

THE SUPER KETO DIET.

**Best
Seller**

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BY:

BEST-SELLING AUTHOR.

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THE SUPER KETO DIET.

The way we are meant to eat.

Authored By:

D.HAZE

Foreword.

To all the people who seek a healthier lifestyle.

Join us into a better life.

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Preface

-What is a Ketogenic diet?

A Ketogenic Diet is any diet that causes ketones to be produced by the liver, shifting the body's metabolism away from glucose towards fat utilization. Typically on a moderate to high carb diet, the body will prefer glucose for fuel (usually from dietary carbs), but by restricting carbs, the body will prefer fat for fuel. By inducing ketosis, a series of adaptations will take place.

Ketosis is also an effective way to control your blood sugar. When you eat something high in carbohydrates, your body produces insulin to get rid of all the sugar in your blood. But since there is already carbs to be used for fuel, your body will be storing fat cells and not releasing any to be burned. So by reducing carbs and being in ketosis, your insulin levels will be regulated at a lower level, and your body will want to access your body fat for fuel instead. In most cases this means impressive weight-loss!

With controlled blood sugar levels, you will experience less hunger and cravings. Paired with an adequate protein and high fat intake, you will feel both satisfied and satiated by the diet.

What do I eat?

A typical Ketogenic Diet is any diet which restricts carbohydrates between 0-50g of carbs per day. The general recommendation of *rketo* is to start with 20g of net-carbs per day. This limit does a good job of eliminating junk foods, refined carbohydrates and any other “fattening” foods.

Net-carbs are the total carbs minus the fiber carbs (fiber doesn't count because your body doesn't absorb it). For example, a cup of chopped broccoli is 6g of total carbs and 2g of fiber. $6g - 2g = 4g$ net carbs.

Your carbs should ideally come from whole-food sources such as vegetables, nuts, dairy, *etc.* Try your best to avoid refined carbohydrates such as breads, pastas and cereals; starches such as potatoes, beans and legumes; and other refined sugars such as white sugar, HFCS, and even sugar from fruits.

Most meals should focus on a protein and a fat with a side of vegetables. Some examples would be; a steak with a side of sautéed spinach, or chicken thighs with a side of broccoli and cheese sauce. Snacks can include nuts and seeds, cheese, or anything “keto-friendly”. When in doubt, check the nutrition label or google the carb count to see if it fits within your daily carb goal.

Side note: Be wary of claims such as ‘effective carbs’ or ‘net carbs’. Many of these items will use sugar alcohols, which do in-fact count (at least partially) and will have an effect on your blood sugar.

Adequate protein is also a very important aspect of the Ketogenic Diet and it will help you preserve muscle mass.

What portion of fat/protein/carbs do I need?

One of the mantras of low-carb diets is the ratio of macronutrients “60/35/5”. This means that the percentage of your daily caloric intake needs to be sixty percent from fat, thirty-five from protein and five from carbohydrates. Fat and protein keep you full, so more of them is often preferred to naturally keep you in a calorie deficit. Though macronutrient ratios are a good starting point, they aren't always accurate. Another method is to choose a carb goal between 15-50g/day (20g is a good starting point), set your protein requirements (1.5-1.75g of protein per kilogram of ideal body weight), and fill the rest of your calories with fat.

Do I need to count calories?

In many cases, a Ketogenic Diet will help you reduce your caloric intake naturally. Some people don't count calories while others do, it's really a personal decision! But if you aren't counting calories and you find your weight-loss is stalling, then consider tracking.

What happens when my body adapts?

As you begin to adapt to ketosis, your body will begin to deplete its glycogen stores. Your body is normally trained to use this cheap, fast and easy-to-process energy source, and it needs some time to get used to running off fat as its primary source of fuel. To be blunt, you may feel like crap while adapting.

You may experience nausea, headaches, dizziness, mental fog and other flu-like symptoms. This phenomenon is often called 'keto-flu' or 'carb-flu. Many times this is the result of your electrolytes being flushed out along with water weight. If you drink some traditional chicken or beef broth you can replenish your electrolytes and ease your symptoms. It is also incredibly important to drink plenty of water! Your water intake will keep you hydrated and it will help flush out excess ketones.

Fun fact: The body can excrete up to 100 calories worth of ketones per day.

This total adaptation process takes about three weeks to happen. During this time you may be continuing an exercise regimen or you may even be starting a new one. You may find that you don't have as much endurance and strength as you are used to, and this is normal. Once you are fully keto-adapted, your body will be trained to operate on fat as its primary source of fuel, and you will see an improvement in your energy levels. Many even report having more energy, and more stable energy levels while in ketosis.

How do I guarantee I'm in ketosis?

An easy way to know for sure you are in ketosis is to use ketostix. These little sticks can be found in most pharmacies and even online. They only test for

excess ketones, so they aren't always the most reliable, but if you see a positive on the stick you are guaranteed to be in ketosis. Other signs of ketosis might be; a funny taste in your mouth, your urine will smell different or you're incredibly thirsty. But if you have been eating 20g of carbs a day for at least 3 days, you are more than likely in ketosis.

I don't think I can give up carbs!

Once you get over the initial hump of carb cravings, they go away! Since keto will stabilize your blood sugar, it will also stabilize your hunger and cravings. Since your body is now adjusting to a low-sugar diet, you will find that your taste buds will change as well and you can now easily detect the sugar content in certain foods. Items such as carrots and dark chocolate now taste sweeter. The longer you stick to keto and the stricter you are, the less you will miss carbs. Carbs and sugar are truly addictive, and like anyone else trying to break an addiction, the best method is to cut out the source of the problem.

Source:

https://docs.google.com/document/d/1gZfJeyJOM8fJsX1iCilmnpp1qmT_KncJwWEsaEHc/edit?pli=1

Visit <http://www.reddit.com/r/keto> for many, many more recipes and great resources in general for the keto lifestyle.

Now that we've established what ketosis is, let's get down to some delicious

recipes.

I

Chapter one.

Steak and eggs.



The finished recipe.

Start this recipe by prepping the vegetables. First roughly chop the onions.



Chop up green pepper as such.



After getting the vegetables ready, heat up some bacon grease in your cast iron skillet. Get it nice and hot.

Then fry the onions until translucent.



After the vegetables are done, is time to cook the steak.



For

this steak, cook it for three minutes on high and then flip it and cook it for three more minutes.

Here's all the steak cut up and ready for distribution!



I knew how much steak I had to begin with so I divided it into 10 portions for the week. It came out to a little less than 5 oz. per serving.

Now that the steak is done, it's time to make the eggs.

Combine the eggs, cream, and spices into a large bowl and whisk it.



Use a large nonstick skillet to scramble the eggs. Start by letting them set a little bit for maybe a minute or two.



Then once they start to set, whisk them.



Once they are relatively close to done but still a little liquidly, add in the cheese.



Then whisk some more.



Overall it was a nice alternative to the standard breakfast

Steak and Eggs

Information:

- Serves: 10
- Serving size: 362 g
- Calories: 506
- Fat: 51
- Carbohydrates: 4
- Fiber: 1
- Protein: 45

Prep time: 10 mins

Cook time: 15 mins

Total time: 25 mins



Ingredients:

- 1 Onion (270 g)
- 1 Pepper (180 g)
- 4 Lbs Beef Chuck Shoulder
- 15 Eggs
- 120 g Heavy Cream
- 5 Oz Cheddar Cheese
- Salt, Pepper, Onion Powder, Garlic Powder to taste

Instructions:

1. Dice up the peppers and onions
2. Fry the peppers and onions until translucent and set aside
3. Cook the steak on high for 6 minutes or until desired internal temperature has been reached, flip half way
4. Let steak rest while cooking eggs
5. Combine eggs, cream, and spices in a large bowl
6. Cook in a nonstick pan, whisking occasionally until they are no longer runny
7. Add cheese and whisk some more
8. Combine all the ingredients in a resalable container for breakfast!

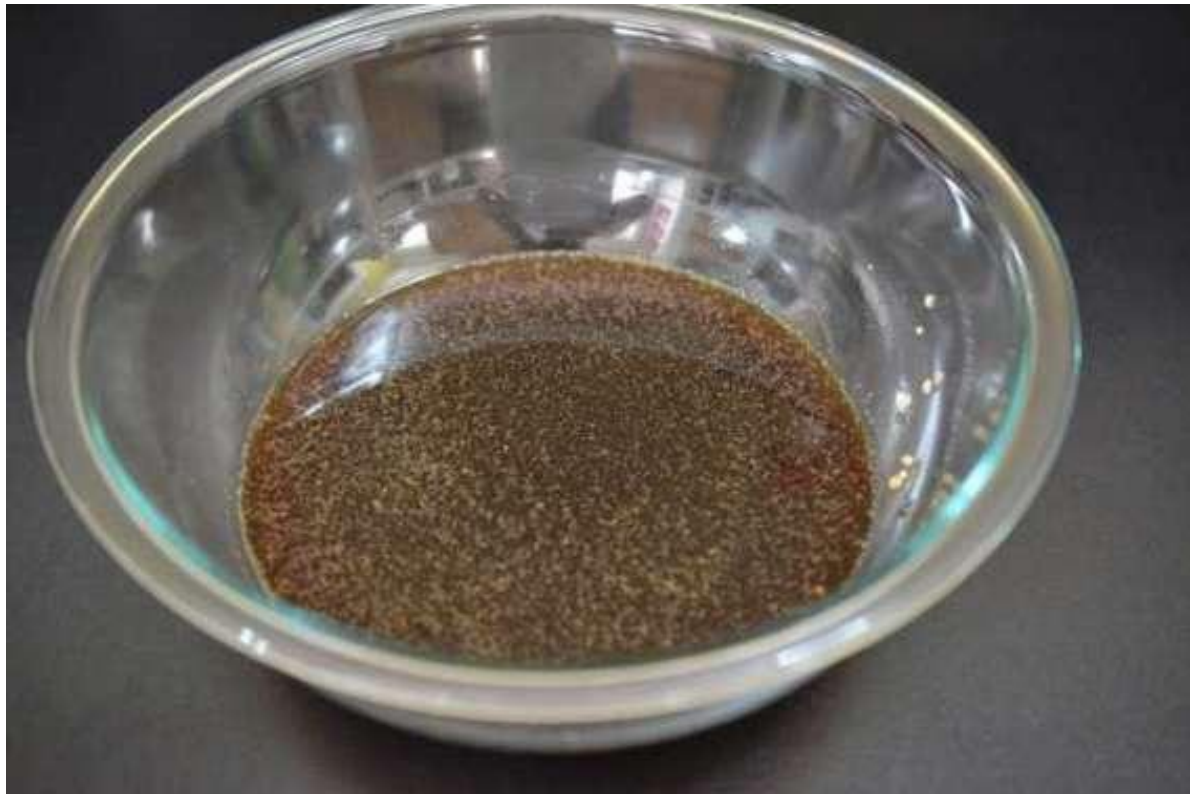
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Chapter two

Tequila Chicken



Prep a fresh chicken breast.



Mix all of the marinade ingredients in a Pyrex bowl with lid. I like to use these because they're non porous so the marinade won't linger in the glass bowl and the lid is an added bonus.



Add the chicken into the marinade. Try and arrange them so they're under the liquid.



For an added seal, I put saran wrap over the bowl.



Sealed chicken breast.

Then I put the lid over the saran wrap. Now let the chicken marinate in the refrigerator for 2-3 hours.



Once you're ready to cook, get the chicken out of the refrigerator and turn the oven on high broil.



I don't have a real broil pan so I used a grill pan flipped over and in a baking pan instead.



Next, broil the chicken until it reaches an internal temperature of 165. Flipping the chicken after 10 minutes to get an even char on both sides.



While the chicken is broiling, mix together the sauce. Just throw all of the herbs, spices and liquids in a bowl and whisk it together.



Here's the finished sauce.



Here's the chicken after broiling.



For the next stage, grab a glass baking dish and arrange the chicken into it.



Pour the sauce over the chicken. Try and cover them as evenly as you can.



Of course no keto recipe is complete without cheese, so go ahead and drench the chicken with some shredded cheddar cheese. Then throw it back in the oven on broil until the cheese melts, likely 2-3 minutes.



Tequila Chicken

Information:

- Serves: 6
- Serving size: 1 Breast
- Calories: 445
- Fat: 22
- Carbohydrates: 2

- Fiber: 0
- Protein: 60

Prep time: 3 hours 15 mins

Cook time: 23 mins

Total time: 3 hours 38 mins



Ingredients:

- **Marinade**

- 1 Cup Water
- ¼ Cup Soy Sauce
- 2 Tbsp. Lime Juice
- ½ tsp Garlic Powder
- ½ tsp Liquid Smoke
- ½ tsp Salt
- 50 mL Tequila (1 Shot)
- 6 Chicken Breasts

- **Sauce**

- ¼ Cup Mayonnaise
- ¼ Cup Sour Cream
- ¼ Cup Tomato Sauce (or Salsa)
- 1 Tbsp. Heavy Cream
- ¼ tsp Dried Parsley
- ¼ tsp Frank's Hot Sauce
- ¼ tsp Salt
- ¼ tsp Dried Dill
- ¼ tsp Paprika
- ¼ tsp Cayenne Pepper
- ¼ tsp Ground Cumin
- ¼ tsp Chili Powder
- ¼ tsp Black Pepper
- 6 Oz. Cheddar Cheese, shredded

Instructions:

1. Mix together marinade ingredients
2. Add chicken to marinade and let sit, refrigerated, for 2-3 hours
3. Place on a broiler pan and broil on high for 20 minutes, flipping after 10 minutes
4. Check to make sure meat is done, aka at least 165 degrees
5. Place meat in a casserole dish and cover with sauce and cheese
6. Broil on high again for 3 minutes or until cheese is bubbly

Chapter three.

Baked Eggs.



Finished baked eggs.



This recipe starts where most breakfast does, with frying bacon.



For ideal bacon cooking, I recommend getting a bacon press. It flattens the bacon and allows for a more even cooking.



More bacon because why not right?



For this next part, slice a small onion and place it face down in the skillet. Then place the bacon press on top.



When you flip it over you get this perfect, golden brown onion face.



Now, start the assembly process.

Basically you can use any oven proof small bowl. Ideally a ramekin if you have it.

Slice the onion in quarters and placed one in each bowl.



Next, cut two slices of bacon in half and create a cradle out of it.



Crack two eggs into the bowl. Take care not to break the yolks.



Add salt and pepper.



Add cheese.



Throw them in the oven at 350. Make sure to put them on a pan because the bacon will leak grease.

Baked Eggs:

Information.

- Serves: 2
- Serving size: ½
- Calories: 337
- Fat: 24
- Carbohydrates: 5
- Fiber: 1
- Protein: 23

Prep time: 10 mins

Cook time: 25 mins

Total time: 35 mins



Ingredients:

- 4 Eggs
- 4 Slices Bacon
- Salt and Pepper to taste
- 1 Oz Cheddar
- 1 Small Onion (80g)

Instructions

1. Fry four slices of bacon
2. Cut a small onion in half and fry
3. In a ramekin or equivalent oven-proof bowl, place onion and bacon
4. Crack two eggs into each container, making sure to not break yolk
5. Add salt and pepper
6. Add cheddar cheese
7. Bake at 350 degrees for 20 minutes or until eggs have set

IV

Chapter four.

Reuben Casserole



Here's the finished product! It tasted REALLY good; quite addicting.



This recipe starts with some corned beef. I made extra when I made my Crockpot Corned Beef and Cabbage because I knew I was going to try some different things out.



Start by making thin slices of corned beef.



Then dice those slices into bite sized pieces.



Now, like 99% of my recipes, start to throw the ingredients into your huge stainless bowl for mixing.



Next up, use a box grater to create slivers of onion.



Use the same box grater to shred 8 ounces of Carlsberg (Swiss) cheese. As you probably already know, I like to grate all my cheeses rather than buy them pre-shredded. Generally this yields a better product that melts easier in recipes. On top of that, most companies add potato starch to their shredded cheeses to make them not stick together. This adds carbs and chemicals.



Throw the cheeses, onion and a can of Sauerkraut into the large bowl.



Next up is the Thousand Island dressing. I used regular old Kraft thousand island

which did add 4 cars per serving. However, if you have it available, Walden Farms Thousand Island Dressing is sugar free and has no carbs.



So
add the dressing, add some mayo and some pepper and we're done with the ingredients!



Mix it up in the bowl to combine all the liquids and solids.



Grease an 8" pan. You could also make this in the standard larger size by just

doubling all the ingredients.



Spread out the mixture into the pan and throw it in the oven.



Here's the casserole mid bake, bubbling away!



And that's it! Take it out when it starts to brown around the edges.

Reuben Casserole

Nutrition Information:

- Serves: 4
- Serving size: ¼th
- Calories: 769
- Fat: 63
- Carbohydrates: 10
- Fiber: 4
- Protein: 37

Prep time: 10 mins

Cook time: 35 mins

Total time: 45 mins



Ingredients:

- 12 Oz. Cooked Corned Beef
- 68 g Onion (1 Small)
- 1 can Sauerkraut (14.5 Oz)
- 8 Oz. Carlsberg
- 4 Oz. Cheddar Cheese
- ½ Cup Thousand Island Dressing
- ¼ Cup Mayo
- Pepper to taste

Instructions

1. Slice and then dice the Corned Beef, add to large bowl
2. Using a grater with the large opening, shred the onion, add to the bowl
3. Using the same grater with the large opening, shred the Carlsberg, add to the bowl
4. Drain a can of Sauerkraut and add to the bowl
5. Add the cheddar cheese to the bowl
6. Measure out $\frac{1}{2}$ cup Thousand Island Dressing and $\frac{1}{4}$ cup Mayo and add to the bowl
7. Add fresh pepper to taste
8. Mix, then spread into a greased, 8" pan
9. Cook at 350 degrees for 35 minutes

V

Chapter five.

Juicy Lucy Sliders.



Here's the finished Juicy Lucy Slider!



The first step is to prepare the meat. For this I just did a simple seasoning of an egg, a few dashes of Worcestershire sauce, salt, pepper, garlic powder and onion powder.



Once the meat is mixed, put it on a kitchen scale and zero it out.

Rather than measure the individual patties, just make all the patties 1.5 ounces so they are consistent.



To make the sliders, I used this slider press so that all of the burgers are consistent in size. There are three parts, the form, the bottom, and the top.

You load the meat in and then press down and then pull the bottom out.



Here is what it looks like with the patties in the press.



And I pressed on and made all the patties 😊



Now comes the cheese. Make a pile on each slider half and try and push it towards the center.



Flip one side onto the other like so.



Then take your hands and merge the sides together.



Here are the finished patties.



No
burger is complete without a bacon weave! For these little sliders I just did a 2×2 bacon weave.



Make sure to use a bacon press to get really flat bacon weaves.



Here are the finished bacon weaves. The other advantage of cooking the bacon weaves first is we don't even have to grab and grease for cooking the burgers 😊



Make sure to get the bacon grease really hot and fry the burgers!



Flip them over and fry the other side.



For

an added bonus, top the burgers with cheese!



Finished recipe.

Juicy Lucy Sliders!

Nutrition Information

- Serves: 4
- Serving size: 1 burger
- Calories: 285
- Fat: 21
- Carbohydrates: 0
- Fiber: 0
- Protein: 22

Prep time: 25 mins

Cook time: 5 mins

Total time: 30 mins



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

1. Mix the beef, eggs and the spices
2. Divide the meat into 1.5 oz. patties
3. Add ½ oz. of cheese to each patty
4. Combine two patties to make one burger
5. Use your hands to meld the two parties together
6. Heat some oil on high and fry the burgers to your desired completion level
7. Optional – top with cheese and a bacon weave

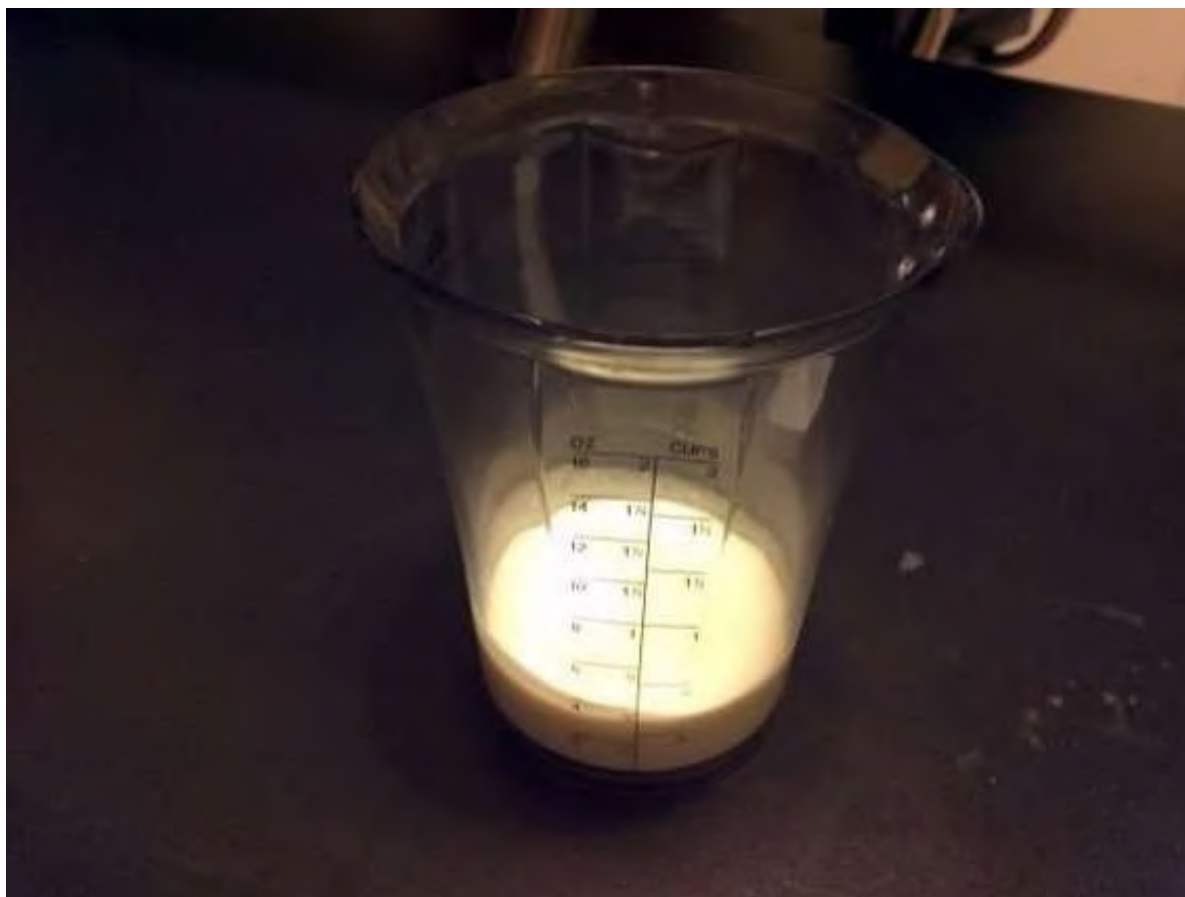
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Chapter six.

Chocolate Strawberry Mousse



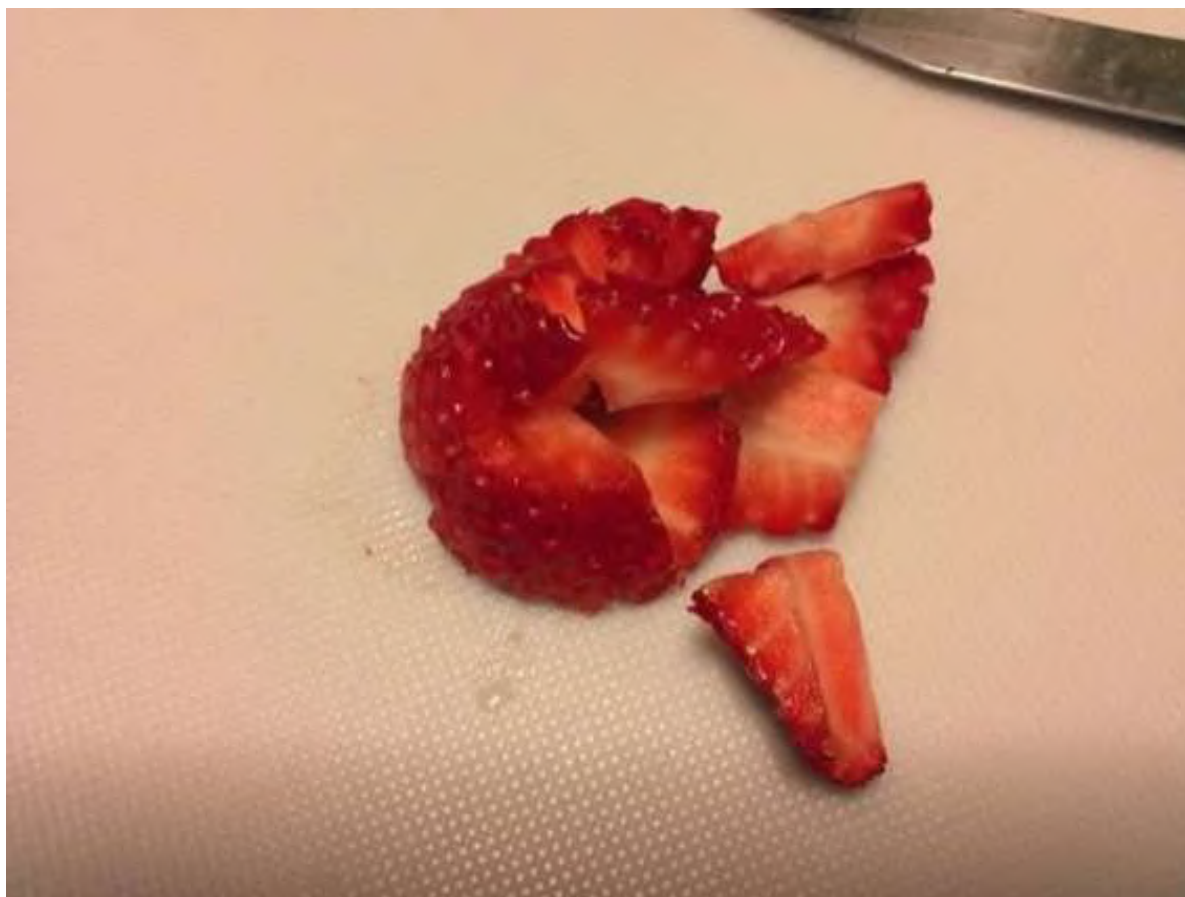
Here is the finished Chocolate Strawberry Mousse!



This recipe starts with heavy whipping cream. I use the cup that came with the immersion blender which conveniently has the markings right on the side.



Next, add the sweetener. I use EZ-Sweet which is liquid sucralose. Any sweetener will work but I prefer liquid for this application as regular Splenda has carbs in it. I've never found this stuff in a store so I had to buy it from Amazon. I do have liquid stevia which can be found at Whole Foods but I like this stuff better. Be careful though because there is a fine line between the right amount and too much. This stuff is potent so I only use four drops!



The next step is optional, but if you're in a frisky mood you can add a chopped strawberry. Try and cut it as small as possible since it needs to blend in.



Throw the strawberry in with the cream.



Now for the chocolate! I use a combination of both chocolate protein powder and unsweetened cocoa. Either could be used by themselves but I like the taste of the combination of both!



Throw the powder in the cream mixture.



For

an added bonus, I flake some 90% chocolate into the mixture.

It's pretty negligible carbs, I just take a sharp knife and flake some into the container.



Now, put the whisk attachment on your immersion blender and whisk away!



Before too long, the mixture turns solid and it looks like this! I often just eat it out of this container but you can also scrape it out and put it in a bowl.



And that's it! A quick and easy Mousse for one. You can safely make two at the same time but I wouldn't push it past that or else it might get messy 😊

Chocolate Strawberry Mousse

Nutrition Information

- Serves: 1
- Serving size: 105 g
- Calories: 330
- Fat: 33
- Carbohydrates: 12
- Fiber: 1
- Protein: 10

Prep time: 3 mins

Cook time: 2 mins

Total time: 5 mins



Ingredients

- 1/3 Cup Heavy Whipping Cream
- 4 Drops EZ-Sweet
- 1 Strawberry (24g)
- 1/2 Scoop Chocolate Whey Powder (14g)
- 2.5 g Unsweetened Cocoa
- Flakes of 90% Chocolate

Instructions

1. Measure out the cream into a container
2. Add the liquid sweetener
3. Add the strawberry
4. Add the powder
5. Add chocolate flakes
6. Mix for 1-2 minutes or until stiff
7. Serve!

Chapter seven.

Blackened

Pork Chops





Start by assembling the spices for the mix. You want to put them in a shallow container that can fit the whole pork chop. This is just one of my Tupperware containers from Ikea but it's the perfect size for the pork chops.



Obviously make sure to mix the spices together 😊



Melt 4 T of butter in another container. You will be dipping the meat in the butter, then dipping it in the spices.



Next heat some bacon grease in a cast iron skillet. You really need to use cast iron if you want the crisp crust on the pork chops. Make sure the bacon grease is good and hot.



Set

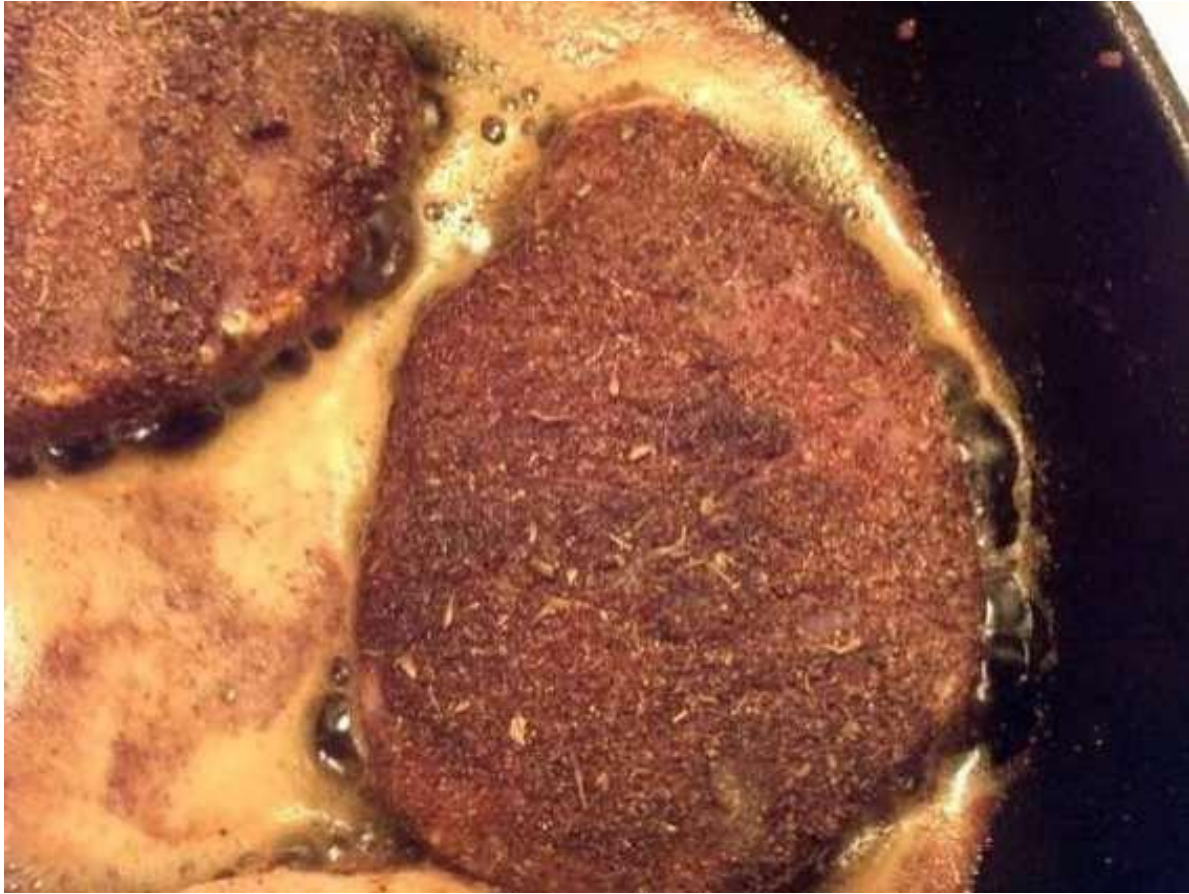
up your station with the chops, butter and spices.



Coat the pork chop first in the butter. Make sure to get it all over and on both sides.



Next place the pork chop in the spices.



Now let 'me sizzle! Resist the urge to touch them until you've let the time pass. I would do 3 minutes for thin chops and 5 minutes for thick chops.

Did for 5 minutes.



Flip the chops over and let the other side cook.



If you want to make sure they're done, check them with a thermometer. If you weren't aware, the new safe temp for pork is 145 degrees. The pork will also raise some after you take it off the grill and let it rest. I cooked these for a little longer to make sure they were done.



That's it! Here's one of the Blackened Pork Chops with some Spicy Bacon Cauliflower.

Blackened Pork Chops

Nutrition Information

- Serves: 4
- Serving size: 1 Chop (210g)
- Calories: 341
- Fat: 15
- Carbohydrates: 4
- Fiber: 1
- Protein: 46

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins



Ingredients:

- 4 Pork Chops (842 g)
- 1 Tbsp. Paprika
- 2 tsp Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- ¼ tsp Cayenne Pepper
- 2 tsp Black Pepper
- ½ tsp Thyme Leaves
- ½ tsp Oregano Leaves
- 1 tsp Cumin
- 4 Tbsp. Butter

Instructions:

1. Assemble the spices and mix in a shallow, pork chop sized bowl
2. Melt 4T of butter in another bowl

3. Heat some bacon grease up in the skillet, make sure it is hot before you start
4. Dip the chops in the butter, then coat with the spices, and put in the oil
5. Cook for 3-5 minutes per side, don't touch the chops while cooking
6. Flip once and cook on the other side until the temperature reaches 140-150 degrees depending on your liking

Notes

All of the carbs are from the spices, you could reduce the amount of spices if you want to lower it.

Chapter eight.

Cameroons Brochette.

Stuffed and Wrapped Shrimp



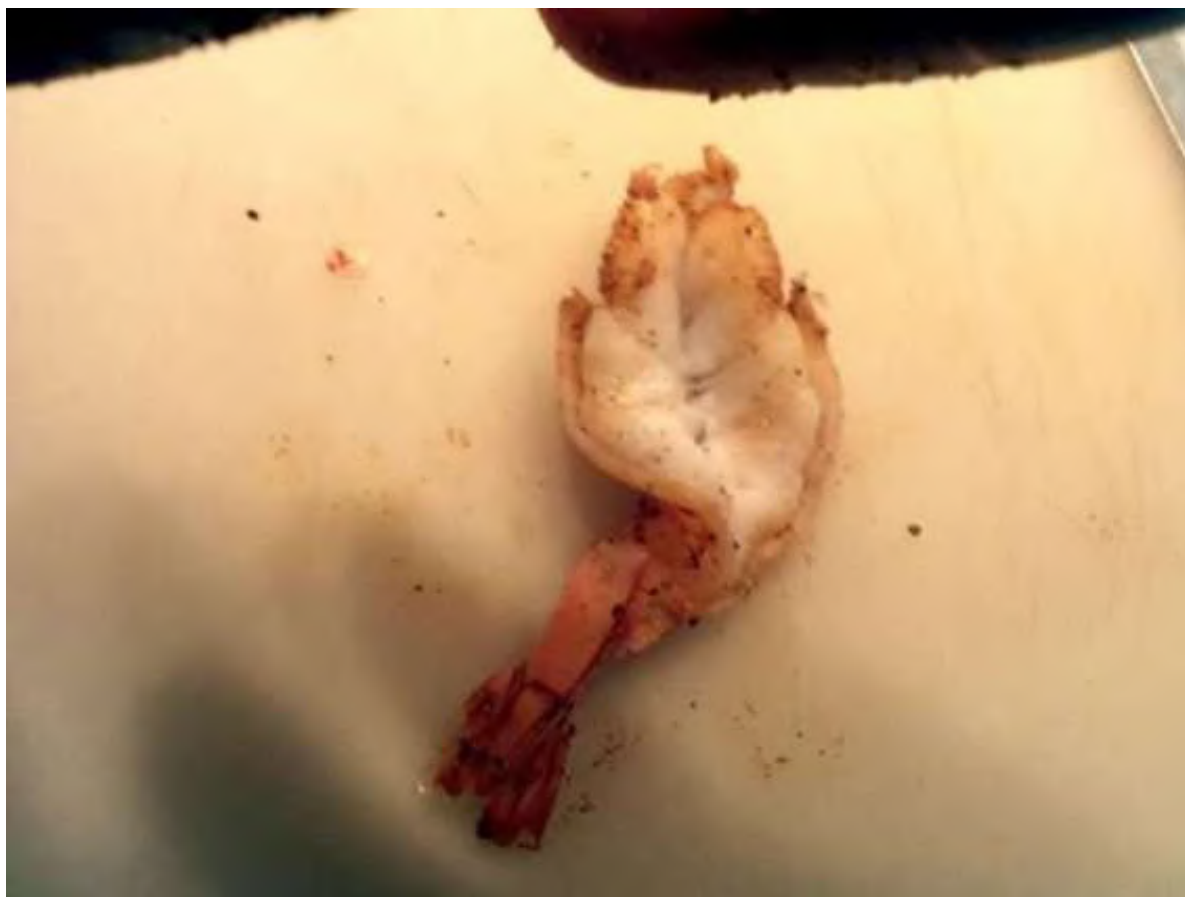
As you can see, they turned out really well!



Start by assembling a dry rub with garlic, pepper, paprika and cayenne pepper.



Coat the shrimp with the dry rub. Reserve some to sprinkle on the shrimp after they've been stuffed and wrapped. You can technically use any shrimp but I used the largest I could find, which was 21-25 count per lb. If they are not shelled, make sure to shell the shrimp and fully thaw them if frozen. You could buy raw or precooked shrimp but for laziness these are precooked and shelled.



Now, take the shrimp and cut a slit into it with a sharp knife. I use my boning knife because I think it's actually the sharpest knife I own.



Next I took some jalapenos from a jar and sliced the ring in half and laid it in the shrimp. I also took some slices of cheddar cheese and sliced them thin for stuffing.



Here is a wrapped shrimp on a metal skewer. You could also use soaked bamboo but who wants to go through that effort? These just go in the dishwasher when done ... Each shrimp gets a half slice of bacon.



Here are the shrimp ready for the grill! Take the remainder of the spice mix and apply on the outside of the bacon. As you can see at the top, I got tired of wrapping the bacon so I did several skewers of regular shrimp.



Here are the shrimp on the grill along with some T-bones.



Here are the almost finished shrimp. I had to turn it up to high and cook them for a bit to get the bacon crisp. I also have a pretty subpar grill so ignore the dirty grate ...



Oh man, this meal was so good! The steak was awesome and the shrimp had an amazing spicy flavor combined with the smoky bacon.

Cameroons Brochette – Stuffed and Wrapped Shrimp

–

Nutrition Information

- Serves: 4
- Serving size: 4 Shrimp
- Calories: 252
- Fat: 15
- Carbohydrates: 3
- Fiber: 1
- Protein: 28

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins



Ingredients

- 1.5 Lbs Large, cooked, peeled and deveined shrimp
- 15 slices Bacon
- 1 Tbsp. Garlic Powder
- 1 Tbsp. Pepper
- 1 Tbsp. Paprika
- ¼ tsp Cayenne Pepper
- 15 Jalapeno Slices
- 5 Slices Cheddar Cheese

Instructions

1. If your shrimp is frozen, thaw them in water
2. Mix the four dry ingredients in a bowl
3. Dry the deveined, thawed, peeled shrimp and mix with ¾ of the spice mixture
4. Slice open the shrimp and place half a jalapeno slice and some cheese into the opening
5. Cut bacon in half and wrap the shrimp; try and wrap it such that the start and end both are near a center, skewer able point

6. Skewer the shrimp
7. Grill until the bacon is crisp, you could also cook in the oven at a high temperature

Chapter nine.

Keto Cocktails: Keto Margarita.



Margaritas are generally a pretty high carb item but they don't have to be. If you use fresh squeezed lime juice, tequila and a little artificial sweetener, it can be a low carb drink. Note: As an astute reader pointed out, 1.5 oz. fresh lime juice is 3 cars per serving. So not too bad, much better than the sweetened lime juice typically used in these cocktails.



Start by juicing 2 two limes. Cut them in half and use a citrus juicer to extract the lime juice. You can also use a manual plastic juicer, or just squeeze it in your hand. This thing does make quick work of the limes though. If you're lazy, you can also buy Real Lime brand lime juice which is presqueezed.



Here is the squeezed juice. This unit has a nice pour spout so you can go straight into the cocktail.



The next step is optional, but I think it adds a lot to the presentation of your cocktails. The above is an ice crushing bag which allows you to put your ice into it, smash it with a blunt object, and get crushed ice!



The last two ingredients are tequila and sucralose. I used to primarily use stevia extract but I think sucralose has a better taste. I use 1 jigger (1.5 oz.) of tequila, 1 jigger of lime juice and 4 drops of sucralose.



Here are the finished cocktails! Garnish with a slice of lime and enjoy.

Keto Margaritas

Prep time: 5 mins

Total time: 5 mins



Ingredients

- 1 Lime
- 1.5 oz. Tequila
- 4 drops Sucralose

Instructions

1. Cut lime in half and squeeze into a container
2. Fill old fashion glass with crushed or regular ice
3. Measure 1 jigger (1.5 oz.) of lime juice into glass
4. Measure 1 jigger (1.5 oz.) of tequila into glass
5. Use 4 drops sucralose
6. Mix and garnish with a slice of lime

X

Chapter ten.

Eggs in a Cloud



Here is the finished product. It turned out better than it could have hoped for. Perfect yolk and eggs.



Split the egg yolks between the egg whites and the yolk. Put the yolks into prep cups for later.



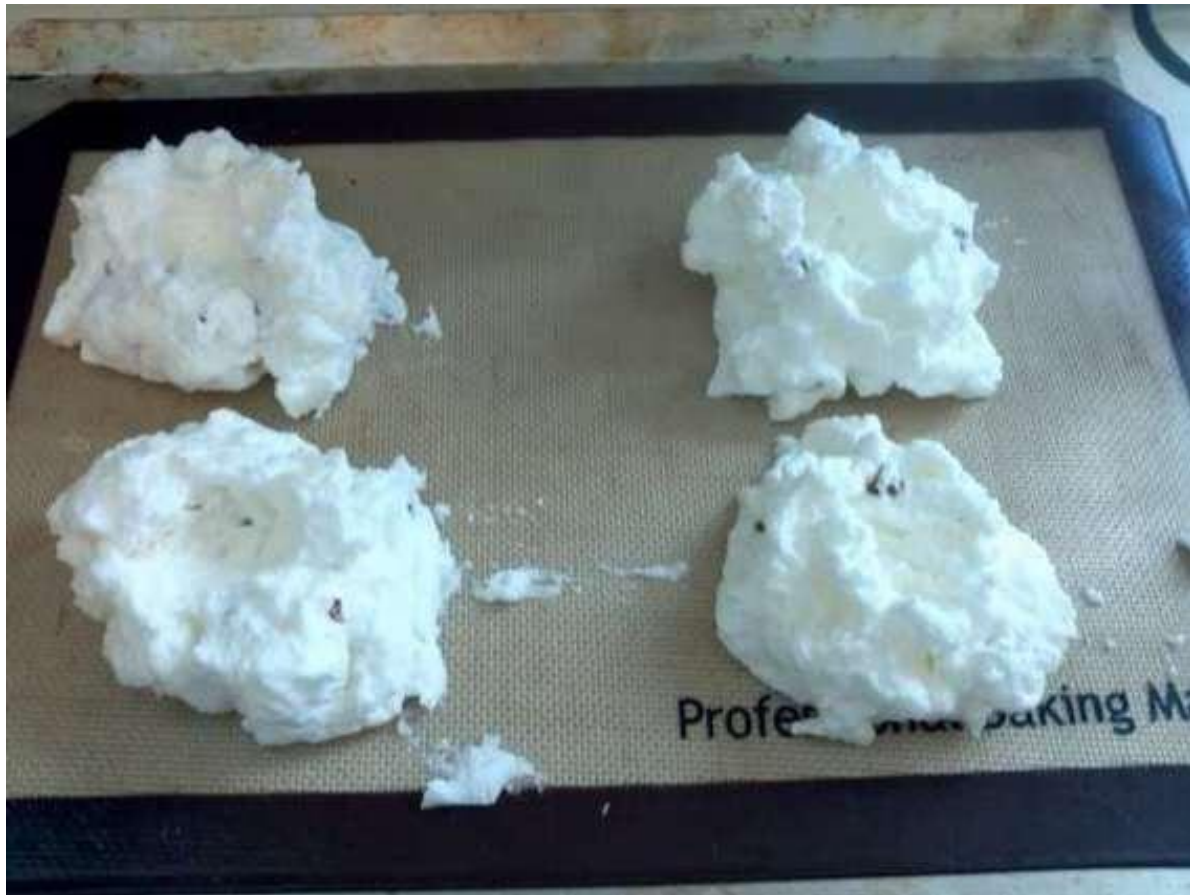
Brown some bacon bits. When they are done, transfer them to a paper towel and let the bacon grease drain off and let them cool.



Whip the eggs until they are stiff. I use my [immersion blender](#) which has a whipping attachment, immersion blender and a mini chopping attachment. Make sure these are really stiff, not just foamy, but very stiff.



grated in some fresh Parmesan and threw in the bacon bits I cooked. Make sure the bacon bits are no longer hot or it will collapse the egg whites. Dry the bits off with paper towels before adding. Fold the ingredients together.



Once the ingredients are put together, form four mounds on the either a nonstick [silicon mat](#) or parchment paper. Make a divot in the middle of the mounds. Bake at 350 degrees for 5 minutes until they have set.



Put
a yolk in each mount. Top with salt and pepper. Bake until brown.



Finished Eggs in a Cloud! They were pretty damn good.

Eggs in a Cloud

Author: Caveman Keto

Nutrition Information

- Serves: 4
- Serving size: 1
- Calories: 98
- Fat: 7
- Carbohydrates: 1
- Fiber: 0
- Protein: 6

Prep time: 5 mins

Cook time: 5 mins

Total time: 10 mins



Ingredients

- 4 Large Eggs
- 2 Slices Bacon
- To Taste Salt, Pepper, Onion Powder, Garlic Powder
- 2 Tbsp. Parmesan Cheese

Instructions

1. Split the egg yolks from the egg whites
2. Cut up some bacon and cook for bacon bits
3. Put the egg whites into a bowl and whip them until stiff
4. Shred some Parmesan cheese into the egg whites and add the bacon bits
5. Form the egg whites into four mounds on a silicon mat or parchment paper
6. Bake the egg whites at 350 degrees until set, around 5 minutes
7. Put an egg yolk in each mound
8. Bake until the egg whites are brown

Chapter eleven.

Bacon

Weave Sandwich.



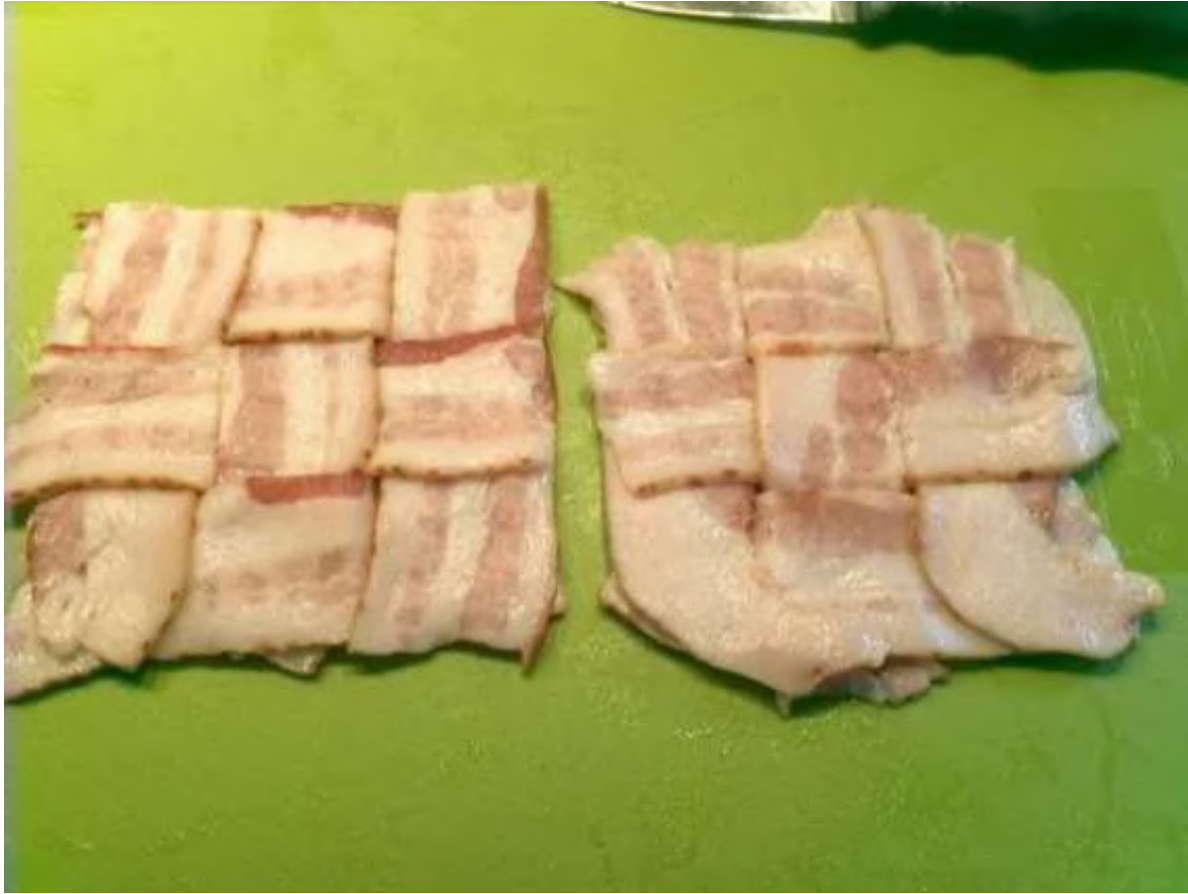
Here is the finished sandwich; man do I love bacon!



Start with four slices of bacon.



Cut
them into three equal sections, you will now have 12 mini slices of bacon.



Weave the 12 pieces into two bacon weaves. You want to buy thick, even bacon. Also, make these weaves really tight because you want a solid surface for your “bread”. The bacon will essentially glue together during cooking if it is placed really close like this.



Here are our tools. We will be using the cast iron griddle and a beacon press. Additionally, use a fish spatula to help manipulate the bacon weaves.



Transfer the bacon weaves to the griddle.



As

you can see, the press perfectly covers the two bacon weaves.



Here is the bacon weave in progress. You can see that with the press the bacon stays uniform and is starting to merge together.



A

big advantage of using a griddle is multitasking. You can cook your eggs at the same time as the bacon. A lot of people have been talking about making either the almond or flax buns using egg forms instead of the muffin top pan. I bought some to try it out. First though, I'll use it for what it meant for, eggs! Notice the bacon grease making a seal with the egg form. This is important so that the egg doesn't all seep out under the form. You also want to preheat it a little.



Here it is in action. Unfortunately my yolk broke during the cooking process :(However you still get the point. Next time I would break the egg into a prep bowl first to make it easier to drop in.



Just for kicks I used the egg form to cut out the cheese so it fit perfectly.



At this point your bacon weave should be done. With the bacon I have one half is a little smaller than the other and this comes across on the weave. But you can see the bacon is perfectly flat and has pretty much merged into one cohesive piece.

Variations:



If
you want a little less bacon for caloric purposes, you can make 2×2 sandwiches.



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Chapter twelve

Bacon

Brussels sprouts



Here is the finished dish and let me tell you, it tastes amazing! This possibly replaces creamy cheesy spinach as my favorite side.



Start with fresh Brussels sprouts, then cut off the bottom and finally quarter. Feel free to keep the extra leaves that fall off in the process as well.



Once you've quartered all of the Brussels sprouts, throw them in a large prep bowl.



Next mix in 1/4 of a cup of bacon grease into the mix. You do have a bacon grease keeper, don't you? As you can see I've almost filled mine, it's sad but it's a pretty big accomplishment :) If you don't have bacon grease, just use olive oil.



At this point, also add the fish sauce and pepper. No salt is needed since the fish sauce and the bacon grease is already pretty laden with sodium. Note that the fish sauce smells rank but I promise it tastes good after cooking.



Of course it wouldn't be a keto side without bacon! For really flat, evenly cooked bacon, use a bacon press.



Once the bacon is done, cut it into small slices and mix in with the Brussels sprouts. Cook for 40 minutes at 450, stirring every 10 minutes. Then broil for 2 minutes to brown the sprouts if needed.



Here are the Bacon Brussels Sprouts with some jerk chicken and Cole slaw.

Bacon Brussels sprouts

Information:

- Serves: 4
- Serving size: ¼th
- Calories: 143
- Fat: 10
- Carbohydrates: 8
- Fiber: 3
- Protein: 6

Prep time: 10 mins

Cook time: 40 mins

Total time: 50 mins



- **List of Ingredients:**

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- 24 Oz Brussels Sprouts
- ¼ Cup Fish Sauce
- ¼ Cup Bacon Grease (Can substitute any oil)
- 6 Strips Bacon (Optional)
- To Taste Pepper

Instructions

1. De-stem and quarter Brussels sprouts
2. Mix the Brussels sprouts with the bacon grease and fish sauce
3. Cook bacon and cut into small strips

4. Add bacon into mix along with pepper and stir
5. Spread Brussels sprouts on a greased pan
6. Cook at 450 degrees for 40 minutes, stirring every 10 minutes
7. Finish off the Brussels sprouts on broil for a few minutes

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Chapter thirteen.

Cast Iron Skillet

Frittata



Finished frittata.



The first step in this recipe is to cook the bacon. To cover the bacon!



While the bacon is cooking, take this chance to prep the vegetables. The first thing is to thinly slice a green pepper. I like to do slices because when fried they make a string like texture which gives a nice feel to the breakfast.



Do the same with an onion.



Next come the Brussels sprouts.

Put them in a bowl and soak them in cold water. Then you can move them around and rinse them all at once.



For this recipe, I used the slicing attachment for the food processor. It makes quick work of the Brussels sprouts! I just take a few out of the water at a time and throw them down the chute of the slicer.



I did the same thing to a head of cauliflower. I'd never actually sliced cauliflower like this before but it was pretty easy!



At this point your bacon should be done. The added bonus is that we've got the frying grease all ready to go for our vegetables.



Now throw all the vegetables in and get frying!



Here's the vegetables mid fry. I mixed them around every few minutes to distribute the heat.



While the vegetables are cooking, I shredded my weeks' worth of shredded cheddar.



Eventually the vegetables will reduce down to this form. When they start to get translucent you are good to go.



Prep the eggs by getting 12 eggs, 180 ml of heavy cream and the spices together.



Whisk the eggs together and set aside.



Now crumble the bacon and add it to the mixture.



Then add the cheese to the skillet and mix it up. These next steps need to be done fast as you don't want the cheese in the skillet too long or else it sticks.



Mix it all up and it should look like above.



Finally, add the eggs and mix it some more. At this point, you want to cook the mixture, as it is right now, for 2-3 minutes on the stove top. This sets the bottom of the mixture. If you skip this step you'll probably have a runny frittata.



After 25 minutes in the oven you'll get a golden brown crust and a finished frittata!



I only needed four days' worth of breakfast this week so I cut the mixture into 8 pieces.



And there you have it! I place the breakfast into a Ziploc, microwaveable container and I'm all set for the week. I don't even eat breakfast at home anymore, I just grab one of these on my way out the door and heat it up at the office!

Cast Iron Skillet Frittata

Nutritional Information:

- Serves: 8
- Serving size: 1/8the
- Calories: 491
- Fat: 35
- Carbohydrates: 18
- Fiber: 6
- Protein: 29

Prep time: 20 mins

Cook time: 50 mins

Total time: 1 hour 10 mins

List of Ingredients:

- 8 Slices Bacon
- 1 Small Onion (125 g)
- 1 Small Pepper (133 g)
- 542 g Brussels Sprouts
- 1 Head Cauliflower (965 g)
- 12 Oz. Cheddar Cheese
- 12 Eggs
- 6 Oz Heavy Cream
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- ½ tsp Salt
- ½ tsp Pepper

Instructions:

1. Start by cooking bacon until crisp, keep the bacon grease in the skillet
2. Thinly slice the onion and pepper
3. Shred the Brussels sprouts and cauliflower
4. Cook all the vegetables in the skillet
5. While vegetables are cooking, prepare the egg mixture with 12 eggs, 6 Oz cream and spices, whisk to combine
6. If required, shred cheddar cheese
7. When the vegetables are done, aka translucent and cooked, crumble and add the bacon and cheese
8. Mix well and then add the eggs and mix again
9. Cook for 2-3 minutes on stovetop
10. Transfer skillet to oven set to 450 and cook for an additional 25 minutes
11. Slice and serve!

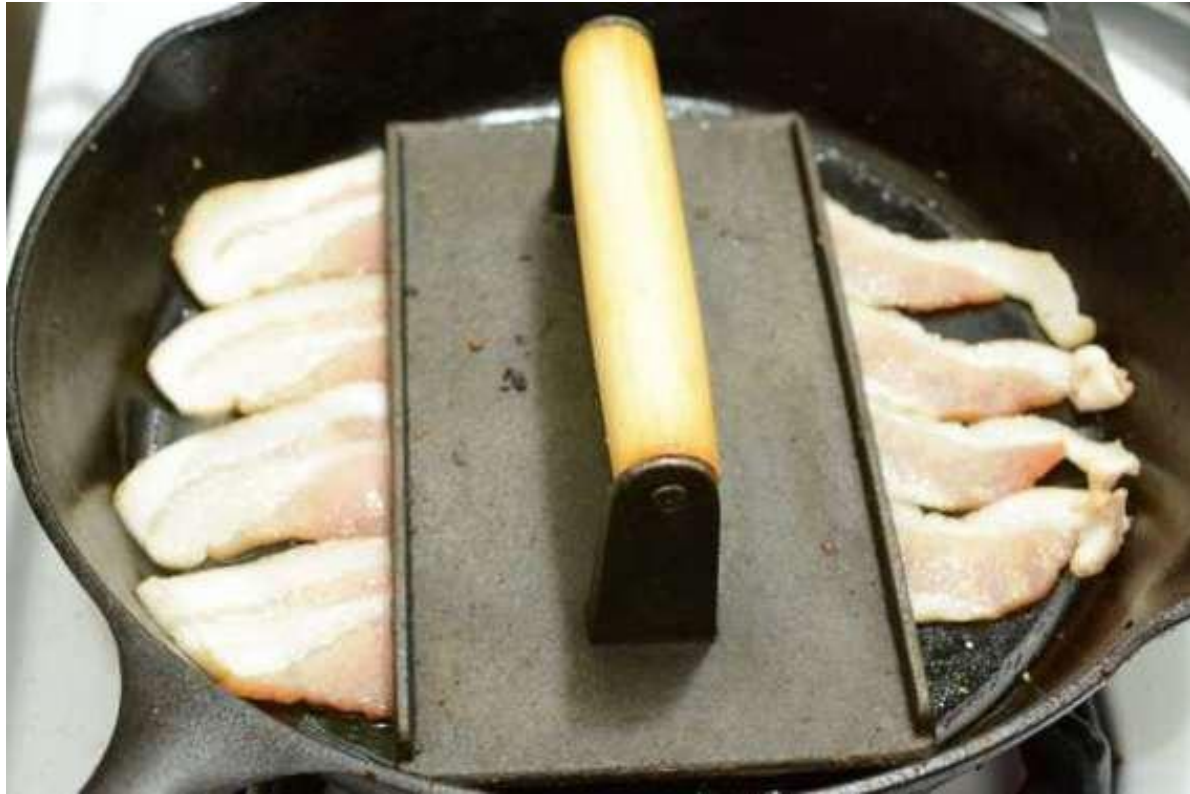
Chapter fourteen.

Spaghetti

Squash Pancakes



Like every good keto recipe, this one starts with bacon! Get out your cast iron skillet and get frying!



I like my bacon flat so I always use a bacon press for more even cooking.



Here's the finished bacon, YUM!



I made Spaghetti Squash the other night for my Spaghetti Squash with Meat Sauce recipe. If you don't already have some in your fridge, prepare it via this recipes.



Start with two eggs in a bowl.



Then add the Spaghetti Squash



throw the rest of the spices and the cheese into the mixture.



Mix it all up!



Now crumble the bacon into the mixture.



Here's the final mixture.



Now add some bacon grease into the cast iron skillet and get it really hot! Ideally you just cooked the bacon in this pan so you probably won't have to add any additional grease.



Split the mixture into four sections and spoon it into the pan. Use something like a fish spatula to push down on the piles to make them flat like pancakes. Now at this point, it is very important that you DON'T touch the mixture. You need the bottom to set. The amount of time required on one side isn't totally set, but the edges will start to get brown and you'll notice that the pancake feels like it can be flipped with the spatula.



Flip it when it looks like this!



Top with some sour cream and you've got one scrumptious breakfast! I think Spaghetti Squash might make an even better pancake than potatoes in this format!

Spaghetti Squash Pancakes

Nutrition Information:

- Serves: 2
- Serving size: 2 pancakes

- Calories: 287
- Fat: 18
- Carbohydrates: 10
- Fiber: 2
- Protein: 19

Prep time: 5 mins

Cook time: 15 mins

Total time: 20 mins



Ingredients:

- 4 Slices Thick Cut Bacon
- 2 Eggs
- 284g (10 Oz) Cooked Spaghetti Squash
- 1 teaspoon Garlic Powder

- 1 teaspoon Salt
- 1 teaspoon Pepper
- 1 teaspoon Onion Powder
- 30 g (1 Oz) Parmesan Cheese

Instructions

1. Prepare the Spaghetti Squash per this post
2. Cook the bacon until crisp
3. Add the eggs, Spaghetti Squash, spices and cheese to a bowl and mix
4. Crumble the bacon and add to the mixture
5. Heat some bacon grease in a skillet until shimmering
6. Scoop the mixture into the bacon grease into four piles and use a spatula to compress the piles flat
7. After the bottoms begin to brown, flip
8. Optionally, serve with a dollop of sour cream and / or some chives.

Chapter fifteen.

Stuffed Peppers



Start by taking two of the sausages and breaking them open. Then pan fry them in a cast iron skillet.



After the sausage, use the left over grease to fry some thinly sliced onions.



Throw in some slices of green pepper from the reamed out pepper.



For the cheese component of this recipe I used Parmesan. I just chopped a block of

Parmesan into tiny squares.



Now it's time to throw it all together! Combine all of the ingredients in a bowl to make the stuffing.



Here's a shot of the mixed stuffing.



For the pepper, cut off the top and cut out the seeds and side supports.



Then stuff 'me! I had some quail eggs so I threw one in there for good measure. I baked two of these and used my toaster / convection oven for super quick meal making.



And here's the finished product!

Stuffed Peppers

Nutrition Information:

- Serves: 2
- Serving size: 1 Pepper

- Calories: 484
- Fat: 35
- Carbohydrates: 14
- Fiber: 3
- Protein: 30

Prep time: 15 mins

Cook time: 20 mins

Total time: 35 mins



- **List of Ingredients:**

- 2 Green Peppers
- 1 Small Onion
- 2 Sausage Links
- 1.5 Oz Parmesan Cheese
- 2 Oz. Cream Cheese
- 1 Egg
- 2 Quail Eggs

Instructions

1. Start by removing the skin of the sausage and cooking the sausage into crumbles
2. Cut off of the top of the peppers and remove the seeds
3. Chop up the tops of the peppers
4. Chop up onions and cook the peppers and onions
5. Chop up Parmesan cheese into small pieces
6. Combine the peppers, onions, cheese, sausage and cream cheese
7. Stuff the peppers with the stuffing and top with a quail egg
8. Cook for 20 minutes

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Chapter sixteen.

Zucchini and Goat Cheese Wraps



Here's the finished result! They came out like little sushi rolls.



Start by washing a large Zucchini and slicing off the ends.



Then align it as shown on your mandolin. I ended up throwing the first and last

slice away because they weren't as uniform and had a lot of skin on them.



After the slicing you should end up with a series of uniform, 1/8" Zucchini slices as shown.



For this recipe, I really wanted to get the grill lines so I used my cast iron griddle set to high heat.



To prep the Zucchini slices, I used a small container with olive oil and a brush.



I then brushed both sides of the Zucchini with oil and coated them lightly with salt and pepper.

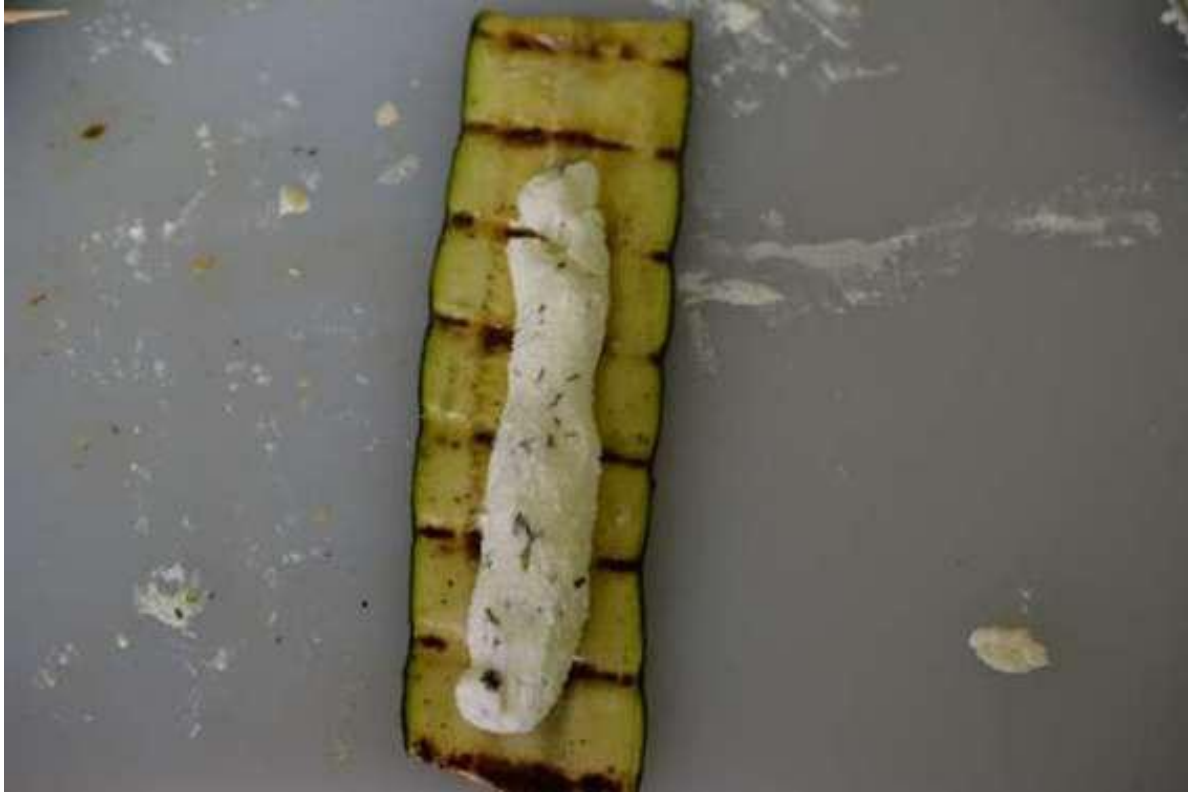


Mm, grilling Zucchini!



While the Zucchini was cooking, I prepped the filling. I used a combination of

goat cheese, dill and mint.



For each slice, I took 1/6th of the mixture and formed a roll in my hands. Basically I rolled a ball until it became long enough to fill most of the slice. I originally tried to just spread the goat cheese but this resulted in broken up Zucchini slices ...



After the roll is spread out, I just pushed it down and spread it as shown above.



Then I simply rolled each one up!



After rolling I hit it with a toothpick to keep it all together.

Zucchini and Goat Cheese Wraps

Information:

- Serves: 6
- Serving size: 1 roll
- Calories: 186
- Fat: 14
- Carbohydrates: 3
- Fiber: 1
- Protein: 13

Prep time: 10 mins

Cook time: 5 mins

Total time: 15 mins



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- **List of Ingredients:**

- 1 Zucchini
- 6 Oz Soft Goat Cheese
- 1 tsp dried mint
- 1 tsp dried dill
- Salt and Pepper
- Oil

Instructions

1. Start by washing the zucchini and cutting the ends off
2. Using a mandolin, slice the zucchini into 1/8" slices
3. Brush the zucchini slices with oil and spice with salt and pepper
4. Grill the zucchini for 5 minutes, 2.5 per side, until they brown
5. Combine the goat cheese, dill and mint.
6. Divide the goat cheese mixture into 6
7. Its easiest to roll the goat cheese into a cylinder between your fingers and then spread it on the zucchini
8. Roll the Zucchini up and put a toothpick through it.

Chapter seventeen.

Cheesy Sausage Balls



Here's the finished balls. The crust is much crisper than when I baked the balls. Some of the cheese leaks out but it solidifies when it hits the frying oil.



Premade a bunch of cheesy sausage balls and just threw them into a zip lock bag.

Just make sure they're separated when you throw them into the freezer so they don't clump together.

Cheesy Sausage Balls

Information:

- Serves: 12
- Serving size: 1 Ball
- Calories: 173
- Fat: 14
- Carbohydrates: 1
- Fiber: 0
- Protein: 10.

Prep time: 10 mins

Cook time: 5 mins

Total time: 15 mins



List of Ingredients:

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

Instructions

1. Mix shredded cheese and sausage
2. Divide into 12 equal parts
3. Place cube of cheese into center of sausage and roll into balls
4. (Optional) Freeze the sausage balls
5. Fry at 375 degrees until crispy

Resources and inspiration.

Do visit the caveman keto website, where you can find lots of recipes in this keto lifestyle.

Reddit r keto is an excellent resource for aspiring ketoers.

Visit <http://keto-calculator.ankerl.com/> for specific dietary info.

<http://www.uled.me/> is also an excellent webpage for keto resources.

<http://www.charlifoundation.org/explore-ketogenic-diet/explore-1/introducing-the-diet>

Thank you all for the excellent resources out there.

Finis.

A.A

Minerva, Florida

February 2014.