespoons Dijon mustard
- 4 small boneless skinless chicken breasts 6-7 oz each
- ½ teaspoon Diamond Crystal kosher salt
- ½ teaspoon black pepper
- 1 cup almond meal (4 oz)
- 8 thin slices ham
- 4 slices Swiss cheese
- 2 tablespoons chopped parsley



Easy Keto Chicken Cordon Bleu

Directions

- Preheat your oven to 425 degrees F. Line a baking dish with foil, fit it with a wire rack and spray the rack with oil.
- In a small bowl, mix the mayonnaise and the Dijon mustard.
- Season the chicken breasts on both sides with salt and pepper. Brush them on all sides with the Dijon mixture. Dredge them in the almond meal, and place them on the prepared wire rack. Spray their tops with oil.
- Bake the chicken, uncovered, until an instant-read thermometer inserted into the thickest part reads 165 degrees F, 20-30 minutes (start checking after 20 minutes). How long you need to bake will depend on your oven and on the size of the chicken pieces.
- Top each chicken breast with two slices of ham (folded in two if necessary) and a slice of Swiss cheese.
- Return the chicken to the hot oven for 2-3 minutes, just until the cheese melts. Garnish with chopped parsley. Allow to rest 5 minutes before serving, to allow the juices to redistribute and settle.

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 4 servings

MACROS

367 kcal	20g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this hot at room temperature.

Ingredients

- 1 lb shrimp
- 4 garlic cloves, chopped
- 4 Tbsp butter
- 2 Tbsp olive oil
- 1/4 cup white wine
- 1 Tbsp Cajun seasoning (see note 1)
- 1/4 cup heavy cream
- 1 lemon, juiced
- 1/2 cup chopped parsley
- Salt to taste
- Fresh ground pepper to taste
- Parmesan cheese for garnishing



Cajun Shrimp Scampi

Directions

- Heat olive oil and 3 Tbsp butter in a saucepan over medium heat.
- Add garlic and sauté for 30-60 seconds.
- Add white wine, and reduce 2-3 minutes.
- Stir in shrimp and Cajun seasoning. Cook 3-5 minutes, depending on the size of the shrimp. The shrimp should be almost fully cooked.
- Add remaining butter, lemon juice, and cream. Stir and cook an additional minute.
- Add salt and pepper to taste, as well as parsley.
- Serve hot over pasta or zoodles..

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 4 servings

MACROS

278 kcal	20g Fats	4g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Be aware of the sodium content of your Cajun seasoning. If you are using store bought, this can vary dramatically, so additional salt may or may not be necessary.

Ingredients

- 1 pound of Broccoli, cut into florets
- 1 Rotisserie Chicken, meat shredded (approximately 700g/1.5lbs)
- 8 ounces of Cream Cheese
- ¾ cup of Heavy Cream
- ½ cup Unsweetened Almond Milk
- 1 tablespoon of Dijon Mustard
- 1 teaspoon of Garlic Powder
- ½ teaspoon of Salt
- ¼ teaspoon of Pepper, ground
- ¼ cup of Fresh Basil, chopped
- 1 cup Cheddar Cheese, shredded



Keto Chicken Cheese Broccoli Casserole

Directions

- Preheat your oven to 200C/390F.
- Place a saucepan of water over high heat and boil the broccoli florets until al dente. Drain well and add to a large mixing bowl along with the shredded chicken.
- In a small saucepan, add the cream cheese, cream, almond milk, mustard, garlic, salt and pepper and place over low heat. Whisk until the sauce is smooth.
- Pour the warm sauce into the broccoli and chicken mixture, add the basil, and mix well.
- Pour the mixture into a casserole dish and top with the shredded cheese.
- Bake in the oven for 20-30 minutes, until warmed through and the cheese has browned.
- Serve immediately.

- 🕒 Prep Time: 10 mins
Cook Time: 25 mins
- 🍽️ Servings: 4 servings

MACROS

416 kcal	30g Fats	5g Carbs	32g Protein
-------------	-------------	-------------	----------------

NOTES

Store the leftover chicken & broccoli casserole in the fridge for up to 4 days or freeze for up to 3 months.

Ingredients

- 3 medium zucchini
- 1 lb ground beef
- 2 garlic cloves, finely chopped
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp paprika
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp olive oil
- 1/2 pint cherry tomatoes, halved
- 3 Tbsp feta cheese, for garnishing
- 1 Tbsp pine nuts, for garnishing
- Salt and pepper to taste



Keto Zucchini Boats

Directions

- Heat 1 Tbsp olive oil in a pan over medium high heat and cook the ground beef. Crumble the beef it as you go along. Stir in salt, pepper, chopped garlic, oregano, thyme and paprika. Cook until beef is fully cooked. Remove from heat. Once cooled stir in cherry tomato halves and parsley.
- Cut the zucchini into halves, lengthwise. Brush olive oil on both sides and season with salt and pepper. Place them flesh side down on a lightly oiled griddle or cast iron skillet over medium high heat. Cook 3-5 minutes until soft. Turn the zucchini halves over and cook an additional 3-5 minutes.
- Plate them out and let them cool. Once ready to handle, with the help of spoon, scoop out the flesh to hollow out the zucchini to create the the boats. Stir this zucchini flesh into the meat mixture.
- Arrange the boats onto a serving platter. Fill the prepared stuffing generously into each boat. Garnish with feta cheese, pine nuts and parsley.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 4 servings

MACROS

387 kcal	22g Fats	5g Carbs	34g Protein
-------------	-------------	-------------	----------------

NOTES

You can bake zucchini boats in the oven too.

Ingredients

Salmon:

- 1 lb salmon fillet boneless, skinless cut into 4 fillets
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/8 tsp freshly ground black pepper
- 1/2 Tbsp olive oil to sauté
- 2 Tbs butter

Dressing:

- 2 Tbsp lemon juice from 2 medium lemons
- 3 Tbsp extra virgin olive oil
- 1 Tbsp red wine vinegar
- 1 tsp sea salt
- 1/8 tsp black pepper
- 2 Tbsp dill freshly chopped
- 1 tsp dried parsley

Salad:

- 4 cups chopped Romaine lettuce
- 1 cup cucumber sliced and halved
- 1/2 cup feta cheese crumbled
- 1/3 cup pitted Kalamata olives sliced
- 1/2 cup red onion diced
- 2 avocados pitted peeled and sliced

Directions

- Season both sides of salmon fillets with garlic powder, onion powder, and pepper.
- Heat 1/2 Tbsp olive oil in a large nonstick pan over medium heat.
- Add salmon and cook for 3-4 minutes per side, until golden crust forms.
- Remove salmon to a plate and top each fillet with a ¼ Tbs of butter, then set aside to allow to cool some.
- In a small bowl, whisk together dressing ingredients and set aside.
- Arrange salad ingredients in the salad bowl, top with salmon, and drizzle the dressing over the top.
- Toss to combine. Serve!



Keto Salmon Avocado Salad

🕒 Prep Time: 22 mins

🕒 Cook Time: 8 mins

🍽️ Servings: 6 servings

MACROS

383 kcal	25g Fats	5g Carbs	30g Protein
----------	----------	----------	-------------

NOTES

Serve this salad with any of your favorite sauces and enjoy.

Ingredients

SHRIMP:

- 2 tbsp Olive oil
- 1 lb Large shrimp
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper

SAUCE:

- 1 tbsp Olive oil
- 4 cloves Garlic (minced)
- 1 medium Shallot (minced)
- 1/4 cup chicken bone broth
- 1/4 cup unsalted butter
- 2 tbsp Lemon juice
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper

ASSEMBLY:

- 1 lb Zucchini
- 1/4 cup Parsley (chopped)



Low Carb Keto Shrimp Scampi with Zucchini Noodles

- 🕒 Prep Time: 12 mins
- 🕒 Cook Time: 13 mins
- 🍽️ Servings: 4 servings

MACROS

325 kcal	20g Fats	2g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these Zucchini noodles at room temperature with your favorite sauce and enjoy

Directions

- Place the zucchini noodles in a colander over the sink and toss with salt. Let them sit for **20 minutes**. The salt will bring out the water.
- Heat 2 tablespoons (29 ml) of oil in a large saute pan over medium-high heat.
- Add the shrimp. Season with salt and pepper. Arrange in a single layer. Saute for 2-3 minutes without moving, until the edges start to turn opaque and the bottom starts to brown. Flip and saute for 1-3 more minutes, until cooked through. Remove shrimp from the pan, cover to keep warm, and set aside.
- Add another tablespoon (14 ml) of oil to the pan. Add the minced garlic and shallots to the pan. Saute for about **2-3 minutes**, until browned.
- Add broth and scrape the bottom to deglaze. Simmer for **2-3 minutes**, until the liquid volume reduces by half.
- Stir in butter and lemon juice. After butter melts, bring to a simmer and simmer for **3-4 more minutes**, stirring occasionally and scraping the bottom of the pan, until the volume is reduced. Season with salt and pepper to taste. Stir in fresh parsley.
- Once the zucchini seems watery and softened, squeeze the zoodles gently to release some additional water - don't try to squeeze hard every last drop, or they can get mushy. Add the zucchini noodles to the pan. Cook for **2-3 minutes**, just until hot.
- Stir the shrimp back into the pan.

Ingredients

- 3lb chuck roast
- 6-7 chipotle chilies in adobo sauce + 1 Tbsp adobo sauce (see note 1)
- 1 small onion, chopped
- 8 garlic cloves
- 1/4 cup lime juice
- 1.25 cup beef broth
- 3 Tbsp apple cider vinegar
- 2 tsp cumin
- 1 Tbsp oregano
- 8-9 cloves, crushed
- 1 tsp pepper
- 1 tsp salt
- 3 bay leaves
- Cilantro, handful
- 2 Tbsp oil
- 1 head Boston lettuce



Barbacoa Beef Lettuce Wraps

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 5 hours
- 🍽️ Servings: 12 servings

Directions

- Heat oil in a pan over medium-high heat and sear the chuck roast on all sides till it gets brown all over.
- Blend all the remaining ingredients, except bay leaves, in a blender.
- Place the chuck roast in the crock pot and pour the sauce on top. Add in bay leaves.
- Cover and cook for 8-9 hours on low or 4-6 hours on high.
- Remove some of the excess liquid and discard, leaving about 2-3 cups in the crockpot. Shred the beef with a couple of forks and mix well with the remaining juices.
- Serve it in lettuce wraps along with fresh pico de gallo, salsa, or any toppings of your choice.

MACROS

367 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

You can also serve barbacoa beef over tacos, burritos, nachos, quesadillas, burrito bowls and in sliders.

Ingredients

- 4 large chicken thighs
- 2 tbsp adobo seasoning
(Use Light or Low Sodium Adobo seasoning if you like chicken less salty, the original can be pretty salty for some in this recipe.)
- 1 tbsp olive oil



Keto Adobo Air Fried Chicken Thighs

Directions

- Add olive oil to the bag or plate and coat the chicken in it.
- Toss chicken thighs in adobo seasoning to coat.
- Place chicken thighs in an air fryer basket, making sure they don't touch or crowd each other.
- Set the air fryer to 350 degrees and set the timer to 10 minutes.
- After 10 minutes, flip the chicken to the other side and cook for another 10 minutes.
- The chicken will be golden brown and have 165 degrees internal temperature at the end of cooking.

- 🕒 Prep Time: 5 mins
Cook Time: 20 mins
- 🍽️ Servings: 5 servings

MACROS

376 kcal	24g Fats	4g Carbs	36g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these thighs with lemon juice or any of your favorite dipping sauces.
ENJOY!

Ingredients

KETO PIE CRUST:

- 4 cup Blanched Almond Flour
- 3/4 tsp Sea salt
- 6 tbsp unsalted butter
- 1 large Egg
- 1 tbsp Unflavored gelatin powder
- 2 tbsp Water

LOW CARB CHICKEN POT PIE FILLING:

- 2 tbsp unsalted butter
- 2 cloves Garlic (minced)
- 1/2 cup onion (diced)
- 3 tbsp Unflavored gelatin powder
- 3/4 cup chicken bone broth
- 1 cup frozen peas & carrots (diced)
- 3/4 cup Heavy cream
- 2 cups Shredded chicken (cooked)
- 1/2 tsp Sea salt
- 1/8 tsp Black pepper



Directions

KETO PIE CRUST:

- Preheat the oven to 350 degrees F (177 degrees C).
- To make the pie crust dough, follow steps 1-3 from **this almond flour pie crust recipe**, BUT you will use the amounts of almond flour, sea salt, butter, and egg above.
- Sprinkle (don't dump) in the gelatin powder and water, and use a hand mixer to combine, until uniform.
- Divide the dough in about half, with one half just a little bigger. Press the slightly larger half of the dough into a 9-inch pie pan, including the bottom and going up the sides. Crimp the edges if you like. Set the 2nd half of the dough aside.
- Bake the crust in the oven for **10-12 minutes**, until just lightly golden. When done, set aside to cool for at least **10 minutes** before adding the filling.
- Meanwhile, place the remaining half of the dough between two pieces of parchment paper. Use a rolling pin over the parchment paper to roll out to a circle slightly larger than the top of the pie pan, for the top crust.

LOW CARB CHICKEN POT PIE FILLING:

- Meanwhile, make the filling. In a large cast-iron saucepan over medium heat, melt the butter. Add the minced garlic and saute for about **1 minute**, until fragrant.
- Add the diced onion and cook for about **5 minutes**, until soft and starting to brown.
- Meanwhile, pour 1/2 cup bone broth into a small bowl. Slowly sprinkle the gelatin powder over it, then whisk together. Set aside to bloom.
- Add the frozen peas, carrots, heavy cream, and remaining 1/4 cup broth to the pan. Increase heat to bring to a simmer, then reduce and simmer for **7-10 minutes**, until volume is reduced by half and carrots are soft.
- Reduce heat to low. Add the bloomed gelatin to the pan (it will be very thick). Stir well, until the gelatin dissolves. Sprinkle with salt and pepper to taste.
- Remove from heat. Stir in the shredded chicken (be sure that it's not watery before adding).
- Let the filling cool for about **10-15 minutes**, until warm but no longer hot. It should be a little thicker than when it was piping hot.
- **ASSEMBLY:**
- Preheat the oven again to 350 degrees F (177 degrees C), if it has cooled. Make sure the filling and bottom crust are both cooled to no hotter than lukewarm before assembling.
- Gently transfer the cooled filling to the cooled bottom crust.

Keto Chicken Pot Pie

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 8 servings

MACROS

267	15g	4g	20g
kcal	Fats	Carbs	Protein

NOTES

Serve this pot pie with any of your favorite dipping sauce. ENJOY!

Ingredients

- 6 chicken thighs
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp Italian herb seasoning blend
- 1 tsp Celtic sea salt
- 1 tsp fresh cracked pepper
- 1 lemon, sliced thin



Directions

- Add all ingredients - except sliced lemon - to bowl or bag, toss to coat chicken.
- Let marinate for 30 minutes to overnight.
- Remove chicken and let any excess oil drip off (does not need to be dried, just not dripping with tons of excess oil.)
- Set air fryer to 350-400 degrees (as high as your air fryer will go) and preheat for 10 minutes.
- Arrange chicken thighs and lemon slices in air fryer basket, taking care to not push chicken thighs too close to each other.
- Cook at 350 or 400 (again, as high as you can), for 8 minutes.
- Remove fryer basket and flip chicken thighs to other side.
- Cook again at 350 for another 6 minutes - gauge temperature, and continue to air fry until reaching 165 degrees internal temperature.
- Chicken thighs will be crispy, with clear juices, and reach 165 degrees internal temperature when checked with a digital thermometer inserted in the thickest part of the thigh.
- Serve and enjoy!

Easy Air Fryer Lemon Chicken

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 5 servings

MACROS

427 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Squeeze some lime juice while serving the chicken and you can enjoy this recipe with any of your favorite sauce.

Ingredients

- 2 tbsp olive oil
- 2 1/4 lbs boneless, skinless chicken breasts (thin cut)
- 3 garlic cloves, minced
- 1/2 tsp Italian seasoning
- 1.2 tsp paprika
- 1/2 cup chicken broth
- 2 tbsp butter
- 1 1/4 cup heavy whipping cream
- 1/2 cup Parmesan cheese, freshly grated + 1/4 cup for garnishing (optional)
- 1/3 cup Gouda cheese, freshly grated
- 1 cup grape tomatoes, halved
- 1/4 onion, chopped
- 1 1/2 cup fresh baby spinach leaves, roughly chopped



Creamy Tuscan Garlic Chicken

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 6 servings

Directions

- Season chicken with Italian seasoning, paprika, salt and pepper.
- In a 12-inch cast-iron skillet over medium heat, add 2 tbsp olive oil.
- When the skillet gets nice and hot, add your chicken and sear on both sides until brown. Put a lid on the top to help the chicken cook.
- Don't overcook the chicken. The internal temperature should reach 165°F. (Use a thermometer to help.) Remove from the pan and set aside.
- Add butter, garlic, onion, and diced tomatoes to pan with Italian seasoning and paprika sauce for 5 minutes stirring occasionally on medium/ low heat.
- De-glaze pan with chicken broth. Scrape the pan to remove the bits that might have stuck to the bottom. Make sure to keep them in the pan as they add incredible flavor.
- Add heavy cream, Parmesan cheese, Gouda, and spinach and simmer on medium heat until the sauce begins to thicken stirring occasionally so that it doesn't stick. (It took mine approx seven minutes.)
- Add the chicken back to the skillet, and simmer on low heat for two minutes.
- Add remaining 1/4 cup of Parmesan cheese on top of chicken if desired.

MACROS

398 kcal	15g Fats	5g Carbs	28g Protein
-------------	-------------	-------------	----------------

NOTES

Gouda cheese adds a nice flavor to the sauce, so try not to leave this out!



**"NOTHING BRINGS PEOPLE
TOGETHER LIKE GOOD FOOD"**

"TOTAL BODY AND HEALTH"

EASY
SEAFOOD
RECIPES



"TOTAL BODY AND HEALTH"

Ingredients

- 3 Cups Cauliflower Rice
- 2 tbsp Butter
- 1 Clove Garlic
- 1 Cup Seafood Mix
- 1/4 Cup White Wine
- 1/4 Cup Heavy Whipping Cream
- 1/4 Cup Grated Parmesan
- 1/4 tsp Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Nutmeg
- 1/4 Cup Shredded Gruyere Cheese or Mozzarella
- 1 Stalk Parsley



Directions

- Gather all the ingredients.
- Preheat oven to broil 500F.
- Grate garlic with a grater or mince and set aside.
- In a Teflon frying pan, add frozen seafood mix (does not need to defrost) and white wine. Cook for 3-5 minutes on high heat until most of the liquid has evaporated. Transfer to holding bowl once done
- Using the same Teflon frying pan, melt butter over medium heat. Once the butter is melted, stir in the cauliflower and cook until tender, approximately 3 minutes.
- After 3 minutes, stir in heavy cream, Parmesan cheese, salt, black pepper, grated garlic, nutmeg and cooked seafood mix. Cook for 3-4 minutes until cheese is melted and mixed in thoroughly
- Transfer cooked cauliflower rice into a baking dish packing in tightly and sprinkle shredded Gruyere cheese on top ensuring everything is covered. Transfer to oven and bake for 4-6 minutes or until the cheese is melted and golden brown.
- In the meantime, chop up the parsley. Once the gratin is done, top with chopped parsley and serve hot!

Keto Seafood Gratin

🕒 Prep Time: 10 mins

🕒 Cook Time: 5 mins

🍽️ Servings: 2 servings

MACROS

367 kcal	25g Fats	3g Carbs	34g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this with your favorite dipping sauce and enjoy!

Ingredients

- 1 pound Shrimp peeled, deveined, and tails off
- 1 Link Andouille sausage cut into slices
- ½ medium onion cut into wedges
- 1 small yellow squash sliced
- 3 cup. cauliflower florets
- 4 teaspoon minced garlic
- ¼ cup Old Bay seasoning
- 3 tablespoons melted butter
- 3 cup Water
- 2 cups Chicken broth
- Chopped parsley for garnish
- Salt and pepper to taste
- 3 tablespoons melted butter
- 3 cup Water
- 2 cups Chicken broth
- Chopped parsley for garnish
- Salt and pepper to taste



Keto Shrimp Boil

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 8 servings

Directions

- Place the chicken broth, water, Old Bay seasoning, garlic and onion into a large pot on the stove and bring to a boil.
- Add the cauliflower and salt and pepper to taste in the pot and boil for 3 minutes.
- Mix in the shrimp, sausage and yellow squash. Boil with the lid on for another 5-10 minutes until the shrimp is cooked and vegetables are done to your liking.
- Drain the liquid from the mixture.
- Transfer the mixture to a bowl and drizzle with butter.
- Garnish with fresh parsley before serving.

MACROS

232 kcal	20 Fats	5g Carbs	25g Protein
-------------	------------	-------------	----------------

NOTES

Vegetables can be changed as desired. Broccoli is a great sub for cauliflower and zucchini can be used in place of yellow squash.

Ingredients

- 1 cup chicken broth
- 2 medium slices of onion
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups heavy whipping cream
- 2 tablespoons of tomato paste
- 1/2 teaspoon salt
- 1 pound cooked and cubed lobster meat
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon ground cayenne pepper



Directions

- Saute the chopped onions and 1/4 cup of chicken broth in a frying pan. Cook for 5 to 7 minutes on low heat. Set aside.
- In a medium-size pot, melt the butter over medium heat. Slowly whisk in flour until the mixture becomes creamy.
- Add in the remaining chicken broth gradually while whisking. Add in the milk, salt, onion, lobster meat, Worcestershire sauce, tomato paste and cayenne pepper.
- Cook the mixture until right before boiling, then remove from heat right away. Do not allow the soup to boil as this will curdle the cream.

Lobster Bisque

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 15 mins
- 🍽️ Servings: 4 servings

MACROS

417 kcal	30g Fats	5g Carbs	34g Protein
-------------	-------------	-------------	----------------

NOTES

Lobster meat is already so tasty, but you can add more flavor to it by cooking it in garlic and butter.

Ingredients

- 2 tablespoons Olive Oil (extra virgin)
- 2 tablespoons Butter
- 1 Onion (diced)
- 2 stalks Celery (sliced)
- 1 Carrot (sliced)
- Sea salt
- 5 cloves Garlic (minced)
- 2 cups White wine
- 1 28 ounce can Crushed tomatoes (gluten free)
- 1 ½ cups Fish stock ((clam juice))
- 1 teaspoon Old Bay seasoning
- 1 teaspoon Oregano (dried)
- ½ teaspoon Red pepper flakes
- 1 teaspoon Worcestershire sauce
- 1 tablespoon Anchovy paste
- 2 teaspoons Lemon juice
- 8 ounces Cod or Halibut (cut into 2 inch pieces)
- ¾ pound Shrimp (peeled and deveined, 16-20 size)
- 1 pound Mussels (raw)
- 12 Clams (raw)
- 2 tablespoons Basil (fresh, chopped)



Keto Cioppino

- 🕒 Prep Time: 25 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 6 servings

Directions

- Heat a large Dutch Oven over medium-low heat. Add butter and olive oil until melted.
- Stir in onion, celery, and carrot with a pinch of salt. Cook for 5 minutes, stir in garlic and cook for 1 minute.
- Increase heat to high and stir in wine. Bring to a simmer. (2 minutes)
- Add crushed tomatoes, fish stock, old bay, oregano, red pepper flakes, anchovy paste, and Worcestershire sauce. Reduce heat to low and simmer for 20 minutes.
- Increase heat to high and bring to a boil. Add shrimp, lemon juice, and codpieces, return to simmer, and cook for 3 minutes. Remove shrimp and reserve.
- Add mussels in the shell, and clams in the shell. Cover and simmer until shellfish open (about 6 minutes).
- Add shrimp back to Dutch Oven. Season with salt and pepper to taste and serve hot, topped with chopped basil.

MACROS

213 kcal	15g Fats	4g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Halibut is an excellent substitute for cod (any firm white fish). You can also add crab in the shell, if available.

Ingredients

- 1/2 lb cooked shrimp
- 4 ounces lump crab meat
- 2 tablespoons unsalted butter
- 1/2 cup minced onion
- 1/2 cup minced spinach
- 3 garlic cloves minced
- 1 teaspoon Old Bay
- 4 ounces cream cheese
- 2 cups pepper jack cheese
- 1 4oz can green chiles



Keto Seafood Dip

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 16 servings

Directions

- Preheat the oven to 425° F. Heat the butter in a large 10.5" skillet over medium heat. Sauté the onion and garlic for 2-3 minutes, add in old bay and cook stirring for 30 seconds.
- Add in shrimp, chiles, crab, and spinach. Cook 1-2 minutes until the spinach is wilted.
- Add in the cream cheese, and 1 cup of the shredded pepper jack cheese. Top with the remaining pepper jack and bake at 425° F for 20 minutes. Place under the broiler to brown for 5 minutes before serving.

MACROS

234 kcal	15g Fats	5g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this dip as your favorite side dish at room temperature and enjoy.



Keto Seafood Chowder

Ingredients

- 4 tbsp butter
- 2 garlic cloves, minced
- 5 oz. (1½ cups) celery stalks, sliced
- 1 cup clam juice or vegetable stock
- 1½ cups heavy whipping cream
- 2 tsp dried sage or dried thyme
- ½ lemon, juice and zest
- 4 oz. (½ cup) cream cheese
- 1 lb salmon, boneless fillets or other firm fish, pin bones removed, fillets cut into 1" pieces
- 2 oz. (2 cups) baby spinach
- 8 oz. shrimp peeled and deveined
- salt and ground black pepper
- ½ tbsp red chili peppers
- fresh sage, optional for garnish

Directions

- Melt butter in a large pot over medium heat.
- Add garlic and celery. Cook for about 5 minutes, stirring occasionally. Add clam juice, cream, cream cheese, sage, lemon juice and lemon zest. Let it simmer for about 10 minutes without lid.
- Add the fish and shrimp. Simmer for 3 minutes or until fish is just cooked (should flake easily). Add the baby spinach and stir until wilted.
- Season with salt and pepper to taste.
- Garnish with fresh red chili and fresh sage before serving for extra flavor and splash of color.

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 6 servings

MACROS

292 kcal	17g Fats	4g Carbs	24g Protein
----------	----------	----------	-------------

NOTES

As an optional addition, consider adding crushed, dried chili flakes as a garnish on the soup. These add a lovely hot zest to an already delicious soup.

Ingredients

- 1 egg lightly beaten
- 8 oz fresh lump crabmeat gently picked through and shells removed
- 1 tablespoon mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon minced fresh garlic
- ½ teaspoon Diamond Crystal kosher salt
- ½ teaspoon dried thyme
- ⅛ teaspoon cayenne pepper
- ¼ cup parsley chopped
- ½ cup blanched finely ground almond flour blanched finely ground
- 2 tablespoons butter
- 2 tablespoons olive oil



Crispy Keto Crab Cakes

Directions

- In a medium bowl, lightly whisk the egg with a fork. Mix in the crabmeat. Mix well with a fork, pressing on the crab meat with the fork and breaking up any large pieces.
- Mix in the mayonnaise, mustard, garlic, kosher salt, thyme, and cayenne pepper. Then Mix in the parsley and the almond flour.
- Use a ¼-cup scoop to portion out six portions of the mixture. Use your hands to form the portions into six ½-inch-thick patties.
- Place the crab cakes on a platter lined with wax paper. Cover loosely with plastic wrap and refrigerate for at least one hour.
- Heat the butter and olive oil in a large nonstick skillet over medium heat, for about 3 minutes. Add the crab cakes. Cook them for about 4 minutes without moving, until you can see on the edges that the bottoms are browned.
- Carefully, using two spatulas, flip the crab cakes. Very gently press on their tops to slightly flatten, then cook on the other side until browned, about 3-4 more minutes. Remove them to a plate lined with paper towels, then serve.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 15 mins
- 🍽️ Servings: 6 servings

MACROS

298 kcal	17g Fats	5g Carbs	24g Protein
-------------	-------------	-------------	----------------

NOTES

It's very important to chill the keto crab cakes for at least an hour prior to frying them, so please don't skip that step.

Ingredients

- 3-4 pieces (700g) of salmon fillets
- ½ teaspoon smoked paprika
- Salt and pepper
- 1 cup (250ml) heavy cream
- 3 tablespoon butter
- 5 cloves of garlic, minced
- 3 Cups (100g) of fresh spinach
- Just under ½ cup (40g) of parmesan cheese
- 1 Vegetable (or chicken) Bouillon Cube
- Lemon
- Fresh parsley



Keto Garlic Butter Salmon

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 6 servings

Directions

- Pat salmon fillets dry with paper towels.
- Heat olive oil and butter in a large skillet over medium-high heat.
- Season salmon with salt, pepper and smoked paprika. Sear in the hot skillet (flesh-side down first) for 3-5 minutes on each side. Once cooked, remove from the pan and set aside.
- Melt the 3 tbsps. of butter in the same skillet. Sauté minced garlic and then add fresh spinach. Cook for 1-2 minutes.
- Reduce heat to low-medium heat, add heavy cream and bring to a gentle simmer, stirring occasionally. Add the boullion cube to the cream and let it simmer again (add water if necessary, if you like the sauce to be thinner).
- Add the parmesan cheese and allow sauce to gently simmer for a another minute or so until the cheese melts and sauce thickens.
- Add the salmon back into the pan, cover it with the sauce, sprinkle with chopped parsley, and a squeeze of lemon juice.

MACROS

315 kcal	20g Fats	5g Carbs	24g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this dish at room temperature and ENJOY!

Ingredients

- 8 (6-inch) low-carb flour tortillas

Shrimp Mixture:

- 2 tablespoons butter
- 1/2 cup red bell pepper, diced finely
- 1/2 cup white onion, diced finely
- 2 cloves garlic, minced
- 1 pound shrimp, peeled and deveined and chopped into 1 inch pieces
- 4 ounces cream cheese, softened
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lime juice

Sauce:

- 1 cup salsa verde
- 1 cup heavy cream
- 1 cup shredded Monterey Jack cheese, divided



Low-Carb Shrimp Enchiladas

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 45 mins
- 🍽️ Servings: 8 servings

Directions

- Preheat oven to 350 degrees and spray a 9x13 pan with cooking spray.
- For the Shrimp Mixture: In a large skillet melt the 2 tablespoons of butter. Sauté the red bell pepper and onion until slightly soft. Add the garlic and cook for an additional minute.
- Add the shrimp and cook for 2-3 minutes or until pink just start to turn pink. Remember we are still baking this so we don't want the shrimp to be overcooked.
- Reduce heat to low and add the cream cheese. Stirring until cream cheese is melted. Stir in the salt, chili powder, cilantro, and lime. Stir and set aside.
- Fill a tortilla with 1/3 cup of the shrimp mixture, about 1 tablespoon of cheese, and roll the tortilla tightly and place it seam side down in the baking dish. Repeat with the remaining tortillas.
- Stir together the salsa verde and the cream in a small bowl. Pour the sauce over the tortillas and sprinkle with the remaining cheese. Bake uncovered for 20-30 minutes or until the tops are golden brown.
- Remove from the oven and let the enchiladas sit for 10 minutes before serving.

MACROS

320 kcal	21g Fats	5g Carbs	24g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this dish at room temperature and ENJOY!

Ingredients

- 250 g firm white-flesh fish such as flounder or cod
- 1/3 cup sour cream or coconut cream + 2 tsp apple cider vinegar
- 2 teaspoons apple cider vinegar
- 4 cloves of garlic ran through a press
- kosher salt to taste
- 1/2 cup whey protein isolate
- 1 teaspoon baking powder
- 1 1/2 teaspoon chili powder *see notes
- 1/4-1/2 teaspoon kosher salt to taste
- 1 egg
- 1 tablespoon sour cream or coconut cream
- 2 teaspoons apple cider vinegar
- coconut oil or cooking oil of choice
- Serving suggestions
- 1 batch 15-minute keto & grain-free tortillas 8 tortillas
- 1 batch pico de gallo salsa
- guacamole
- limes



Crispy Keto Fish Tacos

Directions

- Mix sour (or coconut) cream, vinegar, garlic and season to taste with salt. Cut the fish across the grain of the flesh into strips roughly 1/2 inch wide, and add it to the cream marinade. Cover and refrigerate for two hours, though preferably overnight!
- Make a batch of my keto tortillas. You can have them shaped and ready to go for cooking them simultaneous to the fish- as the secret to great tacos is eating them *right away!*
- Prepare your frying station by adding enough oil to a skillet or pan to make it about 1/2-inch deep. You can save a lot of oil by using a narrower pan and frying in batches. Heat up oil over medium/low heat while you coat the fish.
- Mix the whey protein, baking powder, chili powder and salt in a shallow plate or dish. In a second plate or dish, whisk the egg with cream and vinegar.
- Coat the fish by lightly removing excess marinade, dipping in the egg mix, followed by the whey protein mix, immediately placing in the hot oil and basting the top right away. You want to fry the fish right after coating for best crispness. Fry on both sides until deep golden and transfer to a paper-lined plate for a couple minutes.
- Serve right away with the freshly-made tortillas, plenty of limes and your salsa of choice.

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 15 mins
- 🍽️ Servings: 4 servings

MACROS

320 kcal	21g Fats	5g Carbs	24g Protein
----------	----------	----------	-------------

NOTES

Serve this dish at room temperature and ENJOY!

Ingredients

- 4 filets cod or other white fish
- 1 med lemon zested and juiced
- ½ cup crushed almonds can use a food processor or blender to crush
- 1 Tbsp dill either fresh or from tube
- 1 Tbsp olive oil
- salt & pepper to taste
- 1 tsp mild to med. chili spice optional
- 4 tsp Dijon mustard more if you like mustard



Low-Carb Almond Crusted Cod

Directions

- Preheat the oven to 400 degrees F. Prepare a baking sheet with either parchment paper laid on top or spray with cooking spray
- Place cod filets on paper towels to drain off water and pat dry. Place on a baking sheet.
- In a small bowl, combine the lemon zest, lemon juice, crushed almonds, dill, oil, salt and pepper, and chili spice if used.
- Spread each cod filet with a tsp or so of Dijon mustard, smoothing it over the entire top of the filet. Divide the almond mixture among the 4 filets, pressing it evenly into the mustard with your hands.
- Bake the fish until open at the thickest part, about 7 minutes for most cod filets (less time for thin filets).
- Serve with green vegetables and lemon slices for a great low-carb or keto fish dinner.

🕒 Prep Time: 15 mins

🕒 Cook Time: 7 mins

🍽️ Servings: 4 servings

MACROS

356 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this dish at room temperature and ENJOY!

**"PEOPLE WHO LOVE TO EAT ARE
ALWAYS THE BEST PEOPLE"**



"TOTAL BODY AND HEALTH"

EASY POULTRY RECIPES



"TOTAL BODY AND HEALTH"

Ingredients

Chicken drumsticks

- 2 tbsp light olive oil
- 2 tbsp lime juice
- 1 tbsp smoked paprika powder
- 1 tbsp garlic powder
- 2 tsp salt
- ½ tsp cayenne pepper
- 3 lbs chicken drumsticks

Keto fries

- 1¼ lbs turnip
- ½ tsp paprika powder
- 2 tbsp light olive oil
- salt and pepper
- 1 (½ oz.) scallion and red chili pepper, sliced (optional)

Spicy mayonnaise

- ¾ cup mayonnaise or vegan mayonnaise
- 1 tsp ground cumin
- ½ tsp chili flakes
- salt and pepper



Chicken Drumsticks With Keto Fries

- 🕒 Prep Time: 60 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 2 servings

Directions

- Preheat the oven to 400°F (200°C).
- In a large bowl, whisk together olive oil, lime juice, and spices. Once combined, place the chicken and marinade in a plastic bag, and make sure the chicken is completely coated. Lay on a flat surface to evenly distribute the marinade, and occasionally flip the bag over. Allow to marinate while you prepare the rest.
- Rinse and peel the turnip. Cut into thin French-fry sticks.
- In a medium-sized bowl, combine the paprika, oil, salt, and pepper. Add the turnips to the bowl, and toss to coat. Put the turnips on a baking sheet (non-stick or lined with parchment paper) in a single layer.
- Place the drumsticks on a wire rack over a tray lined with aluminum foil or on a broiler pan. This will help the crisping process. Bake for 30 minutes or until it's almost ready. Move the chicken to a lower rack and cover with aluminum foil.
- Place the turnip fries in the oven on a higher rack, and bake for 15 minutes. Turn them over, and bake for another 15 minutes or until crispy and golden.
- Mix mayonnaise with the spices and garnish with finely sliced scallion and fresh chili. Serve the spicy mayonnaise on the side.

MACROS

375 kcal	17g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

You can marinate the chicken a day ahead, so you just need to bake them when it's time for dinner! Prepare the marinade and chicken in the plastic bag, then chill in the fridge until ready to bake.

Ingredients

- 1¼ lbs chicken legs
- 1½ tbsp melted butter or olive oil
- ¾ tsp salt
- ¼ tsp ground black pepper
- ½ tbsp Italian seasoning or jerk seasoning or tandoori seasoning or curry powder



Baked Chicken Legs

Directions

- Pre-heat oven to 400°F (200°C).
- Mix the melted butter or oil with your seasonings of choice in a small bowl. Brush it all over the chicken legs and place them skin side up on a baking tray or baking dish.
- Bake the chicken thighs for 30 minutes or until the skin is crispy and the meat is no longer pink inside (internal temperature is at least 165°F (73°C)).

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 30 mins
- 🍴 Servings: 2 servings

MACROS

325 kcal	15g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these baked thighs with any of your favorite sauces.
ENJOY!

Ingredients

Chicken and veggies

- 1¼ lbs chicken legs
- 2 tbsp olive oil
- 1 tsp smoked paprika powder
- 1 tsp chili powder
- salt and ground black pepper
- 14 oz. cherry tomatoes
- 2 (8 oz.) red onions, cut into wedges
- 1½ oz. (1½ cups) baby spinach

Smokey paprika sauce

- 1 cup sour cream
- ½ tsp smoked paprika powder
- 1 tsp garlic powder
- salt or ground black pepper to taste



Roasted chicken legs with veggies, and paprika sauce

Directions

- Preheat the oven to 400 °F (200 °C).
- Toss chicken legs with olive oil and seasoning.
- Put the chicken legs, skin side up, in a large baking dish or on a baking sheet covered with parchment paper, together with the tomatoes and onion. Drizzle the vegetables with olive oil and season with salt and pepper. Mix together. Bake for 40-45 minutes or until juices run clear and the chicken reaches 165 °F (75 °C).
- While the chicken and veggies are in the oven, mix all the ingredients to the sauce in a bowl. Taste and add more seasoning if you like. Set aside.
- Serve the chicken, veggies and fresh baby spinach with the smokey paprika sauce.

- 🕒 Prep Time: 25 mins
- 🕒 Cook Time: 45 mins
- 🍽️ Servings: 2 servings

MACROS

375 kcal	17g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

You can marinate the chicken a day ahead, so you just need to bake them when it's time for dinner! Prepare the marinade and chicken in the plastic bag, then chill in the fridge until ready to bake.

Ingredients

- 1¼ lbs chicken legs
- 4 tbsp olive oil
- 2 tbsp Italian seasoning
- salt and ground black pepper
- 20 oz. (6¼ cups) broccoli
- 20 oz. cherry tomatoes

Garlic butter

- 4 oz. butter
- 2 garlic cloves, pressed
- salt and ground black pepper, to taste

Serving

- 2 tbsp fresh parsley, chopped (optional)



Roasted chicken legs and cherry tomatoes with garlic-butter

🕒 Prep Time: 12 mins

🕒 Cook Time: 45 mins

🍽️ Servings: 4 servings

Directions

- Preheat oven to 400 °F (200 °C).
- Toss chicken legs with olive oil and seasoning.
- Put the chicken legs, skin side up, in a baking dish together with the tomatoes. Bake 40-45 minutes or until juices run clear and chicken reaches 165 °F (74 °C).
- While the chicken is in the oven, cut the broccoli into florets and slice the stem (or use frozen). Boil in lightly salted water for 5 minutes in a saucepan. Drain the water and put on the lid to keep warm.
- Mix all the ingredients to the garlic butter in a bowl. Set aside.
- Serve the chicken with the broccoli, tomatoes and garlic butter.

MACROS

335 kcal	15g Fats	5g Carbs	20g Protein
----------	----------	----------	-------------

NOTES

The dark meat of a chicken leg has more fat and is more satiating than the white meat of chicken breast. Feel free to eat the crispy, delicious chicken skin.

Ingredients

- 2 oz. butter
- 2½ lbs chicken legs
- ¾ oz. (32/3 tbsp) fresh ginger, finely chopped
- 2 garlic cloves, sliced
- 1 tbsp salt
- ½ tsp ground black pepper
- 3 tbsp tamari soy sauce
- 9 oz. (32/3 cups) mushrooms
- 7 oz. Brussels sprouts, halved
- 11 oz. (3½ cups) broccoli, cut into small florets



Chicken stew with vegetables

🕒 Prep Time: 15 mins

🕒 Cook Time: 1 hour

🍽️ Servings: 4 servings

Directions

- Melt the butter in a large, non-stick pan, over medium-high heat. Add the chicken and fry for 15 minutes, or until browned on all sides.
- Transfer the chicken to a large pot, and pour water over the pieces, until just submerged. Bring to a boil over high heat, and then reduce temperature to medium-low. Cover, and simmer for 45 minutes.
- Stir in the ginger, garlic, salt, pepper, tamari soy sauce, and mushrooms. Cover, and cook for 15 minutes.
- Add the Brussels sprouts (see tip) and broccoli, and stir together. Cover, and cook for 5 more minutes.
- For serving, ladle the chicken, vegetables, and delicious broth into deep dishes.

MACROS

378 kcal	20g Fats	5g Carbs	25g Protein
----------	----------	----------	-------------

NOTES

I like my brussels sprouts al dente, in which case 5 minutes of cooking time should be enough. If you prefer softer brussels sprouts, cook them a little longer.

Ingredients

- 2 (8 oz.) tomatoes
- 2 tbsp olive oil
- 2 lbs chicken legs
- 1 lb eggplant, cubed, with peel
- 1 (4 oz.) yellow onion, sliced
- 2 preserved lemons or lemons chopped (optional)
- 2 tbsp ras-el-hanout
- ½ cup (¾ oz.) fresh parsley, roughly chopped
- ½ cup (¾ oz.) fresh cilantro, roughly chopped
- 1 cup chicken stock
- 4½ oz. (1 cup) olives
- salt and ground black pepper to taste



Chicken And Eggplant Tajine

Directions

- Preheat the oven to 320°F (160°C).
- Bring a pot of water to a boil. With a knife, carve a cross at the bottom of the tomatoes. Place them in the boiling water for 25 seconds. Then, take them out and add them to a large bowl with water and ice. Skin the tomatoes and set aside.
- In a dutch oven, heat 1/2 of the olive oil and sear the chicken thighs until they are golden brown on each side. Set aside.
- In the same pot, heat the remaining olive oil and brown the eggplant cubes and the onion, stirring occasionally. Add the tomatoes and let them simmer for 5 minutes.
- Add the chicken, the pickled lemons (optional), half of the herbs, and the broth to the dutch oven.
- Add salt and pepper and sprinkle on some ras-el-hasnout. Cover with the lid and roast in the oven for 1 hour.
- Serve the tajine on individual plates and decorate with the olives and the rest of the herbs.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 60 mins
- 🍽️ Servings: 4 servings

MACROS

423 kcal	25g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

If you do not own a dutch oven, you can use a deep baking tray that you cover and seal with aluminum foil.

Ingredients

Avocado Alfredo sauce and zoodles

- 1 lb zucchini, spiralized
- 1 (7 oz.) avocado
- 1 cup heavy whipping cream
- 1 cup (2¾ oz.) shredded Parmesan cheese
- 1 garlic clove, minced
- ¼ cup (1⅛ oz.) fresh parsley
- 1 tbsp lemon juice
- salt and ground black pepper

Chicken

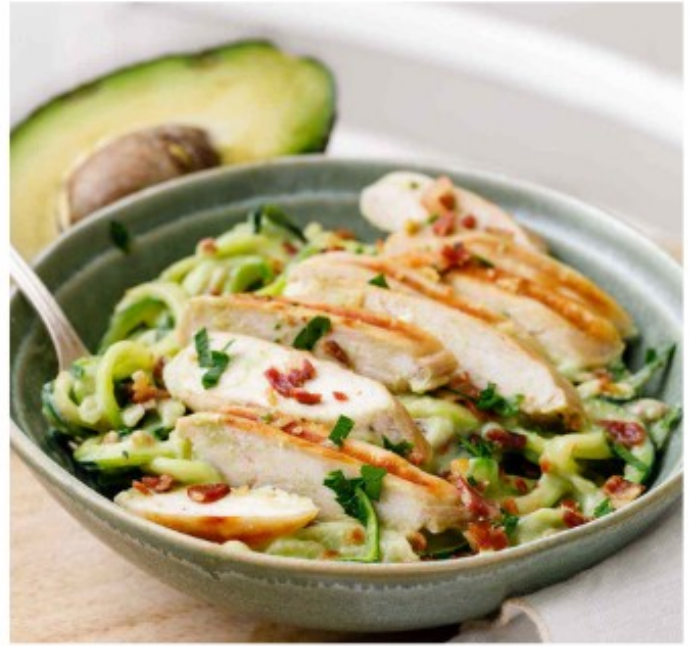
- 4 (1⅓ lbs) boneless chicken thighs
- 1 tsp dried thyme
- 1 tsp garlic powder
- salt and ground black pepper, to taste
- 2 tbsp olive oil

Garnish

- 2 tbsp fresh parsley (optional)
- salt and ground black pepper
- 4 tbsp shredded Parmesan cheese

Directions

- If using whole zucchini, spiralize it or cut it into zoodles and set it aside.
- Add all the sauce ingredients to a saucepan and blend until smooth with an immersion blender.
- In the saucepan, bring the sauce to a boil over medium heat. Lower the heat and let the sauce simmer while you prepare the chicken.
- Season the chicken with thyme, garlic powder, salt, and pepper.
- Heat a large frying pan with oil over medium heat. Fry the chicken for about six minutes per side or until the center is no longer pink.
- Right before serving, toss the zoodles together in the Alfredo sauce until they are completely covered.
- Slice the chicken. Plate the creamy zoodles and place sliced chicken on top. Garnish with shredded Parmesan, ground black pepper, and parsley.



Keto avocado Alfredo with chicken

🕒 Prep Time: 25 mins

🕒 Cook Time: 20 mins

🍴 Servings: 4 servings

MACROS

324 kcal	17g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

If you don't have a spiralizer, you can often buy packaged spiralized zucchini. You can also just use a vegetable peeler or a sharp knife to make noodle-like ribbons.

Ingredients

- 1½ lbs chicken breasts
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp ground black pepper
- 8 oz. (2 cups) fresh mozzarella cheese, sliced
- 2 (8 oz.) Roma tomatoes, sliced
- ¼ cup (1⅓ oz.) fresh basil, cut into long, thin strips
- 2 tbsp balsamic vinegar



Keto Caprese chicken

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 50 mins
- 🍴 Servings: 4 servings

Directions

- Preheat the oven to 375°F (190°C).
- Drizzle the olive oil over the chicken breasts on both sides. Combine the seasonings in a small bowl and then sprinkle over both sides of the chicken breasts. Refrigerate for 20 minutes.
- Heat a large ovenproof skillet over medium-high heat. Brown the chicken breasts on both sides, about 3 minutes each side.
- Transfer the skillet to the oven and bake for 20 minutes.
- Remove the skillet from the oven and top each chicken breast with fresh mozzarella and tomatoes. Return to the oven for 3 minutes.
- Top each chicken breast with fresh basil and drizzle with balsamic vinegar before serving. Serve with baby spinach.

MACROS

256 kcal	12g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe hot at room temperature and ENJOY!

Ingredients

Chicken and marinade

- 2 lbs chicken thighs
- 1 tbsp ginger garlic paste, or fresh minced ginger and garlic
- 2 tbsp tamari soy sauce
- 1 tbsp coconut oil, melted
- ¼ tsp ground black pepper

Coleslaw

- 8 oz red cabbage, finely sliced
- 6 oz. bean sprouts
- ½ red chili pepper, finely sliced
- 2 oz carrots, julienned
- 1 oz. (1¾ cups) fresh cilantro, roughly chopped
- Spicy peanut dressing
- 2 tbsp peanut butter
- ¾ cup mayonnaise or vegan mayonnaise
- ½ tbsp sriracha sauce
- ¼ tsp toasted sesame oil
- 1 tbsp tamari soy sauce
- 1 tsp ginger garlic paste

Garnish

- 1 (7 oz.) avocado, diced
- 1 lime, quartered (optional)
- 2 tbsp fresh cilantro (optional)
- 1 tbsp red chili peppers, finely sliced (

Directions

- Preheat the oven to 400°F (200°C).
- In a small bowl, whisk together the marinade ingredients. Place the chicken in a ziplock bag, and add the marinade to completely coat the chicken. Set aside for 10 minutes at room temperature.
- Place the chicken thighs, skin-side up on a broiler or baking pan. Bake for 30-40 minutes depending on the size of the thighs, or until the skin is crispy and golden brown and the internal temperature is 165°F (74°C). Set aside to cool.
- Add the coleslaw ingredients to a large bowl. In a smaller bowl, whisk together the dressing ingredients. Pour it over the coleslaw, and give it a good mix.
- Divide the coleslaw into individual serving bowls, or leave in the current bowl. Garnish with the chicken, diced avocado, chili, and a lime wedge. Another option: Serve the chicken thighs with the coleslaw on the side..



Keto Asian chicken with peanut coleslaw

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 4 servings

MACROS

278 kcal	10g Fats	2g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe hot at room temperature and ENJOY!

Ingredients

- 4 oz. butter
- 2 tbsp dried minced onion
- 2 (2¾ oz.) celery stalks, chopped
- 6 oz. (2½ cups) mushrooms, sliced
- 2 minced garlic cloves
- 8 cups chicken broth
- 2 oz. (7 tbsp) carrots, sliced
- 2 tsp dried parsley
- 1 tsp salt
- ¼ tsp ground black pepper
- 1½ (22/3 lbs) rotisserie chicken* , shredded
- 5 oz. green cabbage, sliced into strips



Keto no-noodle chicken soup

Directions

- Melt the butter in a large pot, over medium heat.
- Add dried onion, chopped celery, sliced mushrooms and garlic into the pot and cook for 3-4 minutes.
- Add broth, sliced carrot, parsley, salt, and pepper. Simmer until vegetables are tender.
- Add cooked chicken and cabbage. Simmer for an additional 8-12 minutes until the cabbage "noodles" are tender.

- 🕒 Prep Time: 10 mins
Cook Time: 20 mins
- 🍽️ Servings: 5 servings

MACROS

324 kcal	15g Fats	3g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

This cabbage soup freezes well for those times when you don't feel like cooking, but you need a healthy chicken no-noodle soup! You can also store it in the refrigerator for up to four days.

Ingredients

- 1½ lbs boneless chicken thighs
- salt and pepper
- 2 tbsp butter or coconut oil
- 1/3 cup (2¾ oz.) red pesto or green pesto
- 1¼ cups heavy whipping cream
- 3 oz. (2/3 cup) pitted olives
- 5 oz. (1 cup) feta cheese, diced
- 1 garlic clove, finely chopped
- To serve
- 5 oz. (2½ cups) leafy greens



Keto pesto chicken casserole with feta cheese and olives

Directions

- Preheat the oven to 400°F (200°C).
- Cut the chicken into bite-sized pieces. Season with salt and pepper.
- Add butter or oil to a large skillet and fry the chicken pieces in batches over medium-high heat until golden brown.
- Combine pesto and heavy cream in a bowl.
- Place the fried chicken pieces in a baking dish together with olives, feta cheese, and garlic. Add the pesto/cream mixture.
- Bake in oven for 20-30 minutes, until the dish turns bubbly and light brown around the edges.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 6 servings

MACROS

423 kcal	30g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

If you feel like making this dish even heartier you can pair it with cauliflower rice, roasted cauliflower or fried broccoli.

**"A KETO DIET IS THE MOST
EFFECTIVE WEIGHT LOSS TOOL,
SO USE IT"**



"TOTAL BODY AND HEALTH"

EASY MEAT RECIPES



"TOTAL BODY AND HEALTH"



Keto Ground Beef and Broccoli

Ingredients

- 1 lb ground beef
- 1 tablespoon olive oil
- salt and black pepper
- 4 cloves garlic, crushed
- 1 tablespoon ginger, fresh grated
- ½ cup soy sauce
- 3 tablespoon Lakanto golden
- 1 teaspoon Beef Better than Bouillon
- 1 cup hot water
- 3 cups broccoli florets

Directions

- Add oil to a large skillet and heat up to medium heat. Add the ground beef, salt and pepper and brown.
- Meanwhile microwave the broccoli florets for about 4 minutes.
- While the meat and broccoli are cooking mix the bouillon, soy sauce, water, ginger, garlic and Lakanto golden sweetener to make the sauce.
- Add the sauce to the browned meat along with the broccoli and simmer until the cauliflower is done.
- While that is simmering make your cauliflower rice. Add florets to a food processor and pulse until it looks like rice. Microwave for about 5 minutes.
- By the time the stir fry is done and your are good to go!

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 4 servings

MACROS

398 kcal	25g Fats	5g Carbs	28g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 1 1/2 pounds ground beef
- 1/2 cup diced onion
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 6 fresh basil leaves, sliced
- 24 oz. jar of marinara sauce (such as Rao's)
- 1 tablespoon Italian seasoning
- 2 teaspoons ground paprika
- 1 teaspoon salt
- 1/2 teaspoon celery seed
- 1 1/2 cups beef broth



Keto Beef Goulash

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 8 servings

Directions

- Heat a large pot or dutch oven on the stove to medium heat. Add the ground beef, onion, celery, and garlic. Break up and brown the meat with the vegetables.
- Add the remaining vegetables, marinara sauce, basil, seasonings, and broth. Stir everything well.
- Cover pot and let simmer on the stove at medium/low heat for about 20 minutes, until veggies are tender. Stir every so often. Serve warm and enjoy!

MACROS

320 kcal	26g Fats	4g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe hot at room temperature with bread of your choice and ENJOY!



Italian Keto Beef Skillet

Ingredients

- 1 lb ground beef
- 3 cups Rao's marinara
- 2 cups mozzarella cheese, grated
- 10 oz frozen steamed riced cauliflower
- ½ cup beef broth
- ½ onion, chopped
- 1 tsp garlic powder
- ½ tsp oregano
- ½ tsp pepper
- salt to taste

Directions

- Preheat oven to 400 degrees.
- In an oven-safe skillet, brown ground beef with chopped onion, then drain.
- Follow the directions on the bag to steam the cauliflower in the microwave.
- Add steamed cauliflower, marinara sauce, broth, and spices to the ground beef mixture.
- Bring to boil, then reduce heat to medium and simmer for 15 minutes uncovered while the sauce cooks down and thickens.
- Sprinkle Mozzarella cheese on top and place the skillet in the oven for 5 minutes.
- Move to the top rack and broil for 1-2 minutes so that the cheese bubbles and begins to brown.
- Enjoy!

- 🕒 Prep Time: 3 mins
- 🕒 Cook Time: 32 mins
- 🍴 Servings: 6 servings

MACROS

323 kcal	26g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

CHEESE DOUGH LASAGNA NOODLES

- 4 oz full fat cream cheese *softened*
- 1 1/2 cups shredded part skim low moisture mozzarella cheese
- 2 large eggs
- 1 tsp Italian seasoning

LASAGNA FILLING

- 1/4 cup onion *minced*
- 1 lb ground beef *I used lean ground beef*
- 1 cup no sugar added marinara sauce
- 1 tsp Italian seasoning
- 6 tbsp ricotta cheese
- 1 cup shredded part skim low moisture mozzarella cheese



Keto Low-Carb Lasagna

- 🕒 Prep Time: 3 mins
Cook Time: 32 mins
- 🍽️ Servings: 6 servings

Directions

- Preheat oven to 350F. Line a 9 x 13 inch baking pan with parchment paper.
- Add all cheese dough ingredients into a food processor. Blend until evenly mixed. It should have a thick liquid consistency. If you do not have a food processor, you can mix by hand (see notes).
- Pour cheese batter into prepared baking pan. Use a spatula to spread batter across pan.
- Place into middle of oven and bake for about 20 minutes, or until surface is no longer wet and is firm to the touch.
- Set cheese noodles aside to let cool. While noodles are cooling, prepare your meat sauce.
- In a large skillet, add onion and ground beef. Cook on medium heat until meat is browned. Drain excess fat from pan.
- Add in Italian seasoning and marinara sauce. Reduce to low heat and cook at a simmer for about 3 minutes.

MACROS

325 kcal	26g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

You can use your favorite mozzarella cheese for the filling, but make sure to use a low moisture part skim for making the cheese dough.



Cheesy Ground Beef and Cauliflower Rice Casserole

Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 pound lean ground beef
- 1 teaspoon Italian Seasoning
- ½ teaspoon sweet paprika
- Salt and pepper, to taste
- 6 ounces fresh baby spinach
- 1 package (10 ounces) frozen cauliflower rice
- 1 cup sour cream
- 1 tablespoon butter
- ½ teaspoon dried basil
- 2 to 3 tablespoons milk,
- 8 ounces shredded Italian blend cheese

Directions

- Preheat oven to 375 °F.
- Heat olive oil in a large 12-inch skillet over medium-high heat.
- Add onions and cook for 2 minutes.
- Stir in garlic and cook for 20 seconds.
- Add ground beef; season with Italian Seasoning, paprika, salt, and pepper.
- Continue to cook, breaking up the meat with a wooden spoon, and cook until beef is completely browned.
- Add in spinach - you might have to do this in batches, depending on the size of your skillet - cook, stirring frequently, for 1 more minute or until spinach is wilted.
- Remove from heat, drain liquid from the skillet, and set aside.
- In a 9x13-inch baking dish combine **cooked** cauliflower rice, sour cream, butter, and dried basil; stir and mix until completely combined and creamy. If sour cream and butter aren't melting completely, stir in some milk. (The cauliflower rice should be warm enough to melt the butter.)
- Add prepared beef mixture to the baking dish; stir until everything is completely incorporated.
- Top with shredded cheese.
- Bake for 22 to 25 minutes, or until bubbly and cheese is melted.
- Remove from oven and let stand several minutes before cutting and serving.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 4 servings

MACROS

342 kcal	25g Fats	5g Carbs	28g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

CAULIFLOWER RICE:

- 1 tbsp Olive oil
- 1 lb Cauliflower (frozen or fresh riced in a food processor)
- 1/2 tsp Sea salt
- 1/8 tsp Black pepper (optional)

BEEF:

- 1 tbsp Olive oil
- 1 lb Ground beef
- 1/2 tsp Sea salt
- 4 cloves Garlic (minced)
- 1/4 cup Coconut aminos
- 1/4 cup Beef broth
- 2 tsp Sesame oil
- 1/4 tsp Ground ginger
- 1/4 tsp Crushed red pepper flakes

GARNISH:

- 1/4 cup Green onions (sliced)
- 1 tsp Sesame seeds
- 1 small Cucumber (~8 ounces, sliced, optional)

Directions

- Heat 1 tablespoon (15 mL) olive oil in a large wok over medium-high heat. Add cauliflower rice. Season with sea salt and black pepper, if desired. Saute for **3-5 minutes**, until cooked through.
- Remove the cauliflower rice from heat, set aside, and cover to keep warm.
- In a small bowl, whisk together the coconut aminos, beef broth, sesame oil, ground ginger, and red pepper flakes. Set the sauce aside.
- Turn heat back to medium-high. Add another tablespoon (15 mL) olive oil to the wok. Add the ground beef and season with sea salt. Cook for about **8-10 minutes**, breaking up with a spatula and stirring occasionally, until browned.
- Make a well in the beef and add the minced garlic. Saute for about a **minute**, until fragrant, then mix into the beef.
- Pour the sauce over the beef. Bring to a simmer, then reduce heat and simmer for **3-4 minutes**, until the sauce is reduced and thickened. There won't be much liquid left.
- Divide the cauliflower rice among plates. Top with ground beef. Garnish with sliced green onions, sesame seeds, and cucumber slices.



Keto Korean Ground Beef Bowl

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 15 mins
- 🍽️ Servings: 4 servings

MACROS

413 kcal	30g Fats	6g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

If you like it sweet, you can add 2-3 tbsp sweetener to the sauce before adding to the beef

Ingredients

- 2 tbsp Olive oil
- 1/2 large Onion (sliced into thin quarter moons)
- 8 oz Cremini mushrooms (sliced)
- 1 lb Ground beef
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper
- 2 cloves Garlic (minced)
- 1 cup Beef bone broth
- 2 tbsp Coconut aminos (optional)
- 1/2 cup Sour cream
- 2 oz Cream cheese



LOW CARB KETO GROUND BEEF STROGANOFF

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 30 mins
- 🍴 Servings: 6 servings

MACROS

249 kcal	20g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Directions

- Heat the olive oil in a large saute pan over medium heat. Add the onions and mushrooms. Saute for about **10 minutes**, until onions and mushrooms are soft and browned, and extra liquid has evaporated.
- Increase heat to medium-high. Push the mushrooms and onions to the sides, and add the ground beef to the center of the pan, and season with salt and pepper. Cook for **8-10 minutes**, stirring occasionally and breaking the beef apart with a spatula, until beef is cooked through. Once it starts to cook through a bit you can mix it with the mushrooms and onions.
- Make a well in the center and add the minced garlic. Saute for about a minute, until fragrant, then stir in with the meat.
- Add the bone broth and coconut aminos, if using. Bring to a boil, then simmer for **5 minutes**, until most of the liquid is reduced but a little is left.
- Stir in the sour cream and cream cheese, until smooth.
- Serve over spaghetti squash.

Ingredients

- 1 lb lean ground beef
- 1 onion chopped
- 2 cloves garlic minced
- 3 cups cauliflower florets
- 1 cup cauliflower rice
- ½ cup carrot sliced
- 1 cup celery sliced
- 14 oz canned diced tomatoes with juices
- 6 cups beef broth
- 1 cup green beans
- 1 teaspoon Italian seasoning
- salt & pepper to taste



Low-Carb Hamburger Soup

🕒 Prep Time: 15 mins

🕒 Cook Time: 20 mins

🍽️ Servings: 8 servings

Directions

- Brown ground beef, onion and garlic until no pink remains. Drain fat.
- Add all remaining ingredients and bring to a boil. Reduce heat to a simmer and let cook 15 minutes or until vegetables are tender.

MACROS

130 kcal	10g Fats	3g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

If you prefer browned cheese, after baking broil on high until cheese is bubbly and browned.

Ingredients

- 12oz cauliflower rice
- 1.5lb lean ground beef
- 15oz can of tomato sauce (I make sure no sugar is added)
- 1/2 C sour cream (I use full fat)
- 1 1/4 C cottage cheese (I use full fat)
- 2 C shredded cheddar cheese (I shred my own)
- 1/2 C sliced green onions
- 1 tsp salt
- 1 tsp ground black pepper



Low-Carb Sour Cream Beef Bake

Directions

- Preheat oven to 350.
- Place the cauliflower rice in a 2.5 quart baking dish. Microwave 4-5 minutes or until tender but not mushy. After cooking, set aside (leave in the casserole dish). **See notes below or in post for removing excess water from the cauliflower rice.
- In a large skillet or pot, cook the ground beef over medium high heat until browned, 7-10 minutes. Drain and stir in the tomato sauce, salt and pepper.
- In a mixing bowl, stir together the cottage cheese and sour cream. Mix in the sliced green onions.
- Pour the sour cream mixture into the cauliflower rice (that's in the casserole dish) and mix well.
- Pour half of the beef mixture over the cauliflower rice mixture. Spread with the back of a spoon to even. Top with 1 C of the cheddar cheese.
- Repeat with the remaining beef mixture and cheese, ending with the cheese.
- Bake at 350 for 20 minutes.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 8 servings

MACROS

334 kcal	17g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

If you prefer browned cheese, after baking broil on high until cheese is bubbly and browned.

Ingredients

- 1 lb lean ground beef
- 1 large yellow onion, diced
- 2 bell peppers, diced
- 1 can diced tomatoes with green chilis
- 1 large zucchini, shredded
- taco seasoning
- 3 cups baby kale/spinach mixture (this sounds like a lot- it cooks down to a small amount)
- 1 ½ cup shredded cheddar and jack cheese
- green onions, to garnish



One-Pot Cheesy Taco Skillet

Directions

- In a large pan, lightly brown ground beef and crumble well.
- Drain excess fat.
- Add onions and peppers, and cook until browned.
- Add canned tomatoes, taco seasoning, and any water needed for taco seasoning to evenly coat mixture (up to 1 tbsp- the liquid from the tomatoes will help)
- Add greens and let fully wilt.
- Mix well.
- Cover with shredded cheese and let cheese melt.
- When cheese is melted, serve over a bed of lettuce, rice, or in a taco or burrito!

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 15 mins
- 🍽️ Servings: 6 servings

MACROS

341 kcal	20g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 1/2 small onion, diced
- 2 garlic cloves, minced
- 1.25 lbs ground beef
- small/medium cabbage, chopped
- 1/2 cup Rotel Tomatoes (diced tomatoes with green chilis)
- 8 oz canned tomato sauce
- 1/4 cup Bragg's Aminos
- 1/3 cup beef broth
- 1/2 tsp parsley
- 1/2 tsp salt
- 1/2 tsp pepper



Keto Unstuffed Cabbage Skillet

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 6 servings

Directions

- In a skillet, brown ground beef with onions and minced garlic then drain and return to pan.
- Add all other ingredients then bring to a boil and reduce heat to medium. Cover pan with the lid and allow to cook for 15 minutes.
- Remove the lid and stir, then simmer on medium heat with the lid off until the liquid in the skillet has reduced. It took mine about 12 minutes, but cooking time may vary.
- Enjoy!

MACROS

219 kcal	22g Fats	5g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

If you like it sweet, you can add 2-3 tbsp sweetener to the sauce before adding to the beef

Ingredients

- Olive oil spray for pan
- 2 lb. extra lean ground beef (93% lean)
- 1 teaspoon fine sea salt
- ¼ teaspoon black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- ¼ teaspoon cayenne pepper
- 4 oz reduced-fat cream cheese cubed
- 1 cup shredded cheddar divided
- 2 tablespoons chopped parsley for garnish



Keto Ground Beef Casserole

Directions

- Preheat your oven to 400 degrees F. Lightly spray a 2-quart casserole dish with olive oil and set it aside.
- Heat a large nonstick skillet over medium-high heat. Lightly spray it with olive oil.
- Add the ground beef to the skillet. Cook, stirring and breaking up the meat into small pieces, until the meat is no longer raw, about 5 minutes. Drain the beef and return it to the skillet.
- Reduce the heat to medium. Mix the salt, pepper, garlic powder, onion powder and cayenne into the beef, then slowly and patiently mix in the cream cheese until fully melted and incorporated.
- Turn the heat off, and mix ½ cup of the shredded cheddar into the beef mixture.
- Transfer the mixture to the prepared 2-quart casserole dish. Sprinkle the remaining ½ cup cheddar on top.
- Bake the casserole until the cheese is melted, about 10 minutes. Garnish with parsley and serve.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 8 servings

MACROS

265 kcal	17g Fats	3g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

When initially browning the ground beef, it's OK if it remains a bit pink. After all, it will finish cooking in the oven. And leaving it a bit pink in the first stage of cooking will help it remain nice and juicy.

KETOSIS IS MY SUPERPOWER!



"TOTAL BODY AND HEALTH"

Medis Cuzman Capital (Pty) Ltd No 9508
Tel: 0842 517 76 65
Company Reg. Status No: 1
117 76 04
Tax Buss. No: 453

**"You Don't Have To Eat Less,
You Just Have To Eat Right"**

"TOTAL BODY AND HEALTH"



EASY VEGETABLES

RECIPES



"TOTAL BODY AND HEALTH"

Ingredients

- 6 strips of bacon
- 5 cups broccoli florets (about 2 heads)
- 3 cloves of garlic, minced
- 1 cup heavy cream
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1/2 tsp salt
- 1/4 tsp black pepper



CREAMY GARLIC KETO BROCCOLI WITH BACON

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 6 servings

Directions

- In a large pan over medium-high heat, cook bacon for about 5 minutes until crispy. Drain, chop and set aside.
- To the same pan, in about 2 tbsp of reserved bacon fat, saute broccoli for about 5 minutes. Add the garlic, and saute for 1 minute more until the garlic is fragrant.
- Add the heavy cream, and simmer for about 3 minutes for crisper broccoli, or about 6 minutes for softer broccoli. (In the second case, cover with the lid to keep the cream from reducing too much.)
- Add the cheeses and stir to melt. Add salt and pepper to taste. Add back the broccoli, and serve.

MACROS

238 kcal	20g Fats	4g Carbs	20g Protein
----------	----------	----------	-------------

NOTES

Serve this recipe hot at room temperature and ENJOY!

Ingredients

- 1 lb mild Italian sausage
- 1 lb cremini mushrooms
- 4 oz cream cheese
- 1/3 cup shredded mozzarella
- salt, as needed
- 1/2 tsp red pepper flakes
- 1/4 cup grated parmesan cheese



Directions

- Preheat the oven to 350F. Clean the mushrooms and remove the stems.
- In a large skillet over medium heat, brown the sausage. Once cooked, remove it to a large mixing bowl.
- Add the cream cheese, mozzarella cheese, and stir to mix. Taste for seasoning, and add salt and red pepper as needed.
- Spoon the sausage mixture into the mushroom caps. Sprinkle with Parmesan cheese. Place in an oven-safe skillet or casserole dish.
- Bake for 25 minutes, until the mushrooms are soft and the cheese is browned.

KETO STUFFED MUSHROOMS WITH SAUSAGE

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 6 servings

MACROS

281 kcal	22g Fats	5g Carbs	23g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe hot at room temperature and ENJOY!

Ingredients

- 1 lb green beans
- 1 tbsp butter or oil
- 1/2 onion, chopped
- 1 clove garlic, minced (or 1/2 tsp garlic powder)
- 8 oz mushrooms, sliced
- 1/2 cup heavy cream
- 2 oz cream cheese
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup grated Parmesan cheese
- 2 tbsp almond flour
- 1/2 tsp onion powder



Directions

- Preheat the oven to 350 degrees.
- In a large pot of boiling water, cook the green beans until bright green and crisp-tender, about 8 minutes. Drain and set aside.
- In a large skillet over medium heat, add the butter and onions, and cook until soft, about 5-7 minutes. Add the mushrooms and cook until they are soft and most of their liquid has evaporated, about 7-8 minutes. Add the minced garlic and cook 1-2 minutes more.
- Add the cream, cream cheese, salt, and pepper. Bring to a simmer and cook until the sauce thickens and coats the back of a spoon, about 5 minutes.
- Add the green beans and stir to coat in the sauce. Transfer the mixture to a baking dish. Bake in a preheated oven for 15 minutes.
- Mix together the Parmesan, almond flour, and onion powder. Sprinkle on the casserole, and then bake for an additional 10-15 minutes, until golden brown.

KETO GREEN BEAN CASSEROLE

- 🕒 Prep Time: 25 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 6 servings

MACROS

212 kcal	17 Fats	4g Carbs	20g Protein
----------	---------	----------	-------------

NOTES

Serve this recipe hot at room temperature and ENJOY!

Ingredients

- 4 tbsp butter
- 1/2 cup onion, diced (optional)
- 1 pound whole Cremini or button mushrooms
- 2 tsp garlic, minced
- 1 tsp fresh thyme
- 1 tbsp parsley, chopped
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper (or to taste)



EASY GARLIC BUTTER MUSHROOMS

Directions

- Heat the butter in a large pan or skillet over medium-high heat.
- Sauté the onion until softened, about 3 minutes.
- Add the mushrooms and cook for about 10 minutes until golden brown.
- Add garlic and herbs, and cook for an additional 1-2 minutes.
- Season generously with salt and pepper (to your taste).

- 🕒 Prep Time: 5 mins
Cook Time: 15 mins
- 🍴 Servings: 6 servings

MACROS

178 kcal	17g Fats	4g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

If your mushrooms are very large, cut them in half or quarter. Otherwise, you can leave them whole.

Ingredients

- 1 1/2 pounds broccoli, cut into florets
- 3-4 tbsp olive oil
- 3 cloves garlic, minced
- sea salt and freshly-cracked black pepper, to taste

Optional

- 1 tbsp balsamic vinegar
- 1/4 cup grated Parmesan cheese



EASY OVEN ROASTED BROCCOLI

Directions

- Preheat the oven to 425 degrees F. Prepare a large baking sheet with non-stick spray.
- In a large mixing bowl, toss broccoli florets with olive oil and garlic, and season with salt and pepper to taste. Add optional seasonings as desired.
- Place the broccoli in a single layer on a rimmed baking sheet. Roast for 18-20 minutes, until tender and lightly browned. (Toss halfway through for more even cooking)

- 🕒 Prep Time: 5 mins
Cook Time: 20 mins
- 🍽️ Servings: 6 servings

MACROS

110 kcal	10g Fats	4g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

If you would like to use Parmesan cheese, add it toward the end of cooking so that it doesn't burn.

Ingredients

Salad

- 6 cups broccoli florets (about 2-3 heads)
- 6 strips bacon
- 1/4 cup red onion, diced
- 1/2 cup shredded cheddar cheese
- 1/4 cup sunflower seeds

Dressing

- 2/3 cup mayonnaise
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp black pepper



EASY KETO BROCCOLI SALAD WITH BACON

Directions

- Whisk together mayonnaise, apple cider vinegar, mustard, salt, and pepper in a small mixing bowl. Set aside.
- Cook bacon in a large skillet over medium heat until crispy. Drain, cool, and chop.
- In a large bowl, combine broccoli, bacon, red onion, cheese, sunflower seeds. Pour the prepared dressing over the broccoli and mix well.
- Serve immediately, or for better flavor, refrigerate for an hour before serving.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 6 servings

MACROS

350 kcal	20g Fats	4g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

For a sweeter tasting dressing, add 1-2 tablespoons of erythritol sweetener to the mayo mixture.

Ingredients

- 2 medium zucchini
- 1 egg
- 1/4 tsp salt
- 1 cup almond flour
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian herb blend

Directions

- Preheat the oven to 425 degrees Fahrenheit and line a large baking sheet with parchment paper.
- Slice the zucchini in half crosswise. Then, cut again lengthwise into sticks.
- Crack the egg in a shallow bowl and lightly beat it with the salt.
- Add the almond flour, parmesan, garlic, and herbs to a separate shallow bowl and stir to combine.
- Using one hand, dip a piece of zucchini in the egg wash, let excess egg drip off, and transfer to the almond/parmesan mixture. Using your other hand, press the zucchini in the almond/parmesan mixture to coat. Place on the baking sheet in a single layer. Repeat this process until all zucchini pieces are coated. Spray with olive oil.
- Bake for 25-30 minutes, flipping halfway through. Serve immediately.



OVEN BAKED KETO ZUCCHINI FRIES

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 5 servings

MACROS

168 kcal	18g Fats	4g Carbs	10g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 1 lb asparagus, trimmed
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper



EASY OVEN ROASTED ASPARAGUS

- 🕒 Prep Time: 5 mins
Cook Time: 15 mins
- 🍽️ Servings: 4 servings

Directions

- Preheat the oven to 400 degrees F.
- Place the asparagus on a large, rimmed sheet pan. Drizzle with olive oil, and season with salt and pepper. Toss the asparagus stalks until they are evenly coated, then spread them into a single layer.
- Roast for 10 to 15 minutes, until the asparagus is fork-tender, and lightly browned. Watch carefully towards the end of the baking time -- the cooking time will vary based on the thickness of your asparagus. Taste for seasoning, and serve hot.

MACROS

85 kcal	7g Fats	4g Carbs	10g Protein
------------	------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 8 cups broccoli florets (about 2 large heads)
- 8 oz cream cheese, softened
- 1/4 cup sour cream
- 1 1/2 cups cheddar cheese
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper



KETO BROCCOLI CHEESE CASSEROLE

Directions

- Preheat the oven to 350F. Prepare a casserole dish with non-stick spray.
- In a large pot of boiling water, boil the broccoli florets for 4-5 minutes, until crisp-tender. Drain, and set aside.
- In a large mixing bowl, stir together the softened cream cheese, sour cream, 1 cup of cheese, garlic powder, salt, and pepper. Mix well until combined. Add the broccoli, and stir to coat.
- Spoon the broccoli into a casserole dish, and top with the remaining 1/2 cup of cheese. Bake in the oven for 15 to 20 minutes, or until bubbly and lightly browned on top.

- 🕒 Prep Time: 5 mins
Cook Time: 25 mins
- 🍽️ Servings: 3 servings

MACROS

230 kcal	20g Fats	5g Carbs	18g Protein
-------------	-------------	-------------	----------------

NOTES

If you want to add a **crispy topping** to this casserole, mix together 1/4 cup of grated Parmesan cheese with 2 tbsp of almond flour, and sprinkle over the top before baking.

Ingredients

- 6 strips of bacon
- 1 1/2 pounds brussels sprouts, trimmed and halved
- 3 cloves of garlic, minced
- 1 cup heavy cream
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1/2 tsp salt
- 1/4 tsp black pepper



KETO GARLIC PARMESAN BRUSSELS SPROUTS WITH BACON

Directions

- In a large pan over medium-high heat, cook bacon for about 5 minutes until crispy. Drain, chop and set aside.
- To the same pan, in about 2 tbsp of reserved bacon fat, saute brussels sprouts for about 6-8 minutes. Add the garlic, and saute for 1 minute more until the garlic is fragrant.
- Add the heavy cream, and simmer for 4-6 minutes (You may need to cover the pan with a lid to keep the cream from reducing too much.)
- Add the cheeses and stir to melt. Add salt and pepper to taste. Add back the bacon, and serve.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 30 mins
- 🍽️ Servings: 4 servings

MACROS

230 kcal	20g Fats	5g Carbs	18g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe at room temperature and ENJOY!

Ingredients

- 1 1/2 pounds cauliflower, cut into florets
- 3-4 tbsp olive oil
- sea salt and freshly-cracked black pepper, to taste

Optional Seasoning

- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/4 cup grated Parmesan cheese



EASY OVEN ROASTED CAULIFLOWER

- 🕒 Prep Time: 5 mins
Cook Time: 20 mins
- 🍽️ Servings: 2 servings

Directions

- Preheat the oven to 425 degrees F. Prepare a large baking sheet with non-stick spray.
- In a large mixing bowl, toss cauliflower florets with olive oil, and season with salt and pepper to taste. Add optional seasonings as desired.
- Place the cauliflower in a single layer on a rimmed baking sheet. Roast for 20-25 minutes, until tender and lightly browned. (Toss halfway through for more even cooking)

MACROS

198 kcal	16g Fats	4g Carbs	13g Protein
-------------	-------------	-------------	----------------

NOTES

If you would like to use Parmesan cheese, add it toward the end of cooking so that it doesn't burn.

**"Eating Well Is A
Form Of Self Respect"**



"TOTAL BODY AND HEALTH"

EASY SOUP RECIPES



"TOTAL BODY AND HEALTH"

Ingredients

- 2 tablespoons butter
- 2 cups shredded chicken ~1 large chicken breast
- 4 ounces cream cheese cubed
- 2 tablespoons Stacey Hawkins Garlic Gusto Seasoning
- 14.5 oz chicken broth
- ¼ cup heavy cream
- salt to taste



Creamy Garlic Shredded Chicken Soup

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 4 servings

Directions

- Melt butter in saucepan over medium heat.
- Add shredded chicken to pan and coat with melted butter.
- As chicken begins to warm, add cubes of cream cheese and Stacey Hawkins Garlic Gusto seasoning. Mix to blend ingredients.
- Once the cream cheese has melted and is evenly distributed, add chicken broth and heavy cream. Bring to a boil, then reduce heat to low and simmer for 3-4 minutes.
- Add salt to taste and serve.

MACROS

280 kcal	25g Fats	5g Carbs	18g Protein
-------------	-------------	-------------	----------------

NOTES

The garlic gusto seasoning is a combo of mainly parsley, garlic, onion, lemon peel, and paprika.

Ingredients

- 8 oz Chicken Breast thinly sliced
- 2 tablespoon Olive Oil
- ¼ cup Sour Cream
- ½ Onion chopped
- 1 medium Carrot chopped
- 1 stalk Celery chopped
- 1 tablespoon Oregano dried
- 4 cups Chicken Stock
- 1 large Zucchini



Keto Chicken Zoodle Soup

Directions

- In a large pan, heat olive oil over medium heat and cook onion until tender.
- Add chicken and cook until starting to brown.
- Add carrots and celery and season with salt, pepper, and oregano cook until soft.
- Add the chicken stock and bring the mixture to a boil.
- Then lower the heat to a simmer, add chicken and cook 20 minutes.
- Spiralize the zucchini into thin noodles, add to the soup during the last 2 or 3 minutes of cooking.
- Transfer to serving dish and add sour cream.

- 🕒 Prep Time: 20 mins
Cook Time: 30 mins
- 🍽️ Servings: 3 servings

MACROS

349 kcal	15g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this soup hot at room temperature and ENJOY!

Ingredients

- 15 oz Pumpkin Puree
homemade or canned
- 4 cups Vegetable Broth
- ¾ cup Heavy Cream
- 2 tablespoon Sunflower
Seeds
- ½ teaspoon Garlic Powder
- 1 teaspoon Curry
- 1 teaspoon Salt
- ¼ teaspoon Black Pepper
- 2 tablespoon Butter



Creamy Pumpkin Soup

Directions

- Melt the butter in a deep sauce pan and sauté the pumpkin puree until it reaches a soft gold colour.
- Season with curry, garlic powder, salt and pepper.
- Add the vegetable broth and the cream, keeping two tablespoons of the cream to garnish, and let it simmer over low to medium heat for 10 minutes.
- If you prefer a velvety texture, use a stick blender or food processor to blend all the ingredients.
- Serve hot, sprinkled with sunflower seeds and a swirl of cream.

- 🕒 Prep Time: 5 mins
Cook Time: 15 mins
- 🍽️ Servings: 4 servings

MACROS

320 kcal	20g Fats	4g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

Butter can be substituted with your preferred cooking oil.

Ingredients

- (28 oz) can whole plum tomatoes (such as San Marzano tomatoes)
- 1 tsp dried basil leaves
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1 1/2 cups water
- 1 1/2 tsp sea salt
- 1/2 tsp freshly ground pepper
- 2 Tbsp butter
- 8 oz cream cheese
- 1 Tbsp granulated erythritol-based sweetener
- 1 tsp apple cider vinegar
- 4 oz grated cheddar cheese



Creamy Keto Tomato Soup

Directions

- Place an oven rack in an upper position in the oven and preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- In a medium pot, combine the canned tomatoes, basil, onion powder, garlic powder, and the water, salt, and pepper. Bring to a boil over medium-high heat, then lower to a simmer for 5 minutes, remove the pot from the heat and let it cool for 5 minutes.
- Carefully transfer the tomato mixture to a blender. Add the butter and cream cheese and blend the soup to a fine texture. Return the blended soup to the pot and warm it over low heat for 10 minutes. Stir in the sweetener, and apple cider vinegar.
- Meanwhile, make the "grilled cheese": On the prepared baking sheet, divide the cheese into 12 even little piles. Bake until melted in the middle and crispy at the edges, 5 to 7 minutes. Using a spatula, immediately transfer the crackers to a plate to cool.
- To serve, divide the soup between 4 bowls and serve each with 3 "grilled cheese" crackers.

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 4 servings

MACROS

324 kcal	30g Fats	5g Carbs	17g Protein
-------------	-------------	-------------	----------------

NOTES

Store leftover soup covered in the refrigerator for 5 days or in the freezer for 3 months.

Ingredients

- 2 pounds asparagus
- 1 zucchini, cut into 1/2 inch thick coins
- 3 cups water
- 1/4 cup heavy whipping cream
- 3 tablespoons butter, divided
- 1 teaspoon white vinegar
- 1 teaspoon table salt



Best Creamy Asparagus Soup

Directions

- **Prepare Asparagus:** Peel any spears thicker than 1/2 inch. Cut off tips (top 1 to 2 inches) and reserve. Trim off and discard asparagus ends (bottom 1 to 2 inches) or where spears appear woody. Chop remaining spears into 1/2 inch pieces.
- **Cook Asparagus Tips:** Melt 1.5 tablespoons butter in a large pot over medium-high heat. Add asparagus tips and cook until tender, about 2 minutes, stirring occasionally—transfer tips for plating.
- **Soften Vegetables:** Add chopped asparagus spears, zucchini, salt, and 1.5 tablespoons butter to the now-empty pot. Stirring occasionally, cook until vegetables are softened, about 10 minutes. Add water and bring to boil. Boil until vegetables are very tender, about 5 minutes. Turn off the heat.
- **Purée & Finish:** Use an immersion blender to purée soup directly in the pot, or use a tabletop blender until puréed. Stir in cream, vinegar, and half of the asparagus tips—taste, adding more salt as needed.
- Serve garnishing with remaining asparagus tips.

- 🕒 Prep Time: 15 mins
Cook Time: 20 mins
- 🍽️ Servings: 4 servings

MACROS

170 kcal	20g Fats	5g Carbs	10g Protein
-------------	-------------	-------------	----------------

NOTES

Butter can be substituted with your preferred cooking oil.

Ingredients

- 1/2 cup butter or ghee if dairy-free
- 4 onions sliced
- 2 garlic cloves chopped or crushed
- 2 bay leaves
- 2 fresh thyme sprigs plus 2 extra for garnish, if desired
- 1 teaspoon sea salt + more to taste
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon apple cider vinegar or 1/4 cup red wine
- 2 quarts beef broth
- 1/2 recipe Fathead Dough 2 servings' worth
- 4 ounces Gruyere cheese Or cheddar can be used



Keto French Onion Soup

Directions

- In a large sauce pan, or a small stock pot, or the instant pot melt butter over medium heat as you chop the onions.
- Once butter is melted, add chopped onions (I add them as I chop them) and garlic, bay leaves, 2 thyme sprigs, salt, and pepper. Use a wooden spoon and stir every few minutes until the onions start to turn golden, about 25 minutes.
- As your onions caramelize, prepare your fathead dough for the top. This is optional, and to make the recipe dairy-free just omit this step. The soup is still delicious, flavorful and warming without the top layer.
- Once onions are caramelized, deglaze the pan by adding in the apple cider vinegar or red wine. Once you add the apple cider vinegar in, use a wooden spoon to scrape off all the browned bits - these are delicious concentrated flavor. This step takes about 1 minute.
- Once the pan is deglazed, add in beef stock and simmer on low for at least 10 minutes, or until ready to serve (cover if you will be simmering it for much longer than 30 minutes).
- To serve, taste to adjust salt and pepper if needed. Remove bay leaf and thyme sprigs. Ladle into bowls and top with broiled fathead dough, as described in the fathead step. Top with a sprig of thyme if desired as garnish and enjoy!

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 4 servings

MACROS

396 kcal	30g Fats	5g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Use 2 onions instead of 4; each onion has 8 g net carbs, so by reducing the recipe to 2 onions rather than 4, you cut your net carbs to 6 net carbs.

Ingredients

- 1 large whole chicken (6-7 pounds) (or 6-7 pounds of chicken breasts)
- 8 cups water (or 4 cups water and 4 cups chicken broth or chicken stock)
- 2 medium chopped carrots
- 2 medium chopped celery
- 1 medium chopped onion
- 1 medium chopped red bell pepper (optional*)
- 2 tablespoons chopped garlic
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1/4 teaspoon chipotle chili powder (optional*)
- 2 teaspoons onion powder
- 2 1/2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon oregano
- 1/3 cup fresh lime juice
- 2 teaspoons lime zest
- One 15-ounce can diced tomatoes (no salt added)



Keto Mexican Chicken Soup

- 🕒 Prep Time: 30 mins
- 🕒 Cook Time: 45 mins
- 🍽️ Servings: 10 servings

Directions

- In a large stock pot, add water, whole chicken (or chicken breasts), vegetables, and all seasonings. Bring contents to a boil, reduce heat, and simmer for 1-1½ hours until chicken is tender and falling off of the bone.
- Turn off the heat and carefully remove the chicken from the pot. Place chicken in a large bowl and begin to pull the meat off of the bone. Set chicken meat aside and discard bones.
- Add lime zest and lime juice to the stock/vegetable mixture. Using an immersion blender, carefully mix until very smooth. Re-adjust seasoning to taste. Stir in diced tomatoes.
- Return chicken meat to pot, stir and simmer under low heat for 15-20 minutes. Garnish with fresh cilantro, avocado, and extra lime juice.

MACROS

91 kcal	6g Fats	5g Carbs	5g Protein
------------	------------	-------------	---------------

NOTES

Serve this soup hot at room temperature and ENJOY!

Ingredients

- 1 Tablespoon Butter
- ½ Cup Diced onion
- 2 cloves Garlic, minced
- 8 ounces Mushrooms, finely chopped
- 4 Cups Chicken Broth
- 1 Cup Heavy cream
- ½ teaspoon xanthan gum
- Kosher salt and pepper to taste



Low Carb Cream of Mushroom Soup

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 6 servings

Directions

- Heat the butter in a heavy bottom pot over medium heat. Add in the onion and cook until soft. Should take about 5-8 minutes.
- Add in the garlic and the chopped mushrooms and continue to cook for 5 more minutes.
- Add in the chicken broth, heavy cream and sprinkle the xanthan gum over the top and whisk in.
- Bring to a boil for a few minutes to let thicken.
- If you want a completely smooth soup, you can carefully blend it in a food processor, or you can blend half of the soup if you want it to have a bit of texture. You could also use an immersion blender directly in the pot, just be careful of the hot soup!
- Season with salt and pepper to taste.

MACROS

281 kcal	20g Fats	5g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

I saved a couple of mushrooms and sliced them thin, then cooked them until crisp in a little oil.

Ingredients

- 2 teaspoons sesame oil
- 8 cups chicken broth
- 4 cups beef broth
- 4 cups water
- 1 large sweet onion, *peeled and cut into wedges*
- 6 cloves garlic, *peeled and smashed*
- 2 large carrots, *cut into chunks*
- 2 inch piece fresh ginger, *sliced*
- 4 whole scallions, *chopped*
- 10 button mushrooms, *sliced thin*
- salt



Japanese Clear Soup

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 65 mins
- 🍽️ Servings: 10 servings

Directions

- Place a large 8-quart stock pot over medium-high heat. Add the oil and place the onion, garlic, carrots, and ginger in the pot. Sear the veggies on all sides to caramelize, making sure not to burn the garlic.
- Pour in the chicken broth, beef broth, and water. Bring to a boil. Lower the heat to a low boil and simmer for at least one hour.
- Use a skimmer to remove the vegetables from the broth. Taste, then salt as needed.
- To serve: ladle hot broth into bowls and sprinkle chopped scallion and sliced mushrooms over the top.

MACROS

46 kcal	5 Fats	4g Carbs	20g Protein
------------	-----------	-------------	----------------

NOTES

You can also add soy sauce to taste to deepen the flavor.

Ingredients

- ½ cup (1 stick) salted butter
- 1 white onion finely diced
- 2 bags (16 oz each) frozen chopped broccoli
- 4 cans (14.5 oz each) chicken broth *see notes
- 16 oz Velveeta cheese
- 1 cup shredded cheddar cheese
- 2 cups half and half
- 1½ teaspoon garlic powder
- ½ cup cornstarch



Directions

- In a large soup pot, over medium-high heat, add the butter and chopped onion. Cook until softened, stirring frequently to prevent burning, for about 5-7 minutes.
- Add the frozen chopped broccoli and chicken broth (RESERVE 1 CUP FOR CORNSTARCH SLURRY).
- Bring to a boil, you may have to increase the heat as needed, once boiling reduce heat to medium and let it simmer for 20 minutes or until broccoli is softened to your liking.
- * I like to cover my pot with a lid while the broccoli is cooking. This helps the broccoli cook faster
- Add the Velveeta cheese, shredded cheese, half and half, and garlic powder. Stir together and let it cook for about 10 minutes until the cheese is melted and combined.
- Combine the cornstarch and reserved 1 cup chicken broth in a small bowl. Stir with a fork until mixed. Add into the soup and let it cook for about 5-10 minutes or until the soup is thick enough to your liking.
- * Once you add the cornstarch slurry it will thicken fairly quickly so watch it carefully and make sure the heat is not too high so it does not burn.
- Serve immediately. We like to top ours with some additional shredded cheddar cheese.
- The soup will thicken up slightly as it cools.
- Store leftovers in an air-tight container for 3-4 days in the fridge. This soup can also be frozen as well. Heat up frozen leftovers in a soup pot with some additional water (like ½ cup or so).

Keto Broccoli Cheese Soup

- 🕒 Prep Time: 15 mins
- 🕒 Cook Time: 40 mins
- 🍽️ Servings: 10 servings

MACROS

363 kcal	26g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

I prefer to use the frozen chopped broccoli because there is no need to chop it up. Just dump it into the soup.

Ingredients

- 4 cups chopped broccoli florets
- 3 cups shredded cheddar cheese
- 2 cups heavy whipping cream
- 2 cups water or broth
- 1.5 cups diced onions (1/2 onion)
- 1 cup diced carrots (3 carrots)
- 1 cup diced celery (3 stalks)
- 2 tablespoons salted butter
- 5 strips bacon
- 5 cloves garlic, minced
- salt and pepper, to taste



BROCCOLI CHEDDAR SOUP

Directions

- **Cook Bacon:** Place bacon strips in single layer in large pot ([Note 5](#)) over medium heat. Flipping occasionally, cook until crispy, 5 to 10 minutes. Transfer bacon to paper towel lined plate to drain.
- **Sauté Vegetables:** Add diced onions, carrots, and celery to pot with bacon drippings. Stirring frequently, cook over medium heat until softened, about 10 minutes.
- **Cook Broccoli:** Add broccoli, heavy whipping cream, and water to pot. Bring to simmer over medium-high heat. Simmer uncovered until broccoli is tender, 5 to 10 minutes, stirring occasionally and reducing heat as needed to maintain simmer.
- **Add Cheese:** Gradually stir in shredded cheddar cheese until melted and incorporated into soup. Add butter and minced garlic, stirring until butter is melted.
- **Thicken Soup & Serve:** Simmer until soup is thickened to desired consistency, about 10 minutes. Let soup cool a bit, then add salt and pepper to taste. Serve in bowls and crumble bacon on top.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 6 servings

MACROS

356 kcal	25g Fats	5g Carbs	27g Protein
-------------	-------------	-------------	----------------

NOTES

you can cut florets from a head of broccoli, or you can buy a bag of pre-cut raw florets.

Ingredients

For Meatballs:

- 1 lb ground pork
- 1 lb ground italian sausage, mild or spicy, depending on your preference
- ½ cup very finely minced onion
- 1 tbsp minced garlic
- 1 stalk celery, finely minced
- 1 egg

For Soup:

- 2 lbs Meatballs, above recipe, or 2 pounds meatballs, fresh or pre-cooked frozen
- 1 large onion, diced
- ¼ cup diced garlic
- 8 oz cremini mushrooms, cleaned and sliced into thin rounds
- salt and pepper, to taste (a generous pinch of each)
- 2 large carrots, peeled, then sliced into thin rounds
- 3 large stalks celery, sliced into thin half-rounds
- 12 oz beef stock
- 1 tbsp italian herb seasoning blend
- 2 cups heavy whipping cream
- 1 cup grated parmesan cheese



Creamy Meatball Mushroom Soup

- 🕒 Prep Time: 4 mins
- 🕒 Cook Time: 45 mins
- 🍽️ Servings: 8 servings

MACROS

367 kcal	25g Fats	5g Carbs	30g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this soup at room temperature and ENJOY!

Directions

For the meatballs:

- If making fresh, combine meatball ingredients in a large bowl and mix well.
- Roll into 2" (golfball sized) balls.
- Let chill 1 hour in refrigerator to set.
- For the soup:
- Add olive oil to pan or dutch oven, and heat on medium high until shimmery.
- Add meatballs and brown on all sides, about 3-5 minutes per side (1-2 minutes if cooking pre-cooked/frozen meatballs).
- When meatballs are lightly browned on all sides, remove from pan and set aside.
- Add onions, garlic, carrots, mushrooms, and celery to pot or dutch oven.
- Brown vegetables until soft, another 5-8 minutes.
- Add stock, herbs, and meatballs to pot and increase heat to high.
- Let stock reduce down by half.
- Turn heat off and slowly add in cream, whisking as it is added.
- Whisk vigorously to incorporate into soup.
- Return heat to medium and whisk in parmesan cheese.
- Let come to a rolling boil and thicken, another 2-4 minutes.
- When soup is thickened, serve.



Get Your Keto On

"Total Body And Health"

Easy
Savoury
Snacks



"TOTAL BODY AND HEALTH"

Ingredients

- 60g Walnuts
- 15ml Olive Oil
- 1 Garlic Clove
- 10g Red Onion
- 2 tsp Thyme, Fresh
- 70g Mushrooms
- 15g Creme Fraiche
- 15g Butter
- 1 tsp Mustard
- 1/4 tsp Salt
- 1/4 tsp Black Pepper



Keto Mushroom Pate

Directions

- Line a **baking sheet** with parchment paper.
- In a **large bowl**, combine the peanut butter, melted butter, vanilla and sea salt. Use a **hand mixer** to beat or until the chocolate is firm.
- Heat a dry pan over a low heat and add the walnuts. Toast for 2-3 minutes until lightly golden and fragrant. Set aside
- Heat the olive oil in the skillet over a low/medium heat. Slice the garlic and add to the pan along with the onion and the thyme.
- Sweat gently until tender.
- Add the mushrooms and cook through until softened and golden all over. Set aside and cool.
- Transfer the mushrooms, walnuts, butter, creme fraiche, mustard, salt and pepper to a food processor. Blend to form a coarse paste or a smoother pate if you prefer.
- Spoon the mixture into a small serving dish or ramekin and refrigerate for 20 minutes to firm up before serving.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 6 servings

MACROS

230 kcal	26g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these mushrooms pate hot at room temperature and ENJOY!

Ingredients

- 1 cup **Natural peanut butter** (salted, the kind that's a little runny)
- 6 tbsp **Unsalted butter** (melted)
- 1 tsp **Vanilla extract**
- 1/2 tsp **Sea salt** (to taste)
- 2/3 cup **Besti Powdered Monk Fruit Allulose Blend**
- 2/3 cup **Peanut flour** (no sugar added)
- 6 oz **Sugar-Free dark chocolate chips**



Keto Chocolate Peanut Butter Fat Bombs

Directions

- Line a **baking sheet** with parchment paper.
- In a **large bowl**, combine the peanut butter, melted butter, vanilla and sea salt. Use a **hand mixer** to beat until smooth.
- Beat in Besti and peanut flour, until smooth. Adjust salt to taste.
- If the mixture is too sticky or thin to work with, refrigerate for **20 minutes** to firm up.
- Wash your hands with cold water to cool them off. Use an extra small cookie scoop (**this one is the ideal size**) to scoop the peanut butter mixture, shape the balls as needed, and place onto the lined baking sheet. Work quickly and avoid touching the balls too much, or they'll melt.
- Refrigerate the peanut butter balls for about **20 minutes**, until firm.
- **CHOCOLATE DIP LAYER:**
- Place the chocolate chips into a **double boiler** on the stove (I used a small glass bowl over a saucepan with water in it). Heat the chocolate, stirring occasionally, until melted and smooth.
- Place a toothpick into the center of each peanut butter ball. Dip each ball into the melted chocolate, leaving a small area of peanut butter showing at the top. Place back onto the baking sheet, remove the toothpicks, and smooth over the holes with your fingers.
- Optional step: If you have chocolate left, you can drizzle it over the top of the sugar-free buckeyes.
- Refrigerate for about **30 minutes**, or until the chocolate is firm.

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 28 servings

MACROS

213 kcal	25g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these fat bombs by cooling them in the refrigerator for about 3-4 hours.
ENJOY!

Ingredients

- 1 1/2 cups unsweetened chocolate
- 1 cup almond butter Can sub for any nut or seed butter of choice
- 1/2 cup keto maple syrup
- 1/4 cup coconut oil optional
- 3 cups nuts and seeds optional



Directions

- Line an 8 x 8-inch baking dish with parchment paper and set aside.
- In a microwave-safe bowl or stovetop, combine your chocolate, almond butter, sticky sweetener and optional coconut oil and melt until combined.
- Add your nuts/seeds of choice and mix until fully combined.
- Pour the chocolate mix into the lined baking dish and spread out using a spatula. Refrigerate or freeze until firm.
- Slice into chocolate bars.

Keto Chocolate Bars

- 🕒 Prep Time: 1 min
- 🕒 Cook Time: 1 min
- 🍴 Servings: 20 bars

MACROS

130 kcal	10g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Place leftovers in a ziplock bag and store it in the freezer for up to six months.

Ingredients

- ¼ cup strawberries sliced
- raspberries, ¼ cup
- ¼ cup blueberries
- ¼ cup blackberries
- lime zest
- sugar-free vanilla syrup
- ¼ avocado, cut into cubes
- lime zest/ a few drops of lime juice
- 5-6 macadamia nuts



Directions

- In a mixing bowl, add sliced strawberries, raspberries, blueberries, and blackberries.
- Also, add some chopped avocado, and macadamia nuts and mix up everything.
- Add the sugar-free vanilla syrup, lemon zest or juice, and toss the fruit bowl.
- Serve the salad.

Keto Fruit Salad

- 🕒 Prep Time: 5 mins
- 🍴 Servings: 2 people

MACROS

350 kcal	10g Fats	2g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the salad in the refrigerator for about 15 minutes and serve them chilled.

Ingredients

For the crust:

- 2/3 cup superfine blanched almond flour
- 2 tablespoons coconut oil
- 2 tablespoons powdered monk fruit sweetener , (OR any powdered low carb sweetener)
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

Cheesecake Layer:

- 8 ounces cream cheese room temperature
- 1/2 cup powdered monk fruit sweetener , sifted (OR any powdered low carb sweetener)
- 1 cup sour cream
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon lemon zest
- Garnish:
- 1 cup fresh mixed berries of your choice
- crushed low carb cookie crust



Keto Breadsticks

🕒 Prep Time: 15 mins

🕒 Cook Time: 15 mins

🍽️ Servings: 8 servings

Directions

- Pre-heat oven to 400F. Mix together almond flour, coconut flour, flax meal, cream cheese, mozzarella cheese, baking powder, and yeast in a microwave-safe bowl.
- Heat in microwave for 1 min. Stir. Microwave for 1 more min.
- Add egg and mix well until it forms a dough. Don't be afraid to use your hands.
- Roll out dough and parchment paper until approximately 1/4 inch thick.
- Cut into strips.
- Top with your seasonings of choice. (See below)
- Bake approximately 13 min or until golden brown.

MACROS

159 kcal	20g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these breadstick hot at room temperature with any of your favorite sauce.
ENJOY!

Ingredients

- **For the crust:**
- 2/3 cup superfine blanched almond flour
- 2 tablespoons coconut oil
- 2 tablespoons powdered monk fruit sweetener, (OR any powdered low carb sweetener)
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- **Cheesecake Layer:**
- 8 ounces cream cheese room temperature
- 1/2 cup powdered monk fruit sweetener, sifted (OR any powdered low carb sweetener)
- 1 cup sour cream
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon lemon zest
- **Garnish:**
- 1 cup fresh mixed berries of your choice
- crushed low carb cookie crust



Keto Cheesecake Parfaits

🕒 Prep Time: 10 mins

🕒 Cook Time: 5 mins

🍴 Servings: 6 servings

Directions

- In a bowl, mix crust ingredients together. Set aside.
- In a medium sized bowl beat the cream cheese for about a minute until smooth and creamy. Beat in the powdered sweetener followed by the sour cream, vanilla extract and lemon zest. Mix until smooth and combined.
- Assemble the parfaits by layering 1 to 2 tablespoons of the cookie crust on the bottom of each serving glass or jar. Set aside some crust for garnishing, if desired.
- Layer the crust with the cheesecake mixture.
- Top with fresh mixed berries of your choice followed by remainder of the cookie crust. Store in refrigerator allowing to set for at least 60 minutes.

MACROS

154 kcal	17g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these parfaits hot at room temperature with any of your favorite sauce.
ENJOY!

Ingredients

- 1 cup almond flour
- 1 cup shredded cheese cheddar cheese
- 1/4 teaspoon salt
- 1-2 tablespoon water



Directions

- Preheat the oven to 180C/350F. Line a large baking sheet with parchment paper.
- In a high speed blender or food processor, add your almond flour, shredded cheese, and salt, and blend well, until a dough remains. If the dough is too crumbly, add a tablespoon or two of water.
- Line a large sheet of parchment paper on a flat kitchen surface. Transfer the dough onto it and place another sheet of parchment paper on top. Press down on the dough, before rolling it out using a rolling pin, until around 1/4 inch in thickness. Using a pizza cutter, slice up squares to form crackers.
- Transfer the crackers onto the lined sheet. Bake for 12 minutes, flipping halfway through. Remove from the oven and allow to cool completely.

Keto Crackers

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 8 servings

MACROS

124 kcal	10g Fats	4g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these crackers hot at room temperature with any of your favorite sauce.
ENJOY!

Ingredients

- Thick cheese slices, let them cut it into small squares.



Directions

- Preheat oven to 400F
- Place the cheese slices on a **sheet pan** lined with **parchment paper**. Bake for 10 minutes, or until the cheese firms up. Transfer to paper towels to absorb any excess oil. Allow to cool on the paper towels and the cheese will crisp up as it cools.
- Store in **airtight container** or ziplock bag for several days and crackers will remain crispy! Serve with guacamole, your favorite creamy dip or with my Buffalo Chicken Dip!

Keto Baked Cheese Crisp Crackers

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 8 servings

MACROS

137 kcal	15g Fats	5g Carbs	14g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these cookies hot at room temperature
ENJOY!

Ingredients

- 1 cup peanut butter
- 2/3 cup granulated sweetener of choice
- 1 large egg



Directions

- Preheat the oven to 180C/350F. Line a large baking tray with parchment paper or prepare a Silpat cookie sheet.
- In a large mixing bowl, combine all your ingredients and mix very well. If using ground chia seeds, if the batter is too thin, add an extra tablespoon.
- Form 12 balls of cookie dough and place on the lined pan. Press each cookie in a circular shape and press down with two forks. Bake cookies for 10-12 minutes, or until golden on the edges.
- Remove from the oven and let cool completely. If desired, drizzle in chocolate and peanuts.

Keto Peanut Butter Cookies

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 12mins
- 🍴 Servings: 8 servings

MACROS

137 kcal	15g Fats	5g Carbs	14g Protein
-------------	-------------	-------------	----------------

NOTES

Serve these cookies hot at room temperature
ENJOY!

Ingredients

- 100 grams Kale
- Some salt to taste
- 1 Tbsp olive oil I recommend this one
- 1 Tsp Curry Powder
- Any sauce of your choice to serve the chips



Directions

- Wash and dry the Kale.
- Separate the leaves from the Kale stalk and cut into small chip size pieces.
- Mix with the salt, curry powder and olive oil.
- Bake on a wire rack at 150C for about 20 minutes or till crispy.
- Eat immediate. They don't stay crisp forever.

Keto Kale Chips

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 6 servings

MACROS

125 kcal	12g Fats	4g Carbs	8g Protein
-------------	-------------	-------------	---------------

NOTES

Serve this chips immediately at room temperature

Ingredients

- 3 cups cereal or crackers of choice *
See notes
- 1/2 cup sunflower seed butter can use any smooth nut or seed butter
- 1/2 cup sugar free chocolate chips
- 1 cup sugar free powdered sugar

Directions

- In a large mixing bowl, add your cereal or crackers of choice. Line a large tray or deep pan with parchment paper.
- In a microwave-safe bowl or stovetop, melt your sunflower seed butter with chocolate chips of choice.
- Pour your melted chocolate mixture over the cereal/crackers and mix very well, until coated.
- Pour the muddy buddy mixture on the lined tray/plate and spread apart in an even layer. Refrigerate for about 15 minutes, until the chocolate has 'just' cooled.
- Remove from the fridge and break apart and place back in the large mixing bowl. Add your powdered sugar and mix very well, ensuring it is all covered in it. Place back on the lined tray/pan and allow to powdered sugar to settle on the muddy buddies.



Healthy Low Carb Keto Puppy Chow

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 20 mins
- 🍽️ Servings: 6 servings

MACROS

125 kcal	12g Fats	4g Carbs	8g Protein
-------------	-------------	-------------	---------------

NOTES

Healthy Low Carb Keto Puppy Chow (Vegan) can keep at room temperature, in a sealed container, for up to 3 weeks. It can be refrigerated, for up to 2 months

Ingredients

- 2 medium zucchini — sliced into rounds (4-5 mm thickness)
- 1/4 cup olive oil
- 2/3 cup grated parmesan cheese
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- 1/2 tsp salt
- black pepper to taste — optional



Directions

- Preheat oven to 375 F.
- Spray a rimmed baking sheet (you may need 2 baking sheets with cooking spray (I use olive oil spray)).
- In a bowl combine the olive oil, salt, pepper, paprika and garlic powder. Add the zucchini and toss to coat.
- Line the zucchini over the baking sheet and sprinkle with parmesan on top.
- Bake for 15-17 minutes, until the top is golden.

Keto Zucchini Chips

- 🕒 Prep Time: 25 mins
- 🕒 Cook Time: 12 mins
- 🍽️ Servings: 6 servings

MACROS

105 kcal	9g Fats	2g Carbs	6g Protein
-------------	------------	-------------	---------------

NOTES

Don't skip out on the flax seed! It gives it better texture.

Ingredients

- 1 1/2 cups 170 g part-skim shredded mozzarella
- 1/2 cup 56 g almond flour
- 1 tablespoon golden flaxseed meal
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



Directions

- Preheat the oven to 375F. Line 2 large baking sheets with parchment paper or silpat liners.
- Melt the cheese in a double boiler or microwave. If you're using the microwave, place the cheese in a large glass bowl, microwave it for 1 minute, and then in 15 second-intervals after that, checking and stirring until it's melted.
- Once the cheese is melted, use a fork to mix in the almond flour, flaxseed meal, salt, and pepper. Use your hands to knead it a bit until it looks like dough. (If the dough cools too much, you may need to microwave it for a few seconds so it's easier to work with.)
- Divide the dough into 2 equal balls. Spread or roll each ball of dough out onto the prepared baking sheets until each is a rectangle about 8 by 10-inches. Cut each into square or triangle-shaped chips. Spread the chips out on the baking sheets so they're not touching.
- Bake until golden brown on both sides, about 10 to 15 minutes, flipping the chips once halfway through.
- Serve, or store the chips for up to 3 days in an airtight container at room temperature. To re-crisp the chips after the first day, bake them for 5 minutes at 350F.

Keto Tortilla Chips

- 🕒 Prep Time: 25 mins
- 🕒 Cook Time: 12 mins
- 🍽️ Servings: 6 servings

MACROS

325 kcal	17g Fats	5g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Don't skip out on the flax seed! It gives it better texture.

Ingredients

- 1 cup pecan halves
- 1 cup flaked coconut
- ½ cup almonds
- ½ cup pumpkin seeds
- ½ teaspoon salt
- ½ cup butter
- ¼ cup Swerve Brown
- ¼ cup powdered Swerve Sweetener
- ½ teaspoon vanilla extract or maple extract



KETO GRANOLA CLUSTERS

Directions

- Preheat the oven to 300F and line a large baking sheet with parchment paper.
- In a food processor, combine the pecans, coconut, almonds, pumpkin seeds, and salt. Process until the mixture resembles coarse crumbs. A few larger pieces are okay.
- In a large saucepan over low heat, combine the butter and sweeteners. Whisk until the butter is melted and the sweeteners are mostly dissolved. Remove from heat and stir in the vanilla extract
-
- Stir in the nut mixture into the butter mixture until well combined. Transfer the mixture to the prepared baking pan and spread out evenly. Top with waxed paper or parchment and press down firmly and evenly to a uniform thickness.
- Bake 20 to 30 minutes, until golden brown. Remove and let cool completely, then break into large chunks with your hands.
- Store on the counter in an airtight container for up to a week.

- 🕒 Prep Time: 20 mins
- 🕒 Cook Time: 25 mins
- 🍽️ Servings: 8 servings

MACROS

349 kcal	15g Fats	3g Carbs	25g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this recipe hot at room temperature and ENJOY!

**"Keto Is Not A Short Term Diet
It's A Long Term Lifestyle"**



"Total Body And Health"

Easy Keto

Desserts

"Total Body And Health"



Ingredients

- 1 cup Coconut oil (solid)
- 1/4 cup Besti Powdered Erythritol (to taste)
- 1/4 cup Cocoa powder
- 1 tsp Vanilla extract
- 1/8 tsp Sea salt
- Coarse sea salt flakes (optional - for topping)

Directions

- Line a **28 oz rectangular glass container** with parchment paper, so that the parchment hangs out over the sides.
- Using a hand mixer at **LOW** speed, beat the coconut oil and sweetener together, just until fluffy and combined.
- Beat in the cocoa powder, vanilla and sea salt to taste. Adjust sweetener to taste. Do not overmix.
- Transfer the mixture to the lined container. Smooth the top with a spatula or spoon.
- Refrigerate the keto fudge for about **45-60 minutes**, until solid.
- Sprinkle the top of the fudge with sea salt flakes and press gently.
- Run a knife along the edge and take out using the edges of the parchment paper. Slice carefully - see post above for slicing tips.
- Keep the fudge refrigerated and bring to room temperature right before serving. You can also freeze it - see tips above. Do not leave at room temperature for prolonged periods, as it will melt easily.



Keto Fudge

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 45 mins
- 🍽️ Servings: 8 servings

MACROS

181 kcal	15g Fats	2g Carbs	1g Protein
-------------	-------------	-------------	---------------

NOTES

Any smooth nut or seed butter can be substituted.

Ingredients

- 2 cups smooth peanut butter
- 1/2 cup sticky sweetener of choice
- 3/4 cup coconut flour



Directions

- Line a large tray or plate with parchment paper and set aside.
- In a large mixing bowl, combine all your ingredients and mix well. If the batter is too thick, add some liquid (milk or water) until a thick batter remains.
- Using your hands, form the dough into small balls and place on the lined plate/tray. Refrigerate the peanut butter no bake balls for 30 minutes, or until firm.

Keto Peanut Butter Balls

- 🕒 Prep Time: 2 min
Cook Time: 1 mins
- 🍽️ Servings: 28 servings

MACROS

157 kcal	15g Fats	5g Carbs	10g Protein
-------------	-------------	-------------	----------------

NOTES

Any smooth nut or seed butter can be substituted.

Ingredients

- 2 cups raspberries , fresh or frozen (and defrosted)
- 1 cup blueberries , fresh or frozen (and defrosted)
- 1 cup blackberries , fresh or frozen (and defrosted)
- 1/4 cup monk fruit sweetener , or maple syrup for paleo
- 1 teaspoon xanthan gum leave out if preferred OR use arrowroot starch for paleo
- 1 teaspoon lemon juice

Crisp Topping:

- 1 cup almond meal
- 1 cup unsweetened desiccated OR shredded coconut
- 1/4 cup monk fruit sweetener , or maple syrup for paleo
- 1/3 cup coconut oil (can also use butter or ghee if not dairy-free)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 1/4 cup pecans , finely chopped



Keto Berry Crisp

- 🕒 Prep Time: 8 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 8 servings

Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, toss the berries with sweetener, lemon juice and xanthan gum, if using. Pour into a lightly greased 8 or 9" cast iron skillet.
3. Rinse and dry the same bowl and add the almond meal, coconut, coconut oil, vanilla, cinnamon, and salt. Use a fork or clean hands to combine the mixture until it forms small pea-sized clumps. Stir in the chopped pecans.
4. Spread mixture evenly on top of berries with your hands and press down lightly.
5. Bake for 28 to 35 minutes, or until golden brown and the edges are bubbling. Serve warm.

MACROS

200 kcal	24g Fats	5g Carbs	20 Protein
-------------	-------------	-------------	---------------

NOTES

It is important to rest the berry crisp in the refrigerator for about 1 hour before serving. ENJOY!

Ingredients

- 2 cups chocolate chopped
- 1/2 cup roasted almonds unsalted
- 1/4 teaspoon flaky sea salt optional



Directions

- Line a large baking sheet with parchment paper and set aside. In a large mixing bowl, add your almonds and set aside.
- In a microwave safe bowl or in a small saucepan, add your chocolate. Microwave in 30 second spurts, until mostly melted. Whisk together, until smooth and glossy.
- Pour the melted chocolate over the roasted almonds and mix until all the nuts are combined. Transfer the chocolate/almond mixture on the lined sheet and using a rubber spatula, spread out in an even layer.
- Refrigerate for 30 minutes, before breaking up into pieces.

Keto Chocolate Barks

- 🕒 Prep Time: 1 min
- 🕒 Cook Time: 1 mins
- 🍽️ Servings: 12 servings

MACROS

187 kcal	20g Fats	4g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

Place pieces of the bark in a ziplock bag and store it in the freezer for up to 6 months.

Ingredients

- 1/3 cup almonds or pecans, or 6 tbsp almond flour (nut-free version here)
- 1 tbsp + 2 tsp cocoa powder
- 1 tbsp granulated erythritol or sugar or sweetener of choice
- pinch stevia, or additional 2 tsp sugar
- 1/8 tsp salt
- 1/4 tsp baking powder
- 3 tbsp milk of choice, or 2 if using liquid sweetener
- 1/4 tsp pure vanilla extract
- optional chocolate chips or sugar free chocolate chips.



Keto Mug Cake

Directions

Combine all ingredients in a greased ramekin or small mug. Either bake in a preheated 350F oven for about 10 minutes, or cook in the microwave. If microwaving, time will vary depending on wattage and desired gooeyness. I started with 30 seconds, then added two 15-second intervals after that. The cake will look a bit gooey when it comes out, and it firms up as it cools. But there's no need to wait for it to firm up too much – this cake is meant to be eaten straight from the mug!

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 1 mins
- 🍽️ Servings: 1 servings

MACROS

200 kcal	24g Fats	5g Carbs	20 Protein
-------------	-------------	-------------	---------------

NOTES

It is important to rest the cake in the refrigerator for about 1 hour before serving.
ENJOY!

Ingredients

- 2 cups canned coconut milk
- 1/3 cup xylitol erythritol, or sweetener of choice
- 1/8 tsp salt
- 1 1/2 tsp pure vanilla extract or vanilla bean paste
- optional ingredients for desired flavor.

Directions

- Be sure to use full-fat canned coconut milk, not lite or coconutmilk beverage. If desired, you can use the seeds from a vanilla bean instead of the extract. To make the keto ice cream: Stir together the milk, sweetener, salt, and vanilla extract. If you have an ice cream machine, simply churn according to manufacturer's directions. Or to make it without an ice cream machine, freeze the mixture in ice cube trays, then blend the frozen cubes in a high-speed blender such as a Vitamix OR thaw them enough to then blend in a food processor or regular blender. Eat as-is, or freeze an hour or so for a firmer texture. Due to not having any preservatives or stabilizers, the keto ice cream is best the day it's made, but you can technically freeze leftovers up to a month and thaw before serving.



Keto Ice-Cream

🕒 Prep Time: 10 mins

👨‍🍳 Cook Time: 0 mins

🍽️ Servings: 5 servings

MACROS

220 kcal	24g Fats	5g Carbs	24g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the ice-cream in the refrigerator for about 3 hours before serving.
ENJOY!

Ingredients

- 3/4 cup **Salted butter** (softened)
- 1 3/4 cups **Besti Allulose**
- 6 large **Eggs** (at room temperature)
- 3/4 cup **Unsweetened almond milk**
- 3/4 cup **Sour cream**
- 1/2 tsp **Vanilla extract**
- 1 cup **Cocoa powder**
- 3 cups **Wholesome Yum Blanched Almond Flour**
- 1 tsp **Baking powder**
- 3 1/2 cups **Keto Chocolate Frosting**

Directions

- Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of 2 9" round springform pans with parchment paper.
- In a large bowl, beat together the allulose and butter, until fluffy.
- Beat in the eggs, one at a time, then the almond milk, sour cream, and vanilla.
- Beat in the almond flour, cocoa powder, and baking powder, until the batter is smooth.
- Divide dough among 2 pans, smooth the top with a spatula. Bake for **25-35 minutes**, until the top springs back and an inserted toothpick comes out clean. Cool completely in the pans, then run a knife along the sides and flip to release.
- **Make the keto chocolate frosting according to the instructions here.** Before you begin, adjust the amount on the recipe card to 28 servings - this will make the 3 1/2 cups you need for this cake.
- Place one layer of cake onto a cake stand or platter. Frost the top with 3/4 cup (96g) frosting. Place the second layer on top and frost the top with another 3/4 cup (96g) frosting. Finally, frost the sides with 1 1/2 cups (192g) frosting.



Keto Chocolate Cake

- 🕒 **Prep Time: 15 mins**
- 🕒 **Cook Time: 30 mins**
- 🍽️ **Servings: 6 servings**

MACROS

220 kcal	24g Fats	5g Carbs	24g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the cake in the refrigerator for about 3 hours before serving.
ENJOY!

Ingredients

- 1/4 cup **Unsweetened Cocoa Powder**
- 2 tbsp **Coconut flour**
- 3 large eggs
- 12 tbsp **Butter**
- 1/2 cup **Low Carb Sugar Substitute**
- 15-30 drops **liquid stevia**
- 1/2 tsp **vanilla extract**
- **Pink Himalayan Salt**
- 2 oz **Unsweetened Bakers Chocolate**

Directions

- Preheat oven to 325 degrees
- Combine coco powder, coconut flour, and salt, and set aside
- Add erythritol, eggs, vanilla and mix with a hand mixer. Mix until the volume of the mixture has tripled in size. This should take about 3-5 minutes on high.
- In a 3rd bowl, melt together butter and bakers chocolate. This can be done using a double boiler method, or by repeatedly microwaving for 20s and mixing. If using the microwave be careful not to burn the chocolate.
- Add egg mixture to the butter/chocolate mixture in 3 parts, folding in each time. Most of the erythritol will be at the bottom of the egg mixture, thats ok!
- Once the wet ingredients are all combined, begin adding the dry ingredients. Add 1/3 of the dry mixture and fold into the wet. Repeat this process 3 times until all of the dry mixture is used and a homogeneous brownie batter is formed.
- Pour into a greased 8x4 loaf pan.
- Place into a 325 degree oven for 50-55 minutes.



Keto Brownies

🕒 Prep Time: 60 mins

🍽️ Servings: 6 servings

MACROS

207 kcal	27g Fats	5g Carbs	15g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the brownies in the refrigerator for about 1 hour before serving.
ENJOY!

Ingredients

- 1 cup of Unsweetened dark chocolate, chopped coarsely.
- 2 Egg whites, at room temperature.
- 1/4 cup Sweetener of choice, erythritol or swerve.
- 1 cup Heavy whipping cream, straight from the fridge.

Directions

- In a mixing bowl, add the egg white and using an electric hand mixer, whip the egg white until frothy.
- Gradually add the sweetener one tablespoon at a time and incorporate it with the electric mixer. You want an airy consistency. It might take 3-4 minutes.
- In a microwave-safe mixing bowl, add the chocolate chunks and melt them on high heat in thirty-second intervals until the chocolate is glossy and fully melted. Stir between pulses!
- Fold the egg white and sweetener mixture into the melted chocolate with a spatula and incorporate.
- In a third mixing bowl, use the electric hand mixer to whip the cream until soft peaks form.
- Combine the chocolate mixture and the whipped cream and whisk manually until uniform.
- Transfer the chocolate mousse into a container with a lid to store in the fridge or transfer it to single-serving ramekins until ready to serve. (Don't forget to cover them with plastic wrap!)
- Refrigerate the chocolate mousse for one hour before serving.
- Share with your loved ones and enjoy!



Keto Chocolate Mousse

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 6 servings

MACROS

212 kcal	20g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

It is important to rest the chocolate mousse in the refrigerator for about 1 hour before serving.
ENJOY!

Ingredients

- 1 cup pecans toasted
- 5 tablespoon butter divided
- 6 tablespoon light cream (or heavy cream)
- ½ cup Joy Filled Eats Sweetener (or see alternatives in recipe notes)
- ¼ teaspoon vanilla
- pinch of salt



Keto Pecan Pralines

Directions

- Combine 4 tablespoon of the butter with the sweetener and cream over medium heat. Stir until sweetener is dissolved.
- Cook until it is a deep golden brown. As soon as it reaches that deep color (right before burning) remove from the heat and immediately add the other 1 tablespoon butter and vanilla. Stir until smooth.
- Add the salt and toasted pecans. Drop by spoonfuls onto on wax paper. Refrigerate just until firm.

- 🕒 Prep Time: 5 mins
- 🕒 Cook Time: 10 mins
- 🍽️ Servings: 6 servings

MACROS

212 kcal	20g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Store at room temperature for up to 2 days.
ENJOY!

Ingredients

- 24 oz cream cheese or [vegan cream cheese](#)
- 2 cups yogurt, such as coconutmilk yogurt
- 2 1/2 tsp pure vanilla extract
- 1 tbsp lemon juice, optional
- 2/3 cup [erythritol](#) (sugar or maple syrup also work for non-keto)
- 1/4 cup [almond flour](#)



Keto Cheesecake

Directions

- Preheat oven to 350 F.
- Fill any baking pan about halfway up with water, and place it on the oven's lower rack. Bring cream cheese to room temperature, then beat all ingredients in a blender or food processor just until smooth (overbeating can cause cracking as it bakes). I do usually include the lemon for a classic cheesecake flavor, but it will still work if you don't have any on hand and need to leave it out. Spread filling on top of prepared crust.
- Place on the middle rack (above the rack with the water pan). Bake 30 minutes (or 38 minutes if using an 8-inch pan), and do not open the oven at all during this time.
- Once time is up, still do not open the oven, but turn off the heat and let the cheesecake sit in the oven an additional 5 minutes. Then remove from the oven—it will still look underdone. Let cool on the counter 20 minutes, then refrigerate overnight, during which time it will firm up considerably.

- 🕒 Prep Time: 10 mins
- 🕒 Cook Time: 35 mins
- 🍽️ Servings: 6 servings

MACROS

230 kcal	26g Fats	5g Carbs	20g Protein
-------------	-------------	-------------	----------------

NOTES

Serve this cake by freezing them in the refrigerator for about 2 hours
ENJOY!



OUR CONCLUSION:

The Ketogenic Diet can be an effective therapeutic diet that can manage a variety of health conditions, including weight loss and poor health management. We feel that for those that are looking to reset their health and their weight, this provides a substantial opportunity to achieve those goals.