

**365 Days of  
Keto Diet  
Recipes**

Sarah Peterson

**Ketogenic Diet: 365 Days of Keto,  
Low-Carb Recipes for Rapid Weight  
Loss**

*By*

**Sarah Peterson**

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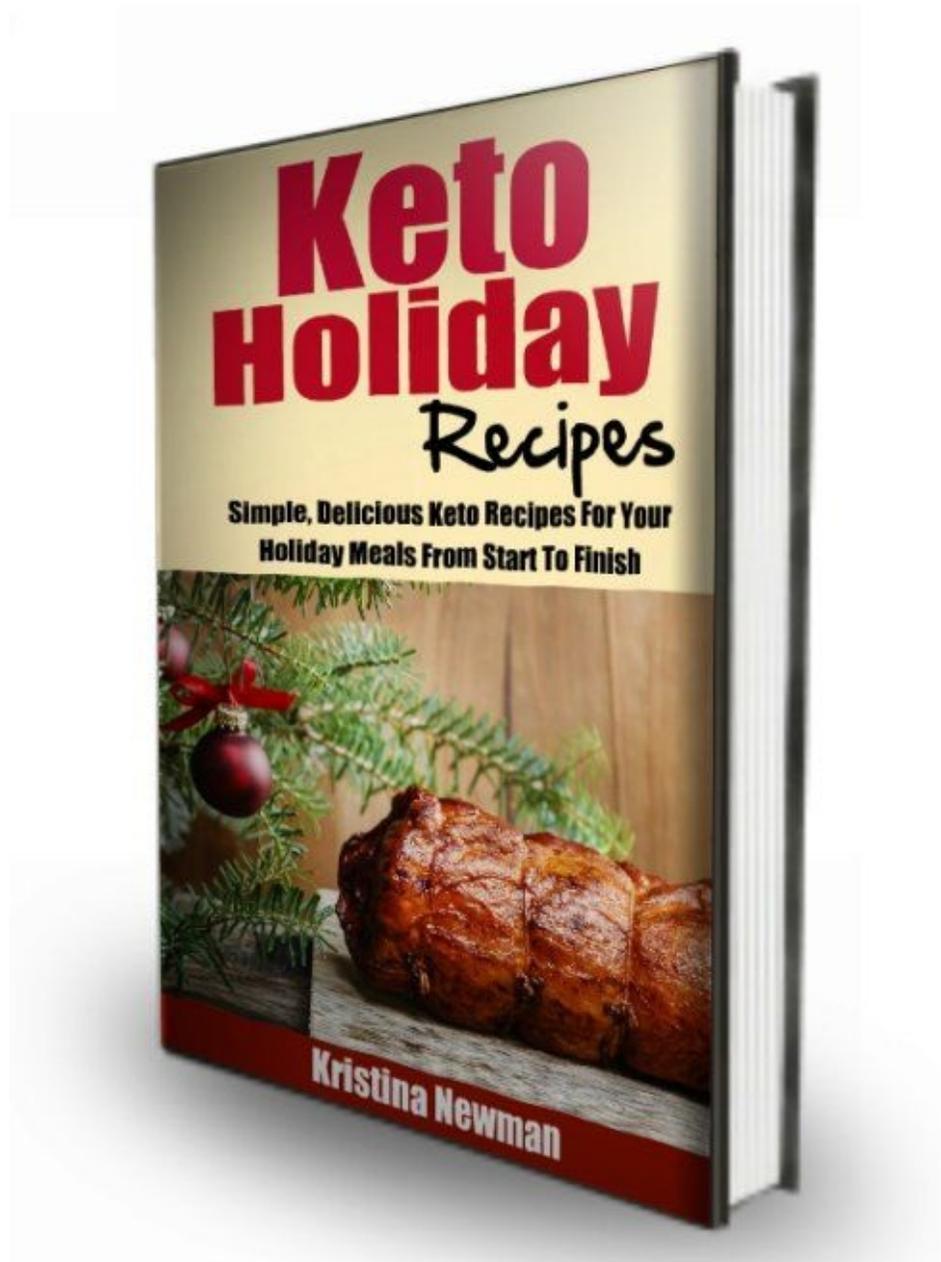
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# Table of Contents

**Introduction**

**What is the Ketogenic Diet? (Keto Diet)**

**Why Choose the Ketogenic Diet?**

**BENEFITS OF A KETO DIET**

**365 Keto Recipes**

Keto Breakfast Recipes

Keto Snacks & Appetizers

Keto Side Dishes

Keto Lunch Recipes

Keto Dinner Recipes

Keto Desserts

Keto Drinks/Smoothies

# Introduction

## Congratulations and Thank You!

I want to start by thanking you for downloading the book, "*Ketogenic Diet: 365 Days of Keto Recipes*" I am honored to be helping you on this journey to create easy, healthy Keto recipes!

Whether you are taking the first steps of your New Year's resolution or simply looking to modify your food intake and get healthy, the Ketogenic Diet is certainly a great choice for you no matter what time of the year. Throughout this e-book, you will be introduced to some of the most mouth-watering recipes that are easy to prepare, and before you know it, the Ketogenic Diet will cease to be a diet; it will become a way of life. As you will discover, a Ketogenic regimen is all about high fat, low carbohydrates, and a healthy amount of protein, allowing your body to rely on the fats as energy instead of burning up the carbohydrates. You'll therefore feel more energetic the more time you spend on the regimen.

As you begin the Ketogenic Diet, however, the important thing to remember is *consistency*. Of course, you may find it hard not to indulge in the occasional cheat meal when the opportunity presents itself, such as during the holidays or on an outing with friends. Though your body will absolutely be able to bounce back once you return to the diet, it is essential to stick as closely to it as possible so that your body can maintain the high metabolic rate.

That said, congratulations on making this life-changing decision! You are joining the countless people who, like you, have decided to choose a healthier lifestyle and will therefore reap all of the benefits that the Ketogenic Diet has to offer.

This book contains proven recipes and tips on how you can make quick, easy Keto recipes. It will provide you with everything you need to know from tools, ingredients, and recipes to storage. It doesn't just offer the standard Keto recipes, it contains 365 recipes help make sticking to the Keto diet a piece of cake!

**Thanks again for downloading this book, I Hope You Enjoy It**

## What is the Ketogenic Diet? (Keto Diet)

Despite the many different kinds of diets that you have no doubt heard about in your life, there is bound to be a few that are new to you. One of these in particular might be the Ketogenic Diet, also known as the Keto Diet, which is a high-fat, low-carbohydrate regimen. The theory behind the high-fat, low-carbohydrate ratio is that the body will rely on fat for energy instead of on carbohydrates, and therefore the body will become more lean as a result of having less fat stored in the body. Ideally, the Keto Diet will allow the body to go into ketosis, or a metabolic state where ketones - which are fats - are burned for energy instead of glucose - the carbohydrates. Those that follow the Keto Diet also consume just the right amount of protein that the body needs on a daily basis. Contrary to some of the other diets that are in existence, the Keto Diet does not focus on counting calories. The focus is instead centered on the fat, carbohydrate, and protein make-up of the food as well as on the weight of the portions.

But what led to the creation of the Keto Diet? Back in 1924, a Mayo Clinic doctor by the name of Russell Wilder developed the Ketogenic Diet in hopes of finding a treatment for epilepsy. Many people who suffer from epilepsy and other illnesses have reported a noticeable decrease in their symptoms after going on this diet. This practice dates back to Ancient Greece when doctors would change their patients' diets and even have them fast to force their body into starvation mode. The Ketogenic Diet is a much easier means of getting the body to go into the fasting mode without actually depriving the body of food. To this day, however, no one knows exactly why the Ketogenic Diet is so effective in helping those that suffer from epilepsy, autism, and other known illnesses.

A typical meal for someone on the Ketogenic Diet would feature the high-fat, low-carbohydrate ratio, and might include a healthy serving of a protein such as chicken, some fruit or a protein-rich vegetable, and a high-fat component, which might be butter. The high-fat component on this diet usually comes from the ingredients which go into making the food; this could include heavy cream, butter, or buttermilk, and also might feature creamy dressings such as Ranch.

## Why Choose the Ketogenic Diet?

Over the years, researchers have found that there are many benefits to choosing the Ketogenic Diet. There was initial speculation that the diet would cause a cholesterol build-up in the body, therefore leading to heart disease due to the high-fat content of the foods that people on the diet could consume. However, as more and more experts have looked into the diet, they have found that there are inherent advantages for beginning this type of diet. For one, the body is able to utilize fat instead of carbohydrates for energy. The body will therefore not rely on carbohydrates since there is such a low amount entering the body, and will thus be able to store ketones - the fats - for later energy use.

Another benefit is the fact that the body will not be as hungry, and people on the Keto Diet therefore are at a lower risk of falling off their regiment by snacking. Because the Keto Diet encourages the consumption of various protein-rich foods which work to curb hunger. The body goes into the state of ketosis - which is common among those who fast regularly - and therefore does not require a lot of food to keep it going. What better than to be on a healthy diet and not have constant hunger pangs?

Finally, the health benefits offered by the Keto Diet are remarkable. People who follow the Keto Diet completely eliminate starchy carbohydrates, such as breads and pastas, and substitute them with non-starch vegetables such as broccoli, asparagus, carrots, and many others. These kinds of vegetables are packed with vitamins and nutrients that support a healthy body, and are also much lower in calories. The Keto Diet, in addition to aiding those who suffer from illnesses such as epilepsy, is also recommended for cancer patients. As research has shown, cancer cells flourish in areas of the body where there is a lot of glucose, which is what carbohydrates become. If the body consumes less carbohydrates, there will therefore be less glucose, and subsequently the cancer cells will not be able to grow and thrive.

## **BENEFITS OF A KETO DIET**

- Cholesterol. A Keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup.
- Weight Loss. As your body is burning fat as the main source of energy, you will essentially be using your fat stores as an energy source while in a fasting state.
- Blood Sugar. Many studies show the decrease of LDL cholesterol over time and have shown to eliminate ailments such as type 2 diabetes.
- Energy. By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.
- Hunger. Fat is naturally more satisfying and ends up leaving us in a satiated (“full”) state for longer.
- Acne. Recent studies have shown a drop in acne lesions and skin inflammation over 12 weeks.



## **365 Keto Recipes**

**Here you will find fun and easy Keto Recipes Have Fun!!**

## **Keto Breakfast Recipes**



## **Keto Cream Cheese Pancakes** INGREDIENTS:

2 oz. cream cheese

**2 eggs**

½ teaspoon cinnamon

**1 tablespoon coconut flour**

1/2 to 1 packet of Stevia in the Raw **INSTRUCTIONS:**

- Mix together all of the ingredients until smooth.
- Heat up a non-stick pan or skillet with butter or coconut oil on medium-high.
- Make them just like you would normal pancakes.
- Try to cook it most of the way on one side and then flip!
- Top with butter and/or a sugar-free maple syrup

## **Pumpkin Pie Keto Spiced Latte** INGREDIENTS:

2 cups coffee, strong and freshly brewed

### **1 cup Coconut Milk**

1/4 cup Pumpkin Puree

### **2 teaspoon Pumpkin Pie Spice Blend**

1/2 teaspoon Cinnamon

1 teaspoon Vanilla Extract

2 tablespoon Heavy Whipping Cream

### **2 tablespoon Butter**

15 drops Liquid Stevia

### **INSTRUCTIONS:**

- Over medium-low heat, cook pumpkin, milk, butter, and spices
- Once bubbling, add 2 cups of strong coffee and mix together
- Remove from stove, add cream and stevia, then use an immersion blender to mix together.
- Top with whipped cream and enjoy.

# Loaf of Keto Pumpkin Bread

## INGREDIENTS:

1 1/2 cup Almond Flour

## 3 large Egg Whites

1/2 cup Pumpkin Puree

1/2 cup Coconut Milk (from the carton) 1/4 cup Psyllium Husk Powder

1/4 cup Swerve Sweetener

## 2 teaspoon Baking Powder

1 1/2 teaspoon Pumpkin Pie Spice 1/2 teaspoon Kosher Salt

## INSTRUCTIONS:

- Preheat oven to 350F
- In a medium bowl sift all dry ingredients •Put a container with 1 cup of water on the bottom rack of oven.
- Mix in pumpkin and coconut milk into dry ingredients and mix well.
- Whisk up egg whites until stiff. Slowly fold egg whites into dough.
- Place dough into a well greased loaf pan, then place into the oven and bake for 75 minutes.
- Let cool, then slice and serve!

## **Keto Cauliflower Breakfast Waffles** INGREDIENTS:

1 - 1 1/2 cup Grated Raw Cauliflower 1/2 cup Mozzarella Cheese  
1/4 Parmesan Cheese  
1/2 cup Cheddar Cheese

### **3 Large Eggs**

3 tablespoon Chives, chopped  
1/2 teaspoon Onion Powder  
1/2 teaspoon Garlic Powder  
1/4 teaspoon Red Pepper Flakes Salt and Pepper to taste

### **INSTRUCTIONS:**

- Slice cauliflower into florets.
  - Using a food processor feed through grating attachment •Then feed cheese through grating •Add eggs and spices and mix together.
  - Pour 1/2 of the mixture into a waffle maker, cook and flip •Remove from waffle maker and repeat with rest of mixture.
  - Top with your choice of toppings.
- Enjoy

## **Scrumptious Keto Breakfast Muffins** INGREDIENTS:

### **1 medium Egg**

1/4 cup Heavy Cream

1 slice cooked Bacon (Cured, Pan-Fried, Cooked) 1 oz. Cheddar Cheese

Salt & Black Pepper(to taste) **INSTRUCTIONS:**

- Preheat oven to 350 F
- In a bowl, whisk the eggs with the cream and salt and pepper.
- Spread into pam sprayed muffin tins, and fill the cups 1/2 full.
- Place 1 slice crumbled bacon to each muffin and then 1/2 oz cheese on top of each muffin.
- Bake for about 15-20 minutes or until slightly browned.
- Add another 1/2 oz of cheese onto each muffin and broil until cheese is slightly browned. Enjoy!

## **Keto Egg Porridge** **INGREDIENTS:** 2 organic free-range eggs

1/3 cup organic heavy cream without food additives

2 packages NuStevia OR your preferred sweetener to taste

2 tablespoons grass-fed butter

ground organic cinnamon to taste **INSTRUCTIONS:** •In a small bowl add together eggs, cream and the sweetener and whisk together •Melt the butter in a medium saucepan over medium-high heat. Lower the heat to the minimum once the butter is melted.

- Combine together the egg and cream mixture.
- Cook, all the time mixing along the bottom until the mixture thickens and starts curdling.
- When you see the first signs of curdling, remove the saucepan immediately from the heat.
- Pour the porridge in a serving bowl. Sprinkle plenty of cinnamon on top and serve immediately.
- Enjoy!

## **Keto Eggs Florentine**

### **INGREDIENTS:**

1 cup washed, fresh spinach leaves

**2 tablespoons freshly grated parmesan cheese**

Sea salt and pepper to taste

**1 tablespoon white vinegar**

2 eggs

### **INSTRUCTIONS:**

- Cook spinach in a microwave safe bowl in microwave or steam until wilted
- Sprinkle with parmesan cheese and season to taste.
- Slice into bite size pieces and place on a plate.
- Heat a pan of simmering water, adding the vinegar and stir with wooden spoon to create a whirl pool.
- Break an egg into the center, turn of the heat and leave covered until set (3-4 minutes). Repeat with second egg.
- Place eggs on spinach and serve.
- Enjoy!

## **Keto Morning Breakfast Tea** INGREDIENTS:

16 ounces water

2 tea bags

1 tablespoon ghee

1 tablespoon coconut oil 1/2 teaspoon vanilla extract no carb artificial sweetener **INSTRUCTIONS:**

- Make the tea, set aside.
- In a different container melt the ghee •Add coconut oil and vanilla to the melted ghee.
- Pour tea from mug into the magic bullet cup.
- Screw bottom on and blend until mixed thoroughly.

## **Spinach Feta Keto Muffins** INGREDIENTS:

### **6 eggs**

3 slices bacon, cooked 2 cups raw spinach

### **1 cup crumbled feta cheese**

1/2 cup cheddar cheese salt and pepper to taste **INSTRUCTIONS:** •Preheat oven to 350.

- Wash the spinach, drain and place in a microwave safe bowl.
- Microwave the spinach on high for 1 minute.
- Set aside to cool.
- Cook bacon until it's how you like it. Set aside to cool.
- In a medium mixing bowl, beat the eggs together until frothy.
- Mix in the crumbled feta cheese and the grated cheddar cheese.
- Once the spinach and bacon are cooled enough, add them to the bowl and mix until combined.
- Divide the mixture evenly among the 6 muffin cups. Bake for 30-35 minutes until muffins are firm.
- Enjoy!

## **Keto Coconut Waffles/Pancakes** INGREDIENTS: 1 cup Raisins

### **1 Tbsp ground Cinnamon**

1 Tbsp Coconut Milk 1/4 cup Coconut Flour 1/4 tsp Baking Soda 1/4 tsp ground Nutmeg 4 Pastured Eggs **INSTRUCTIONS:** •Blend all ingredients with a hand mixer in a medium-sized mixing bowl,.

- Preheat waffle iron to medium-high heat.
- Place batter into center of waffle iron to cover about 3/4 of area for about 3–5 minutes. *For the topping:* •Heat coconut oil in a nonstick frying pan on medium heat. Slice banana and add to frying pan.
- Cook banana slices until brown and crispy on the bottom side, then flip.
- Add pecans to frying pan and lightly toast with the seared banana slices.
- Top over waffles or pancakes and serve.
- Enjoy

## **Keto Breakfast Quiche Lorraine** INGREDIENTS: CRUST:

1 1/2 cups blanched almond flour  
1 1/2 cups freshly grated Parmesan cheese  
1/4 teaspoon Celtic sea salt  
1 egg SWISS SAUCE:  
1 Tablespoon butter  
1/2 cup chicken/beef broth  
1 cup grated Swiss cheese  
4 ounce cream cheese

1 teaspoon Celtic sea salt FILLING:

12 slices bacon  
Cheese Sauce (from above)  
1/3 cup minced leeks  
4 eggs, beaten  
3/4 teaspoon sea salt

1/8 teaspoon cayenne pepper **INSTRUCTIONS:** Preheat the oven to 325 degrees F.

**For the tart shell:** •Add together the flour, cheese and salt and mix well.

•Combine the egg and mix until the dough is well combined and stiff.

•Press pie crust into pie dish or tart pan.

•Bake the crust for 12-15 minutes, or until it starts to lightly brown.

**To make the Cheese Sauce:** •Melt butter in a medium saucepan over medium heat.

•Add in the rest of the ingredients and mix; season with the salt and pepper.

•Meanwhile, place bacon in a large skillet, and fry over medium-high heat until crisp. •Drain on paper towels, then slice coarsely.

•Spread bacon, into pastry shell.

•In a medium bowl, whisk together cheese sauce, leeks, eggs, salt and cayenne pepper. •Pour mixture into pastry shell.

•Bake 15 minutes in the preheated oven. Reduce heat to 300 degrees F and bake an additional 30 minutes, or until a knife inserted 1 inch from edge comes out clean.

•Let cool and enjoy!

# **Keto Fluffy Coconut Flour Pancakes** INGREDIENTS: 1/2 cup coconut flour

## **3 tablespoon granulated erythritol**

1/2 teaspoon baking powder 1/2 teaspoon salt 6 large eggs, lightly beaten 1/4 cup butter, melted

## **1 cup almond milk**

1/2 teaspoon vanilla extract Additional butter or oil for the pan

**INSTRUCTIONS:** •Preheat oven to 200F.

- In a large bowl, beat together coconut flour, erythritol, baking powder, and salt.
- In a medium bowl, beat together eggs, melted butter, almond milk and vanilla extract.
- Combine the egg mixture to the coconut flour mixture and mix well
- Heat a large skillet over medium high heat and brush with vegetable oil or melted butter.
- Pour two heaping tablespoons of batter onto skillet and spread into a 3 to 4 inch circle. Repeat until you can't fit any more pancakes into the skillet
- Cook until bottom is golden brown and top is set around the edges.
- Flip carefully and continue to cook until second side is golden brown.
- Remove from pan and serve warm
- Enjoy

## **Keto Ham and Swiss Frittatas**

### **INGREDIENTS:**

- 1/2 lb. ham, cubed
- 1/2 lb. swiss cheese, cubed
- 1 Tablespoon Fresh rosemary, chopped
- 4 large whole eggs
- 1 1/4 cups cream, heavy whipping
- 2 Tablespoon dijon mustard, whole grain Salt and fresh cracked pepper, to taste

### **INSTRUCTIONS:**

- Pre-heat oven to 400 F.
- In a mixing bowl, stir together your bacon, ham, swiss cheese and chopped rosemary.
- Spray Non stick spray on muffin pan and then divide the mixture evenly among the muffin cups.
- In the same mixing bowl, beat together your eggs, cream, mustard and a small amount of salt and pepper.
- Evenly pour the egg mixture into each cup.
- Bake for about 20 minutes, or until puffy and golden brown.
- Remove from oven and let rest for 5 minutes.

## **Breakfast Keto Hash**

### **INGREDIENTS:**

1 medium zucchini (6.9 oz)

### **2 slices bacon**

½ small white onion or 1 clove garlic

### **1 tablespoon ghee or coconut oil**

1 tablespoon freshly chopped parsley or chives ¼ teaspoon salt

1 large egg, free-range or organic on top ½ avocado

### **INSTRUCTIONS:**

- Finely chop the onion (or garlic) and cut the bacon.
- Cook the onion over medium heat and add the bacon, cook until lightly browned.
- Meanwhile, dice the zucchini into medium pieces.
- Add the zucchini to the pan and cook for 10-15 minutes.
- Remove and add chopped parsley.
- Enjoy!

# **Keto Breakfast Banana Chia Seed Pudding**

## **INGREDIENTS:**

### **1 Can Coconut Milk full fat**

1 Medium or small size banana, ripe  
1/2 teaspoon Cinnamon  
1/2 teaspoon Salt

### **1 teaspoon Vanilla Extract**

1/4 cup Chia Seeds

## **INSTRUCTIONS:**

- In a medium size bowl mash the banana until soft
- Combine the rest of the ingredients and mix until combined.
- Cover and place in the refrigerator overnight (or at least 2 hours)
- Enjoy!

## **Keto Cinnamon “Oatmeal”**

### **INGREDIENTS:**

### **1 cup Crushed Pecans**

1/3 cup Flax Seed

1/3 cup Chia Seed

1/2 cup Cauliflower, riced

3 1/2 cups Coconut Milk

1/4 cup Heavy Cream

3 ounce Cream Cheese

### **3 tablespoon Butter**

1 1/2 teaspoon Cinnamon

1 teaspoon. Maple Flavor

1/2 teaspoon Vanilla

1/4 teaspoon. Nutmeg

1/4 teaspoon. Allspice

3 tablespoon Erythritol, powdered 10-15 drops Liquid Stevia

1/8 teaspoon Xanthan Gum (optional) **INSTRUCTIONS:**

- In a food processor, rice cauliflower and set aside.
- In a pan over medium heat, add coconut milk • In a different pan, crush pecans and cook over low heat to toast.
- Add cauliflower to coconut milk, bring to a boil, then reduce to simmer.
- Add in spices and mix together.
- Grind erythritol and add to the pan along with the stevia, flax, and chia seeds. Mix well •Combine cream, butter, and cream cheese to the pan and mix again.
- Add xanthan gum (optionally) if you want it a bit thicker.

## **Keto Strawberry Rhubarb Parfait**

### **INGREDIENTS:**

1 package crème fraîche or sour cream or plain full fat yogurt (8.5 oz.) 2 tbsp.  
toasted almond flakes  
2 tbsp. toasted coconut flakes  
6 tbsp. Home-made Strawberry & Rhubarb Jam (4.25 oz.)

### **INSTRUCTIONS:**

- Add the jam into a dessert bowl (3 tbsp. per serving).
- Add crème fraîche and garnish with toasted almond and coconut flakes.
- ENJOY!

## **Keto Pepper Eggs with Braised Spinach** **INGREDIENTS:** 2

large eggs (free range or organic) 2 rings of large green pepper, approx. 1 inch thick ½ small red onion

### **1 cup fresh baby spinach**

¼ cup sliced organic bacon 1 tbsp. ghee (or unsalted organic butter) salt and pepper to taste **INSTRUCTIONS:** •Cut peppers into two thick 1 inch slices.

•Grease a non-stick pan with half of the ghee or butter and add the pepper rings to the pan.

•Cook on one side for about 3 minutes.

•Crack an egg into each of the bell pepper rings.

•Sprinkle with salt and ground black pepper and cook until the egg white becomes firm. •When done, set aside.

•In a different pan, warm the remaining of the ghee or butter and add finely chopped red onion. Cook until slightly brown.

•Add sliced bacon and cook shortly.

•Add baby spinach and cook for another minute.

•Remove and enjoy!

**Keto Pork Meat Bagel** **INGREDIENTS:** 1 ½ onions, finely diced 1  
tablespoon of butter/grass fed ghee/bacon fat *etc.*

2 lbs of ground pork

## **2 large eggs**

2/3 cup tomato sauce 1 teaspoon. paprika

## **1 teaspoon salt**

½ teaspoon ground pepper **INSTRUCTIONS:** •Preheat the oven to 400  
degrees F.

- Line a baking dish with parchment paper.
- In a pan over medium heat, cook the onions with some butter (other substitute) until translucent.
- Let the onions cool before adding them to the meat.
- In a bowl, combine all of the ingredients including the cooked onions and mix well.
- Separate the meat into six portions.
- Using your hands, roll a portion into a ball and then indent the middle, and flatten slightly to form the appearance of a bagel.
- Put the meat bagel in the baking dish and repeat with each of the portions of meat.
- Cook for 40 minutes or until the meat is fully cooked.
- Allow the meat bagels to cool.

**Keto Raspberry Brie Waffles** **INGREDIENTS:** *The Waffles* 1/2 cup Almond Flour 2 tablespoon Flaxseed Meal 1/3 cup Coconut Milk 1 teaspoon Vanilla Extract 1 teaspoon Baking Powder

## 2 large Eggs

2 tablespoon Swerve 7 drops Liquid Stevia *The Filling* 1/2 cup Raspberries Zest of 1/2 Lemon 1 tablespoon Lemon Juice

## 2 tablespoon Butter

1 tablespoon Swerve 3 oz. Double Cream Brie **INSTRUCTIONS:** •Add together all waffle ingredients and mix well.

- Then cook on a waffle iron.
- Remove from waffle iron and place slices of brie across waffles.
- In a pan, heat butter and swerve.
- Once browning, add raspberries and lemon juice/zest.
- Let this cook until bubbling and jam-like.
- Place waffle sides with brie under a broiler until brie is soft and waffle is slightly crisp. •Assemble waffle with brie and raspberry compote. "Grill" in a pan over medium heat for •1-2 minutes per side.

## **Keto Sausage Egg Muffins** INGREDIENTS: 6 oz. Ital. sausage

### **6 eggs**

1/8 cup heavy cream 3 oz. cheese **INSTRUCTIONS:** •Preheat oven to 350.

- Grease or spray muffin pan with non stick cooking spray.
- Slice sausage links and place them 2 to a tin.
- Beat eggs with cream, salt and pepper.
- Pour into tins over sausage.
- Sprinkle with ½ cheese, layer on remaining egg mixture and top off with cheese again.
- Cook for 20 minutes or until eggs are done.
- Enjoy!

## **Keto Festa Mexican Breakfast** INGREDIENTS:

### **4 eggs, poached**

1/4 cup chunky salsa

1/3 cup cheddar cheese, shredded 1/3 cup avocado, cut into chunks 2 Tbs.  
sour cream

2 Tbs. olives, sliced

2 Tbs. fresh cilantro, finely chopped **INSTRUCTIONS:**

- Cook eggs by poaching method.
- In a microwave safe bowl, heat salsa in microwave •Put the poached eggs on serving plate and top with salsa, sour cream, olives, cheese, •avocado and parsley.
- Enjoy!

## **Keto Breakfast Salmon Omelet** INGREDIENTS:

3 eggs

1 smoked salmon

### **3 links pork sausage**

¼ cup onions

¼ cup provolone cheese **INSTRUCTIONS:**

- Whisk eggs and place into skillet.
- Follow standard omelet method, adding onions, salmon and cheese before turning omelet over.
- Sprinkle finished omelet with extra cheese and serve sausage links on the side.
- Enjoy!

## **Keto Upside-Down Breakfast Soufflé**

### **INGREDIENTS:**

1/2 cup egg whites

### **3 Tablespoons unsalted butter**

½ cup thinly sliced mushrooms

½ medium tomato, thinly sliced

Salt and pepper to taste

½ cup crumbled fresh goat cheese, or cheese of your choice

### **INSTRUCTIONS:**

- Preheat oven to 400 degrees.
- Combine together salt and pepper to egg whites and whip into soft peaks.
- In oven safe frying pan or cast iron skillet, heat the butter over high heat and sauté mushrooms until soft.
- Put tomato slices over mushroom.
- Quickly fold cheese into egg white mixture and pour on top of mushroom/tomato mixture.
- Put pan in oven and bake for approximately 8 minutes.
- Remove from oven and flip soufflé over onto serving plate.
- Enjoy

## **Keto Cauliflower Hash Browns** INGREDIENTS:

12 oz. grated fresh cauliflower (about ½ medium head) 4 slices bacon –  
chopped 3 oz. chopped onion

### **1 Tablespoon butter, softened**

Salt, pepper

#### **INSTRUCTIONS:**

- In a medium skillet saute bacon and onion until brown.
- Add in cauliflower and stir until tender and browned all over, adding butter throughout cooking.
- Season to taste with salt and pepper.
- Enjoy!

## **Keto Breakfast Bacon Cups** **INGREDIENTS:**

2 Eggs

1 Slice of Tomato

3 Slices of Bacon

### **2 Slices of Ham**

2 teaspoon Grated Parmesan Cheese (I used the 3 cheese blend of parmesan, asiago and romano cheeses) **INSTRUCTIONS:**

- Preheat oven to 375 degrees.
- Cook bacon for  $\frac{1}{2}$  of the directed time so that it is limp but not fully cooked.
- Slice bacon strips in half and line 2 greased muffin tins with 3 half strips of bacon • Put one slice of ham and half of a slice of tomato in each muffin tin on top of the bacon • Crack one egg on top of the tomato in each muffin tin and sprinkle each with  $\frac{1}{2}$  tsp of grated parmesan cheese.
- Put muffin tin in the oven and bake for 20 minutes.
- Remove from oven. let cool, and enjoy!

## **Keto Mexican Scrambled Eggs** **INGREDIENTS:** 6 large eggs

1/4 cup of chopped onions

1/4 cup of chopped green pepper

4 slice deli ham

1 cup Kraft Tex Mix Cheese

2 tablespoon butter

salt pepper to taste **INSTRUCTIONS:** •In a medium pan, add butter first, then onions and pepper cook for 4 minutes.

- Add the ham cook 2 minutes.
- Add the eggs and scramble.
- Remove from heat and add cheese.
- Enjoy!

## **Kids Keto Suji Toast**

### **INGREDIENTS:**

#### **1 cup roasted suji**

1 cup malai/milk cream fresh 1 carrot grated

#### **1 onion finely chopped**

1/2 capsicum finely chopped Salt

Black pepper powder

Ghee to grease the tawa

Bread slices

### **INSTRUCTIONS:**

- Mix all the ingredients except bread and ghee.
- Spread a little mixture on a bread slice.
- Heat a tawa and grease it with little ghee.
- Place the slice on the tawa with the mixture side down.
- Cook from both sides till Brown.
- Enjoy!

## **Keto Spinach Eggs and Cheese** INGREDIENTS:

3 Whole eggs

### **3 oz Cottage cheese**

3-4 oz. Chopped spinach

¼ Cup Parmesan cheese

1/4 Cup of milk

### **INSTRUCTIONS:**

- Preheat the oven to 375°F
- Whisk the egg, cottage cheese, most of the parmesan and milk in a bowl.
- Mix in the spinach.
- Transfer to a small, greased oven-safe dish •Sprinkle the rest of the cheese on the top.
- Bake for 25-30 min. Let cool for 5 minutes

## **Keto Krunchy Breakfast Granola(Grain Free)**

**INGREDIENTS:** 8 oz. unsalted mixed nuts

1/3 cup erythritol crystals

1/4 teaspoon unrefined sea salt

1/2 teaspoon ground organic cinnamon

1 white from organic extra large egg **INSTRUCTIONS:** •Preheat the oven to 350 °F

- Line a baking sheet with parchment paper.
- Put the mixed nuts in a food processor. Process until the mixture resembles very coarse meal.
- Remove the blade or transfer the mixture to another bowl.
- Mix together the erythritol, salt and cinnamon.
- Add the egg white and again mix until well mixed.
- Transfer the mixture on the baking sheet lined with parchment paper.
- Spread the mixture evenly with spoon.
- Bake for 8–12 minutes or until the mixture has got some color.
- Remove the baking sheet from the oven.
- Let it cool completely before touching it •Break the granola into tiny pieces with clean hands. Store in a cool and dry place.
- Enjoy!

## **Healthy Trail Mix Keto Cereal** INGREDIENTS: 1 package of Bob's Red Mill Flaked Coconut

### **1 large strawberry**

8-10 Emerald Nuts dark chocolate cocoa roast almonds unsweetened almond  
milk **INSTRUCTIONS:** •Preheat oven to 350 degrees.

- Line a cookie sheet with parchment paper or grease it with coconut oil.
- Spread the coconut flakes onto the cookie sheet •Cook in the oven for 5 minutes •Toss the flakes around and keep cooking until they're all a little tan and lightly toasted. •Take out the flakes. Sprinkle lightly with cinnamon.
- In a small bowl, mix together ½ cup Keto cereal with strawberry slices, nuts and almond milk. Enjoy!

## **Crispy-Crunchy Keto Coconut** INGREDIENTS:

1 package of Bob's Red Mill Flaked Coconut  
Ground cinnamon  
Stevia (optional)  
Unsweetened almond milk

## **2 medium-sized strawberries**

Parchment paper / coconut oil **INSTRUCTIONS:**

- Preheat oven to 350 degrees.
- Line a cookie sheet with parchment paper or grease it with coconut oil.
- Spread the coconut flakes onto the cookie
- Cook in the oven for five minutes
- Toss the flakes around and keep cooking until they're all a little tan and lightly toasted.
- Take out the flakes. Sprinkle lightly with cinnamon.

## **Keto Squash Spaghetti Pancakes** **INGREDIENTS:**

4 Slices Thick Cut Bacon

### **2 Eggs**

10 oz. Cooked Spaghetti Squash 1 tsp. Garlic Powder

1 tsp. Salt

1 tsp. Pepper

1 tsp. Onion Powder

1 oz. Parmesan Cheese

### **INSTRUCTIONS:**

•Prepare the Spaghetti Squash •Cook the bacon until crispy and crumble in small bowl •Combine together the eggs, Spaghetti Squash, spices and cheese to a bowl and stir •Add crumbled bacon to the mixture •Heat some bacon grease in a skillet until shimmering •Transfer the mixture into the bacon grease into four piles and use a spatula to press the piles flat •After the bottoms begin to brown, flip •Enjoy

## Keto Snacks & Appetizers



## **KETO BROCCOLI CHEESE PIE**

### **INGREDIENTS:**

- 1 average broccoli (8.8 oz.)
- 1 cup grated parmesan cheese (2.1 oz.)
- 3 large eggs (free range or organic)
- 4 tbsp. fresh full-fat cream

### **6 anchovies**

- 2 tbsp. extra virgin olive oil
- salt and pepper to taste
- ½ cup micro greens for garnish

### **INSTRUCTIONS:**

- Preheat the oven to 300F
- Cut the washed broccoli into florets
- Transfer them into a steamer for about 5-8 minutes or until the stalks are slightly tender
- When done, transfer them into a bowl and blend until smooth
- Add grated parmesan cheese, eggs and cream then mix well as you season with salt and pepper
- Spoon the mixture into silicone forms equally(Note that silicone forms are the best I tried for the recipe: nothing gets stuck on them and you can easily empty them. It is advisable to bake them in a water bath as this prevents the top part from drying and cracking)
- Place the silicone forms on a baking tray and add 2 cm or 1 inch of water into the tray
- Place in the oven and bake it for 40 minutes, when this is done, set aside and let them cool
- Finely chop the anchovies and mix them with olive oil
- Remove the cakes from the forms once they are chilled, spoon anchovies on the top and garnish with micro greens. Enjoy your meal now.

# CHOCOLATE COCONUT CANDIES

## INGREDIENTS:

- 1 cup extra virgin coconut oil (7 oz.)
- 1 cup raw cocoa powder (3.5 oz.)
- 1 tsp. pure vanilla bean extract (1-2 vanilla beans)
- ¼ cup Erythritol, powdered or other healthy low-carb sweetener from this list
- 10-15 drops Stevia extract (Clear / Coconut)
- pinch salt
- ¼ cup homemade coconut & pecan butter, chilled (1.7 oz.)

## INSTRUCTIONS:

- Place the extra virgin coconut oil in a small bowl and melt it in a microwave oven on low heat for about 1 minute
- Add raw cocoa powder, vanilla extract, stevia and Erythritol (Note that Erythritol doesn't dissolve easily unless heated up, you can also blend it to obtain a smoother texture)
- Mix everything well, ensuring there are no clumps
- Spoon the chocolate mixture into the silicone about 1/3 of the way full
- Refrigerate the molds for about 15-30 minutes, or until the chocolate mixture solidifies
- Add ½ a teaspoon of homemade coconut and pecan butter into the mold (the best results are achieved when the butter is chilled)
- Top with the remaining chocolate mixture and return to the fridge for another 30-60 minutes or until firm.
- Once this is done, keep the molds refrigerated since coconut oil gets very soft at room temperature

## KETO CHERRY DANISH

**INGREDIENTS: PASTRY:** 3 extra large eggs, separated (reserving ½ of the yolks for filling) ¼ teaspoon cream of tartar ¼ cup Swerve (or 1 tsp. stevia glycerite)

### 1 teaspoon cherry extract

3 Tablespoon sour cream (or coconut cream if dairy free) ¼ cup Jay Robb Strawberry OR Vanilla Egg White Protein or Whey Protein **FILLING:** 4 oz. cream cheese, softened (or coconut cream if dairy allergy) ½ of the egg yolks from above ¼ cup Swerve (or ½ tsp. stevia glycerite) 1 tsp. cherry extract (or other like lemon/strawberry/blueberry/almond/raspberry) **DRIZZLE:** 1 oz. cream cheese, softened 1 TBS Swerve confectioners (or a drop of stevia glycerite) ¼ tsp. cherry extract (or other extract) **INSTRUCTIONS:** *Pastry Directions:* •Separate the egg white from the yolks, putting the egg white in a large bowl and the yolks in a relatively smaller bowl •Put half of the yolk in a little dish, reserve this for filling •Use an electric beater to whip the egg white and tartar cream until very stiff, then add protein powder •To the other half of yolks, add sour cream and natural sweetener and beat well until smooth •Using a big spatula, fold the yolk mixture into the egg whites gently, being careful to get it well blended •Grease a cookie sheet and plop 6 equal mounds of butter to make 6 Danish •Make an indent on each mound and fill with filling *Filling directions:* •Soften cream cheese and add the remaining half of egg yolks, sweeteners, extract and flavoring •Fill the pastries and bake for about 20-30 minutes at 300F or until golden brown •Remove and allow to cool *Directions to make the drizzle:* Warm the cream cheese and stir in the natural sweetener and extract. Place the resulting mixture in a piping bag( or let it cool and use a small ziplock and cut a tiny hole into the corner) then drizzle over cooled Danish

## KETO CHIPOTLE JICAMA HASH

### INGREDIENTS:

### **4 slices bacon, chopped coarsely**

12 oz. *jicama*, peeled and diced small 4 oz. purple onion, chopped 1 oz. green bell pepper (or *poblano*), seeded & chopped 4 T. my *Chipotle* Mayonnaise

**INSTRUCTIONS:** •Using a non-stick skillet, brown the bacon over high heat  
•Remove solid to paper toweling to drain •Use the remaining bacon grease to stir fry the onions and jicama until the onion is tender and brown, and the jicama is brown as well and somewhat crunchy •When almost ready, add the bell pepper and cook the hash until the bell pepper is tender •Transfer the hash onto two plates and serve each plate dabbed with 2 T. Chipotle mayonnaise (If more mayo is needed, recalculate the figures above to include the additional mayo)

## **KETO CAULIFLOWER CASSEROLE**

### **INGREDIENTS:**

2 lb. raw cauliflower, trimmed of leaves and lower stalk  
4 ounces chopped white onion

1 tablespoon butter

### **2 ounces chicken broth**

4 oz. heavy cream

4 oz. cream cheese

2 cups shredded Colby jack or cheddar **INSTRUCTIONS:**

•Cut the cauliflower into small pieces, including the core •Heat a large pan of lightly salted water to boil •Add the cauliflower and cook over medium heat until completely tender (in case you have a steaming pan combo set, it would be advisable that you steam the cauliflower instead of boiling) •Use a colander to drain the cauliflower, and set them aside •Set the heat to medium, then use a large skillet to melt the butter and sauté the onions until soft and translucent •Add all the cauliflower and use a spatula to break them into smaller pieces while mixing them with the onions •Further reduce the heat to medium low and add the chicken broth and heavy cream while stirring •Add cream cheese and stir until the cheese melts (you can add a little chicken broth if the mixture appears to be too thick) •Lastly, add shredded cheese and stir until it melts and a creamy source is created (You can choose to turn it into a baking dish and cover with more cheese, then bake for 15-20 minutes at 325F, or just serve and enjoy)

## 5-LAYER KETO DIP

### INGREDIENTS:

20 Oz Guacamole  
4 Oz Cream cheese  
4 Oz Mayonnaise  
8 Oz Sour Cream  
2 Tablespoons Taco Seasoning

### 16 Oz Salsa

10 Oz Cheddar Cheese, Shredded 4 Oz Green Onions, Diced

### INSTRUCTIONS:

Begin by mixing the cream cheese, sour cream, mayonnaise and seasoning until you obtain a smooth mixture Chop the green onions

Use a medium sized casserole dish to spread out the guacamole at the bottom, this will form the first layer Take the sour cream mixture and spread it carefully on top of the guacamole to form the second layer Then spread the salsa over the sour cream mixture, this should form the third layer Add the cheese evenly to form the fourth layer Lastly, spread the green onions on top (It is best served if let to stay in the refrigerator for between 1-24 hours to give adequate time for the flavors to blend well)

# **KETO LAYERED FRIED QUESO BLANCO**

## **INGREDIENTS:**

5 oz. Queso Blanco  
1 1/2 tbsp. Olive Oil  
2 oz. Olives  
Pinch Red Pepper Flakes

## **INSTRUCTIONS:**

Freeze chopped cubes of cheese Place oil on a skillet and heat to boil over medium to hot temperature Add cheese cubes on all sides and heat till brown Lump the cheese together using a spatula and flatten Heat the cheese on both sides, flipping regularly as you see fit While flipping, fold it into itself so that crisped layers are formed Use a spatula to roll it into a block Remove it from the pan, allow it to cool, cut it into small cubes then serve.

## **KETO GOAT CHEESE TOMATO TARTS**

**INGREDIENTS:** Roasted Tomatoes 2 medium Tomatoes Cut into 1/4" Slices  
1/4 cup Olive Oil Salt & Pepper to Taste Tart Base 1/2 cup Almond Flour 1 tbsp.  
Psyllium Husk 2 tbsp. Coconut Flour 5 tbsp. Cold Butter, Cubed 1/4 tsp. Salt  
Tart Filling 1/2 medium Onion, Sliced Thin 3 oz. Goat Cheese 2 tbsp. Olive Oil  
2 tsp. Minced Garlic 3 tsp. fresh Thyme **INSTRUCTIONS:** •Preheat oven to  
435F

- Cut the tomatoes into 1/4 " slices and sprinkle with olive oil •Add salt and pepper to taste •Heat the tomatoes for approximately 30-40 minutes (to minimize heating effect, use a toothpick to poke small holes on the tomatoes)
- Now preheat the oven to 350F
- Make a dough by slowly pulsing the combined tart base ingredients in a food processor •With the use of silicone cupcake molds, press the dough into thin layers of about 1/4" to 1/2", about 12 of them in total •Bake the dough for between 17-20 minutes, or until it's fairly hardened, then allow to completely cool •Remove the tart from the mold by tapping the lower part of the silicone cupcake •Put 2 tablespoon of olive oil in a preheated pan, then fry the onions and garlic till brown •Put together the tarts and tomato, the fried onions and garlic, fresh thyme, and crumbled goat cheese on top •Bake the tarts at 350F for between 5-6 minutes or until the cheese starts to melt, •Remove and serve

# **KETO CHIA SEED CRACKERS**

## **INGREDIENTS:**

1/2 cup Chia Seeds, ground 3 oz. Shredded Cheddar Cheese 1 1/4 cup Ice Water  
2 tbsp. Psyllium Husk Powder 2 tbsp. Olive Oil  
1/4 tsp. Xanthan Gum  
1/4 tsp. Garlic Powder  
1/4 tsp. Onion Powder  
1/4 tsp. Oregano  
1/4 tsp. Paprika  
1/4 tsp. Salt  
1/4 tsp. Pepper

## **INSTRUCTIONS:**

Grind all the Chia seeds in a spice grinder, then together with the other dry ingredients, add them into a bowl Preheat your oven to 375F

To the bowl, add olive oil and mix with the dry ingredients, to give a wet sand consistency Add water and stir to mix properly (this may take while since we want to form a solid dough) Add the solid cheddar and mix the dough well using your hands Set the resulting dough on a silpat and let it sit for a few minutes Roll the dough to the size of the silpat, ensuring it is thin enough Bake for 30-35 minutes, remove from the oven and cut into individual crackers Return to the oven and grill for 5-7 minutes or until crisped crackers appear on top Allow it to cool then serve

## **Grilled Halloumi With Strawberry & Cucumber Salsa** **INGREDIENTS:**

2 packages Halloumi cheese

### **1 cup strawberries**

½ large cucumber

1 jalapeño pepper

juice from 1 lime

### **1 clove garlic**

1 Tablespoon mint, chopped

2 Tablespoon basil, chopped

2 Tablespoon extra virgin olive oil 1 Tablespoon balsamic vinegar

### **1 Tablespoon ghee or butter**

¼ teaspoon salt or more to taste freshly ground black pepper

#### **INSTRUCTIONS:**

Peel and chop the cucumber and chop the strawberries.

Deseed and thinly slice the jalapeño pepper.

Chop the herbs, peel and mash the garlic and mix with the extra virgin olive oil, balsamic vinegar and fresh lime juice.

In a bowl add everything together and season with salt and pepper and set aside.

Slice the Halloumi cheese into about ½ inch / 1 cm slices and cook on both sides on a skillet greased with ghee or butter. You can use a regular or grill skillet like I did. Cook for 2-3 minutes on each side. Do not turn before the side gets brown and crispy.

Place on a serving plate and top with the strawberry & cucumber salsa.

## Keto Side Dishes



## **Roasted Brussels Sprouts and Bacon** INGREDIENTS:

### **24 Oz Brussels Sprouts**

¼ Cup Fish Sauce

¼ Cup Bacon Grease (Can substitute any oil) 6 Strips Bacon (Optional) To

Taste Pepper

#### **INSTRUCTIONS:**

De-stem and quarter your brussels sprouts.

Mix brussel sprouts with bacon grease and fish sauce.

Cut bacon into small strips and cook.

Add bacon and pepper to brussels sprouts.

Spread onto greased pan and cook at 450 degrees for 40 minutes.

Stir every 10 minutes.

Broil finished product for a few more minutes.

# **Sautéed Kale and Roasted Spaghetti Squash**

## **INGREDIENTS:**

1 whole Spaghetti Squash

Olive Oil

Salt And Pepper

2 bunches Kale, Stalks Removed and torn into Pieces 1/2 whole Onion,  
Diced

1/2 teaspoon Chili Powder

1 teaspoon Balsamic Vinegar

## Preparation Instructions

Preheat the oven to 350 degrees **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Using a sharp knife, carefully cut the squash in half lengthwise.

Remove pulp and seeds.

Place squash on a baking sheet, flesh side up and rub with olive oil.

Cook for 1 hour or until you can easily place a fork into the squash.

Over medium high heat, in a large skillet add 1 tablespoon of olive oil.

Add the onion.

Cook for 3-4 minutes or until they change color.

Add the kale and a sprinkle of salt and pepper.

Sauté until onions are golden and kale is slightly cooked.

Set aside.

Once cooked, scrape out the squash and put into a bowl.

Mix together 1 tablespoon olive oil and the balsamic vinegar and drizzle over the squash.

Add a sprinkle of salt and pepper and the chili pepper.

Toss together.

In individual bowls add the squash and top with sautéed kale.

## **Keto Sprout Gratin**

### **INGREDIENTS:**

Brussels Sprouts:

6 oz. Brussels Sprouts

1.8 oz. Onion

1 tsp. Minced Garlic

2 tbsp. Butter

1 tbsp. Soy Sauce

1/2 tsp. Liquid Smoke

1/4 tsp. Pepper

Cheese Sauce:

1 tbsp. Butter

1/2 cup Heavy Cream

2.5 oz. Cheddar Cheese, grated 1/4 tsp. Paprika

1/4 tsp. Turmeric

1/4 tsp. Pepper

1/8 tsp. Xanthan Gum

Pork Rind Crust:

0.5 oz. Pork Rinds

3 tbsp. Parmesan Cheese

1/2 tsp. Paprika

### **INSTRUCTIONS:**

Preheat oven to 375F.

De-stem and halve brussels sprouts.

Add butter to pan over high heat and cook Brussels sprouts and pepper.

After 2-3 minutes, add onion and garlic until softened.

Add soy sauce and liquid smoke.

Remove from heat and set aside.

In a saucepan, all sauce ingredients until creamy.

Mix sauce and brussels sprouts.

Disperse into 4 ramekins.

Grind pork rind crust ingredients by hand or grinder and load onto

ramekins.

Bake for 17-20 minutes until crisp.

## Spinach and Cheese Dip

### INGREDIENTS:

30 Oz Frozen Spinach

### 2 Cups Sour Cream

4 Oz Cheddar Cheese, shredded 4 Oz Colby Jack Cheese, shredded ½ Lipton  
Onion Soup Packet **INSTRUCTIONS:**

In a microwave, defrost spinach and strain.

To spinach add the sour cream, cheese and 1/2 of the soup packet.

Mix.

Add to greased casserole dish.

Sprinkle with extra cheese.

Bake at 375 degrees for 35 minutes.

## **Hillbilly Cheese and Broccoli** INGREDIENTS:

### **4 cups broccoli florets**

1/4 cup ranch dressing

1/2 cup sharp cheddar cheese, shredded 1/4 cup heavy whipping cream (you can substitute milk if you prefer) Kosher salt and pepper to taste

#### **INSTRUCTIONS:**

Preheat oven to 375 degrees.

In a medium sized bowl mix together all ingredients until broccoli is well covered.

In an 8x8 ovenproof casserole dish, spread out broccoli mixture.

Bake for 30 minutes.

Remove from oven and mix.

If florets are not tender enough, bake for additional 5-10 minutes or until tender.

Serve hot.

## **Zesty Mashed Cauliflower** INGREDIENTS:

### **4 cups cauliflower florets**

1/3 cup mayonnaise

1 clove garlic, peeled

1 Tbsp. water

1/2 tsp. kosher salt

1/8 tsp. black pepper

1/4 tsp. lemon juice

1/2 tsp. lemon (or lime) zest 1 Tbsp. fresh chives, chopped

### **INSTRUCTIONS:**

In a large microwave safe bowl, mix together the cauliflower, mayonnaise, garlic, salt and pepper.

Microwave for 12-15 minutes on high heat or soft.

Add cooked mixture to food processor and purée until smooth.

Add lemon zest, lemon juice and chives.

Pulse until combined.

Serve warm.

## **Bright Roasted Broccoli Florets** INGREDIENTS:

1 1/2 lb. Broccoli Florets 1/3 cup Parmesan Cheese 1/4 cup Olive Oil  
2 tbsp. Fresh Basil, Chopped 3 tsp. Minced Garlic 1/2 - 3/4 tsp. Kosher Salt  
1/2 tsp. Red Chili Flakes Zest of 1/2 Lemon  
Juice of 1/2 Lemon

### **INSTRUCTIONS:**

Preheat your oven to 425 degrees.

Place broccoli onto a parchment paper covered baking sheet.

Season broccoli with 1/4 cup olive oil, 2 tbsp. fresh chopped basil, 3 tsp. minced garlic, 3/4 tsp. kosher salt, 1/2 tsp. red chili flakes, zest from 1/2 lemon, juice of 1/2 lemon.

Sprinkle over the broccoli 1/3 cup parmesan cheese.

Place in oven for 20-25 minutes.

Serve hot.

# Caramelized Onion and Roasted Tomato Tarts

## INGREDIENTS:

### Roasted Tomatoes:

2 medium Tomatoes, Cut into 1/4" Slices 1/4 cup Olive Oil

Salt & Pepper to Taste

### Tart Base:

1/2 cup Almond Flour

1 tbsp. Psyllium Husk

2 tbsp. Coconut Flour

5 tbsp. Cold Butter, Cubed

1/4 tsp. Salt

### Tart Filling:

1/2 medium Onion, Sliced Thin 3 oz. Goat Cheese

2 tbsp. Olive Oil

2 tsp. Minced Garlic

3 tsp. fresh Thyme

## INSTRUCTIONS:

- Preheat oven to 435 degrees.
- Slice tomatoes into 1/4 inch thick slices and drizzle with olive oil and sprinkle with salt and pepper.
- Poke holes in tomatoes to reduce steaming.
- Roast tomatoes in oven for 30-40 minutes.
- Preheat oven to 350 degrees.

In a food processor, pulse together slowly, all of the tart base ingredients until a dough forms.

Using silicone cupcake molds, press dough into 1/4-1/2 inch thick layers.

Total of 12 tarts.

Bake until hardened about 17-20 minutes.

Remove from oven and let cool completely.

In a pan, caramelize onions and garlic with 2 tbsp. of olive oil over high heat.

Put together tarts, with tomato, caramelized onions and garlic along with fresh thyme and crumbled goat cheese.

Bake for an additional 5-6 minutes at 350 degrees.  
Serve hot.

## **Bacon and Asparagus Embrace** INGREDIENTS:

Bacon Wrapped Asparagus  
1 lb. Asparagus

### **6 slices Bacon**

2 tbsp. Olive Oil  
Kosher Salt  
Cracked Black Pepper  
Red Chili Flakes  
Simple Garlic Aioli  
2 tsp. Minced Garlic  
1/4 tsp. Kosher Salt  
1/4 cup Mayonnaise

### **1 large Egg Yolk**

2 tsp. Fresh Lemon Juice Rendered Bacon Fat & Olive Oil

#### **INSTRUCTIONS:**

Preheat oven to 400 degrees.

Put asparagus into 6 bundles, roughly 12 stalks.

Cut 1 inch off bottoms if needed.

Using one piece of bacon, wrap each bundle starting from the bottom and working your way up.

Place each wrapped bundle onto a foil covered baking sheet.

Season with olive oil, red chili flakes and salt and pepper.

Bake for 20-22 minutes.

Broil for additional 2-5 minutes.

To form aioli, combine garlic, mayonnaise, egg yolk, salt, lemon juice and rendered fat.

Mix until smooth.

## **Crispy Keto Cauliflower Cakes** **INGREDIENTS:**

16 oz. Cauliflower Florets

### **3 medium Stalks Spring Onion**

3 oz. Shredded White Cheddar 1/2 cup Ground Pork Rinds 1/2 tsp. Salt  
3/4 tsp. Pepper  
1/2 tsp. Red Pepper Flakes 1/2 tsp. Tarragon, Dried  
1/4 tsp. Garlic Powder  
3 tbsp. Olive Oil

### **1 large Egg**

2 tsp. Psyllium Husk

### **INSTRUCTIONS:**

Cut cauliflower into florets.

Add olive oil, salt, and 1/2 tsp. pepper to Ziploc type baggie, large enough to hold the cauliflower.

Add the florets and shake until cauliflower is coated.

Empty cauliflower onto foil covered baking sheet.

Bake at 400F for 35 minutes.

Combine in a food processor, cooked cauliflower with chopped green onion, egg, cheese, and other spices.

Form into patties and dredge in ground pork rinds Bake at 400F for 25 minutes.

## **Keto Pie Crust Alternative** INGREDIENTS:

1/2 cup Almond Flour

1/2 cup Coconut Flour

2 tbsp. Psyllium Husk Powder 2 tbsp. Coconut Oil

## **2 large Eggs**

5 tbsp. Ice Cold Water

1/4 tsp. Salt

## **INSTRUCTIONS:**

Mix all dry ingredients together into a bowl.

Add coconut oil and mix until a grainy formation.

Add beaten egg and water

Knead dough into and divide into 4-5 chunks.

Form dough into tart pans.

When a thin layer coats the entire 5 pans, pre bake for 12-15 minutes at 350F.

Fill.

Bake 20-30 minutes.

## **Parmesan and Garlic Cauliflower** INGREDIENTS:

3/4 C. Cauliflower Florets 2 Tablespoons butter

### **1 clove garlic, sliced thinly**

2 Tbsp. shredded parmesan Pinch of salt

#### **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Over low heat, melt butter with the garlic for 5-10 minutes.

Strain garlic.

Add cauliflower, parmesan and salt.

Bake for 15 minutes or until golden, at 350 degrees.

## **Bacon and Cheese Explosions** INGREDIENTS:

8 oz. Mozzarella Cheese  
4 tbsp. Almond Flour  
4 tbsp. Butter, melted  
3 tbsp. Psyllium Husk Powder

### **1 large Egg**

1/4 tsp. Salt  
1/4 tsp. Fresh Ground Black pepper 1/8 tsp. Garlic Powder  
1/8 tsp. Onion Powder

### **10 slices Bacon**

1 cup Oil, Lard or Tallow (for frying) **INSTRUCTIONS:**

For 40-50 seconds microwave half of your cheese until melted.

Microwave butter for 15 -20 seconds until melted.

Add to cheese.

Add egg.

Mix together and add Psyllium husk, almond flour and spices.

Mix well.

Pour dough onto a Silat.

Roll into a rectangle.

Place rest of cheese on top.

Fold in half horizontally and then another half vertically and crimp edges to form into a rectangle.

Cut into 20 squares.

Wrap each piece in bacon.

Secure with a toothpick.

Heat oil to 350-375 degrees.

Fry each for 1-3 minutes.

Remove and let cool.

## **Bella Mushrooms**

### **INGREDIENTS:**

16 oz. baby bella mushrooms 4 tbsp. butter  
For the Ranch Seasoning: 3 tbsp. dried onion  
3 tbsp. parsley flakes 1 tsp. garlic powder  
1 tsp. sea salt

### **INSTRUCTIONS:**

Preheat the oven to 300 degrees.  
Mix together dried onion, parsley, garlic powder and sea salt.  
Set aside.  
In the microwave for 30 seconds melt the butter.  
Clean and remove stems of mushrooms.  
Pour butter over mushrooms and toss to fully cover.  
Gently mix in the ranch.  
Slightly spray an 8x8 glass baking dish and add the mushrooms.  
Bake for 30 minutes until fully cooked and slightly roasted.

# **Fried Shirataki Noodle and Cucumber Salad**

## **INGREDIENTS:**

3/4 large Cucumber

## **1 packet Shiritaki Noodles**

2 tbsp. Coconut Oil

## **1 medium Spring Onion**

1/4 tsp. Red Pepper Flakes 1 tbsp. Sesame Oil

1 tbsp. Rice Vinegar

1 tsp. Sesame Seeds

Salt and Pepper to Taste

## **INSTRUCTIONS:**

Rinse shiitake noodles.

Place on paper towel to dry.

In pan, add 2 tbsp. coconut oil and heat on medium high heat.

Once hot, fry noodles for 5-7 minutes.

Remove from pan and cool on paper towel.

Thinly slice cucumber and arrange on plate.

Top with remaining ingredients and chill 30 minutes.

Sprinkle noodles on top.

## **Rich and Cheesy Brussels Sprouts** INGREDIENTS:

1.5lbs (24oz) fresh Brussels sprouts

### **8oz cream cheese**

1/2c full fat mayonnaise 3/4c shredded parmesan cheese 1/2c yellow onion,  
diced To Taste:

Salt

Pepper

### **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Wash brussels sprouts and remove stems.

Chop brussel sprouts into bite sized pieces.

Dice onion.

Soften cream cheese for 40 seconds in the microwave.

Add mayo, Parmesan, onion, salt and pepper.

Spray baking dish and evenly spread mixture into dish.

Bake uncovered, 45 minutes.

Broil 3 minutes.

# Curried Flax Tortillas

## INGREDIENTS:

### 1 cup Golden Flax Seed Meal

2 tbsp. Psyllium Husk Powder 2 tsp. Olive Oil

1/4 tsp. Xanthan Gum

1/2 tsp. Curry Powder

1 cup + 2 tbsp. Filtered Water 1 tsp. Olive Oil per Tortilla 1/2 tsp. Coconut

Flour per Tortilla **INSTRUCTIONS:**

Mix dry ingredients.

Add water and 2 tsp. of oil.

Mix until mixture becomes a light dough.

Let rest uncovered for 1 hour.

Divide into 5 pieces for tortilla press.

Divide into 3 pieces if rolling by hand.

Roll out thin

Dust with coconut flour.

Cut out the tortillas.

Heat 1 tsp. oil for each tortilla in a pan over medium high heat.

Fry until desired brownness.

## Easy Microwave Baked Bun

### INGREDIENTS:

### 1 large Egg

1 tbsp. Almond Flour  
1 tbsp. Psyllium Husk  
1/4 tsp. Baking Powder  
1/4 tsp. Cream of Tartar  
1 tbsp. Chicken Broth  
1 tbsp. Melted Butter

### INSTRUCTIONS:

Into a mug crack an egg and pour in melted butter.  
Stir until lighter in color.  
Add the remaining ingredients.  
Mix well to a doughy consistency.  
Microwave for 60-75 seconds.  
Slice in half and sauté in butter.

## Zucchini Frites

### INGREDIENTS:

For the Fries:

1 medium zucchini, sliced into fries

### 1 egg

1 serving (about 9 pieces) traditional pork rinds 3tblsp shredded parmesan cheese 1tsp Italian herbs seasoning For the Sauce:

1tblsp ranch dressing

1tblsp buffalo sauce

### INSTRUCTIONS:

Preheat oven to 425.

Line a baking sheet with foil and spray with a non-stick spray.

In a food processor mix pork rinds, parmesan cheese and Italian seasoning.

Put in separate bowl.

Beat the egg until fully mixed.

Cut zucchini into strips.

Dip in egg wash.

Dip in breading.

Place on baking sheet.

Bake for 25 minutes.

## Zesty Jalapeño Guacamole

### INGREDIENTS:

2 Haas avocados, ripe  
1/4 red onion  
1 jalapeno  
1tblsp fresh lime juice  
Sea salt

### INSTRUCTIONS:

Spoon avocado meat into a bowl.  
Dice jalapeño and onion.  
Mash avocado to desired consistency.  
Add onion, jalapeño and lime juice.  
Season with salt.

## **Prosciutto Blackberry Shrimp** INGREDIENTS:

10 Oz Pre-Cooked Shrimp

### **11 Slices Prosciutto**

1/3 cup Blackberries, Ground 1/3 cup Red Wine

2 tbsp. Olive Oil

1 tbsp. Mint Leaves, Chopped 1-2 Tbsp. Erythritol (to taste)

#### **INSTRUCTIONS:**

Preheat oven to 425 degrees.

Slice each piece of prosciutto in half depending on size of shrimp.

Wrap prosciutto around shrimp starting from tail up.

Place on baking sheet and drizzle with olive oil.

Bake for 15 minutes.

In a pan, add ground blackberries, mint leaves and erythritol.

Cook for 2-3 minutes.

Mix in red wine and reduce while shrimp cooks.

Strain if desired.

## **Cauliflower with Parmesan and Garlic** INGREDIENTS:

2 tablespoons minced garlic 3 tablespoons olive oil  
1 large head cauliflower, separated into florets 1/3 cup grated Parmesan  
cheese salt and black pepper to taste 1 tablespoon chopped fresh parsley

### **INSTRUCTIONS:**

Preheat oven to 450 degrees.

Grease a large casserole dish.

In a large repeatable bag, place olive oil , garlic and cauliflower Shake.

Put in dish.

Season with salt and pepper.

Bake 25 minutes.

Stir halfway through cooking time.

Sprinkle top with Parmesan and parsley.

Broil until golden brown about 3-5 minutes.

## Delightful Coleslaw

### INGREDIENTS:

1/4 Head Savoy Cabbage  
1/3 Cup Mayonnaise  
1 Tbsp. Lemon Juice  
1 tsp. Dijon Mustard  
1/4 tsp. Garlic Powder  
1/4 tsp. Onion Powder  
1/4 tsp. Pepper  
1/8 tsp. Paprika  
Pinch Salt

### INSTRUCTIONS:

Chop cabbage into long strips.  
Combine all ingredients.  
Mix well.  
Refrigerate 3-12 hours.

## Coated Green Beans

### INGREDIENTS:

1 pound fresh green beans, washed and trimmed 1/2 cup water  
1/4 cup Italian-style seasoned bread crumbs 1/4 cup olive oil  
salt and pepper to taste 1/4 teaspoon garlic powder 1/4 teaspoon dried  
oregano 1/4 teaspoon dried basil **INSTRUCTIONS:**

Bring to a boil 1/2 cup water and beans in a medium pot.

Reduce heat to medium and cook covered for 10 minutes.

Drain.

In a medium serving bowl mix beans with bread crumbs, olive oil, salt,  
pepper, garlic powder, oregano and basil.

Ensure beans are well coated.

Sprinkle with Parmesan cheese.

Serve.

# Cauliflower Waffles

## INGREDIENTS:

1/2 Head Cauliflower, Riced

## 1 Cup Finely Shredded Mozzarella Cheese

1 Cup Collard Greens, Packed 1/3 Cup Parmesan Cheese 2 Large Eggs

## 2 Stalks Green Onion

1 Tbsp. Sesame Seed

1 Tbsp. Olive Oil

2 tsp. Fresh Chopped Thyme 1 tsp. Garlic Powder

1/2 tsp. Ground Black Pepper 1/2 tsp. Salt

## INSTRUCTIONS:

Rice the cauliflower in food processor until crumbly.

Add collard greens, onion and thyme.

Pulse until well mixed.

Put into mixing bowl and add rest of ingredients.

Spoon onto waffle iron.

Cook.

## **Bacon and Green Beans**

### **INGREDIENTS:**

6 thick slices bacon, chopped 1/2 cup onions, minced  
1 teaspoon minced garlic 1 pound fresh green beans, trimmed 1 cup water  
1/8 teaspoon salt  
1 pinch ground black pepper

### **INSTRUCTIONS:**

In a deep skillet, cook bacon over medium heat until fat has rendered.  
Stir in onion and garlic.  
Cook for 1 minute.  
Mix in beans and water.  
Cook until tender and water has evaporated.  
Add more water if not tender.  
Season with salt and pepper.

## **Zesty and Nutty Green Beans** **INGREDIENTS:**

1 lb. Green Beans  
1/4 Cup Olive Oil  
1/2 Cup Chopped Pecans  
1/4 Cup Parmesan Cheese 1 Lemon's Zest  
2 tsp. Minced Garlic  
1 tsp. Red Pepper Flakes **INSTRUCTIONS:**

Preheat oven to 450 degrees.

Grind 1/4 Cup Pecans in a food processor keeping variety in size of pecan pieces.

In a large mixing bowl combine green beans, pecans, olive oil, and parmesan, zest of 1 lemon, garlic and red pepper flakes.

Place on foil covered baking sheet.

Roast for 20-25 minutes.

Let cool 4-5 minutes.

## **Lemony Green Beans and Almonds** INGREDIENTS:

1 pound fresh green beans, rinsed and trimmed 2 tablespoons butter  
1/4 cup sliced almonds  
2 teaspoons lemon pepper

### **INSTRUCTIONS:**

Steam green beans until tender about 10 minutes.

Drain.

Over medium heat, melt butter in a skillet.

Sauté almonds until slightly brown.

Season with salt and pepper.

Mix in green beans.

## Sugar Snap Bacon

### **INGREDIENTS:**

3 Cups Sugar Snap Peas 1/2 Lemon Juice

3 Tbsp. Bacon Fat

2 tsp. Garlic

1/2 tsp. Red Pepper Flakes **INSTRUCTIONS:**

Bring 3 Tbsp. of bacon fat to its smoking point.

Add garlic and cook 1-2 minutes.

Add sugar peas and lemon juice.

Cook 1-2 minutes.

Remove and garnish with red pepper flakes and lemon zest.

## **Keto Broccoli Cheddar Biscuits** **INGREDIENTS:**

1 1/2 Cup Hoenyville Almond Flour 4 Cups Raw Broccoli Florets (10 Oz.) 2  
Cups Cheddar Cheese (4.5 Oz) 1/4 Cup Coconut Oil (or melted butter)

## **2 Large Eggs**

1 tsp. Salt

1 tsp. Paprika

1 tsp. Garlic Powder

1/2 tsp. Pepper

1/2 tsp. Baking Soda

1/2 tsp. Apple Cider Vinegar **INSTRUCTIONS:**

Preheat oven to 375F.

Pulse broccoli until finely chopped.

Mix almond flour and spices together.

Add your eggs, vinegar, and coconut oil and mix until a dough forms.

Add broccoli and shredded cheese and mix well.

Measure out 12 patties.

Bake 12-15 minutes.

Patties may have to be reformed.

Broil 4-5 minutes.

Cool for 3-4 minutes, before removing from the silpat.

## **Lemony Almonds and Broccoli** INGREDIENTS:

1 head fresh broccoli, cut into florets 1/4 cup butter, melted

2 tablespoons lemon juice 1 teaspoon lemon zest

1/4 cup blanched slivered almonds **INSTRUCTIONS:**

Steam or boil broccoli 4-8 minutes until tender.

Drain.

Over medium heat, melt butter in small saucepan.

Remove from heat.

Stir in lemon juice, lemon zest, and almonds.

Pour over broccoli.

## **Keto Flax Cheese Chips**

### **INGREDIENTS:**

1 1/2 Cup Cheddar Cheese

3 Tbsp. Ground Flaxseed Meal Seasonings of Your Choice

### **INSTRUCTIONS:**

Preheat your oven to 425F.

Spoon 2 Tbsp. cheddar cheese, into mounds, on a silicone non-stick pad.

Spread out a pinch of flax seed over each chip.

Seasoning as desired.

Bake for 10 minutes.

## Country Style Chard

### INGREDIENTS:

4 slices bacon, chopped

2 tablespoons butter

3 tablespoons fresh lemon juice 1/2 teaspoon garlic paste 1 bunch Swiss chard, stems removed, leaves cut into 1-inch pieces Salt and pepper to taste

### INSTRUCTIONS:

Over medium heat, cook bacon in a skillet until fat renders.

Melt butter in skillet, and add lemon juice and garlic paste.

Add chard leaves and once leaves begin to wilt, cover and increase heat to medium high.

Cook for 4 minutes.

Mix fully.

Season with salt and pepper.

## **Alternative Focaccia Bread** **INGREDIENTS:**

1 Cup Blanched Almond Flour 1 Cup Flaxseed Meal (Regular or Golden) 7  
Large Eggs  
1/4 Cup Olive Oil  
1 1/2 Tbsp. Baking Powder 2 tsp. Minced Garlic 1 tsp. Salt  
1 tsp. Rosemary  
1 tsp. Red Chili Flakes **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Combine all dry ingredients.

Add garlic.

Eggs 2 at a time.

Mix until doughy.

Add olive oil.

Mix well.

Place in greased 9x9 pan.

Bake 25 minutes.

Let cool 10 minutes.

## Nutty Green Beans

### **INGREDIENTS:**

2 pounds fresh green beans, washed and trimmed 2 tablespoons butter

Salt to taste

1 cup chopped walnuts

2 tablespoons walnut oil

2 tablespoons minced fresh parsley ground black pepper to taste

**INSTRUCTIONS:**

At 350 bake walnuts on ungreased baking sheet for 5-8 minutes.

Boil beans in salted water until tender about 5 minutes.

Drain and rinse with cold water.

Let sit at room temperature.

Melt butter with oil over high heat.

Add beans and heat through 4 minutes.

Season with salt and pepper.

Add walnuts and parsley.

## Kale Crisps

### **INGREDIENTS:**

- 1 Large Bunch Kale
- 2 Tbsp. Olive Oil
- 1 Tbsp. Seasoned Salt

### **INSTRUCTIONS:**

- Preheat oven to 350 degrees.
- De-stem, wash and dry kale.
- In a Ziploc bag, add kale and shake with oil.
- Place kale on baking sheet.
- Bake 12 minutes.
- Remove and season with salt.

## **Cheesy Cauliflower Patties** INGREDIENTS:

1 Head Cauliflower, Riced 1 1/2 Cup Shredded Cheddar Cheese 3  
Large Eggs  
2 tsp. Paprika  
1 tsp. Turmeric  
3/4 tsp. Rosemary

### **INSTRUCTIONS:**

In a food processor, rice cauliflower.  
Cook for 5 minutes in microwave.  
Wring in paper towels.  
To cauliflower add eggs, one at a time, cheese and spices.  
Mix together.  
On high heat, heat olive oil and coconut oil in a pan.  
Form small patties and fry until crisp.

## **Country Cayenne Deviled Eggs** INGREDIENTS:

5 Large Eggs (Hard boiled) 1/4 Cup Mayonnaise

### **2 Slices Bacon**

1 Tbsp. Bacon Fat (All fat rendered) 1 tsp. Dijon Mustard

1/4 tsp. Cayenne Pepper

1/2 tsp. Rosemary

### **INSTRUCTIONS:**

Slice bacon into thin strips.

Cook bacon over medium heat.

Remove bacon and let rest on paper towels.

Slice hard boiled eggs in half and remove yolks.

In bowl, add yolks, mayonnaise, Dijon, cayenne, bacon fat and HALF of 1/4 tsp. rosemary.

Mix together.

Add to piping bag or Ziploc bag with the corner cut off.

Pipe into egg whites.

Garnish with bacon and rest of the Rosemary.

## **Sesame Styled Broccoli** INGREDIENTS:

1 tablespoon sesame oil 2 cups chopped broccoli 1 tablespoon sesame seeds  
1 green bell pepper, sliced

### **INSTRUCTIONS:**

In a large skillet heat oil over medium high heat.

Sauté broccoli and sesame seeds for 2 minutes.

Add peppers.

Cook for 2-3 minutes until tender and still crisp.

## **Garlic and Bacon Brussel Sprouts** **INGREDIENTS:**

1 lb. Brussels Sprouts

### **6-7 Slices of Bacon**

1/3 Medium Onion

1/2 Cup Chicken Broth

1 Tbsp. Olive Oil

1 Tbsp. Butter

2 tsp. Minced Garlic

Pinch Salt

Pinch Pepper

### **INSTRUCTIONS:**

Cut brussel sprouts in half.

Finley dice onion.

Cut bacon into squares.

Over medium high heat, heat oil.

When oil begins to smoke, add bacon.

Cook until fat has rendered.

Remove bacon, let rest on paper towel.

Add butter to previously used pan and start to brown it.

Once browned, add garlic.

Cook 30 seconds.

Add onion.

Cook until semi translucent.

Add brussel sprouts, salt and pepper.

Mix well.

Cook 4-5 minutes until they start to brown.

Add chicken stock, mix well.

Cover and cook ten minutes until liquid is absorbed.

Add bacon.

Serve.

# Baked Cauliflower Tortillas

## INGREDIENTS:

1 Large Head of Cauliflower (Cut into florets)

## 4 Large Eggs

2 Garlic Cloves (Minced)

1 1/2 tsp. Herbs (Whatever your favorite is - basil, oregano, thyme) 1 tsp. salt

## INSTRUCTIONS:

Preheat oven to 375 degrees.

Cover two baking sheets with parchment paper.

Rice cauliflower in a food processor.

Add to saucepan 1/4 cup water and riced cauliflower.

Cook on medium high heat until tender 8-10 minutes.

Drain.

Wring out with clean kitchen towel.

Mix cauliflower, eggs, garlic, herbs and salt.

Form 4 thin circles on parchment paper.

Bake until dry and pliable 15-20 minutes.

Let cool on wire rack.

## **Keto Grilled Vegetables**

### **INGREDIENTS:**

1 small eggplant, cut into 3/4 inch thick slices 2 small red bell peppers, seeded and cut into wide strips 3 zucchinis, sliced  
6 fresh mushrooms, stems removed 1/4 cup olive oil  
1/4 cup lemon juice  
1/4 cup coarsely chopped fresh basil 2 cloves garlic, peeled and minced

### **INSTRUCTIONS:**

Put vegetables, in a medium sized bowl.

In another bowl, whisk olive oil, lemon juice basil and garlic.

Pour over vegetables.

Cover and refrigerate for 1 hour.

Preheat BBQ to high heat.

Cook 2-3 minutes per side.

Frequently brush with marinade.

## Keto Lunch Recipes



## **Quick & Easy Keto Tuna Fish Salad** INGREDIENTS:

### **2 cups mixed greens**

1 large tomato, diced

¼ cup fresh parsley, chopped

¼ cup fresh mint, chopped

10 large kalamata olives, pitted 1 small zucchini, sliced lengthwise ½ avocado, diced

1 green onion, sliced

1 can chunk light tuna in water, drained 1 tablespoon extra-virgin olive oil

### **1 tablespoon balsamic vinegar**

¼ teaspoon Himalayan or fine sea salt ¾ teaspoon freshly cracked black pepper

#### **INSTRUCTIONS:**

- In a sizzling hot cast iron skillet grill pan, grill the zucchini slices on both sides (or on a very hot grill).
- Remove from pan and let cool for a few minutes.
- Slice into bite size pieces.
- Add all the ingredients in a large mixing bowl and mix until well combined.
- Enjoy!

## **Keto Lunch Jambalaya** **INGREDIENTS:** 1 medium cauliflower

1 green pepper, coarsely chopped

2 stalks celery, coarsely chopped

1 small onion, diced

2 cloves garlic, minced

2-3 boneless chicken breasts, cubed

8 ounces smoked sausage, sliced

8 ounces ham, cubed

14.5 ounce can diced tomatoes, undrained

8 ounce can tomato sauce

3 teaspoons Cajun Seasoning

Salt and pepper, to taste

Cooking oil **INSTRUCTIONS:** •In a 8-quart Dutch oven or pot, heat 2 tablespoons oil.

- Sauté the peppers, celery, onion, garlic, chicken and Cajun seasoning, on medium-high heat, until the chicken is nearly done.
- Add the sausage, ham and cauliflower. Mix well.
- Mix in the tomatoes and tomato sauce. Bring to a boil, turn down to low.
- Cover and simmer about 20 minutes until the cauliflower is tender, but not mushy.
- Season to taste with salt and pepper.
- Enjoy

## **Keto Slow Cooker Buffalo Chicken Soup** INGREDIENTS:

3 Chicken Thighs, deboned and sliced 1 teaspoon Onion Powder

### **1 teaspoon Garlic Powder**

1/2 teaspoon Celery Seed

1/4 cup Butter

1/3 - 1/2 cup Frank's Hot Sauce 3 cups Beef Broth

### **1 cup Heavy Cream**

2 oz. Cream Cheese

1/4 teaspoon Xanthan Gum

Salt and Pepper to Taste

### **INSTRUCTIONS:**

- Start by deboning the chicken thighs, cut the chicken into chunks and place in the crockpot with the rest of the ingredients to the slow cooker except for cream, cheese, and xanthan gum.
- Set slow cooker on low for 6 hours (or high for 3 hours) and let cook completely.
- Once everything is cooked, remove the chicken from the slow cooker and shred using a fork.
- Add cream, cheese, and xanthan gum to the slow cooker. Mix everything together •Place the chicken back into the slow cooker and mix together.
- Taste and season with extra salt, pepper, and hot sauce •Enjoy

## **Keto Jarlsberg Lunch Omelet** **INGREDIENTS:** 4 medium

mushrooms, sliced, 2 ounces

1 green onion, sliced

1 tablespoon butter

2 eggs, beaten

1 ounce Jarlsberg or Swiss cheese, shredded

1 ounce ham, diced

Salt, to taste **INSTRUCTIONS:** •In a large nonstick skillet, cook the mushrooms and green onion in half of the butter until the mushrooms are tender.

- Season lightly with salt. Remove and set aside.
- Melt the rest of the butter over medium heat.
- Add in the eggs until the entire bottom is coated with egg.
- Sprinkle with salt and top with the mushroom mixture, the cheese and the ham, placing the filling ingredients on one side of the omelet.
- When the egg is nearly set, fold the plain side of the omelet over the filled side.
- Turn off the heat and let stand until the cheese has melted.
- Enjoy!

## **Keto Shaitake Mushroom Pork Meatballs**

**INGREDIENTS:** 5 dried shiitake mushrooms

1 1/4 pound ground pork

1 tablespoon soy sauce

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon garlic powder

1/2 teaspoon granular Splenda

2 tablespoons green onions, chopped

1/2 teaspoon sesame oil

1 egg **INSTRUCTIONS:** •In a large pot, place mushrooms in boiling water for 30 minutes or until soft.

- Squeeze out the water and remove any tough stems.
- Mince the mushrooms.
- Add all ingredients with your hands until the mixture starts to hold together.
- Bring a large pot of water to a boil.
- Form the pork mixture into about 34-36 little meatballs, using 2 teaspoons mixture for each.
- Drop them into boiling water.
- When the water returns to a boil, cover the pot and simmer 10 minutes or until the meatballs are cooked all the way through.
- Enjoy!

## **Keto Crock Pot Southwestern Pork Stew** INGREDIENTS:

1 teaspoon Paprika

### **1 teaspoon Oregano**

1/4 teaspoon Cinnamon

### **2 Bay Leafs**

6 oz. Button Mushrooms

1/2 sliced Jalapeno

1 lb. Cooked Pork Shoulder, sliced 2 teaspoon Chili Powder

2 teaspoon Cumin

### **1 teaspoon Minced Garlic**

1/2 teaspoon Salt

1/2 teaspoon Pepper

1/2 medium Onion

1/2 Green Bell Pepper, sliced 1/2 Red Bell Pepper, sliced Juice 1/2 Lime (to finish) 2 cups Gelatinous Bone Broth

### **2 cup Chicken Broth**

1/2 cup Strong Coffee

1/4 cup Tomato Paste

### **INSTRUCTIONS:**

- Slice vegetables and cook in a pan over high heat with the olive oil. Remove from the heat once cooked.
- Slice pork and add to crock pot along with mushrooms, bone broth, chicken broth, and coffee.
- Add spices and other vegetables to the crock pot and mix together.
- Replace lid and cook on low for 4-10 hours.

**Keto Mu Shu Lunch Pork** **INGREDIENTS:** 1 tablespoon oil  
4 cups coleslaw mix with carrots

## **1 small onion, sliced thin**

1 pound cooked roast pork, cut in 1/2" cubes

2 tablespoons hoisin sauce

2 tablespoons soy sauce **INSTRUCTIONS:** •In a large nonstick skillet, heat the oil over medium-high heat.

- Stir-fry the cabbage and onion for four minutes or until tender.
- Add the pork, hoisin and soy sauce; heat through.
- Enjoy!

## **Keto Thai Pork Barbeque Salad** INGREDIENTS:

The Salad:

10 oz. Pulled Pork

### **2 cups Romaine Lettuce**

1/4 cup Cilantro, chopped

1/4 medium Red Bell Pepper, chopped The Sauce:

### **2 tablespoon Tomato Paste**

2 tablespoon + 2 teaspoon Soy Sauce

### **1 tablespoon Creamy Peanut Butter**

2 tablespoon Cilantro, chopped Juice & Zest of 1/2 Lime

### **1 teaspoon Five Spice**

1 teaspoon Red Curry Paste

1 tablespoon + 1 teaspoon Rice Wine Vinegar 1/4 teaspoon Red Pepper

Flakes 1 teaspoon Fish Sauce

10 drops Liquid Stevia

1/2 teaspoon Mango Extract

### **INSTRUCTIONS:**

- Cut cilantro and zest 1/2 lime.
- In a medium bowl, add together all the sauce ingredients together.
- Stir the Thai barbeque sauce together well, and then set aside.
- Pull apart the pork. Assemble the salad and glaze over the pork with some sauce.
- Enjoy!

# **Keto Chicken Enchilada Soup**

## **INGREDIENTS:**

6 oz. Chicken, shredded  
2 teaspoon Cumin  
1 teaspoon Oregano

## **1 teaspoon Chili Powder**

1/2 teaspoon Cayenne Pepper  
1/2 cup Cilantro, chopped  
1/2 medium Lime, juiced

## **3 Tablespoon Olive Oil**

3 stalks Celery, diced  
1 medium Red Bell Pepper, diced 2 teaspoon Garlic, minced  
4 cups Chicken Broth

## **1 cup Diced Tomatoes**

8 oz. Cream Cheese

## **INSTRUCTIONS:**

- In a pan heat oil and add celery, and pepper. Once celery is soft, add tomatoes and let cook for 2-3 minutes.
- Add spices to pan and stir together well.
- Add in the chicken broth and cilantro, bring to a boil, and then lower to low to simmer for 20 minutes.
- Then add cream cheese and bring to a boil again. Once boiling, lower heat to low and simmer for 25 minutes.
- Shred the chicken and add to the pot, then juice 1/2 lime over the top.
- Mix everything together.
- Serve with an additional sprinkling of cilantro, shredded cheese, or sour cream!

# Keto Pumpkin Spiced Soup

## INGREDIENTS:

1/4 teaspoon Cinnamon

1/4 teaspoon Coriander

1/8 teaspoon Nutmeg

## 1 Bay Leaf

1/2 cup Heavy Cream

## 4 slices Bacon

3 tablespoon Bacon Grease (from the bacon) 1 1/2 cups Chicken Broth

1 cup Pumpkin Puree

## 4 tablespoon Butter

1/4 medium Onion, chopped

2 cloves Roasted Garlic, minced 1/2 teaspoon Salt

1/2 teaspoon Pepper

1/2 teaspoon Freshly Minced Ginger **INSTRUCTIONS:**

- In a saucepan over medium-low heat, brown butter.
- Then add onions, garlic, and ginger to the pan. Let cook for 2-3 minutes or until onions are translucent •Add spices and mix in well.
- Cook for 1-2 minutes, then add pumpkin and chicken broth into the pa and mix in well.
- Bring to boil, then reduce to low and allow to simmer for 20 minutes.
- After 20 minutes, use immersion blender to puree everything smooth.
- Let simmer for an additional 20 minutes.
- In the mean time, cook 4 slices of bacon. Once the soup is done, add heavy cream and bacon grease and mix in well.
- Spread crumbled bacon over the top •Enjoy!

# Keto Curry Peanut Shrimp

## INGREDIENTS:

2 tablespoon Green Curry Paste 1 cup Vegetable Stock

## 1 cup Coconut Milk

6 oz. Pre-cooked Shrimp

5 oz. Broccoli Florets

3 tablespoon Cilantro, chopped 2 tablespoon Coconut Oil

## 1 tablespoon Peanut Butter

1 tablespoon Soy Sauce (or coconut aminos) Juice of 1/2 Lime

1 medium Spring Onion, chopped 1 teaspoon Crushed Roasted Garlic 1  
teaspoon Minced Ginger

## 1 teaspoon Fish Sauce

1/2 teaspoon Turmeric

1/4 teaspoon Xanthan Gum

1/2 cup Sour Cream (for topping) **INSTRUCTIONS:**

- Add 2 tablespoon coconut oil to a pan over medium heat.
- Once hot, add ginger, garlic, and chopped spring onion.
- Allow for the ingredients to cook, then add 1 tablespoon green curry paste, turmeric, soy sauce, fish sauce, and peanut butter.
- Stir together well, then add vegetable broth and coconut milk.
- Add 1/4 teaspoon xanthan gum and mix together well.
- Once curry thickens slightly, add broccoli and stir in well.
- Chop cilantro and add to the pan.
- Last, add shrimp and stir everything together.
- Let cook for a few minutes, then serve with a scoop of sour cream over the top!
- Enjoy!

## **Keto Grilled Cheese Lunch** INGREDIENTS:

Bun:

### **2 large Eggs**

2 tablespoon Almond Flour 1 1/2 tablespoon Psyllium Husk Powder 1/2  
teaspoon Baking Powder

### **2 tablespoon Soft Butter**

Fillings & Extras:

2 Oz. Cheddar Cheese (or white cheddar) 1 tablespoon Butter, for frying

#### **INSTRUCTIONS:**

- In a bowl stir all of the bun ingredients together. Keep mixing until it thickens up.
- Spread mixture into a square bowl or container and level it off. Clean sides if needed.
- Microwave for 90 seconds and check if it's done. If not, continue in increments of 15 seconds. •Once cooked, remove break from container and slice in half.
- Put cheese between bun, heat butter in a pan over medium heat, and fry the grilled cheese until you are happy with the texture.
- Enjoy

# Keto Pepper Basil Pizza

## INGREDIENTS:

Pizza Base:

6 oz. Mozzarella Cheese

1/2 cup Almond Flour

2 tablespoon Psyllium Husk 2 tablespoon Cream Cheese

2 tablespoon Fresh Parmesan Cheese 1 large Egg

## 1 teaspoon Italian Seasoning

1/2 teaspoon Salt

1/2 teaspoon Pepper

Toppings:

4 oz. Shredded Cheddar Cheese

## 1 medium Vine Tomato

1/4 cup Rao's Tomato Sauce 2/3 medium Bell Pepper

2-3 tablespoon Fresh Chopped Basil **INSTRUCTIONS:**

- Preheat oven to 400F.
- In a microwave safe bowl, microwave mozzarella cheese for 40-50 seconds or until completely melted •Add the rest of the pizza ingredients (EXCEPT for toppings) to the cheese and mix together well with your hands.
- Using your hands or a rolling pin, flatten the dough and form a circle.
- Place dough circles on greased baking sheet and bake for 10 minutes, and remove pizza from the oven.
- Top the pizza with the toppings and bake for another 8-10 minutes.
- Remove pizza from the oven and let cool.
- Enjoy!

## **Keto Moroccan Style Meatballs** INGREDIENTS:

Moroccan Meatballs:

1 pound ground lamb

1 tablespoon Finely Chopped Fresh Mint 1 tablespoon Finely Chopped Fresh

Cilantro 2 teaspoon Fresh Thyme

1 teaspoon Minced Garlic

1 teaspoon Ground Coriander 1 teaspoon Kosher Salt

### **1 teaspoon Ground Cumin**

1/2 teaspoon Onion Powder

1/2 teaspoon Allspice

1/4 teaspoon Paprika

1/4 teaspoon Oregano

1/4 teaspoon Curry Powder

1/4 teaspoon Freshly Ground Black Pepper Faux Yogurt Sauce:

1/2 cup Coconut Cream

### **2 tablespoon Coconut Water**

1 1/4 teaspoon Cumin

1 tablespoon Finely Chopped Fresh Cilantro

### **1 tablespoon Finely Chopped Fresh Mint**

Zest 1/2 Lemon

### **1 teaspoon Lemon Juice**

1/4 teaspoon Salt

### **INSTRUCTIONS:**

- Preheat oven to 350F.
- Add together all of the ingredients for the meatballs and mix together

thoroughly.

- Form meatballs and place on a foiled baking sheet.
- Cook for 15 minutes or until the center is no longer pink.
- Meanwhile, add together all ingredients for the yogurt sauce and mix thoroughly.
- Optional: Add runoff fat from meatballs into yogurt sauce and mix well. Serve with yogurt sauce on the side.
- Enjoy!

# Keto Buffalo Chicken Salad

## INGREDIENTS:

1 heart of Romaine lettuce, diced

## 1 celery stalk, diced

1/4 cup matchstick carrots 3/4 cup buffalo shredded chicken 1/3 cup crumbled Kerrygold Cashel Blue Dressing:

2 tbsp. low fat mayo

1/4 cup low-fat buttermilk 1/4 cup plain Greek yogurt 1 tbsp. white vinegar

1/2 tsp. sugar

1/3 cup crumbled Kerrygold Cashel Blue Salt and freshly ground pepper

## INSTRUCTIONS:

- Add together romaine, celery, and carrots in a large bowl •Add shredded buffalo chicken and crumbled Kerrygold Cashel Blue cheese. Set aside.
- In a separate bowl, beat together mayo, buttermilk, Greek yogurt, white vinegar and sugar.
- Fold in crumbled Kerrygold Cahel Blue Cheese •Season to taste with salt and pepper.
- Enjoy

# Keto Seared Skirt

## INGREDIENTS:

Cilantro-Lime Steak Marinade: 1 lb. Skirt Steak  
1/4 cup Soy Sauce  
1/4 cup Olive Oil  
1 medium Lime, juiced  
1 teaspoon Minced Garlic

## 1 small Handful Cilantro

1/4 teaspoon Red Pepper Flakes Cilantro Paste:

## 1 teaspoon Minced Garlic

1/2 teaspoon Salt  
1 cup Fresh Cilantro, lightly packed 1/4 cup Olive Oil  
1/2 medium Lemon, juiced  
1 medium Jalapeno, seeded  
1/2 teaspoon Cumin  
1/2 teaspoon Coriander

## INSTRUCTIONS:

- Remove silver skin from the skirt steak (if not already removed) and add all of the Cilantro-Lime Steak Marinade ingredients to a plastic bag.
- Marinate for at least 45 minutes in the refrigerator.
- To make the sauce, add all of the Cilantro Paste ingredients to a food processor and pulse until well blended.
- To cook the steak, heat a cast iron skillet to medium-high heat.
- Once hot, add steak to pan and cook on each side.
- You only need to cook it for about 2-3 minutes per side, depending on thickness.

## **Keto Vegetarian Coconut Curry** INGREDIENTS:

1 teaspoon Minced Garlic  
1 teaspoon Minced Ginger  
2 teaspoon Red Boat Fish Sauce 2 teaspoon Soy Sauce  
1 tablespoon Red Curry Paste 1 cup Broccoli Florets  
1 large Handful of Spinach

### **4 tablespoon Coconut Oil**

1/4 medium Onion

1/2 cup Coconut Cream (or coconut milk) **INSTRUCTIONS:**

- Slice onions and minced garlic.
- Add 2 tablespoon Coconut Oil to a pan and bring to medium-high heat and add onions and cook until semi-translucent.
- Then add garlic to the pan until brown.
- Turn heat down to medium-low and add broccoli to the pan.
- Stir everything together well.
- Once broccoli is partially cooked, move vegetables to the side of the pan and add curry paste. •Let this cook for 45-60 seconds. Add spinach on top of the broccoli and once it begins to wilt, add the coconut cream and the rest of the coconut oil. Stir together and add soy sauce, fish sauce, and ginger.
- Let simmer for 5-10 minutes, depending on the thickness you want.
- Enjoy!

## **Keto Sesame Ginger Glazed Salmon** **INGREDIENTS:** 10

oz. Salmon Filet 2 Tablespoon Soy Sauce 2 teaspoon Sesame Oil 1  
Tablespoon Rice Vinegar 1 teaspoon Minced Ginger 2 teaspoon Minced Garlic 1  
tablespoon Red Boat Fish Sauce 1 tablespoon Sugar Free Ketchup 2  
tablespoon White Wine **INSTRUCTIONS:** •In a bowl, add all of the ingredients  
except for sesame oil, ketchup and white wine. Let sit for about 10-15 minutes.

- Bring a pan to high heat and add sesame oil.
- Once you see the first wisp of smoke, add fish skin side down.
- Let fish cook and skin crisp, then flip and cook on the other side •Add all  
marinate liquids that have been sitting into the pan and let it boil with the fish  
when you flip it.
- Remove fish from pan and set aside.
- Add ketchup, and white wine to marinate liquids.
- Let simmer for 5 minutes to reduce. Serve on the side.
- Enjoy

# **Keto Turkey Meatballs**

## **INGREDIENTS:**

### **10 slices Bacon**

2 lbs. Ground Turkey

### **3 small Red Chilis**

1/2 medium Green Pepper

### **1 small Onion**

1/2 teaspoon Salt

1/2 teaspoon Pepper

2 large Handful spinach

3 sprigs Thyme

### **2 large Eggs**

1 oz. Pork Rinds

## **INSTRUCTIONS:**

- Preheat the oven to 400F.
- Line a baking sheet with foil and add your bacon.
- Cook for 30 minutes or until crisp.
- Meanwhile, prep all ingredients by adding to food processor and dicing.
- Add all ingredients (except bacon) to the ground turkey and mix well.
- Once bacon is cooked, set bacon aside and drain fat into separate container.
- Make 20 meatballs and lay over the same sheet the bacon cooked on.
- Cook meatballs for 15-20 minutes or until juices run clear, then skewer 2-3 pieces of bacon to each meatball.
- In the food processor, combine spinach, bacon fat, and seasonings of your

choosing, create "stick" of butter and serve under meatballs.  
•Enjoy!

# Keto Chicken Satay

## INGREDIENTS:

1 lb. Ground Chicken  
4 Tablespoon Soy Sauce  
3 Tablespoon Peanut Butter

## 2 Spring Onions

1/3 Yellow Pepper  
1 Tablespoon Erythritol  
1 Tablespoon Rice Vinegar  
2 teaspoon Sesame Oil  
2 teaspoon Chili Paste

## 1 teaspoon Minced Garlic

1/4 teaspoon Cayenne  
1/4 teaspoon Paprika  
Juice of 1/2 Lime

## INSTRUCTIONS:

- Heat 2 teaspoons sesame oil on medium-high heat in a pan.
- Add chicken to the pan and cook until brown.
- Once chicken is cooked, add all other ingredients.
- Stir well and continue cooking.
- Once everything is cooked, add 2 chopped spring onions and 1/3 sliced yellow pepper.
- Enjoy!

# **Keto Low Carb Cumin Crusted Pork Chops**

## **INGREDIENTS:**

Crust:

1 1/2 lb. Pork Chops

1/4 Cup Golden Flaxseed

3 Tablespoon Coconut Oil (For Frying) 2 teaspoon Cumin

1 teaspoon Coriander

## **1 teaspoon Cardamom**

Salt, Pepper

Vegetables:

## **1 Orange Pepper**

1/2 Onion

## **2 Stalks Celery**

1/4 Cup White Wine

Salt, Pepper

## **INSTRUCTIONS:**

- Season outside of pork chops with salt and pepper.
- Add together all crust ingredients.
- Dip pork chops into the flax and spices, fully covering pork chops •In a cast iron skillet, bring 3 Tablespoon to temperature, add pork chops to pan.
- Let them crisp on one side, then flip and reduce heat to medium-low.
- Continue cooking until internal temperature of 145F.
- Take off pork chops from pan and rest in foil.
- With remaining pan juices, add all vegetables and season with salt and pepper.
- Add White Wine and cook vegetables until soft. Serve with extra juices.
- Enjoy!

## **Keto Bacon & Chicken Sausage Stir Fry** **INGREDIENTS:** 4

Cheddar & Bacon Chicken Sausages 3 Cups Broccoli Florets 3 Cups Spinach  
1/2 Cup Parmesan Cheese 1/2 Cup Rao's Tomato Sauce 1/4 Cup Red Wine  
(Merlot) 2 Tablespoon Salted Butter 2 teaspoon Minced Garlic 1/2  
teaspoon Pepper 1/2 teaspoon Red Pepper Flakes 1/2 teaspoon Kosher Salt

**INSTRUCTIONS:** •Cut the sausages into slices.

- Start to boil water on the stove.
- Meanwhile, add your sausage to a pan on high heat.
- Add your broccoli to the boiling water and cook for 3-5 minutes.
- Cook your sausages until they brown on both sides. Transfer your sausages to one side of the pan, then add the butter. Put your garlic in the butter and let it cook for 1 minute.
- Add everything together and then add your broccoli.
- Pour in the tomato sauce, red wine, and add red pepper flakes.
- Stir together, add your spinach with salt and pepper and let it cook down.
- Simmer this for 5-10 minutes.
- Enjoy!

## **Keto Roasted Rosemary Chicken Thighs** **INGREDIENTS:**

7 Skinless, Boneless Chicken Thigh 1 Tablespoon Minced Garlic 3  
Tablespoon Olive Oil 2 Large Lemons 2 Tablespoon Fresh Thyme 3  
teaspoon Kosher Salt 1 1/2 teaspoon Dried Rosemary 1 1/2 teaspoon Dried  
Ground Sage 1/2 teaspoon Ground Black Pepper **INSTRUCTIONS:** •In a

mortar, add garlic and 2 teaspoons kosher salt •Grind the garlic and salt together  
with a pestle, creating a paste.

- Slowly add your oil, grinding and mixing the paste into an alloli.
- Once the alloli is finished, dry your chicken off and put it into a bag with the alloli. Coat the chicken well.
- Marinate the chicken for anywhere from 2-10 hours.
- Preheat your oven to 425F.
- Slice 2 lemons thin and arrange the slices on the bottom of a baking pan.
- Lay your chicken on top of the lemons.
- Remove the thyme leaves from the stem and add your thyme, rosemary, sage, pepper, and remaining salt to the chicken.
- Bake for 25-30 minutes, or until the juices run clear.
- Remove the chicken from the pan and add all the pan drippings to a saucepan.
- Bring the sauce to a boil while stirring well.
- Turn the heat down to medium-low while continuing to stir the sauce. Let it reduce.
- Spoon the sauce over the chicken, enjoy!

## **Keto Cheddar Bacon Burst** INGREDIENTS:

### **30 Slices of Bacon**

2 1/2 Cups Cheddar Cheese 4-5 Cups Raw Spinach 1-2 Tablespoon Tones  
Southwest Chipotle Seasoning 2 teaspoon Mrs. Dash Table Seasoning

**INSTRUCTIONS:** •Preheat your oven to 375F

- Weave the bacon, 15 pieces that are vertical, 12 pieces horizontal, and the extra 3 cut in half to •fill in rest, horizontally.
- Season your bacon with your favorite seasoning mix.
- Add your cheese to the bacon, leaving about 1 1/2 inch gaps between the edges.
- Add your spinach and press down on it to compress it some.
- Roll your weave slowly, making sure it stays tight and not too much falls through.
- Line a baking sheet with foil and add plenty of salt to it.
- Put your bacon on top of a cooling rack and put that on top of your baking sheet.
- Bake for 60-70 minutes •Let cool for 10-15 minutes before trying to take it off the cooling rack.
- Slice into pieces, and serve!

## **Keto Mozzarella Bacon Meatballs** INGREDIENTS: 1/3

Cup Crushed Pork Rinds 2 Large Eggs 1 teaspoon Pepper 1 1/2 lb. Ground Beef  
4 Slices Bacon 1 Cup Mozzarella Cheese 3/4 Cup Pesto Sauce 2  
teaspoon Minced Garlic 1/2 teaspoon Onion Powder 1/2 teaspoon Kosher Salt

### **INSTRUCTIONS:** •Preheat oven to 350F.

- Cut your bacon into small pieces •Add together ground beef, ground pork rinds, spices, cheese, and eggs to the bacon.
- Mix everything together well until you can form meatballs.
- Roll your meatballs out into circles and place them in a foiled baking tray.
- Bake in the oven for 40-45 minutes, or until bacon is cooked.
- Scoop out 1/2 Tablespoon pesto sauce per meatball and serve.

## **Keto Spicy Sausage Pepper Soup** INGREDIENTS:

1.4 lb. Hot Italian Sausage 6 Cups Raw Spinach  
1 Green Bell Pepper

### **1 Red Bell Pepper**

1/2 Medium Onion  
1 Can Tomatoes w/ Jalapenos 2 Cups Beef Stock  
2 teaspoon Chili powder  
2 teaspoon Cumin  
2 teaspoon Minced Garlic

### **1 teaspoon Italian Seasoning**

1/2 teaspoon Kosher Salt **INSTRUCTIONS:**

- Cut sausage into chunks and cook it all the way through.
- Add sliced peppers, tomatoes, beef stock, and spices to slow cooker.
- Put sausage on top and stir it well.
- Sauté onions and garlic, add to crock pot when translucent.
- Add bed of spinach on top, let cook for 3 hours on high.
- Stir after 3 hours, set to low and cook for additional 2 hours.

# **Keto Low Carb Creamy Ham and Potato Casserole**

**INGREDIENTS:** 2 pounds frozen cauliflower

8 ounces cream cheese

1/4 cup sour cream

1 1/2 ounces green onion, chopped, 1 bunch

1/4 teaspoon salt

1/4 teaspoon pepper

8 ounces sharp cheddar cheese, shredded

12 ounces ham, diced, about 2 cups

Paprika or Spicy Seasoning Salt for garnish.

**INSTRUCTIONS:** •Preheat oven to 350 F

•Cook the cauliflower until very tender; drain well.

•Slice the cauliflower into small chunky pieces •Place cauliflower in a greased 2 1/2-3 quart casserole with a lid.

Blend in the cream cheese, then mix in the sour cream, green onion, salt, pepper, cheese and ham. Mix well.

•Sprinkle the top with paprika or Spicy Seasoning Salt.

•Cover and bake for 30 minutes.

•Uncover and cook another 15-20 minutes until browned •Enjoy.

## **Keto Prosciutto Spinach Salad** INGREDIENTS:

**2 cups baby spinach**

1/3 lb. prosciutto

1 cantaloupe

**1 avocado**

1/4 cup diced red onion handful of raw, unsalted walnuts **INSTRUCTIONS:**

- Place a cup of spinach on each plate.
- Top with diced prosciutto, cubes of balls of melon, slices of avocado, a sprinkling of red onion, and a few walnuts.
- Add some freshly ground pepper, if you like.
- Enjoy

# **Keto Riced Cauliflower & Curry Chicken**

## **INGREDIENTS:**

2 Lbs. of Chicken (4 breasts) 1 packet of Curry Paste

## **1 Cup Water**

3 Tablespoons Ghee (can substitute butter) ½ Cup Heavy Cream

1 Head Cauliflower (around 1 kg) **INSTRUCTIONS:**

- In a large pot, melt the Ghee •Add the curry paste and mix to combine •Once combined, add the water and simmer for an additional 5 minutes •Add the chicken, cover, and simmer for 20 minutes.
- Meanwhile, chop up a head of cauliflower into florets and pulse in the food processor to make riced cauliflower, (cauliflower doesn't need to be cooked)
- Once the chicken is cooked, uncover, add the cream, and cook for an additional 5 minutes.
- Enjoy

## **Keto Cheese Basil Torta with Pepper Strips and Nuts**

*Note: This recipe requires chilling, so make in advance* **INGREDIENTS:**

1/2 lb. cream cheese, softened 4 Tbsp. butter, softened

3/4 cup basil pesto

1/2 lb. Provolone, thinly sliced 1/4 cup pine nuts, toasted

1 red bell pepper, roasted, peeled, seeded, and cut into 3" x 3/8" strips 1

small jar sun-dried tomatoes (packed in olive oil) Fresh basil for garnish

### **INSTRUCTIONS:**

- Mash cream cheese and butter together with a fork.
- Add pesto and stir well.
- Line a bowl with plastic wrap and arrange a think layer of provolone slices.
- Layer 1/3 pesto over cheese and place a few tomatoes, pepper strips and about one Tbsp. of pine nuts.
- Repeat layering until all ingredients are used. Chill overnight.
- Enjoy!

## **Keto Tandoori Chicken Wings** INGREDIENTS:

2-1/2 lbs. chicken wings, trimmed and separated  
1 cup Homemade Yogurt\*  
2 tbsp. ginger

### **6 cloves garlic, minced**

1-1/2 tsp. curry powder ¼ tsp. turmeric  
½ tsp. cumin  
½ tsp. dry mustard  
2 tsp. red pepper flakes

### **1 lemon, juiced**

3 tbsp. vegetable oil Salt, pepper

#### **INSTRUCTIONS:**

- Add all ingredients in a bowl and mix well
- Marinate for at least two hours at room temperature. (saving marinade)
- Place wings on broiling rack and broil until browned, about 20 minutes
- Baste wings with marinade about every 10 minutes.
- Transfer to platter and serve.
- Enjoy!

## **Keto Mashed Garlic Turnips** INGREDIENTS:

### **3 cups diced turnip**

2 cloves garlic, minced 1/4 cup heavy cream

### **3 Tablespoon melted butter**

salt, pepper to taste **INSTRUCTIONS:**

- Boil turnips until tender.
- Drain and mash turnips as you would for mashed potatoes.
- Add in heavy cream, butter, salt, pepper and garlic and mix well.
- Enjoy!

# Shrimp and Nori Rolls

## INGREDIENTS:

### 1 cup shrimp

- 1 tbsp. Mayonnaise
- 1 thinly sliced green onion

### 2 sheets Nori

- $\frac{1}{4}$  cucumber diced and seeded
- 1 tbsp. toasted Sesame seeds

## INSTRUCTIONS:

- Wash and drain shrimp.
- Add together shrimp with Mayonnaise and green onions.
- Place Nori on flat surface and spoon on the shrimp and green onion mixture.
- Dust with cucumber and sesame seeds.
- Roll tightly and cut into bite size pieces.
- Enjoy!

# Keto Shrimp Thai Salad

## INGREDIENTS:

6 Tablespoon extra-virgin olive oil, divided 2 Tablespoon. soy sauce  
1 teaspoon fish sauce  
1 teaspoon sambal oelek  
1 Tablespoon brown sugar  
3 Tablespoon lime juice

## 1 Tablespoon minced red pepper

1/2 pound shrimp, peeled and deveined 1 cup sugar snap peas, blanched and cooled in an ice bath 2 bundles vermicelli noodles, boiled and rinsed under cool water (you can use the same water you boiled the snap peas in)

## 4 cups shredded romaine lettuce

1/2 cup cherry tomatoes, halved 1/2 cup thinly sliced sweet peppers cilantro, mint leaves and crushed peanuts for garnish coarse salt and freshly ground peanuts to taste **INSTRUCTIONS:**

### *Dressing:*

- In a medium bowl, beat together 4 tablespoons of oil, soy sauce, fish sauce, sambal oelek, sugar, lime juice and the minced red pepper.
- Heat the remaining oil in a large skillet over medium-high.
- Add the shrimp, season with salt and pepper and sear on one side for 2 minutes.
- Flip and sear another minute.

### *Salad Assembly:*

- In 2 bowls add romaine lettuce •Add some vermicelli noodles, the snow peas, peppers, tomatoes, shrimp, cilantro, mint, and some good crushed peanuts.
- Shake up (or whisk) your dressing and then drizzle it over the salads.
- Enjoy!

## Keto Dinner Recipes



## **Lasagna Style Spaghetti Squash** INGREDIENTS:

### **30 Slices Mozzarella Cheese**

1 large jar (40 Oz) Rao's Marinara sauce

### **32 Oz Whole Milk Ricotta Cheese**

1.25 kg Spaghetti Squash, cooked (2 large Spaghetti Squash) 3 Lbs. Ground Beef

### **INSTRUCTIONS:**

Preheat oven to 375.

Slice Spaghetti Squash and set face down on large glass dish.

Fill with water until the flesh of the squash is covered.

Bake for 45 minutes or until the skin can pierce easily.

Brown meat.

In a large saucepan combine on med heat the browned meat and marinara sauce and set aside when warmed through.

Scrape the flesh of the cooked squash to resemble strands of spaghetti.

Begin layering the lasagna in a large greased pan by alternating layers of Spaghetti Squash, meat sauce, mozzarella, ricotta and repeat until ingredients is complete finished.

Bake for an additional 35 minutes or until golden brown.

## **Buffalo Blue Cheese Chicken Wedges** **INGREDIENTS:**

One head of lettuce  
Bleu cheese dressing  
2 tbsp. crumbled blue cheese

### **4 strips of bacon**

2 chicken breasts (boneless) 3/4 cup of your favorite buffalo sauce

#### **INSTRUCTIONS:**

Bring a large pot of salted water to a boil.

Add two chicken breasts to water and let cook 30 minutes or the chicken reaches 180 degrees internally.

Let chicken cool rest 10 minutes.

Using a fork, pull apart the chicken into strips.

Cook and cool bacon strips, reserve for crumble Over med heat combine the pulled chicken and buffalo sauce, and stir until hot.

Cut lettuce into wedges and top with desired amount of blue cheese dressing.

Add blue cheese crumbles.

Add buffalo pulled chicken.

Top with some more blue cheese crumbles and cooked bacon crumble.

Serve and enjoy.

## **Chicken Chorizo Crockpot INGREDIENTS:**

4 Lbs. Boneless Skinless Chicken Thighs 1 Lb. Chorizo  
4 Cups Chicken Stock  
1 Cup Heavy Cream

### **1 Can Stewed Tomatoes**

2 Tbsp. Minced Garlic  
2 Tbsp. Worcestershire Sauce 2 Tbsp. Frank's Red Hot Sauce Garnish with  
Shaved Parmesan and Sour Cream **INSTRUCTIONS:**

Brown chorizo in a pan.

In the crockpot, add raw chicken thighs and cooked chorizo.

Add remaining ingredients.

Cook 3 hours on the high setting.

Remove the thighs, break thighs apart, and return to crockpot.

Cook on low for an extra 30 min.

Garnish with sour cream and parmesan.

## **Lamb Meatballs on Zucchini Noodles** **INGREDIENTS:**

1 lb. 2 oz. Zucchini  
16 Oz. Pasta Sauce  
1 Lb. Ground Lamb  
2 Shallots

### **1 Yolk**

1 tsp. Cinnamon  
1 tsp. Cumin  
Cayenne Pepper to taste Salt and Pepper to taste Red Pepper flakes to taste

#### **INSTRUCTIONS:**

Preheat oven to 450 degrees.

Julienne zucchini with a slicer. Halt before you reach seeded portion of the zucchini flesh.

Prepare meatballs by mixing together the rest of the ingredients minus the pasta sauce and form them into approximately 16 1 Oz Meatballs.

Cook the prepared meatballs for 12 minutes.

In a sauce pan, combine pasta sauce and the prepared zucchini noodles and cook 3 to 4 min.

Serve with meatballs.

## **Cauliflower No Bread Garlic sticks** INGREDIENTS:

### **2 cups cauliflower rice**

1 tbsp. organic butter

3 tsp. minced garlic

1/4 tsp. red pepper flakes 1/2 tsp. Italian seasoning 1/8 tsp. kosher salt

1 cup shredded mozzarella cheese

### **1 egg**

Parmesan cheese (the powdered / grated kind) **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Melt butter in a small pan on low heat and sauté the garlic and red pepper flakes 2 to 3 min and add to a bowl of cooked cauliflower.

Mix in Italian seasoning and salt.

Refrigerate immediately for 10 minutes. When slightly cooled, add the egg and mozzarella cheese to your cauliflower mixture.

Smooth mixture in a thin layer on a lightly greased 9×9 baking dish lined with parchment paper.

Bake 30 minutes.

Remove from oven, top with some more mozzarella cheese and parmesan.

Return to oven and cook for an additional 8 minutes.

Remove from oven and cut into desired sized sticks.

## **Radish No Potato Hash Browns** INGREDIENTS:

1 lb. Radishes

### **2 Shallots**

¼ tsp. Paprika

¼ tsp. Thyme

¼ tsp. Salt

¼ tsp. Pepper

1 whole egg + 1 yolk

1 Tbsp. Coconut Flour

### **2 Oz Cheddar Cheese**

1 Tbsp. Bacon Grease

1 Tbsp. Butter

### **INSTRUCTIONS:**

Shred washed radishes.

Peel and slice shallots.

Combine all of the ingredients into a bowl except the butter and bacon grease.

Heat the bacon grease and butter in a skillet.

Scoop mixture into pan and fry until golden brown on both sides.

## **Tossed Brussel Sprout Salad** INGREDIENTS:

### **6 Brussels sprouts**

1/2 tsp. apple cider vinegar 1tsp olive / grape seed oil 2 grinds of salt

### **2 grinds of pepper**

1 tbsp. of freshly grated parmesan **INSTRUCTIONS:**

Cut clean brussel sprouts in half lengthwise, root on, than proceed to cut thin slices in the opposite direction across.

Once sliced, cut roots and discard.

Toss together with apple cider, oil, salt and pepper.

Sprinkle with your parmesan cheese, combine and serve.

## I Love Bacon

### INGREDIENTS:

### 29 slices Thick cut bacon

14 oz. Steak

10 oz. Pork Sausage

4 oz. cheddar cheese, shredded **INSTRUCTIONS:**

Layout 5x6 slices of bacon in a woven pattern and bake at 400 degrees for 15-20 minutes until near crisp.

Create meat mixture by grinding steak, bacon and sausage.

Layout meat in a rectangle the same size as the prepared bacon weave.

Season meat if desired and place bacon weave on meat.

Place cheese in center of bacon.

Roll meat into a tight roll and refrigerate.

Make 7x7 bacon weave and roll bacon weave over meat, diagonally.

Bake at 400 degrees for 50-60 minutes or 165 degrees internally.

Let rest 10 minutes before slicing.

## **Tender Flank Steak Sous Vide** INGREDIENTS:

2.5 Lbs. Flank Steak

½ Cup Bacon Grease (or Vegetable Oil) ⅓ Cup Soy Sauce

2 Tbsp. Balsamic Vinegar

2 Tbsp. Lemon Juice

2 Tbsp. Worcestershire Sauce 1 Tbsp. Dijon Mustard

2 Tbsp. Minced Garlic

1 tsp. Black Pepper

### **INSTRUCTIONS:**

Set Sous Vide machine to 56.5C for medium rare or 60C for medium.

Cut flank steak in half and place in vacuum seal bag.

Mix marinade and pour into bag.

Seal the bag and place into Sous Vide machine 24 hours.

Upon serving, remove meat and create a char sear with a blow torch.

## **Lemon Dill Trout**

### **INGREDIENTS:**

2 pounds pan-dressed trout (or other small fish), fresh or frozen 1 1/2  
Teaspoons salt  
1/4 Teaspoon pepper  
1/2 cup butter or margarine 2 Tablespoons dill weed

### **3 Tablespoons lemon juice**

### **INSTRUCTIONS:**

Cut fish lengthwise and season interior with salt and pepper.  
Prepare a fry pan with melted butter and dill weed.  
Fry fish flesh side down 2-3 minutes per side.  
Remove fish.  
Add lemon juice to butter and dill to create sauce.  
Serve fish with sauce.

## Stuffed Cheesy Chops

### INGREDIENTS:

4 Thick Cut Pork Chops (3.67 lbs. 2" thick)

### 3 Slices Bacon

3 Oz. Bleu Cheese

3 Oz. Feta Cheese

### 60 g Green Onion

2 Oz. Cream Cheese

Salt, pepper and garlic powder to taste **INSTRUCTIONS:**

Cook the bacon in a skillet, reserve the grease.

Combine the Blue cheese and feta in a bowl.

Mix in bacon and green onions.

Add cream cheese and combine.

Slice open the non-fat side of the pork chops.

Stuff with cheese mixture and secure closed with tooth picks.

Season with salt, pepper and garlic powder.

Over high heat, sear both sides for 1.5 minutes in reserved bacon grease.

Transfer to a prepared pan and cook at 350 degrees for 55 minutes.

Rest 3 minutes before serving.

## **Forget the Potato Shepherd's Pie** INGREDIENTS:

1lb. lean ground beef

### **2 tablespoons onion or garlic salt**

8 ounces low carb mushroom soup or sauce mix ¼ cup ketchup

1lb. package of frozen, mixed vegetables 1lb Aitkin's low carb bake mix or equivalent **INSTRUCTIONS:**

Pre-heat oven to 375.

Prepare low carb bake mix as per package instructions and roll into a circle the same dimensions of your skillet.

Cut dough into equal sized triangles.

Roll each triangle one time from base to tip and set aside.

Brown ground beef with onion salt.

Stir in mushroom soup/sauce, ketchup and mixed vegetables.

Bring mixture to a boil, then reduce heat to medium, cover and simmer until vegetables are tender.

Remove from heat and arrange the previously prepared dough triangles on top of mixture, tips should point towards the center.

Bake at 375, 20 minutes or until golden brown.

## Easy Slider

### INGREDIENTS:

1 lb. 6 oz. Ground Beef

### 1 Egg

Garlic *Salt* Pepper / Onion Powder to taste Several dashes of Worcestershire Sauce 8 oz. Cheddar Cheese (1/2 oz. per patty) **INSTRUCTIONS:**

Mix the beef, eggs and the spices together.

Divide the meat into 1.5 oz. patties.

Add ½ oz. of cheese to each patty and combine two patties to make one burger, like a sandwich.

Heat oil on high and fry the burgers until desired doneness.

Serve.

## **Sage N Orange Breast of Duck** INGREDIENTS:

1 Duck Breast (~6 oz.) 2 tbsp. Butter  
1 tbsp. Heavy Cream  
1 tbsp. Swerve  
1/2 tsp. Orange Extract 1/4 tsp. Sage

### **1 cup Spinach**

#### **INSTRUCTIONS:**

Score the duck skin on top of the breast and season with salt and pepper.  
In a pan over medium-low heat, brown butter and swerve.  
Add sage and orange extract and cook until deep amber in color.  
Sear duck breasts for few minutes until nicely crisp.  
Flip the duck breast.  
Add heavy cream to the orange and sage butter and pour this over the duck.  
Cook until done.  
Add spinach to the pan you used to make the sauce and serve with duck.

## **Dijon Halibut Steak**

### **INGREDIENTS:**

1 6 ounce fresh or thawed halibut steak 1 Tablespoon butter

### **1 Tablespoon lemon juice**

½Tablespoon Dijon mustard

### **1 Teaspoon fresh basil**

### **INSTRUCTIONS:**

Heat butter, basil, lemon juice and mustard in a small saucepan to create glazing liquid.

Brush both sides of halibut steak with mixture.

Grill fish 8 to 12 min over med heat until tender and flakey.

## Hamburger Patties with Luscious Gravy

### INGREDIENTS:

For the Patties:

3 tablespoons of cooking oil (canola, vegetable) 1-1/2 pounds of 80/20 ground chuck

3/4 cup of onion, finely chopped

1 large egg

1 teaspoon Tiger Sauce, or hot pepper sauce, or to taste, optional 1 teaspoon of seasoned salt

1/2 teaspoon garlic powder

1/4 to 1/2 teaspoons freshly cracked black pepper About 1/3 cup of all purpose flour, for dipping the patties

For the Gravy:  
1 large onion, halved and sliced (about 3 cups sliced) 1 cup of beef broth 1 cup of water

1/4 cup of all-purpose flour

1/4 teaspoon of seasoned salt, or to taste 1/4 teaspoon of freshly ground black pepper, or to taste 1/2 tablespoon of Worcestershire sauce, optional 1 teaspoon of browning & seasoning sauce (like Kitchen Bouquet), optional 2 cups of sliced mushrooms, optional

### INSTRUCTIONS:

In a Large skillet heat cooking oil over medium heat.

In a medium size bowl add in chopped onion, egg, hot sauce, and ground chuck along with seasoned salt, garlic powder and pepper.

Form mixture into 4-6 patties and cover with flour.

Pan fry until brown and set aside.

Over medium heat add sliced onions to the previously used pan and caramelize.

In a separate bowl whisk broth, water, 1/4 cup flour, seasoned salt, pepper and Worcestershire Sauce.

Pour into onions and constantly stir until thickened.

Add the patties to the pan and ensure coverage of sauce (add sliced mushrooms if desired).

Reduce heat and let simmer covered for 20 minutes.

## Garlic Fillets

### INGREDIENTS:

1/2 cup mayonnaise

1/2 Teaspoon dried marjoram leaves 1/2 Teaspoon dried thyme leaves 1/2

Teaspoon garlic powder 1/4 Teaspoon ground celery seed

### 1 pound fish fillets

### INSTRUCTIONS:

Combine and mix all ingredients except for the fish.

Brush 1/2 sauce on one side of fish.

Broil fish for 5-8 minutes.

Turn fish and brush with remaining sauce.

Broil for additional 5-8 minutes.

## **Asian Stir Fried Beef**

### **INGREDIENTS:**

1 pound sirloin steak, cut into 1/8-inch strips

### **2 Splenda packets**

3 Tablespoons cooking oil, divided

### **2 Tablespoons soy sauce**

1/4 Teaspoon pepper

3 green onions, thinly sliced 2 garlic cloves, minced

Tablespoon sesame seeds

### **INSTRUCTIONS:**

In a dish, place meat.

In a bowl combine sugar, oil, seasoning, soy sauce and sesame seeds.

Pour mixture over meat and mix ensuring that meat is fully covered.

Marinate for 15 minutes.

In a wok over high heat stir fry the beef.

# **Parmesan Crusted Pork Loin Stuffed with Spinach +**

## **Havarti** INGREDIENTS:

1/2 cup grated parmesan cheese  
1 tsp. Victoria Taylor's Tuscan Seasoning  
2 tsp. minced garlic  
1/4 cup olive oil

## **1 cup of fresh spinach**

A block of garlic and herb Havarti cheese 1 tsp. Dijon mustard \*optional

### **INSTRUCTIONS:**

Preheat oven to 400 degrees.

Butterfly the pork.

Prepare a large Ziploc bag filled with parmesan cheese, Tuscan seasoning, garlic and olive oil.

Add butterflied pork loin to the bag until it's completely covered inside and out.

Add pork loin to a butter-greased baking dish, and squeeze any remaining "batter" on top of the loin, spreading around until even.

Add the spinach to the inside of the pork loin, and top with Havarti cheese. Close the pork loin so the spinach and cheese is inside like a sandwich and secure with toothpicks.

Bake 45 minutes or until the pork reaches 145 degrees internally.

Rest 5 minutes, slice and serve.

# **Decadent Duck Fat Salmon with Cream Sauce**

## **INGREDIENTS:**

Salmon Filets:

1 1/2 lb. Salmon Filet

3/4-1 tsp. Dried Tarragon 3/4-1 tsp. Dried Dill Weed 1 tbsp. Duck Fat

Salt and Pepper to Taste

Cream Sauce:

2 tbsp. Butter

1/4 cup Heavy Cream

1/2 tsp. Dried Tarragon

1/2 tsp. Dried Dill Weed

Salt and Pepper to Taste

**INSTRUCTIONS:**

Slice the salmon in half resulting in 2 filets.

Season flesh with spices and skin with salt and pepper.

Heat over med heat, 1 tbsp. duck fat (preferred ceramic cast iron skillet).

Add salmon when oil is hot.

Crisp skin side 4-6 minutes.

Reduce heat to low and flip salmon.

Cook salmon until preferred wellness, approximately 7-15 minutes.

Remove salmon from the pan to rest and reserve juices for sauce mixture.

Lightly brown butter and spices in the pan with reserve juices.

Mix in cream mix.

Serve sauce over salmon.

## **Ensalada De Taco** **INGREDIENTS:** 1 pound ground beef

1 1/2 tablespoons Taco Seasoning

1-2 tablespoons Taco Bell taco sauce, optional

12 ounces iceberg lettuce, chopped

1 small tomato, diced, 3 ounces

3 ounces cheddar cheese, shredded

6 tablespoons sour cream

6 tablespoons salsa (1 tablespoon per serving)

3/4 cup guacamole (2 tablespoons per serving) **INSTRUCTIONS:** Brown the ground beef and drain fat.

Stir in seasoning mix and Taco Bell taco sauce. If consistency is too thick, water can be added a small amount at a time until it's too preferred consistency.

Assemble ingredients on prepared salad, top with toppings and serve.

Yields 6 servings.

## **Creamy Bacon Chicken Crock**

### **INGREDIENTS:**

#### **8 bacon slices**

8 boneless, skinless chicken breasts 2 (10 oz.) cans roasted garlic cream of mushroom soup

#### **1 cup sour cream**

½ cup flour (all purpose or gluten free blend) Salt and pepper to taste

### **INSTRUCTIONS:**

Wrap one slice of bacon around each boneless chicken breast and place into crockpot.

In a medium sized bowl, mix both soups, sour cream, and flour.

Pour mixture over chicken.

Cover crockpot and cook on low for 6-8 hours/ internal temp should read 160-170 degrees F.

After chicken and bacon are thoroughly cooked, remove from pot.

Beat the sauce with a wire whisk to create a velvety consistency to the sauce.

Pour sauce over chicken.

## Pork in an Iceberg

### INGREDIENTS:

200 g pork fillet, minced (cooked weight) 1 cup sliced water chestnuts,  
drained 1 tablespoon sliced ginger  
1 tablespoon chilli sauce  
2 tablespoons sherry

### 1 tablespoons tamari or soy sauce

Iceberg lettuce leaves cut carefully into cups **INSTRUCTIONS:**

Sauté ginger lightly and add minced pork.

Brown the meat.

Add sherry and sauces.

Add water chestnuts and a small amount of water to simmer for 5 min.

Spoon mix into lettuce cups made from iceberg lettuce.

Serve and enjoy.

# Roast of Chicken and Lemon Cream Pancetta

## INGREDIENTS:

12 oz. bag of Brussels sprouts  
1/2 cup chicken broth  
1 1/2 cups heavy cream

## **1 teaspoon minced garlic**

1 lemon, quartered and seeded  
4 oz. thick pancetta cut into 1/2 inch pieces 2 lbs. chicken tenderloins

## INSTRUCTIONS:

Preheat the oven to 400 degrees.

Cut brussel sprouts lengthwise through the root and boil 5 minutes, let rest in strainer.

In a medium-sized frying pan, pour in 1/2 cup chicken broth and bring to a boil on medium heat.

Add heavy cream, minced garlic and lemon.

Simmer gently 5-10 minutes, stirring often until reduced in half.

Heat some oil in an extra-large skillet and add chicken.

Cook on medium high until almost cooked through, then add pancetta.

Continue cooking chicken until the internal temperature reaches 180 degrees.

Prepare a 9x9 casserole dish with a layer of brussel sprouts.

Add a layer of chicken followed by a layer of pancetta.

Top with lemon cream sauce.

Discard lemon quarters and any seeds.

Bake in the oven for 20 minutes.

Serve and enjoy.

## **Low Carb Chicken and Gravy** **INGREDIENTS:**

2 tsp. black pepper  
1 tsp. of onion powder  
2 tsp. of garlic powder  
1 tsp. of season salt 3-4 Bone-in Chicken Breasts  
3-4 Tbsp. of butter (softened)  
6 whole cloves of garlic (optional)  
1 cup of low sodium chicken broth  
2 Tbsp. of almond flour (or flour of your choice) **INSTRUCTIONS:**

Preheat the oven to 400 F.

In a small bowl, mix together the ingredients for the spice mixture.

Grease a baking dish and set in chicken breasts.

Gently make an opening between the skin and the flesh Sprinkle the seasoning in the opening, and the exterior breasts.

Dollop the inside of the openings with a 1/2 Tbsp. of butter and three garlic cloves.

With 1/2 Tbsp. of butter, grease outside of the chicken breasts and seasoning mixture.

Bake uncovered 25 minutes.

Cover the pan with foil and cook an additional 20 minutes or until thoroughly cooked.

## **Cast Iron Cheesy Chicken** INGREDIENTS:

4 Chicken Breasts

### **4 Bacon Strips**

1 Oz. Soy Sauce

4 Oz. Ranch Dressing

### **3 Green Onions**

4 Oz. Cheddar Cheese

### **INSTRUCTIONS:**

Heat cast iron pan with some cooking oil on high heat.

Add chicken breasts and fry both sides until internal temperature reads 165.

Prepare bacon bits by frying bacon, cool and then crumble into bits.

Chop 3 green onions.

Set chicken in a baking dish, top with soy sauce followed by ranch, bacon, green onions and then top with cheese.

Broil until the cheese is bubbly and golden brown, roughly about 3-4 minutes.

Serve and enjoy.

## Hearty Meadow Meatloaf

### INGREDIENTS:

Herb Sauce:

1/4 cup olive oil

8 ounces fresh mushrooms, chopped 1 large onion, finely chopped 1 garlic clove, minced

1 (28 ounce) can crushed tomatoes 1 (6 ounce) can tomato paste Teaspoon salt

1/8 teaspoon pepper

2 Splenda packets

1 cup water

### 1 bay leaf

2 tablespoons fresh basil (or 2 teaspoons dried, chopped) Meatloaf:

2 lbs. ground beef or combination of ground beef, pork and veal 1 cup pork rinds, crushed 2 eggs, beaten

### INSTRUCTIONS:

Heat oil in skillet on high heat.

Add mushrooms, onions and garlic and sauté in oil.

Add tomatoes, tomato paste, salt, pepper and Splenda to the sautéed mushrooms.

Remove approx. 1-1/2 cups of sauce mixture and set aside.

Add water, bay leaf and basil to skillet with remaining mixture Bring to a boil.

When boiling, cover, reduce heat, and simmer gently 45 minutes.

Combine meat, eggs and pork rinds with the previously reserved herb sauce.

Press into loaf pan and bake in a 350 degree oven for 45 minutes.

Remove loaf from oven and drain liquid.

Spread 1/2 cup herb sauce over loaf.

Return to bake in oven for another 15 minutes.

Discard bay leaf and top with any remaining sauce.

**Teriyaki Wings** **INGREDIENTS:** 1 1/2 lb. chicken drumettes/wings

2-3 Tbsp. oil

Salt, to taste

Black pepper, to taste

6 Tbsp. coconut aminos (a soy free version of soy sauce)

2 Tbsp. equivalent sweetener

2 tsp. ground ginger

1 tsp. garlic powder

1/2 cup chicken broth **INSTRUCTIONS:** Set the oven broiler on high.

Toss wings in oil, salt and pepper.

Place skin side down onto a baking sheet lined with foil.

Broil for 10 minutes.

Flip wings and broil an additional 20-25 minutes or until cooked.

Combine the remaining ingredients in a pot and bring to a boil for 5-7 minutes, stir often until the liquid is reduced and thickened.

Remove from heat and pour prepared sauce over cooked wings and serve.

## **Cauliflower Rice Chicken Curry** **INGREDIENTS:**

2 Lbs. of Chicken (4 breasts) 1 packet of Curry Paste

### **1 Cup Water**

3 Tablespoons Ghee (can substitute butter) ½ Cup Heavy Cream

1 Head Cauliflower (around 1 kg) **INSTRUCTIONS:**

Melt Ghee in a large lidded pot.

Stir in curry paste.

Add water and simmer 5 minutes.

Add chicken, cover, and simmer gently for 20 minutes or until chicken is cooked.

Chop head of fresh cauliflower and pulse in a food processor to resemble rice.

Once the chicken is cooked, uncover, and incorporate cream.

Cook for an additional 5 minutes and serve over the riced cauliflower

## Citrus Steak

### INGREDIENTS:

1 pound steak, your choice of cuts

### **1 Teaspoon finely shredded lemon peel**

1/2 cup lemon juice

1/3 cup cooking oil

2 Tablespoons sliced green onion

### **4 Teaspoons Splenda**

1 1/2 Teaspoons salt

1 Teaspoon Worcestershire sauce

### **1 Teaspoon prepared mustard**

1/8 Teaspoon pepper

1/2 teaspoon orange zest grated **INSTRUCTIONS:**

Score any fat on the meat and place in a shallow baking dish.

Combine all ingredients to make the citrus marinade and pour in pan over steak and let rest at least 4 hours.

Grill steak and add any remaining marinade during cooking process.

## **Grandmas Best Meat Loaf**

### **INGREDIENTS:**

160 g of minced lean beef (cooked weight)

### **2 eggs**

1 cup mixture of tomato, onion, mushrooms, capsicum finely chopped

### **2 tablespoons Worcestershire sauce**

Onion salt and cracked pepper to taste 1 tablespoon mixed herbs

### **1 tablespoon sweet paprika**

Freshly chopped Italian parsley and chives Olive oil

### **INSTRUCTIONS:**

In a large bowl, add beef, egg, and Worcestershire sauce, a dash of onion salt, pepper, paprika and herbs and mix together well.

Mold into loaf shape and place either in a baking tin or wrap formed loaf in foil.

Bake at 375 degrees until cooked through.

When loaf is ready, Sauté onion, mushrooms, tomato and capsicum in olive oil and top loaf with mixture.

Garnish with freshly chopped Italian parsley and chives.

## **Soy Bean Low Carb Chicken Chili** INGREDIENTS:

2 boneless, skinless chicken breasts 1 onion  
2 cloves of garlic

### **1 8-oz can of tomato sauce**

1 10-oz can of diced tomatoes and green chilies 2 15-oz cans of black soy beans 2 tbsp. butter  
1 tbsp. olive oil  
Ground red cayenne pepper Chili powder  
Salt  
Pepper  
Shredded cheese of your choice Sour cream

### **INSTRUCTIONS:**

Heat 2 tbsp. butter in a large pot over medium heat and sauté minced onion and garlic until tender.

Cut chicken into small, 1-inch size pieces and put in pot with 1 tbsp. of olive oil.

Season with salt and pepper.

Cook until meat is lightly browned.

Add 8-oz can of tomato sauce to the pot and bring to a gentle boil.

Add diced tomatoes, green chilies and black soy beans.

Season with ground red cayenne pepper, chili powder, and salt.

Stir and cover the pot.

Cook 45 minutes to 1 hour.

Upon serving top with shredded cheese and sour cream.

## **Brussel n Bacon Chops**

### **INGREDIENTS:**

2 pork chops (I prefer bone-in, but boneless chops work great as well) 1 bag of shredded brussel sprouts

### **4 slices of bacon**

Salt & Pepper

Worcestershire sauce

Lemon juice (optional)

### **INSTRUCTIONS:**

Toss pork chops with Worcestershire sauce, salt and pepper and rest them on baking sheet them for 15 min.

Place pork chops on a preheated grill for 5 min than turn over and continue cooking for an additional 4 min to an internal temperature of 145 degrees.

Rest cooked chops.

Cook chopped bacon in a large pan until lightly brown Add shredded brussel sprouts cook together.

Stir the brussel sprouts in with the bacon and grease and cook 3-4 minutes or until the bacon is crisp.

## **Spiced Tortilla Pork** **INGREDIENTS:** 4 pound boneless pork butt, fat

trimmed and cut into 2 inch cubes

1 1/2 tsp. salt

3/4 tsp. pepper

1 tsp. ground cumin

1 onion, peeled and halved

2 bay leaves

1 tsp. dried oregano

2 Tb fresh lime juice

2 C water

1 medium orange, juiced and keep the drained halves **INSTRUCTIONS:**

Preheat oven to 300 degrees.

In a large Dutch oven add all the ingredients, including the drained orange pieces and juice and bring to a gentle boil, uncovered.

Once at a simmer point, cover pot and transfer it onto the medium rack in oven.

Cook approximately 2 hours until the meat falls apart.

Remove the pot from the oven and with a slotted utensil, remove the meat from the pan and place it on a large foil-lined jelly roll pan prepared for broiling.

Remove and discard everything from pot but reserve cooking liquid.

Place pot over high heat and bring to a boil until thick, roughly 20 minutes.

Break up pork and gently fold into the syrupy liquid.

Spread the pork back onto the foil lined pan and broil until browned and edges are slightly crisp, about 5 to 8 minutes.

Turn over meat and broil the other side the same.

Serve immediately in a tortilla and enhance with any desired toppings.

## Eastern Paneer Chicken

### INGREDIENTS:

3lbs Chicken Thighs (with bone in) 7 Oz Paneer Packet  
1 Cup Water  
1 Cup Crushed Tomatoes  
1/2 Cup Heavy Whipping Cream 4 Tbsp. Butter  
1 Tbsp. Olive Oil  
2 tsp. Coconut Oil  
1 1/2 tsp. Garlic Paste  
1 1/2 tsp. Ginger Paste  
1 tsp. Coriander Powder  
1 tsp. Garam Masala  
1 tsp. Salt  
1 tsp. Freshly Ground Black Pepper 1/2 tsp. Paprika  
1/2 tsp. Kashmiri Mirch  
1/2 tsp. Red Chili Powder 5 Sprigs Cilantro

### INSTRUCTIONS:

Preheat oven to 375 F.  
Rub thighs with olive oil and season as desired.  
Roast 25 minutes.  
Lightly brown butter and coconut oil in a pan over med heat.  
Add ginger and garlic paste and sauté for 2 minutes.  
Incorporated crushed tomato, coriander powder, garam masala, paprika, red chili powder and salt to the ginger and garlic.  
Simmer until the oil is noticeable on the surface of pot.  
Gently mix in cubed paneer and add water.  
Simmer 5 minutes.  
Reduce heat and add cream, stir and simmer to boiling Remove almost cooked chicken from oven and separate it from the bone.  
Mix chicken to the sauce and simmer for at least 5 more minutes until chicken is cooked.  
Garnish with cilantro.

## **Zesty Low Carb Meat Loaf** **INGREDIENTS:** 2 lb. ground beef

1 lb. mild pork sausage  
1 c crushed plain pork rinds  
4 oz. diced mild green chilies  
1 med onion chopped  
8 oz. Monterey Jack shredded  
3/4 c mild salsa  
1 egg  
3 cloves garlic, crushed  
1 T dried oregano  
1 T ground cumin

1 tsp. salt **INSTRUCTIONS:** Mix all ingredients together.

Pour into a 9x13 pan, lined with tin foil and form into a loaf.

Bake at 350° for 1 1/2 hours.

## Santé Fe Skillet

### INGREDIENTS:

### 2 Tablespoons sliced almonds

1 yellow sweet pepper, cut into bite sized strips  
1 fresh jalapeno, seeded and chopped  
1 Tablespoon olive oil or cooking oil  
4 medium tomatoes, peeled and chopped  
1 -1 and 1/2 Teaspoons chili powder  
1/2 Teaspoon ground cumin  
1/4 Teaspoon salt

### 4 eggs

1 medium ripe avocado, seeded and peeled (optional) **INSTRUCTIONS:**

In large skillet on med heat, toast almonds than remove from pan and set aside.

In the skillet heat cooking oil.

Add sweet pepper and jalapeno and cook until softened.

Stir in chili powder, cumin, tomatoes and salt and bring to a boil.

Reduce heat, cover and simmer 5 minutes.

Gently crack eggs into an easy pour vessel and carefully slide it into the mixture. One egg at a time.

Cover and allow eggs to poach for approximately 5 minutes or until whites are set.

Serve garnished with toasted almonds and avocado slices.

# **A Bacon Lovers Low Carb Meatloaf**

## **INGREDIENTS:**

1 lb. ground beef  
14-18 slices bacon (regular thickness)

## **1 cup almond meal**

1 cup cheddar cheese (add more if you want it extra cheesy) ½ cup diced  
canned mushrooms  
1 diced shallot

## **1 large egg**

2 tsp. fresh thyme  
1 Tbsp. salt  
1 tsp. mustard powder  
½ tsp. Worcestershire sauce  
½ tsp. pepper

## **INSTRUCTIONS:**

Weave the bacon into a baking pan.

Mix all of the other ingredients gently.

Layer meat, cheese, add more meat over bacon weave.

Secure edges of the bacon weave over the meatloaf and add another strip of  
bacon down the middle.

Cover with foil and chill 30 minutes.

Turn the loaf out of the pan and onto a grill sheet and rub with desired  
seasoning.

Bake in a preheated 300 degree oven for 1 hour.

Increase heat to 350 degrees and cook an additional 10 minutes, internal  
temperature should register 160 F.

Rest 10 minutes, slice and serve.

## **Chicken in a Crispy Bacon Blanket** **INGREDIENTS:**

3 boneless chicken breasts 1 package bacon

1 8 ounce package cream cheese

### **3 jalapeno peppers**

Salt, pepper, garlic powder or other seasonings **INSTRUCTIONS:**

Cut each chicken breast in half lengthwise to make two thin pieces.

Cut each jalapeno in half lengthwise and remove seeds.

Dress each breast with 1/2 inch slice of cream cheese and 1/2 slice of a jalapeno.

Sprinkle with a garlic powder, salt, and pepper and adjust as desired.

Roll chicken and wrap 2 to 3 pieces of bacon around it, secure with toothpicks.

Season roll with Montreal Steak Seasoning or any preferred seasoning.

Bake in a preheated 375 degree oven for 45 minutes and ensure chicken is cooked through and the bacon is crisp.

## **Low Carb Cajun Ranch Chicken** INGREDIENTS:

5 lbs. chicken parts (legs or thighs are best)

### **2 Tablespoon olive oil**

1/4 cup Cajun seasoning

Ranch dressing for serving (optional) For the Cajun Seasoning Blend: 2 tsp.  
kosher salt

### **1 Tablespoon garlic powder**

1 tsp. black pepper

1 1/2 tsp. onion powder

1 tsp. cayenne pepper

1 1/2 tsp. dried oregano 1 tsp. dried thyme

### **INSTRUCTIONS:**

Rub the chicken with olive oil and smoother with Cajun seasoning.

Place on cookie sheets with at least an inch apart.

Bake on middle rack in a preheated 400 degree oven for roughly 40-50 minutes until skin is golden and crispy, and the juices are clear.

## **Heaven Stuffed Chicken Rolls** INGREDIENTS:

### **4 boneless, skinless chicken breasts**

8 oz. cream cheese

1/4 cup green onions, chopped

### **4 slices bacon, partially cooked**

#### **INSTRUCTIONS:**

Partially cook your strips of bacon, about 5 minutes on each side and set aside.

Pound breasts to 1/4 inch thick.

Mix cream cheese and green onion together.

Spread 2 tablespoons of mixture onto each of breast.

Roll, wrap them with the strip of bacon and secure with a toothpick.

Place the chicken on a baking sheet and bake in a preheated 375 degree oven for 30 minutes until fully cooked.

Broil 5 minutes to crisp the bacon.

Serve.

## **Creamy Butter Thai Battered Shrimp** INGREDIENTS:

### BATTERED SHRIMP:

1/2 oz. Parmigianino Reggiano, grated 2 tbsp. Almond Flour

1/2 tsp. Baking Powder

1/4 tsp. Curry Powder (*optional*) 1 tbsp. Water

1 large Egg

12 medium Shrimp

3 tbsp. Coconut Oil

### CREAMY BUTTER SAUCE:

2 tbsp. Unsalted Butter

1/2 small Onion, diced

1 clove Garlic, finely chopped 2 small Thai Chilies, sliced (*remove seeds if you are not a fan of spice*) 2 tbsp. Curry Leaves

1/2 cup Heavy Cream

1/3 oz. Mature Cheddar (*optional*) Salt and Pepper to Taste

1/8 tsp. Sesame Seeds (*garnish*) **INSTRUCTIONS:**

Remove the shells of the shrimps, devein and clean.

Pat the cleaned shrimps dry with paper towels.

In a bowl, mix together 0.5 oz. grated Parmigianino Reggiano, 2 tbsp. almond flour, 1/2 tsp. baking powder and 1/4 tsp. curry powder.

Add 1 egg and 1 tbsp. water and mix well until smooth.

In a pan, heat 3 tbsp. coconut oil on medium heat Coat shrimps well with the batter and pan-fry the shrimps until the shrimps turn golden brown.

Remove them from pan and set on a rack to cool.

In a pre-heated pan on medium-low heat, melt 2 tbsp. unsalted butter then add 1/2 chopped onion.

Cook until onion is translucent.

Incorporate in finely chopped garlic, sliced chilies and 2 tbsp. of curry leaves cook until slightly softened.

Reduce heat to low and gently stir in 1/2 cup Heavy Cream with 0.3 oz. of cheddar.

Add battered shrimp to thickened sauce and coat well.

Dress with sesame seeds.

Serve and enjoy.

## **Jalapeno Popping Buffalo Chicken Bake** **INGREDIENTS:**

6 small Chicken Thighs

### **6 slices Bacon**

3 medium Jalapenos (De-seed if you aren't a fan of spicy) 12 oz. Cream Cheese

1/4 cup Mayonnaise

4 oz. Shredded Cheddar

2 oz. Shredded Mozzarella Cheese 1/4 cup Frank's Red Hot

Salt and Pepper to Taste

### **INSTRUCTIONS:**

Pre-heat oven to 400F.

Season deboned chicken thighs with salt and pepper.

Place on a rack over a cooking tray wrapped in foil and bake chicken 40 minutes.

Crisp 6 slices of chopped bacon over medium heat.

Add jalapenos and cook until soft.

Mix in cream cheese, mayo, and hot sauce Remove chicken from the oven when cooked through and let rest until cool enough to handle.

Remove skins from the chicken and lay chicken into a casserole dish.

Top evenly with cream cheese mixture.

Cover with cheddar and mozzarella cheese.

Bake in 400 degree oven for 10-15 minutes then turn to oven to broil 3-5 minutes to melt and brown cheese.

Serve and enjoy.

## Duck Fat Ribeye

### INGREDIENTS:

1 16 oz. Ribeye Steak (1 - 1 1/4 inch thick) 1 tbsp. Duck Fat (or other high smoke point oil like Peanut Oil) 1 tbsp. Butter  
1/2 tsp. Thyme, chopped

Salt and Pepper to Taste

**INSTRUCTIONS:**

Preheat a cast iron skillet in oven at 400 degrees.

Dress steaks with oil and salt and pepper.

Carefully remove pan from oven once pre-heated.

Set on the stove top burner at medium heat and add oil.

Sear steak for 1 1/2 to 2 minutes.

Turn over steak and place in oven for 4-6 minutes.

Remove steak and place back on the burner but on low.

Add in butter and thyme and baste steak for 2-4 minutes.

Allow to rest 5 minutes and serve.

## **Spinach Chicken Pie Skillet** INGREDIENTS:

The Filling:

6 Chicken Thighs, De-boned and de-skinned

### **5 slices Bacon**

1 tsp. Onion Powder

1 tsp. Garlic Powder

3/4 tsp. Celery Seed

8 oz. Cream Cheese

4 oz. Cheddar Cheese

### **6 cups Spinach**

1/4 cup Chicken Broth

Salt and Pepper to Taste

The Crust:

1/3 cup Almond Flour

3 tbsp. Psyllium Husk Powder 3 tbsp. Butter

### **1 large Egg**

1/4 cup Cream Cheese (~2 oz.) 1/4 cup Cheddar Cheese

1/2 tsp. Paprika

1/4 tsp. Garlic Powder

1/4 tsp. Onion Powder

Salt and Pepper to Taste

### **INSTRUCTIONS:**

Cube and season chicken thighs.

Brown in an oven safe pan.

Add chopped bacon and crisp.

De-glaze pan with chicken broth, then stir in cream cheese and cheddar cheese.

Add spinach, let wilt and combine.

Put all dry ingredients for crust into one bowl.

Put cream cheese and cheddar in a separate bowl and microwave until melted.

Add the egg and cheese to the dry bowl and mix well.

Combine all crust ingredients.

Form into a circle on a non-stick baking mat.

Mix all ingredients in the pan together, then carefully invert the mat over the pan and slide mat off.

Put pan in the oven for 15 minutes at 375F.

# Caribbean Barbacoa

## INGREDIENTS:

3 lbs. chuck roast (fat trimmed), cut into 2-inch chunks 4 cloves garlic, minced  
2 chipotles in adobo sauce, chopped 1 small white onion, finely chopped (about 1 cup) 1/4 cup fresh lime juice  
2 tablespoons apple cider vinegar 3 bay leaves

## 1 Tablespoon ground cumin

1 Tablespoon dried Mexican oregano (or regular oregano) 2 teaspoons salt

## 1 teaspoon black pepper

1/4 tsp. ground cloves  
1/2 cup beef broth or water

## INSTRUCTIONS:

Combine all ingredients in slow cooker.  
Cover and cook on low for 6-8 hours or until the beef falls apart.  
Shred the beef into bite-sized pieces while still inside slow cooker.  
Toss with the juices, cover and steep in juices for 10 minutes.  
Serve and enjoy.

## Sun-Dried Tomato and Goat Cheese Chicken

**INGREDIENTS:** 1/3 C sun-dried tomatoes, packed without oil, finely chopped  
2 tsp. olive oil, divided  
1/2 C chopped shallots, divided  
1 tsp. Splenda  
3 garlic cloves, minced  
2 1/2 Tablespoon balsamic vinegar, divided  
1/2 C (2 oz.) crumbled goat cheese - to cut down on the fat, find the lowest-fat variety  
2 Tablespoon chopped fresh basil  
3/4 tsp. salt, divided  
4 (6-oz) skinless, boneless chicken breast halves  
1/8 tsp. freshly ground black pepper  
3/4 C fat-free, less-sodium chicken broth  
1/4 tsp. dried thyme **INSTRUCTIONS:** Heat 1 tsp. oil in a large non-stick skillet over medium heat.

Add 1/3 cup shallots, Splenda, and garlic.

Cook 4 minutes or until golden brown, stirring often.

Spoon into a mixing bowl and stir in 1 1/2 tsp. vinegar.

Incorporate chopped tomatoes, shallot mixture, cheese, basil, and 1/4 tsp. salt together and mix well.

Cut a horizontal slit through each chicken breast half.

Stuff 2 Tbsps. cheese mixture into each newly formed pocket.

Season with 1/2 tsp. salt and black pepper.

Heat 1 tsp. oil in pan over medium-high heat and add stuffed chicken.

Cook approximately 6 minutes on each side or until juices run clear.

Remove chicken from pan and add broth, remaining shallots, 2 Tbsps. vinegar, and thyme.

Bring to a boil and stir until thickened.

Serve over chicken.

## **Easy Bake Chicken** **INGREDIENTS:** 1 lb. boneless skinless chicken

breast

2 Tbsp. Extra Virgin Olive Oil

3 Tbsp. I Can't Believe It's Not Butter! Light Spread

2 tsp. salt

2 tsp. pepper

2 tsp. garlic powder

2 Tbsp. dry basil

1 Tbsp. ground oregano **INSTRUCTIONS:** Preheat oven to 350 degrees.

Place breasts in baking dish and cover with olive oil and butter.

Rub entire breasts with spices.

Bake 25-35 minutes until thoroughly cooked.

**Fancy Pepper Shrimp Salad** **INGREDIENTS:** 8 oz. cooked shrimp

1/2 cup green peppers, chopped

1/2 cup red peppers, chopped

1/2 cup yellow peppers, chopped

1/2 cup onions, chopped

1 tbsp. olive oil

1 tbsp. cider vinegar

1 tsp. fancy Dijon mustard

1/4 cup parmesan cheese, grated **INSTRUCTIONS:** In a bowl chop peppers and onion and add cooked shrimp.

Toss with a dressing olive oil, vinegar, and Dijon mustard.

Dress with parmesan cheese and serve.

## **Easy Zoodles and Turkey balls** INGREDIENTS:

1 zucchini cut into spirals

### **1 can vodka pasta sauce**

1 package of frozen Armour Turkey meatballs **INSTRUCTIONS:**

Cook meatballs and sauce on medium heat for 22-25 minutes and stir occasionally.

Clean zucchini and put through a vegetable spiral maker.

Boil water and blanch raw zoodles 45 seconds.

Remove and drain.

Combine zoodles and prepared saucy meatballs.

Serve and enjoy.

## **Franks Best Chicken Strips** INGREDIENTS:

12 chicken breast tenderloins 1/4 cup Frank's hot sauce

### **6 tablespoons butter**

1 clove of garlic, minced 1/4 teaspoon salt

### **1 grind of fresh pepper**

#### **INSTRUCTIONS:**

Melt 2 tbsps. Butter in a large frying pan on medium high heat.

Add tenderloins and cook 9 minutes, turn over half way through.

Heat garlic and 4 tabs butter in the microwave.

Mix in salt and pepper and Frank's hot sauce.

When your tenders are cooked, toss with sauce and cook about 30 seconds more.

Save a little sauce for dipping.

## **Low Carb Spicy Sausage and Cheddar** INGREDIENTS:

1 recipe Cheesy Skillet Bread  
1 pound spicy Italian sausage

### **1 cup diced celery**

1/2 cup diced onion  
2 garlic cloves, minced

### **1 teaspoon dried sage**

1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1/2 cup low sodium chicken broth

### **2 large eggs**

1/4 cup heavy cream

### **INSTRUCTIONS:**

Prebake skillet bread and cube into 1/2 inch pieces.

Preheat oven to 200F.

Spread bread cubes on a large baking sheet and slowly bake 2 to 3 hours, until dry and crisp.

Let rest overnight to continue to dry.

Heat a large skillet over medium heat and sauté sausage until cooked through, about 6 minutes and break into large pieces with cooking.

Transfer sausage to a large bowl.

Sauté celery, onion, garlic, sage, salt and pepper in a pan until tender, roughly 5 minutes.

Add into bowl of sausage.

Preheat oven to 350F and butter a large baking dish.

Combine cubed bread to sausage mixture and chicken broth.

In a medium bowl, whisk eggs with cream and pour over mixture.  
Toss well and transfer to prepared baking dish.  
Bake 35 minutes, uncovered, until top is golden brown.

## **Gluten Free Chevre Lasagne** INGREDIENTS: 1 head garlic

### **1 teaspoon extra-virgin olive oil**

½ cup raw cashews pieces (2.25 ounces) ¾ cup filtered water

### **1 egg**

4 ounces chevre or fresh goat cheese 1 tablespoon chopped mixed fresh herbs such as thyme, rosemary and sage ¾ teaspoon salt ¼ teaspoon Freshly ground pepper 2 medium zucchini, stem cut off (1.5 pounds) 1 small eggplant, stem cut off (1.25 pounds) 1 small sweet onion, peeled and cored 1 medium tomato, cored and thinly sliced ½ cup shredded Parmesan Reggiano or Hard Aged Goat Cheese Fresh basil for garnish **INSTRUCTIONS:**

- Preheat oven to 350 degrees.
- Cut ends of garlic head off and place root-side down on a double layer of baking foil.
- Drizzle olive oil over the exposed garlic clove ends and wrap foil into a packet.
- Roast garlic packet in oven 45 minutes to 1 hour, until soft.
- Remove from oven and open packet to allow steam to escape and garlic to cool.
- Puree cashew pieces with water until completely smooth.
- Squeeze garlic out of skins into the cashew mixture and discard skins.
- Add egg, chevre or fresh goat cheese, chopped mixed herbs, salt and pepper.
- Puree mixture until creamy.
- Cut zucchini, eggplant and onion lengthwise as thinly as possible to resemble lasagna sheets.
- Spoon about ¼ cup chevre sauce onto bottom of a lined 9x9 baking dish.
- Layer 1/3 of the zucchini, eggplant and onion into the bottom of the dish.
- Add a layer of ½ cup chevre sauce.
- Top with layer of vegetables and sauce.

- Top with a final layer of vegetables, tomatoes, and any remaining chevre sauce until all ingredients are exhausted.
- Cover with a layer of parchment paper and foil.
- Bake until completely vegetables are tender, approximately 1 hr.
- Remove foil and top with the Parmesan or aged goat cheese.
- Broil until cheese is melted, 8 to 10 minutes.
- Remove from oven, rest to cool 15 minutes, dress with basil.

## **Great Balls of Sausage** INGREDIENTS:

12 oz. Jimmy Dean's Sausage  
6 oz. Shredded Cheddar cheese  
12 Cubes Cheddar (Optional)

### **INSTRUCTIONS:**

Mix shredded cheese and sausage and divide into 12 equal parts to be stuffed.  
Add a cube of cheese to the center of divided sausage and roll into balls.  
Fry at 375 degrees until crispy.

## Zesty Breaded Pork Chop

### INGREDIENTS:

- 1 large bone-in pork chop.
- 2 medium eggs.
- 1 bag of pork rinds (3 oz.) ( I used Mac's) 1/4 cup grated Parmesan cheese.
- 1 tsp. minced onion. (Dried kind you get in the spices section.) 1/2 tsp. garlic powder.
- Pinch of salt.
- 1 tsp. black pepper.
- 1/2 stick of butter.
- 1/4 cup of olive oil.

### INSTRUCTIONS:

- Beat eggs in a medium size bowl and set aside.
- In a food processor, grind the 3 oz. of pork rinds, parmesan and all seasonings and pour into a baking pan.
- Melt butter and olive oil in a skillet over medium high heat to it.
- Dip your pork chop into the egg than dredge in pork rind mixture.
- Put the chop into the skillet and cook on both sides until golden brown and an internal temperature of 145-155.
- Remove from pan and let rest for 3 minutes.
- Serve.

## **Bright Salsa Pork Chops** **INGREDIENTS:** 2 x Pork Loins

75g Salsa

3 Tablespoon Lime Juice

½ tsp. Ground Cumin

½ tsp. Garlic Powder

½ tsp. Salt

½ tsp. Ground Black Pepper

Calorie Free Cooking Spray **INSTRUCTIONS:** In a small bowl combine cumin, garlic powder, salt and pepper and rub the spice mixture into pork chops.

Brown chops 5 minutes each side on a medium heat.

Spray the insides of your slow cooker cooking spray and add the pork chops.

Add the salsa and lime mixture.

Slow cook on low for 8 hours.

Serve and enjoy.

## **Creamy Italian Chicken Scampi** **INGREDIENTS:** 1 1/2 lbs.

Chicken Breast – Cut into tenders sized pieces 6 Large Cloves garlic – Minced 6 Tbsp. Butter – Divided 1 Cup Chicken Stock

### **1 Cup Heavy Cream**

1/4 Cup Parmesan Cheese – Grated 6 oz. Mixed Bell Peppers – Sliced A Few Slices Red Onion 1 tsp. Italian Seasoning 1/2 tsp. Red Pepper Flakes Salt and Pepper – To Taste **INSTRUCTIONS:** •In a large sauté pan, over medium-high heat, pan-sear seasoned chicken in 4 Tbsp. butter.

- Sear on both sides until golden brown approximately 3-4 minutes each side.
- Remove chicken from pan and set aside.
- Using the same pan, reduce heat to medium and brown remaining 2 Tbs. butter, and minced garlic about 1-2 minutes.
- Add sliced red onion and sauté until transparent.
- De-glaze the pan with chicken stock. And add Italian seasoning and red pepper flakes.
- Bring to a boil over medium heat and reduce to low.
- Let simmer 2-3 minutes.
- Add heavy cream and continue to simmer and thicken 5-10 minutes.
- Mix in Parmesan cheese and salt and pepper to taste.
- Stir in peppers and add chicken.
- Simmer on low until chicken is fully cooked.

## Crispy Chicken Pot

### INGREDIENTS:

2 whole chicken legs (skin on & bone in)

### **1 stalk of Brussels sprouts, stemmed and chopped**

1 generous tbs. of coconut oil salt, pepper & granulated garlic 1 tbs. olive oil,  
for sprouts Juice of 1 lemon

1/4 cup chicken stock

Pecorino or Parmesan cheese to garnish (optional) **INSTRUCTIONS:**

Preheat your oven to 425 degrees.

Wash, de-stem and slice Brussels sprouts into halves.

Toss with olive oil, salt, pepper and granulated garlic.

Season legs and set aside.

Heat coconut oil in cast iron skillet until hot and add your chicken legs to the pan face. down to crisp 6 -8 min than flip and sear other side Stir in Brussels sprouts, chicken broth and lemon juice.

Bake for 30 minutes until the chicken is cooked through and the juices run clear.

Garnish with Parmesan cheese if desired.

# Seared Scallops with Pancetta and Brussels Sprouts

## INGREDIENTS:

2 tablespoons olive oil, divided

¼ pound pancetta, cut into ½-inch cubes 1 medium shallot, thinly sliced (about 1/4 cup) 1 pound Brussels sprouts, roughly chopped Kosher salt and freshly ground black pepper 2 tablespoons rice wine vinegar

1 tablespoon unsalted butter

## 12 large scallops

### INSTRUCTIONS:

Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.

Add pancetta and crisp, about 2 minutes.

Add shallots, Brussels sprouts and seasoning and brown, about 6 minutes.

Stir in vinegar, transfer to a plate and set aside.

Wipe out skillet with a paper towel.

Pat the scallops dry and season with salt and pepper.

Return skillet to medium-high heat and melt butter.

Add scallops and cook undisturbed until golden brown on one side, 2 to 3 minutes.

Flip, re-introduce brussels sprouts mixture continue cooking about 2 minutes longer.

Serve.

## **Spicy Tomato Coconut Chorizo with Slaw**

### **INGREDIENTS:**

1 tbsp. coconut oil

1 spicy chorizo sausage link (3-4 ounces) cut into small pieces with scissors

### **2 cups basic coleslaw mix**

1 tbsp. tomato paste or low carb ketchup or salsa **INSTRUCTIONS:**

Melt coconut oil in a non-stick pan and slightly brown sausage pieces.

Stir in coleslaw mix and continue cooking until cabbage is soft and the sausage is completely cooked.

Stir in the tablespoon tomato paste or ketchup.

Serve and enjoy.

## Yogurt Beef Bake

### INGREDIENTS:

6 Tablespoons vegetable oil

### **2 pounds beef stew meat**

3 onions, minced

### **6 garlic cloves**

1/2 Teaspoon ginger

1/2 Teaspoon cayenne

1 Tablespoon paprika

### **2 Teaspoons salt**

1/2 Tablespoon pepper

1 1/4 cups plain yogurt, beaten lightly **INSTRUCTIONS:**

Preheat oven to 350.

Heat oil in a large stockpot over medium high heat.

Brown the meat, transfer to bowl and let rest to absorb the cooking juices.

Add onions and garlic to pot and sauté until brown.

Return browned meat, stir in ginger, cayenne, paprika, salt and pepper.

Add in yogurt and gently simmer.

Cover pot with aluminum foil and lid.

Place in oven and bake 1-1/2 hours.

Serve and enjoy.

## **Veal Mexicana Sausages**

### **INGREDIENTS:**

1 1/2 pounds ground veal  
2 green onions, finely chopped (1/3 cup) 2 tablespoons fresh cilantro,  
chopped

### **2 tablespoons green or red salsa**

1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper

### **2 tablespoons olive oil**

1/4 cup green or red salsa for garnish 1/4 cup sour cream for garnish 1 lime,  
cut into slices or wedges, for garnish **INSTRUCTIONS:**

Combine all ingredients in a mixing bowl and mash together.

Shape mixture into 4 sausage links.

Heat oil in a non-stick skillet on high heat and brown sausage 8-10 minutes.  
Serve.

## Chorizo Patties

### **INGREDIENTS:**

1 lb. ground chorizo sausage 1 lb. ground beef (70/30)

### **1 large egg**

1/2 medium yellow onion, diced 3 cloves garlic, diced

2 tbsp. Worcestershire sauce 3 tbsp. smoked sea salt (or kosher salt) 3 tbsp.  
ground black peppercorns For the toppings:

2 large leaves kale

1 slice roma tomato

### **1 strip bacon**

1 tsp. mayo

3 tbsp. shredded cheese

### **INSTRUCTIONS:**

Preheat boiler

Place the patty ingredients into a bowl and mash together.

Divide mixture into 8 quarter-pound patties.

Place the patties onto a roasting rack with tray.

Broil 3" away from the heating element 3 minutes on each side.

Let rest when cooked.

Place patty on a bed of kale, top with mayo, tomato, bacon, and cheese.

Serve and enjoy.

## **Cauliflower Gluten Free Gratin Recipe** INGREDIENTS:

**4 cups raw cauliflower florets**

4 Tbsp. butter

1/3 cup heavy whipping cream salt and pepper to taste

**6 deli slices pepper jack cheese**

### **INSTRUCTIONS:**

Combine cauliflower, butter, cream, salt and pepper and Microwave on high 25 minutes, or until tender.

Mash with a fork.

Season to taste.

Lay the slices of cheese across the top of the cauliflower and put in microwave an additional 2-3 minutes or until the cheese has melted.

## **Turkey Thyme Feta Meat bites (Low Carb & Gluten Free)**

### **INGREDIENTS:**

1 lb. ground turkey

1/4 cup crumbled feta cheese 2 Tablespoon. (.5 oz.) sundried tomatoes,  
chopped 1 Tablespoon fresh thyme leaves (or 1/2 tsp. dried thyme)

### **1 egg**

1/2 tsp. garlic powder

1/4 cup almond flour

2 Tablespoon. water

olive oil for frying

### **INSTRUCTIONS:**

Combine all of the ingredients in a medium bowl.

Form mixture into 16 one inch meatballs.

Fry balls in olive oil about 3 – 4 minutes, on each side until brown.

Remove from pan and drain on paper towel-lined plate.

Serve and enjoy.

## Cuban Chuck

### INGREDIENTS:

2.5 – 3 lb. boneless chuck roast 1/2 cup salsa verde  
1/2 cup canned chopped green chilis

### 1 cup diced tomatoes

2 Tbsp. dried onion flakes 1 tsp. garlic powder  
1/2 cup red and yellow peppers cut into strips 1 tsp. salt  
2 Tbsp. ground cumin  
1 Tbsp. ground coriander  
1 tsp. dried oregano  
1 Tbsp. chili powder  
1/2 tsp. black pepper  
2 Tbsp. apple cider vinegar

### INSTRUCTIONS:

Sear seasoned roast in a hot pan until browned on all sides.

Place the meat in the bottom of a crock pot.

Add Salsa Verde, chilies, and tomatoes and bring to a boil.

Pour over the meat.

Stir in onion flakes, garlic, peppers, salt, cumin, coriander, oregano, chili powder, black pepper, and apple cider vinegar.

Cook for 4hrs on high or until the meat is tender.

Shred the meat.

Serve and enjoy.

## **Zippy Fiesta Chicken**

### **INGREDIENTS:**

1 Small Yellow Onion, sliced 1 Bell Pepper, sliced

### **3 Limes**

3-4 pounds of chicken (boneless, skinless thighs) 4 Tbsp. taco seasoning

1/4 cup chicken bone broth or stock 1/4 cup cilantro

### **INSTRUCTIONS:**

Thinly slice the onion and bell pepper and place in slow cooker.

Cut limes in halves and squeeze in juice.

Add cilantro.

Place in chicken.

Add two tablespoons of taco seasoning.

Turn the chicken over and sprinkle the remaining seasoning on them.

Add the chicken broth.

Cover and cook on high for four hours.

## **Keto Buffalo Style Wings** INGREDIENTS:

12 chicken wings

### **4 tablespoons butter**

1/4 cup hot sauce

1 clove of garlic, minced 1/4 tsp. paprika

1/4 teaspoon cayenne pepper (for the non-mild version) 1/4 teaspoon salt

### **1 grind of fresh pepper**

#### **INSTRUCTIONS:**

Start by baking your chicken wings.

While your chicken wings are baking, add your garlic and butter to a microwave-safe bowl and melt in microwave.

Once melted, add the rest of the ingredients and mix together.

When your wings are cooked, toss them all in a bowl together until coated.

Enjoy!

# **Keto Quick & Easy Buffalo Chicken Salad**

## **INGREDIENTS:**

2-3 cups salad of your choice (I prefer sweet butter lettuce)

## **1 chicken breast**

1/2 cup shredded cheese of your choice Buffalo wing sauce of your choice

Ranch or Blue Cheese dressing **INSTRUCTIONS:**

Preheat oven to 400 F

Just douse the chicken breast in the buffalo wing sauce and bake for 20-25 minutes.

For the last 5 minutes, scatter cheese on wings and let it melt all over the chicken.

Once cooked, remove from oven and cut in pieces and place on a bed of lettuce.

Pour salad dressing of your choice on top Enjoy!

## **Keto Lemon Garlic Squash Pasta** INGREDIENTS:

### **3 summer squash**

lemon pepper seasoning (to taste)

### **2 tablespoons extra virgin olive oil**

1 clove of garlic, or a teaspoon of minced garlic  
1/2 cup fresh parsley  
1/3 cup slivered / chopped almonds  
salt (to taste)  
1/2 lemon

### **INSTRUCTIONS:**

Cut the ends off and peel the summer squash Use a vegetable peeler to peel long, full strips from the beginning to end of each squash.

In a bowl, add the squash strips a few shakes of lemon pepper seasoning.

Add olive oil to a pan and put it on medium-high heat for a few minutes While the cast iron pan is heating, chop garlic, parsley and almonds on the same cutting board and throw them in a bowl.

Toss the squash into the cast iron skillet for about two minutes until they are al dente. Turn off the heat and toss in the garlic, parsley, almond and salt.

Toss in the pan.

Squeeze the half lemon over the Keto pasta dish, careful not to drop in any seedlings. Taste and salt as necessary Enjoy!

## **Keto Sweet & Sour Chicken** INGREDIENTS:

Chicken:

3-4 boneless chicken breasts (About 1.5-2lbs total) salt + pepper

1 cup coconut flour

2 eggs, beaten

1/4 cup olive oil

Sweet & Sour Sauce:

1tsp liquid stevia (or 1/2 cup granulated sugar sub, like Splenda)

### **4 TBSP reduced sugar ketchup**

1/2 cup distilled white vinegar

### **1 TBSP soy sauce**

1 tsp. garlic powder

### **INSTRUCTIONS:**

Preheat oven to 325 F

Wash your chicken breasts in water and then chop into cubes.

Season with salt and pepper to taste.

Dip chicken into the egg to coat then the coconut flour to cover.

In a large skillet, heat 1/4 cup and cook your chicken until browned but not cooked through.

Put the chicken in a 9x13 greased baking dish.

Stir all of your sweet and sour sauce ingredients in a bowl and then pour evenly over the chicken Bake for 30-45 minutes turning the chicken midway through to make sure both sides get the sauce.

Enjoy!

## **Keto Meatloaf Cheesy Poppers** INGREDIENTS:

1lb Ground Beef  
3 Slices of Bacon, cut into 1-inch size pieces

### **1 Egg**

3/4 Cup Almond Flour  
1/3 Cup Shredded Cheese  
1/3 Cup Half-n-Half  
2 teaspoon Salt  
1 teaspoon Pepper

### **1 teaspoon Onion Powder**

#### **INSTRUCTIONS:**

Preheat your oven to 350F.  
Put all of the above ingredients into a large mixing bowl.  
Using your hands, mix the ingredients together until combined well.  
Form meatloaf mixture into small balls Spray a cupcake/muffin tin with non-stick cooking spray.  
Place the balls into a cupcake/muffin tin Bake for 30 minutes.  
Let the poppers sit for 5-10 minutes before serving. Enjoy!

## **Ultimate Keto Low Carb Meatballs** **INGREDIENTS:**

1 lb. ground beef (or 1/2lb beef, 1/2lb pork) 1/2 cup grated parmesan cheese 1  
tbsp. minced garlic (or paste) 1/2 cup mozzarella cheese 1 tsp. freshly ground  
pepper **INSTRUCTIONS:**

Preheat oven to 400F

In a large bowl mix together all ingredients Roll meat mixture into about 5 large  
meatballs.

Bake in oven for about 20 minutes until they were cooked to 170 degrees.

When they were done, add them to a pot of sauce, cooking for a few minutes.

Enjoy!

## **Warm-up Keto Chicken Soup Recipe** INGREDIENTS:

3-4 chicken breast halves

### **3.5 quarts of water**

1 onion, peeled and diced

2 tsp. Italian seasoning

1/2 lemon sliced (or two packets of True Lemon) 3 garlic cloves minced

2 bay leaves

4 chicken bouillon cubes

Kosher salt & pepper

3 tbsp. parsley chopped

2/3 cup Chardonnay

2 tsp. rosemary, chopped

1 cup grated parmesan cheese

3/4 cup heavy cream

### **INSTRUCTIONS:**

In a pot add all the ingredients up until the Kosher salt and pepper.

Cook the chicken in the mixture until the chicken is fully cooked and reaches 180 degrees (about 30-45 minutes).

Remove the chicken from the water, let cool, and shred it / pull it apart with a fork Meanwhile, strain the broth through a colander into a large bowl and throw away the solids Pour broth back into pot.

Add remaining ingredients (except chicken) into a bowl.

Add mixture to broth in pot, mix and cook for 10 minutes on low.

Add shredded chicken to the pot and cook for an additional 5 minutes Enjoy!

# Asian Style Keto Pork Chops

## INGREDIENTS:

4 Boneless Pork Chops

## 1 Medium Star Anise

1 Stalk Lemongrass (Peeled and diced) 4 Halved Garlic Cloves  
1 tablespoon Fish Sauce

## 1 tablespoon Almond Flour

1/2 tablespoon Sugar Free Ketchup 1/2 tablespoon Sambal Chili Paste 1 1/2  
teaspoon. Soy Sauce  
1 tsp. Sesame Oil  
1/2 teaspoon Five Spice  
1/2 teaspoon Peppercorns

## INSTRUCTIONS:

Put the pork chops on a flat work surface and using a rolling pin wrapped in wax paper, pound to 1/2-inch thick.

Half your garlic cloves and set aside Grind the peppercorns and star anise to a fine powder in a blender Add the lemongrass and garlic, and pound or blend until a puree forms.

Add the fish sauce, soy sauce, sesame oil, and five-spice powder and mix well.

Put the pork chops on a tray, add the marinade, and turn to coat.

Cover and marinate at room temperature for 1-2 hours.

Heat a pan to high and lightly coat your pork chops with almond flour.

Add the chops to the pan and let them sear on both sides, turning once.

Transfer to a cutting board and cut each chop into several strips.

To create a sauce, stir together the Sambal chili paste and sugar free ketchup.

Enjoy!

# Keto Apple Cider Pork Burger

## INGREDIENTS:

### 1 Tablespoon olive oil

1/2 lb. brussels sprouts  
4 Tablespoon of apple cider (divided) 3/4 ground pork  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/8 teaspoon cayenne pepper

### 2 slices cheddar cheese

1/4 yellow onion  
1/4 granny smith apple  
salt + pepper

## INSTRUCTIONS:

Slice the brussel sprouts in 1/4 inch slivers.

In a bowl add 1 tbsp. olive oil and 1 tbsp. apple cider.

Add a little salt and pepper and let marinate on the counter.

In a bowl, mix together the pork, cumin, coriander, cayenne and 1 tbsp. apple cider.

Form them into two patties

In a skillet add a tablespoon of olive oil and add burgers.

Cook them for 6-7 minutes on each side or until the pork is fully cooked to 160 degrees.

Place a slice of cheese on top, then cover on a plate and set aside Slice 1/4 onion and 1/4 granny smith apple. Keep separate.

Use the burger pan to cook the onions, a few minutes until they're soft and translucent. Add in the apples and cook for about two minutes until they're a little soft Then, add in 2 tbsp. of apple cider and let everything cook together for about a minute. Cover each burger with half of your onion + apple mixture.

Surround with the brussels sprout salad. Enjoy!

## **Keto Spicy Crispy Chicken Tenders**

### **INGREDIENTS:**

- 3 boneless, skinless chicken breasts (thawed)
- 1 4-oz bag of spicy pork rinds/chicharrones

**2 eggs**

### **INSTRUCTIONS:**

Preheat your oven to 400F.

Blend the entire bag of pork rinds until they look like bread crumbs.

Once the pork rinds are blended, place them onto a plate.

In a small bowl, crack the eggs and whisk the eggs until they are completely mixed.

Slice the chicken breasts into slices that are about 1 inch wide and 2-3 inches long.

One at a time, begin to dip the chicken strips into the egg mixture.

After fully coating the chicken strip in egg, place the chicken strip on top of the crushed pork rinds and roll the strip around until it is completely covered in the pork rind coating.

Put the coated chicken strips into an oven-safe baking dish and bake for 30 minutes.

Enjoy!

# **Easiest Keto Chicken**

## **INGREDIENTS:**

### **2 Chicken Breasts**

4 oz. Cheddar Cheese

2 oz. Jalapeno Slices (Optional) To Taste Salt and Pepper

### **4 slices Bacon**

## **INSTRUCTIONS:**

Preheat oven to 350 F

Season 2 thawed chicken breasts and season with salt and pepper.

Cover with cheese

Add Jalapenos (Optional)

Cut the bacon in half and place over the chicken.

Add to a foil-lined pan and bake for 30-45 minutes or until done.

Enjoy

# Keto Crispy Fried Chicken

## INGREDIENTS:

8 Chicken segments with skin  
1 Egg  
2 tablespoon Salt  
2 tablespoon Hungarian paprika  
2 teaspoon Garlic powder  
1 teaspoon Cayenne pepper  
1/2 cup Coconut flour, for dredging  
Coconut oil (or your preferred cooking oil with a high smoking point)

## INSTRUCTIONS:

Preheat oven to 350°F.

Beat egg in a bowl. Set aside.

Add together salt, paprika, garlic powder and cayenne pepper in a bowl. Set aside Add coconut flour to a mixing bowl. Set aside.

Dip the chicken in the egg, shaking off excess. Sprinkle spice blend over chicken with spoon.

Add seasoned chicken to coconut flour and toss to coat. Repeat with each segment.

Using a skillet on medium heat, add enough oil to cover 1/3 of an inch up the side of the skillet.

Shaking off excess coconut flour beforehand, add chicken segments to skillet skin side down (

Fry for 7-8 minutes per side

Transfer chicken to baking pan and bake in oven for 10 minutes. Serve.

Enjoy!

## **Keto Fat Bombs**

### **INGREDIENTS:**

- 1 cup coconut butter
- 1 cup coconut milk (full fat, canned) 1 teaspoon vanilla extract (gluten free)
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon stevia powder extract (or to your taste) 1 cup coconut shreds

### **INSTRUCTIONS:**

Put a glass bowl over a saucepan with a few inches of water in it to create a double boiler.

Add all the ingredients except shredded coconut in a double boiler over medium heat. Stir the ingredients while waiting for them to melt.

Remove from heat once all the ingredients are combined Put the bowl in the fridge until it is hard enough to roll into balls, about 30 minutes.

Roll the mixture into one inch balls and roll them through the coconut shreds. Place the balls on a plate and refrigerate for one hour. Serve and enjoy.

## **Keto Stuffed Pork Loin**

### **INGREDIENTS:**

16 cups cold maple brine from pork chop recipe  
1 lb. fresh spinach leaves, washed and stems removed  
1 teaspoon cloves, ground  
2 Tablespoon fresh orange zest (peel)  
1/2 cup dried cranberries  
1 cup pecan halves, crumbled and toastes  
20 each fresh sage leaves  
2 Tablespoon. light olive oil  
salt and fresh cracked pepper, to taste

### **INSTRUCTIONS:**

Start by butterfly the pork loin, so that you have a large rectangular sheet of pork loin.

Immerse this in your brine for 6 - 18 hours.

Once the you've completed the 6 to 18 hours pre-heat oven to 450 F.

In a medium pot, fill with water and bring to boil.

In a separate bowl add around 12 ice cubes and add 2 cups of water.

Once the water is boiling, add a little salt.

Add the spinach into the boiling water and stir for 20 to 30 seconds.

Then transfer the spinach and water into a colander, then pour the hot spinach into the ice water.

Stir the spinach and make sure that it is completely cold.

Take the spinach out of the icy water and SQUEEZE the spinach with your hands, until almost all the water has been squeezed out.

Tear clumps up into strands of spinach. Set aside.

Take the pork out of the brine and wash well in the sink. Throw out the brine.

After washing the pork, completely dry it with a towel and place on a cutting board, with the fat side down.

Season the pork with a little salt and pepper. Sprinkle the cloves and orange zest on the pork.

Evenly spread the spinach over the surface of the pork, leaving 3 or 4 inch exposed pork section, without spinach.

Roll the pork tightly, like a jelly roll. Start at the end opposite the end with the exposed pork. Roll towards that end, keeping the roll as tight and even, as

possible, while rolling it. Set it aside.

Tie the pork loin roast with butchers twine, using the method shown in the video, above. The roast should be even, and tight, so that it forms a nice round cylinder of pork.

Rub the pork roast with oil, then season with a bit of salt and pepper.

Place the pork on a baking tray and place in the oven for 10 minutes.

Lower the heat down to 325 F, after 10 minutes.

Roast the pork for about 45 minutes, or until the internal temperature is about 140 F. Remove the pork from the oven and cover with foil. Set in a warm place for about 15 minutes to relax. After 15 minutes, you may remove the twine, slice and serve.

## **Kelly's Keto Chicken Alfredo Pizza** **INGREDIENTS:** Crust:

8oz. Cream Cheese  
1 cup Parmesan Cheese  
2 Large Eggs  
1 teaspoon Garlic Powder  
Cooking Spray Chicken: 2 large chicken breasts (boneless, skinless, chopped)  
2 Tablespoon whole milk or heavy cream  
1/2 stick of real butter  
1/2 cup Ragu Roasted Garlic Alfredo sauce  
1 tsp. lemon pepper seasoning  
1 tsp. table salt  
1 tsp. liquid smoke  
1 tsp. minced garlic

1-1 1/2 cups shredded cheddar cheese **INSTRUCTIONS:** Pre-heat oven to 350 F.

In a large mixing bowl add cream cheese, 1 cup of parmesan, two eggs, and garlic powder and mix with a fork, removing any large clumps with the fork until somewhat smooth. Spray a 9×13" pan with non stick cooking spray and then pour the mixture into the pan and spread it evenly.

Bake for 30 minutes until it is lightly browned.

While the crust is baking, In a large skillet over medium heat add in the butter and melt completely.

Add in chicken and mix, then increase heat slightly.

Turn up the burner just a bit. Add in the lemon pepper, salt, and minced garlic.

When the chicken is almost done, add in the liquid smoke. Cook until chicken is done.

Add in the Ragu sauce and milk. Heat to a simmer, mixing often.

Cook the crust until it is firm and lightly browned and remove from the oven and let cool Cover the top of the crust with the chicken and sauce mixture. Then cover the chicken and sauce with the cheddar cheese.

Place it back in the oven, turn the oven off, and let it sit for about five to ten minutes until the cheese is melted.

Remove from oven and slice it into quarters and serve.

Enjoy!

## **Keto Broccoli Tuna Casserole** **INGREDIENTS:** 1 small head of

cauliflower, chopped to tiny pieces

1 small head of broccoli, chopped to bite-sized pieces

½ large onion (any kind), finely diced

2 cans (5oz. each) tuna, drained

1 can (10.75oz.) cream of celery soup

½ cup mayonnaise

salt, pepper, your favorite seasonings

1.5 cup shredded cheddar cheese **INSTRUCTIONS:** Preheat Oven to 350 F

In a large pot bring water to boil and add the cauliflower and broccoli.

Cover and reduce heat to simmer for 10 minutes Drain the water.

Add all the ingredients (minus the separated 0.5 cups of cheese) together and spread in a large ungreased casserole dish.

Spread the cheese on top.

Bake for 30 minutes or until bubbling.

Enjoy!

## **Keto Low Carb Pork Carnitas** **INGREDIENTS:** 4 pound

boneless pork butt, fat trimmed and cut into 2 inch cubes

1 ½ teaspoon salt

¾ teaspoon pepper

1 teaspoon ground cumin

1 onion, peeled and halved

2 bay leaves

1 teaspoon. dried oregano

2 Tablespoon fresh lime juice

2 cups water

1 medium orange, juiced and keep the spent halves **INSTRUCTIONS:** Preheat oven to 300 F

In a large Dutch Oven add together all the ingredients, including the spent orange halves and juice and let simmer over medium-high heat, uncovered.

Once it simmers, cover pot and place it in the oven.

Cook until the meat falls apart when prodded with a fork, about 2 hours.

Take the pot out of the oven and turn on the broiler.

Use a slotted spoon to remove the meat from the pan and place it on a large foil-lined jelly roll pan.

Remove and discard everything from the pot except for the cooking liquid.

Place pot over high heat on the stove and boil until thick and syrupy, about 20 minutes.

Meanwhile, use two forks to pull each cube of pork into three equal sized pieces.

Once the liquid has become a syrup, gently fold in the pieces of pork into the pot.

Place the pork back onto the foil lined pan and evenly spread the meat around so there is a single layer of meat.

Put the pan on the lower middle rack of the oven and broil for 5-10 minutes or until the top of the meat is well browned Flip the pieces of meat and broil the other side until well browned and edges are slightly crisp.

Enjoy!

## **Keto Fish Sticks**

### **INGREDIENTS:**

1/2 cup parmesan cheese  
1 1/4 cup almond flour  
1 Tablespoon paprika  
1/2 Tablespoon salt  
1 t. garlic powder  
1/2 teaspoon pepper  
2 eggs, beaten in a medium bowl and set aside 4-5 tilapia fillets

### **INSTRUCTIONS:**

Preheat oven to 350 F.

Add together parmesan, almond flour, and seasonings in a medium bowl. Set aside.

Slice each tilapia fillet lengthwise in 4 strips or "sticks".

Individually dip and coat each fish stick in the bowl with the beaten eggs, then immediately dip and coat in the breading.

On an uncoated cookie sheet, put each breaded fish stick.

Repeat this step until all fish sticks are breaded.

Bake fish sticks for 10-12 minutes, until internal temperature is 145 degrees

Enjoy!

## **Amazing Keto BBQ Pulled Chicken** **INGREDIENTS:**

6 Boneless, Skinless Chicken Thighs 1/3 Cup Salted Butter  
1/4 Cup Erythritol  
1/4 Cup Red Wine Vinegar  
1/4 Cup Chicken Stock  
1/4 Cup Organic Tomato Paste  
2 Tablespoon Yellow Mustard  
2 Tablespoon Spicy Brown Mustard

### **1 Tablespoon Liquid Smoke**

1 Tablespoon Soy Sauce  
2 teaspoon Chili Powder  
1 teaspoon Cumin  
1 teaspoon Cayenne Pepper  
1 teaspoon Red Boat Fish Sauce **INSTRUCTIONS:**

In a bowl, add together all ingredients except for butter and chicken thighs.

Put frozen (or fresh) chicken thighs in crockpot and pour sauce over them.

If you **AREN'T** going to be home, turn your slow cooker to low, add butter and leave for 7-10 hours.

If you **ARE** going to be home, turn your slow cooker to low for 2 hours and add butter. Then turn to high, and cook for an additional 3 hours.

Once your chicken has cooked down, shred the chicken with 2 forks.

Add sauce and mix well.

Turn slow cooker to high and cook for additional 45 minutes Enjoy!

## **Keto Cabbage & Beef Casserole** **INGREDIENTS:**

½ lb. ground beef

½ cup chopped onion

½ bag cole slaw mix

1-1/2 cups tomato sauce 2 Tbsp. lemon juice

### **INSTRUCTIONS:**

In a skillet cook ground beef until brown and set aside.

Mix in onion and cabbage to skillet and sauté until soft.

Add ground beef back in along with tomato sauce and lemon juice.

Bring mixture to a boil, then cover and simmer for 30 minutes.

Enjoy!

## Keto Desserts



## **Salted Caramel Peanut Delight Milkshake**

### **INGREDIENTS:**

1 cup Coconut Milk  
7 Ice Cubes  
2 tbsp. Peanut Butter  
2 tbsp. SF Torani Salted Caramel  
1 tbsp. MCT Oil  
1/4 tsp. Xanthan Gum

### **INSTRUCTIONS:**

Add all ingredients to a blender.  
Blend 1-2 minutes.  
Enjoy!

## Coconut Cocoa Shake

### INGREDIENTS:

1 cup ice cubes

3/4 cup unsweetened coconut milk 2 tbsp. crushed salted macadamia nuts 2  
tbsp. 'Swerve' or other sugar equivalent 1 tbsp. unsweetened cocoa powder

1/2 tsp. vanilla extract 1 dash salt

### INSTRUCTIONS:

Put ingredients in blender.

Blend until smooth.

Top with whipped coconut cream, toasted coconut and macadamia nuts.

Enjoy!

## **Citrusy Cheesecake Cups** INGREDIENTS:

8 oz. cream cheese, softened 2 oz. heavy cream

### **1 teaspoon Stevia Glycerite**

1 teaspoon (packet) Splenda or other powdered or liquid low carb sweetener

### **1 T lemon juice**

1 teaspoon of vanilla flavoring (Frontier Organic) **INSTRUCTIONS:**

Mix together ingredients.

Whip until pudding consistency.

Put in cups.

Refrigerate.

Enjoy!

## **Nutty Cookie Butter** INGREDIENTS:

1 cup Raw Macadamias 3/4 cup Raw Cashews 1 tsp. Vanilla  
1/4 tsp. Cinnamon  
1/4 tsp. Ginger  
1/8 tsp. Nutmeg  
1/8 tsp. Cloves  
2 tbsp. Butter  
2 tbsp. Heavy Cream 2 tbsp. Swerve, powdered Pinch Salt

### **INSTRUCTIONS:**

In a food processor, blend together macadamia nuts and cashews until smooth.

In a saucepan, begin to brown butter along with the Swerve.

Once browned, mix in heavy cream.

Remove from heat.

To nut mixture, add vanilla and spices, cream and butter.

Process again, ensuring no lumps.

Add in caramel sauce and process until desired consistency is reached.

Enjoy!

## Coconut Strawberry Shake

### INGREDIENTS:

3/4 cup Coconut Milk (from the carton)  
1/4 cup Heavy Cream  
7 Ice Cubes  
2 tbsp. Sugar-free Strawberry Torani  
1 tbsp. MCT Oil  
1/4 tsp. Xanthan Gum

### INSTRUCTIONS:

Put all ingredients into blender.  
Blend 1-2 minutes.  
Enjoy!

# Chocolate Chia Raspberry Pudding Surprise

## INGREDIENTS:

3 tablespoons Chia Seeds

1 cup Unsweetened Almond Milk

## **1 scoop Chocolate Protein Powder**

1/4 cup Raspberries fresh or frozen 1 teaspoon Optional : Honey

## INSTRUCTIONS:

Mix together almond milk and protein powder.

Mix in chia seeds.

Let rest 5 minutes before stirring.

Refrigerate 30 minutes.

Top with raspberries.

## **Lemon Coconut Vanilla Bean Dream** INGREDIENTS:

½ cup extra virgin coconut oil, softened ½ cup coconut butter, softened zest and juice of one lemon seeds from ½ a vanilla bean **INSTRUCTIONS:**

Whisk ingredients in an easy to pour cup.

Pour into lined cupcake or loaf pan.

Refrigerate 30 minutes.

Top with lemon zest.

Enjoy!

## **Caramel Chocolate Brownies** INGREDIENTS:

2 cups Almond Flour

1/2 cup Unsweetened Cocoa Powder 1/3 cup Erythritol

1/4 cup Coconut Oil

1/4 cup Maple Syrup

## **2 large Eggs**

1 tbsp. Psyllium Husk Powder 2 tbsp. Torani Salted Caramel 1 tsp. Baking Powder

1/2 tsp. Salt

## **INSTRUCTIONS:**

Preheat oven to 350 degrees.

In a bowl, beat together wet ingredients.

To the wet ingredients, slowly beat in dry ingredients.

Bake in an 11x7 well-greased brownie pan for 20 minutes.

Enjoy!

## Extreme Frozen Dessert

### INGREDIENTS:

½ cup extra virgin coconut oil ½ cup butter, grass-fed  
6 large egg yolks, free range or organic

### 2 large egg whites, free-range or organic

¼ cup Erythritol  
25-30 drops Stevia extract (Clear / Vanilla) 1 cup coconut milk  
2 tbsp. home-made vanilla extract **INSTRUCTIONS:**

Separate egg yolks and egg whites.

Soften butter and coconut oil.

Whip egg whites until they form soft peaks Blend together, butter, coconut, vanilla, erythritol and Stevia.

Add in egg yolk, one at a time.

Blend until smooth.

Blend in coconut milk.

Incorporate egg whites.

Put mixture in ice-cream maker.

Halfway through, remove ice cream and blend.

Return to ice-cream maker.

Blend again if lumps are noticeable.

Enjoy!

# **Decadent White Chocolate Summer Berry Cheesecake**

## **INGREDIENTS:**

8 oz. cream cheese, softened  
2 oz. heavy cream  
1 teaspoon Stevia Glycerite  
1 teaspoon low sugar raspberry preserves  
1 tablespoon Da Vinci Sugar Free Syrup, White Chocolate flavor

## **INSTRUCTIONS:**

Whip together ingredients to a pudding consistency.  
Put in cups.  
Refrigerate.  
Enjoy!

## **Autumn Spice Scone Cookies** INGREDIENTS:

1 Sweet Lightning Winter Squash (or 1 1/4 cup Pumpkin Puree, strained) 2  
tsp. Cinnamon  
2 tsp. Garam Masala  
1 tbsp. Coconut Oil Cooking Spray

## **2 large Eggs**

1 tsp. Vanilla Extract  
1 tsp. Baking Powder  
1 cup Almond Flour  
1/4 cup Butter  
1/4 cup Pumpkin Pie Spice **INSTRUCTIONS:**

Preheat oven to 400 degrees.

Remove flesh from squash.

Slice squash.

Spray with coconut oil.

Place on parchment paper Season with cinnamon and garam marsala.

Bake until tender 30-35 minutes.

Remove and place in food processor and process along with other ingredients.

Bake at 350 degrees.

Enjoy!

## Coconut Pillow

### INGREDIENTS:

1 Can unsweetened full fat coconut milk  
Berries of choice  
Dark chocolate (optional)

### INSTRUCTIONS:

Refrigerate coconut milk 12-24 hours  
Remove thickened coconut milk  
Whip 2-3 minutes  
Fold in berries  
Garnish with chocolate shavings  
Enjoy!

## **Chocolate Avocado Mousse Surprise**

### **INGREDIENTS:**

2 small very ripe avocados

1/4 cup water

3 tablespoons cocoa (9 grams)

6 tablespoons granular Splenda or equivalent liquid Splenda

1/2 teaspoon vanilla

Pinch salt

### **INSTRUCTIONS:**

In a food processor, process ingredients for 4-5 minutes.

Chill.

## **Decadent Coconut Macaroons** INGREDIENTS:

### **4 large egg whites**

1 tsp. vanilla

1/4 tsp. cream of tartar 1/8 tsp. salt

1 cup erythritol

16 ounces finely shredded, unsweetened dried coconut 8 ounces cream cheese, softened

### **2 ounces heavy cream**

2 ounces Da Vinci Sugar Free White Chocolate Syrup 2 ounces Enjoy Life Semi-Sweet Mini Chocolate Chips **INSTRUCTIONS:**

Preheat oven to 325 degrees.

Line 2 large baking sheets with parchment paper.

In a large mixing bowl, on low, beat together egg whites, vanilla, cream of tartar and salt until soft peaks form.

Add erythritol a tablespoon at a time.

Beat until stiff peaks form.

Fold in coconut.

Beat together cream cheese and cream until smooth.

Mix in syrup.

Add in coconut mixture, a little at a time.

Fold in chocolate chips.

Using a small ice cream scoop, place mixture on baking sheet.

Bake 20-25 minutes.

Turn off oven leaving cookies in for 30 minutes.

Move to wire rack.

Let cool.

Enjoy!

## Raspberry Coconut Pancakes **INGREDIENTS:**

Pancakes:

### **2 large eggs**

1 tbsp. fine coconut flour 2 tbsp. desiccated coconut (unsweetened) ¼ tsp. baking soda

3 tbsp. coconut milk ½ tsp. pure vanilla bean extract 1 tbsp. extra virgin coconut oil 3-6 drops liquid Stevia extract Topping:

½ cup plain organic yogurt ½ tsp. pure vanilla bean extract ⅓ cup fresh raspberries 1 tsp. desiccated coconut (unsweetened) **INSTRUCTIONS:**

Beat eggs.

In a separate bowl, combine coconut flour, coconut, vanilla bean extract and baking soda.

Add to eggs.

Add coconut a little at a time.

Mix well.

Add sweetener.

In a separate bowl, mix the yogurt.

Grease a pan with coconut oil and turn heat to low.

Pour half a ladle of batter into the pan.

Flip when bubbles form.

Cook for 1 minute.

Top with coconut.

Enjoy!

## **Lemony Chia Frozen Coconut Ice Cream**

### **INGREDIENTS:**

3 cups homemade coconut milk  
1/4 cup chia seeds  
1/3 cup lemon juice, freshly squeezed  
1/2 cup honey  
1/4 cup coconut oil or ghee, melted  
3 Tablespoon poppy seeds

### **INSTRUCTIONS:**

Blend together all ingredients.  
Chill.  
Put in ice-cream maker.  
Enjoy!

## Coffee Surprise

### **INGREDIENTS:**

2 heaped tbsp. Flaxseed, ground  
100ml cooking cream 35% fat  
1 tsp. Cocoa powder, dark and unsweetened  
1 tbsp. Goji berries  
Freshly brewed coffee  
Liquid sweetener, a couple of drops

### **INSTRUCTIONS:**

Mix together flaxseeds, cream and cocoa, sweetener and coffee.  
Garnish with goji berries.  
Enjoy!

## **No Crust Chocolate Cheesecake** INGREDIENTS:

8 oz. cream cheese, softened 2 oz. heavy cream

### **1 teaspoon Stevia Glycerite**

1 teaspoon (packet) Splenda or other powdered or liquid low carb sweetener

1 ounce Enjoy Life Mini chocolate chips **INSTRUCTIONS:**

Whip together all ingredients except chocolate until a pudding consistency.

Fold in chocolate chips.

Refrigerate in serving cups.

Enjoy!

# Chocolate Caramel Chip Individual Muffins

## INGREDIENTS:

2 cups Almond Flour  
1/8 cup erythritol  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/2 tsp. xanthan gum  
2 large eggs, lightly beaten

## **1 cup sour cream**

2 T butter, melted, and slightly cooled 1 tsp. stevia glycerite  
1/2 cup of Walden Farms SF Caramel Dip 3/4 cup Enjoy Life Semi-Sweet  
Chocolate Chips **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Using paper liners, line 45 muffin cups.

In a medium sized bowl, whisk almond flour, erythritol, baking soda, salt and xanthan gum.

In a separate bowl, lightly beat eggs.

Add sour cream, cooled butter and stevia Stir liquid into flour and mix well.

Fill each muffin cup 3/4 full.

Bake 20-25 minutes until tops are light brown and springs to touch.

Let cool.

Enjoy!

# **Cream Cheese Filled Chocolate Roll Cake**

## **INGREDIENTS:**

1 cup Almond Flour  
4 tbsp. Butter, melted

## **3 large Eggs**

1/4 cup Psyllium Husk Powder 1/4 cup Cocoa Powder  
1/4 cup Coconut Milk  
1/4 cup Sour Cream  
1/4 cup Erythritol  
1 tsp. Vanilla  
1 tsp. Baking Powder

### **Cream Cheese Filling:**

8 oz. Cream Cheese  
8 tbsp. Butter  
1/4 cup Sour Cream  
1/4 cup Erythritol  
1/4 tsp. Stevia  
1 tsp. Vanilla

## **INSTRUCTIONS:**

Preheat oven to 350 degrees.  
Stir together dry ingredients.  
Slowly mix in wet ingredients.  
Spread dough on a baking sheet.  
Bake 12-15 minutes.  
Mix together cream cheese filling.  
Spread cream cheese filling over cake.  
Roll tightly.

## **ChocoCherry No Bake Cheesecake** INGREDIENTS:

8 oz. cream cheese, softened 2 oz. heavy cream  
1 teaspoon Stevia Glycerite

### **1 tablespoon Dutch process cocoa powder**

1 tablespoon Da Vinci Sugar Free Syrup, Cherry flavor 3-5 drops EZSweet liquid Splenda **INSTRUCTIONS:**

Whip together all ingredients except Ezsweet until a pudding consistency.

Sweeten to taste with Ezsweet.

Refrigerate in small cups.

Enjoy!

## **Brown Butter Blackberry Cake** INGREDIENTS:

The Cake

1 1/2 cups Almond Flour

1/4 cup Erythritol, powdered 2 tbsp. Psyllium Husk Powder 1/2 cup Sour Cream

1/3 cup Salted Butter

### **2 large Eggs**

1 1/2 tsp. Baking Powder 2 tbsp. Poppy Seeds

Zest of 1 Lemon

1 tsp. Vanilla Extract

1/4 tsp. Liquid Stevia

The Icing

2 tbsp. Lemon Juice

1/2 cup Erythritol, powdered 1/2 cup Blackberries, strained 1/4 cup Heavy Cream

6 tbsp. Butter

### **INSTRUCTIONS:**

Preheat oven to 350 degrees.

Over medium low heat, brown butter.

Mix together all dry ingredients.

In separate bowl, mix together all wet ingredients.

Add brown butter to wet ingredients.

Slowly mix in dry ingredients to wet ingredients Mix until dough forms.

Put dough into greased round cake pan.

Bake 20-25 minutes.

Let cool on cooling rack.

In a food processor, purée blackberries.

Strain.

Mix with lemon and erythritol.

Cream together, butter and heavy cream.

Mix into blackberry purée.

Ice the cake and refrigerate 20-30 minutes.

Enjoy!

# Dark Chocolate Peppermint Frozen Cream

## INGREDIENTS:

### 1 Cup Heavy Cream

½ Cup Light Cream

½ tsp. Liquid Stevia Extract ½ tsp. Vanilla (Optional) Several Drops  
Peppermint Extract (Optional) 1 Square Dark Chocolate (Optional) Several  
Drops Green food coloring (Optional) **INSTRUCTIONS:**

Whisk together all ingredients except chocolate.

Freeze for 5 minutes.

Add to ice-cream maker.

Add shavings before ice cream has set.

Enjoy!

# **Keto Chocolate Chunk Avocado Ice Cream**

## **INGREDIENTS:**

### **2 ripe Hass Avocados**

1 cup Coconut Milk (from carton) 1/2 cup Heavy Cream

1/2 cup Cocoa Powder

2 tsp. Vanilla Extract

1/2 cup Erythritol, Powdered 25 drops Liquid Stevia

6 squares Unsweetened Baker's Chocolate **INSTRUCTIONS:**

Scoop avocado into a bowl.

Add coconut milk, cream, and vanilla extract.

With an immersion blender, proceed to cream together.

Add Erythritol, stevia, and cocoa powder to the avocado mixture and mix well.

Add chop bakers chocolate.

Chill 6-12 hours, then about 20 minutes before you're ready to serve, add mixture to ice cream machine as per manufacturer's instructions.

Enjoy!

## **Strawberry Banana Nutty Sandwiches**

### **INGREDIENTS:**

1 medium banana  
2 medium strawberries  
1 tbsp. organic peanut butter

### **INSTRUCTIONS:**

Slice banana into 20 pieces.  
Slice strawberries into 10 slices.  
Stack together (banana, peanut butter, strawberry, peanut butter, and banana).  
Freeze.  
Enjoy!

# Keto Strawberry Cake

## INGREDIENTS:

Cake Ingredients:

2/3 cup Almond Flour

1/2 cup Butter

1 scoop Unflavored Protein Powder

## 3 large Eggs

1/3 cup Erythritol

1 tsp. Vanilla Extract

1/4 tsp. Salt

1/4 tsp. Liquid Stevia

2 tbsp. Psyllium Husk

1/2 tsp. Baking Powder

Filling/Topping Ingredients: 3.5 oz. Strawberries

1/4 cup Strawberry Chia Seed Jam 1/2 cup Heavy Whipping Cream

Erythritol and Liquid Stevia to Sweeten **INSTRUCTIONS:**

Once eggs and butter are room temperature beat together until color lightens.

Add eggs, erythritol, and Stevia.

Beat until well mixed.

Sift dry ingredients into wet.

Mix well.

Put batter in a 7 1/2" round baking dish.

Smooth batter.

Bake 25-30 minutes.

Once cooled, slice cake into 2 layers.

Slice strawberries and arrange over cake.

Spread jam over each layer.

Make the whipped cream and pipe onto cake.

Place untouched cake layer on top.

Pipe whipped cream onto top layer.

Enjoy!

## Sugarless Orange Jell-O

### **INGREDIENTS:**

- 1 box of sugar-free Jell-O
- 1 cup boiling water
- 1 cup cold water

### **INSTRUCTIONS:**

- Stir together mellow pack with boiling water.
- Once dissolved, still in cold water.
- Refrigerate 4 hours.
- Enjoy!

## Easy No Crust Cheesecake

### INGREDIENTS:

2 ounces cream cheese, softened 2 Tbsp. heavy cream 1 egg ½ tsp. lemon juice  
¼ tsp. vanilla 2-4 Tbsp. sugar, erythritol or stevia

Whisk together all ingredients in a microwave-safe bowl

Microwave for 90 seconds.

Stir every 30 seconds.

Refrigerate.

Enjoy!

## **Creamy Chocoberry Fudge Sauce** **INGREDIENTS:**

4 ounces cream cheese, softened

1-3.5 ounce bar Lindt 90% chocolate, chopped

1/4 cup powdered erythritol

1/4 cup of heavy cream

2 tbsp. Monin sugar free Raspberry Syrup **INSTRUCTIONS:**

Melt together cream cheese and chocolate.

Once melted, stir in sweetener.

Remove from heat and let cool.

Once cool, mix in cream and syrup.

Mix well.

Enjoy!

## **Easy Choco-Coconut Pudding** INGREDIENTS:

1 cup coconut milk (full fat, canned) 2 tbsp. cacao powder or organic cocoa  
1/2 tsp. stevia powder extract Or 2 Tbsp. honey or maple syrup 1 Tbsp.  
quality gelatin 2 Tbsp. water

### **INSTRUCTIONS:**

Over medium heat whisk together coconut milk, cocoa, and sweetener.

In a separate bowl, mix the gelatin and water.

Add to pan and stir until fully dissolved.

Pour into small dishes and refrigerate 30-45 minutes.

Enjoy!

## **Exotic Cupcakes** INGREDIENTS: Cupcakes:

1/2 cup coconut flour 1/2 cup granulated erythritol

1/4 cup unsweetened cocoa  
(optional)

1/4 teaspoon baking soda

1/4 teaspoon sea salt

6 eggs

1/2 cup coconut oil, OR butter melted

1 tablespoon vanilla extract

1 teaspoon Stevia glycerite **Filling:**

1 cup heavy cream

1 teaspoon Stevia glycerite, OR to taste

### **Frosting:**

8 oz. cream cheese, softened

1/4 cup unsweetened vanilla almond milk

1 teaspoon Stevia glycerite **Chocolate Stripes:**

3 tablespoon granulated erythritol

2 oz. unsweetened chocolate, chopped

3 tablespoon unsweetened vanilla almond milk

1 teaspoon vanilla extract

1/4 teaspoon Stevia glycerite **INSTRUCTIONS:** Preheat oven to 350 degrees.

Sift together coconut flour, erythritol, cocoa, baking soda and salt.

In a separate bowl, beat eggs.

Stir in coconut oil/butter, vanilla extract and Stevia.

Slowly incorporate the wet ingredients into the dry ingredients.

Mix until smooth.

Pour into greased muffin tins 1/3 full.

Bake 13-18 minutes.

Once cool, cut cupcakes in half.

Whip the cream and add the Stevia.

Fill middle of cupcake with 2 tbsp. whipped cream.

Put cupcakes back together and freeze for 2 hours.

Mix together cream cheese, vanilla almond milk and Stevia.

Dip frozen cupcakes in icing.

Grind granulated erythritol into a powder Melt together chocolate and

almond milk.

Mix in the erythritol, vanilla extract and Stevia until smooth.

Drizzle over cupcakes.

Enjoy!

**Microwave Tiramisu** **INGREDIENTS:** 1 tbsp. erythol or any  
sweetener of choice

1/2 tsp. of LC sweet brown sugar without the carbs, you can omit this if you  
want

1 tbsp. of unsalted soften butter

3 tbsp. of almond flour (honeyville brand)

2 tbsp. of vanilla whey protein powder

1/4 tsp. of baking powder

1 tbsp. of almond milk

2 tbsp. of beaten egg or egg whites Coffee Mixture:

1 tbsp. of instant coffee

2 tbsp. of water Filling:

2 oz. cream cheese or if you have mascarpone cheese use it

2 tbsp. whipped cream or heavy cream

1 tsp. of erythol Garnish:

1 tsp. unsweetened cocoa powder

1 tsp. of unsweetened grated chocolate **INSTRUCTIONS:** First, mix together  
the sweetener and the softened butter.

Next, mix in the rest of the ingredients.

Divide into 2 ramekins.

Wait 1 minute for baking powder to activate.

Microwave for 1 minute.

Melt cream cheese in microwave for 30 seconds and mix in cream and  
sweetener.

Cut cake in half.

Dip 2 pieces of cake into coffee.

Layer the cake with the filling and sprinkle with cocoa and grated chocolate.

Enjoy!

## **Strawberry Frozen Dessert** INGREDIENTS:

1/2 cup sugar-free or low-sugar Strawberry preserves

1/2 cup Stevia In the Raw Granulated Sweetener or Splenda

2 cups Fage Total 0% Greek Yogurt Ice Cream Maker

### **INSTRUCTIONS:**

In a food processor, purée strawberries and add strawberry preserves.

Add Greek yogurt and fully mix.

Put into ice cream maker for 25-30.

Enjoy!

## **Lemony Coconut Bites**

### **INGREDIENTS:**

18oz package of cream cheese  
2 or 3 packages of True Lemon Gluten Free  
3 packets Stevia to taste  
1/4 cup unsweetened, shredded coconut

### **INSTRUCTIONS:**

Blend together room temperature cream cheese, lemon and Stevia.  
Refrigerate.  
Roll into 16 balls and cover in coconut.  
Enjoy!

## **Hazelnut Cheesecake Balls**

### **INGREDIENTS:**

8 oz. package cream cheese  
1/4 cup cocoa powder  
Stevia to taste  
1 or 2 tbsp. Sugar Free Hazelnut syrup  
1/4 cup ground hazelnuts

### **INSTRUCTIONS:**

Mix together all ingredients at room temperature except for the hazelnuts.  
Roll into 16 balls.  
Cover in hazelnuts.  
Enjoy!

# Berry Layer Cake

## **INGREDIENTS:**

1/4 of the lemon pound cake 1/4 cup of whipping cream 1/2t Truvia  
1/8t orange flavor

Mixed berries

**INSTRUCTIONS:**

Cut lemon cake into small cubes.

Cut strawberries into small pieces.

Whip together whipping cream, Truvia, and orange flavor.

Layer fruit, cake and cream in a clear cup.

Enjoy!

## **Chocolate Power Pudding** INGREDIENTS:

3 tablespoons of Chia seeds

### **1 cup of unsweetened almond milk**

1 scoop of chocolate protein powder (or cocoa powder) 1/4 cup of fresh raspberries 1 teaspoon of honey (optional) **INSTRUCTIONS:**

Mix together all ingredients.

Let rest 10 min, stirring at half way mark.

Stir again and refrigerate 40 minutes.

Garnish with raspberries.

Enjoy!

## **Rich Brownie Cheesecake** INGREDIENTS:

Brownie:

½ cup Kerry Gold Butter 2 oz. chopped unsweetened chocolate ½ cup almond flour

¼ cup cocoa powder

⅛ tsp. salt

### **2 eggs**

¾ cup sweetener equivalent to sugar (we used liquid Splenda) ¼ tsp. vanilla

¼ cup chopped Pecans

Cheesecake:

1 lb. softened Cream Cheese

### **2 large Eggs**

½ cup sweetener equivalent to sugar (again we used liquid Splenda) ¼ cup Organic Heavy Cream ½ tsp. Organic Vanilla Extract **INSTRUCTIONS:**

Preheat oven to 325 degrees.

Butter a pie pan.

Melt butter and chocolate together in the microwave.

In a bowl, mix almond flour, cocoa powder and salt.

In separate bowl, mix eggs, sweetener and organic vanilla extract.

Add in almond flour mix.

Mix in melted butter and chocolate and pecans.

Pour into pie pan.

Spread out evenly.

Bake 15 minutes.

Cool 15 minutes.

Reduce heat to 300.

Beat softened cream cheese Add eggs, sweetener, cream, and vanilla extract.

Mix well.

Pour over brownie crust.

Bake around 40 minutes until center hardly jiggles.

Drizzle chocolate sauce on top.

## **Creamy Lemony Mousse** **INGREDIENTS:**

1 cup heavy cream 1/4 cup granular Splenda or equivalent liquid Splenda 1  
teaspoon lemon extract 2 drops yellow food coloring 1 tablespoon sugar free  
instant vanilla or white chocolate pudding mix **INSTRUCTIONS:**

Beat all ingredients on low until well combined.

Beat on high until thick.

Chill.

Enjoy!

## **Keto Drinks/Smoothies**



## **Low Carb Creamy Chocolate Crush** INGREDIENTS:

16 ounces unsweetened almond milk 1 packet artificial sweetener

### **4 ounces heavy cream**

1 scoop Jay Robb Enterprises - Whey Chocolate Isolate powder 1/2 cup  
crushed ice (optional) **INSTRUCTIONS:**

*This low carb smoothie recipe can be doubled.*

Combine all ingredients in a blender.

Blend until smooth, or desired consistency.

Enjoy.

## **Tropical Dream Cooler** INGREDIENTS:

16 ounces unsweetened almond milk 1 packet artificial sweetener

### **4 ounces heavy cream**

1 scoop Jay Robb Tropical Dreamsicle Whey powder 1/2 cup crushed ice  
(optional) **INSTRUCTIONS:**

Add all ingredients in blender.

Blend until smooth or desired consistency.

Recipe adapts well for two, so double as needed.

Enjoy!

## **Almond Blue Smoothie**

### **INGREDIENTS:**

16 ounces unsweetened almond milk 1 packet artificial sweetener

### **4 ounces heavy cream**

1/4 cup frozen unsweetened blueberries (more blueberries=more carbs) 1 scoop Whey Vanilla Isolate powder powder

**INSTRUCTIONS:**

Add all ingredients in blender.

Blend until smooth or desired consistency (if it is too thick, add water as needed).

Enjoy!

## Autumn Pumpkin Smoothie

### INGREDIENTS:

¼ cup pumpkin purée, BPA-free ¼ cup almond milk, unsweetened

### 1 scoop whey protein powder

¼ cup crème fraîche / sour cream ½ tsp. gingerbread spice mix 1

tsp. Erythritol

3-6 drops liquid Stevia extract 2 tbsp. whipped cream or coconut cream

### INSTRUCTIONS:

Add ingredients in blender.

Pulse ingredients smooth.

Top with whipped cream. For an added treat top with or coconut cream and sprinkle with cinnamon.

Enjoy!

## **Chocoberry Almond Protein Drink**

### **INGREDIENTS:**

16 ounces unsweetened almond milk  
4 ounces heavy cream  
2 scoops Jay Robb Chocolate Whey Isolate powder  
1 tablespoon of DaVinci Sugar Free Raspberry Syrup  
1/2 cup crushed ice (optional)

### **INSTRUCTIONS:**

Add ingredients to blender.  
Blend until smooth.  
Enjoy!

## **Blueberry Energy Smoothie** INGREDIENTS:

3 tbsp. Golden Flaxseed Meal 1 tbsp. Chia Seeds

## **2 cups Vanilla Unsweetened Coconut Milk**

10 drop Liquid Stevia 1/4 cup Blueberries 2 tbsp. MCT Oil

1 1/2 tsp. Banana Extract 1/4 tsp. Xanthan Gum **INSTRUCTIONS:**

Add ingredients in blender.

Let sit a few minutes to allow the flax and chia seeds to absorb some moisture.

Blend for 1-2 minutes until incorporated well.

Enjoy!

## **Strawberry Rhubarb Compote Creamer** **INGREDIENTS:**

2-4 medium strawberries (1.4 oz.) 1-2 medium rhubarb stalks (1.8 oz.) ¼ cup almonds or 1 tbsp. almond butter (1 oz.) 1 large egg (free-range or organic) ½ cup almond milk, unsweetened (4 oz.) 2 tbsp. full-fat cream or coconut milk 1 tsp. freshly grated ginger root (or 1/2 tsp. ginger root powder) ½ tsp. pure vanilla bean extract (~ 1 vanilla bean) 3-6 drops liquid Stevia extract

### **INSTRUCTIONS:**

Add the entire ingredients to a blend.

Blend until smooth.

Enjoy!

## **McKeto Strawberry Dairy Cream**

### **INGREDIENTS:**

3/4 cup Coconut Milk

1/4 cup Heavy Cream

7 Ice Cubes

2 tbsp. Sugar-free Strawberry Torani

1 tbsp. MCT Oil

1/4 tsp. Xanthan Gum

### **INSTRUCTIONS:**

In a blender, add all the ingredients for the milkshake.

Blend everything together for 1-2 minutes, until smooth.

Enjoy!

## Low Carb Crystal Crush Margarita

### INGREDIENTS:

1.5 ounces of tequila  
2 ounces lime juice  
1/4 teaspoon of orange extract  
1/4 cup prepared lemon lime Crystal Light  
Crushed ice

### INSTRUCTIONS:

Add entire ingredients to a blend.  
Blend with slushy.  
Garnish with a lime wedge.  
Enjoy!

## **Summer Fun Smoothie** INGREDIENTS:

2-4 medium strawberries (1.4 oz.) 1-2 medium rhubarb stalks (1.8 oz.) ¼ cup almonds or 1 tbsp. almond butter (1 oz.) 1 large egg (free-range or organic) ½ cup almond milk, unsweetened (4 fl oz.) 2 tbsp. full-fat cream or coconut milk 1 tsp. freshly grated ginger root (or 1/2 tsp. ginger root powder) ½ tsp. pure vanilla bean extract (~ 1 vanilla bean) 3-6 drops liquid liquid Stevia extract **INSTRUCTIONS:**

Add all ingredients to blender.

Pulse smooth or too a desired consistency.

Enjoy!

## Citrus Low Carb Margarita

### **INGREDIENTS:**

1.5 ounces of tequila  
2 ounces lime juice  
1/4 teaspoon of orange extract  
1/4 cup prepared lemon lime Crystal Light  
Crushed ice

### **INSTRUCTIONS:**

Add ingredients to blender.  
Crush to desired consistency.  
Serve and enjoy.  
Enjoy!

## Green Glory Smoothie

### INGREDIENTS:

½ average avocado (3.5 oz.) ¼ cup coconut milk, organic ¼ cup fresh baby spinach ¼ cup fresh mint

### 1 scoop vanilla whey protein powder

2 tbsp. pistachio nuts (unsalted) (0.7 oz.) 1 vanilla bean (or ½ - 1 tsp. vanilla extract) 3-6 drops liquid Stevia extract ½ water  
Ice cubes (if needed)

### INSTRUCTIONS:

Add washed mint and spinach to blender with peeled and sliced avocado.  
Add remaining ingredients and blend smooth.  
Serve and enjoy.  
Enjoy!

## Low Carb Island Delight

### INGREDIENTS:

3 ounces of rum  
2/3 cup coconut milk or cream  
1/2 cup sugar-free pineapple syrup  
2 cups crushed ice

### INSTRUCTIONS:

Add all ingredients to blender.  
Crush until desired consistency.  
Serve and enjoy.  
Enjoy!

## Fresh Hazelnut Liqueur

### INGREDIENTS:

1 cup hazelnuts, whole (4.8 oz.)

### 2 vanilla beans

1 cup high-quality vodka (240 ml / 8.1 fl oz.) ¼ cup powdered Erythritol or  
15-20 drops stevia ¼ cup water

### INSTRUCTIONS:

#### Step 1:

Preheat the oven to 175 C / 350 F.

Toast hazelnuts 8-10 mins.

Cut vanilla beans lengthwise and remove seeds.

While the hazelnuts are still hot, place in glass jar and top with the vanilla seeds.

Add vodka and vanilla beans to the jar.

Infuse 2-4 weeks (the longer the infuse time, the bolder the flavor).

#### Step 2:

After the waiting period of 2-4 weeks, remove the vanilla beans and drain the hazelnuts and reserve the extract.

Put the hazelnuts into a blender.

Pulse 3-4 times until coarsely chopped and place them into a pot with water and bring contents to boil for a minute.

Remove from heat and press hazelnuts through sieve to extract any residual fluid and mix with the rest of the extract.

Pour the extract through sieve to that no pieces have been left behind.

Toss out chopped hazelnuts.

Add any low-carb sweetener if desired and mix in well.

Pour hazelnut extract into a sterilized glass jar and seal closed.

## Citrus Dream Protein Crush

### INGREDIENTS:

4 ounces heavy cream  
2 scoops Jay Robb Tropical Dreamsicle Whey Powder  
1 tablespoon of Da Vinci SUGAR FREE Coconut Syrup  
16 ounces unsweetened almond milk  
1/2 cup crushed ice (optional)

### INSTRUCTIONS:

Add all ingredients to blender.  
Blend until smooth.  
Serve and enjoy

## Keto Peanut Butter Cup

### INGREDIENTS:

1 scoop of [whey protein](#)

1 cup of milk

1.5 Teaspoons of [PB2](#) (or other nut butter of choice)

### INSTRUCTIONS:

Combine all ingredients into a blender.

Blend until ingredients are incorporated well.

Add whip cream for a decadent twist.

Enjoy!

## **Cucumber Cream Refresher** INGREDIENTS:

### **2 handfuls Spinach**

2.5 oz. Cucumber, peeled and cubed 7 ice Cubes

### **1 cup Coconut Milk**

12 drops Liquid Stevia 1/4 tsp. Xanthan Gum 1-2 tbsp. MCT Oil

### **INSTRUCTIONS:**

Insert all ingredients to blender.

Blend 1-2 minutes depending on the desired consistency.

Serve and enjoy!

Enjoy!

# Low Carb 'Hidden Greens' Choco Peanut Butter Shake

**INGREDIENTS:**

## **1 Can of Coconut Milk**

2 Tablespoons Peanut Butter or other nut butter 4 Tablespoons of Cocoa/Cacao or Carob Powder

## **1 Teaspoon Vanilla Extract**

1/2 Teaspoon Stevia

1/2 Avocado (Optional to make this smoothie thicker and creamier) 2 Eggs (Optional)

2 Cups Spinach or other mild greens (Optional) **INSTRUCTIONS:**

Add all ingredients to blender.

Blend until smooth.

Serve and enjoy

## **Blackberry Cocoa Cream Shake** INGREDIENTS:

7 Ice Cubes

### **1 cup Unsweetened Coconut Milk**

1/4 cup Blackberries

2 tbsp. Cocoa Powder

12 drops Liquid Stevia 1/4 tsp. Xanthan Gum

1-2 tbsp. MCT Oil

### **INSTRUCTIONS:**

Add ingredients to blender.

Blend together for 1-2 minutes or until desired consistency is reached.

Serve and enjoy!

## **Keto Island Romance** INGREDIENTS:

### **7 Ice Cubes**

2 tbsp. Golden Flaxseed Meal 3/4 cup Unsweetened Coconut Milk 1/4 cup Sour Cream

20 drops Liquid Stevia 1 tbsp. MCT Oil

1/2 tsp. Mango Extract 1/4 tsp. Blueberry Extract 1/4 tsp. Banana Extract

#### **INSTRUCTIONS:**

Add all ingredients together into a blender and let rest approximately 2 minutes for the flax to absorb some liquid.

Blend for 1-2 minutes until well blended.

Enjoy!

## **Low Carb Avocado Energy Smoothie** INGREDIENTS:

### **1 cup milk or milk substitute**

1/2 an avocado

1 Tbsp. chia seeds

### **1 scoop protein powder**

1/2 Tbsp. gelatin (optional) Sweetener to taste

1/2 - 1 Tbsp. coconut oil (liquefied) Ice to desired consistency (roughly 4-6 cubes) 1.5 Tbsp. Cacao Nibs (for garnish) **INSTRUCTIONS:**

Add chia seeds to milk and refrigerate overnight (or at least an hour or two).

This will allow the seeds to absorb liquid and become the thickener for our shake. Stir a few times while it is resting.

Pour chia seed milk, avocado, protein powder, gelatin (optional) into blender.

Blend until smooth.

Add your liquefied coconut oil and continue blending.

When fully incorporated, add ice. (Ensure fully blended before adding the ice to prevent oil from clumping).

Blend to desired consistency and adjust to taste.

Pour into a glass, decorate with cacao nibs and enjoy.

## **Holiday Low-Carb Eggnog**

### **INGREDIENTS:**

1/2 pint heavy cream  
2 eggs (yolks and whites divided)\*  
1/4 cup xylitol  
1/4 teaspoon pure stevia extract

### **1 teaspoon nutmeg**

1/2 teaspoon vanilla  
dash of cloves  
dash of cinnamon

### **INSTRUCTIONS:**

With mixer, beat egg yolks until they are light.  
Add the xylitol, stevia, cream and the spices of nutmeg, vanilla, cloves, and cinnamon to the eggs.  
Beat well to combine ingredients.  
In a separate bowl (chilled), beat egg whites until soft peaks form.  
Whisk the fluffy egg whites into the cream mixture.  
Serve chilled.

## **Keto Greek Island Smoothie**

### **INGREDIENTS:**

3/4 cup to 1 cup fresh blackberries  
1 cup Greek yogurt  
1/2 scoop Jay Robb strawberry-flavored whey protein powder  
1 cup crushed ice  
1/2 cup to 1 cup water  
2 tbsp. flax oil

### **INSTRUCTIONS:**

Add the entire ingredients to a blender.  
Blend until smooth.  
Adjust ice for desired thickness.

## Summer Field Smoothie

### INGREDIENTS:

½ cup blackcurrants

¼ cup strawberries, 2-3 strawberries ¼ cup coconut milk

½ cup water

2 tbsp. chia seeds, whole or powdered ½ vanilla bean or ½ tsp. sugar-free

vanilla extract optional: 5-7 drops liquid Stevia extract **INSTRUCTIONS:**

Put all ingredients into a blender.

Pulse until smooth.

Allow smoothie to rest 2-5 minutes.

Serve and enjoy!

## **Bulletproof Coconut n Green Tea Chiller** **INGREDIENTS:**

2-3 Teabags Organic Green Tea 2 Tablespoon Grassfed Unsalted Butter 2 Tablespoon Coconut Oil 1 Tablespoon Heavy Cream 3 Cups Ice Cubes

### **INSTRUCTIONS:**

Brew your chosen cup of tea double strength and chill once brewed.

Put coconut oil and butter in blender and blend until frothy.

Add ice cubes and your chilled double strength tea.

Blend for 3-5 minutes, until it is well blended.

Serve and enjoy.

## **Raspberry Ginger Cream Shake**

### **INGREDIENTS:**

2 scoops LOW CARB vanilla ice cream  
250ml diet ginger ale  
45ml thick cream  
1-2 teaspoons raspberry flavoring

### **INSTRUCTIONS:**

Add ingredients to blender.  
Blend 1 minute at medium speed until thick, rich and smooth.  
Serve and enjoy.

## **Ketogenic Dark Chocolate Dream** INGREDIENTS:

1 c. Grassfed 35% “whipping” cream 1 tbsp. MCT oil  
4 squares of 85% high quality dark chocolate 1/2 tbsp. Erythritol  
1/2 c. ice

### **1 pastured egg yoke**

1 tsp. high quality vanilla powder 1/2 tbsp. grassfed butter or ghee

#### **INSTRUCTIONS:**

Add the entire ingredients into a blender.

Process until smooth.

## **Almond Cinnamon Protein Potion** INGREDIENTS:

2 scoops of vanilla whey protein powder

### **1 cup of unsweetened almond milk**

1 Tbsp. of cinnamon

1 tsp. of vanilla essence

### **2 drops of liquid sweetener**

A couple of ice cubes (optional) **INSTRUCTIONS:**

Add ingredients to blender.

Blend until smooth or desired consistency.

Serve and enjoy.

## Simple Strawberry Protein Smoothie

### INGREDIENTS:

1/2 cup water  
1 cup ice  
1 scoop strawberry protein powder  
1 egg  
1 splash cream (about 2 Tbsp.)  
2 strawberries

### INSTRUCTIONS:

Blend water and ice together.  
Add egg, powder and the 2 strawberries and continue to blend.  
Add cream.  
Blend again.  
Serve and enjoy.

## **Keto Banana Pudding Protein Shake** **INGREDIENTS:** 1

Scoop Elite Whey Vanilla Protein

1 Tbsp. Sugar-Free Banana Cream Pudding Mix

3 Tbsp. Unsweetened Shredded Coconut

1 Cup coconut Milk

1/2 Tbsp. Coconut Flavored Extract **INSTRUCTIONS:** Add the entire ingredients into a blender.

Add ice in intervals slowly to ensure that the desire consistency is reached.  
Top with whipped cream and some extra coconut for a decadent treat.

## **Low Carb Lucky Protein Shakes** **INGREDIENTS:** 1/2 cup of

half-and-half cream

1/2 cup of water

1 scoop of vanilla protein powder

1/4 teaspoon of mint extract

1/4 teaspoon of vanilla extract

3 ice cubes

2-3 drops of green food coloring (optional) **INSTRUCTIONS:** Add all ingredients into the blender.

Blend until smooth.

You can sprinkle grated dark chocolate and enjoy this homemade Keto version of a McShamrock shake.

## **Keto Iced Strawberry and Greens**

### **INGREDIENTS:**

1/2 cup coconut water  
1 cup ice  
1 cup washed spinach  
3 large strawberries  
Sweetener to taste

### **INSTRUCTIONS:**

Add all ingredients into a blender.  
Process well.  
Enjoy!

**Bright Morning Smoothie** **INGREDIENTS:** 2 Cups Washed

Spinach

2 Large Strawberries

1/4 Cup Lemon Juice or Fresh Squeezed Orange Juice

2 Tablespoons Chia Seeds or Powder

1 Cup Green Tea

1 Cup Ice

2-4 Tablespoons Sweetener of choice **INSTRUCTIONS:** Put all ingredients in  
blender.

Blend until smooth or to desired consistency.

Rest 5-10 minutes, serve and enjoy.

## **Body Pumping Smoothie** INGREDIENTS:

### **1 beetroot**

1 Apple (3/4th of the quantity of beetroot) 3 tbsp. yogurt  
Handful of mint

### **2 inch ginger**

1/2 tsp. of black salt or rock salt 1 tsp. of honey/sugar 1/4 cup of water

### **INSTRUCTIONS:**

Wash peel and cut the beet.

Cut medium size pieces of apple and discard seeds.

Add all ingredients to the blender.

Add ice and continue to blend into a smooth paste.

Add lemon juice. (Optional) Serve and enjoy.

## **Keto Fiber Field Cream** **INGREDIENTS:** 1 Cup Almond Milk

1 Scoop Vanilla Whey Protein

4 Large Strawberries

1 Cup Fresh Spinach, Washed

1 Tablespoon Psyllium Husk

2-4 Tablespoons Stevia or sweetener of your choice

2 Tablespoons Chia Seeds or ground chia

2 Cups Ice

2 Tablespoon sweetened Whipped Topping of your choice **INSTRUCTIONS:**

Add the entire ingredients to a blender, except the whipped cream.

Blend until smooth.

Pour half your smoothie into a tall glass.

Add a layer of whipped topping before pouring the remaining blended smoothie on top.

Add more whipped topping and swirl gentle with a straw.

Allow to sit several minutes for the chia seeds to absorb liquid.

## **Keto Smart Banana Blender**

### **INGREDIENTS:**

1 cup Spinach

### **1 cup Banana**

1/2 cup water+yogurt

2 tbsp. Pomegranate

2 tbsp. Almond meal/Almonds 1 tsp. Cinnamon powder

1 tsp. Vanilla sugar/Honey/Sugar+vanilla extract Ice

### **INSTRUCTIONS:**

Coarsely chop clean spinach.

Cut a medium sized banana in pieces.

Mix 2-3 tbsp. of yogurt with water to make 1/2 cup of liquid.

Add all ingredients to a blender and process until smooth.

Add ice while blending until the desire thickness is reached.

## **Low-Carb Caribbean Cream**

### **INGREDIENTS:**

½ cup unsweetened coconut milk ¼ cup coconut water or water (iced) 1 shot  
dark or white rum

### **1 slice fresh pineapple**

3-5 drops liquid Stevia extract **INSTRUCTIONS:**

Freeze the coconut water for 1-2 hours in an ice cube tray.

Blend pineapple and coconut milk until smooth.

In serving glass, add "coconut water ice cubes" and rum.

Add blended mixture.

Garnish with Pineapple and serve.

Enjoy!

## **Minted Iced Berry Sparkler** INGREDIENTS:

1 cup mixed frozen berries 1 lime or lemon

### **1 cup fresh mint**

15-20 drops liquid Stevia extract (Clear / Berry) 1 large bottle water, still or sparkling (4 cups) Ice

### **INSTRUCTIONS:**

Wash mint.

Cut lime into small wedges.

Place frozen berries, mint, lime or lemon wedges and remaining ingredients into everything into a container, using your choice of sparking or still water. Let rest 15 minutes or more. The longer you leave it, the bolder the flavor. Serve and enjoy.

## Kiwi Dream Blender

### INGREDIENTS:

¼ average avocado  
¼ cup coconut milk (or coconut cream or full-fat cream) 1 small wedge of Galia melon (or Honeydew, Cantaloupe) ¼ cup kiwi berries or kiwi fruit 1 scoop vanilla whey protein powder (vanilla or plain) powdered gelatin  
1 tbsp. chia seeds (or psyllium) 3-6 drops liquid Stevia extract ½ cup water  
ice (if needed)

### INSTRUCTIONS:

Peel and slice avocado and place in a blender.  
Add peeled melon, kiwi and the remaining ingredients.  
Blend until smooth.  
Serve and enjoy.

## Strawberry Lime Ginger Punch

### INGREDIENTS:

2 cups water  
2 Tbsp. ACV (raw apple cider vinegar)  
3 pkts NuStevia (or your sweetener of choice)  
juice of 1 lime  
1/2 tsp. ginger powder  
5 frozen strawberries

### INSTRUCTIONS:

Add all ingredients in blender.  
Mix well.  
Serve chilled.

## Peppermint Patty

### INGREDIENTS:

½ c. cottage cheese (2% Daisy is my fave) 1½-2 c. ice  
1 c. unsweetened almond milk  
2 T or ¼ c. cream or ½ & ½  
1½ tsp. vanilla extract  
¼ tsp. peppermint extract or 1-2 drops food grade essential oil 1-2 T  
Erythritol (or Xylitol or Truvia) + stevia extract to taste ⅛ t. glucomannan or  
xanthan gum, optional ½ oz. 85% dark chocolate bar

### INSTRUCTIONS:

To make garnish curls, warm chocolate to room temp, peel with a veggie peeler to make curls.

Chop chocolate bar into small bits and set aside.

Add remaining ingredients to blender.

Blend until smooth.

Add chocolate bits and blend (results should be straw-sized bits).

Serve topped with whipped cream & chocolate curls.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you discover some amazing Keto Recipes. The next step is to get cooking!!!



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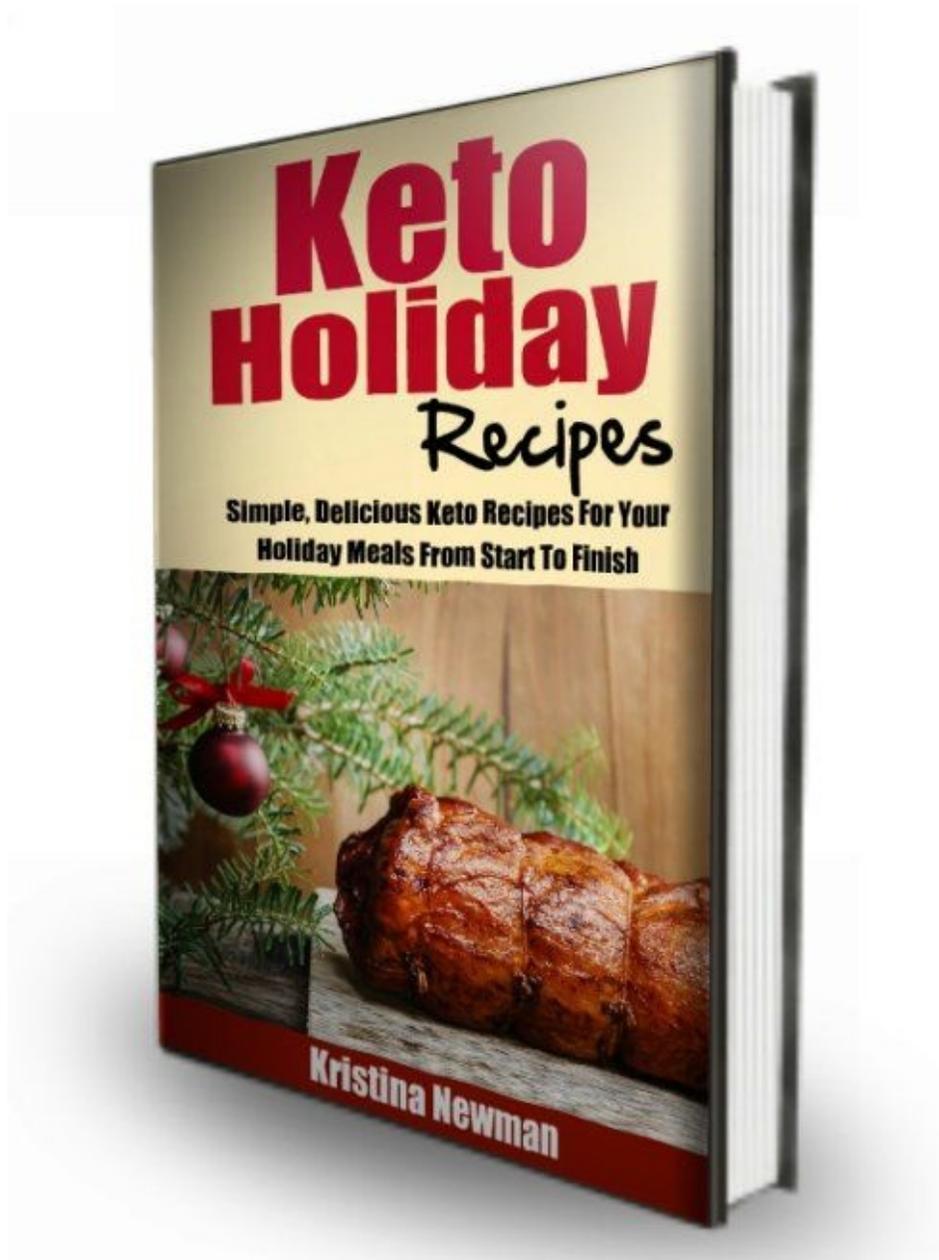
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