

Sophie Larkwood

Quick & Easy Keto Diet Cookbook for Absolute Beginners

**110 Low-Carb Fat-Burning Recipes, 4-Week Meal Plan,
Shopping Lists, Net Carb & Macro Tracker, Mindful
Eating, Workouts, Stress-Sleep Tips**



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Unlock effortless fat-burning energy—even if you’ve never boiled an egg! **Quick & Easy Keto Diet Cookbook for Absolute Beginners** is your all-in-one jump-start kit to mastering the ketogenic lifestyle without overwhelm, guesswork, or bland food. Packed with 110 low-carb recipes that clock in at 30 minutes or less, a 4-week step-by-step meal plan, printable shopping lists, and a plug-and-play Net Carb & Macro Tracker, this beginner-friendly guide turns science-backed keto nutrition into mouth-watering everyday meals you’ll actually crave.



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INTRODUCTION

In an age of convenience, many of us have become disconnected from what our bodies truly need. Energy crashes in the afternoon, stubborn weight gain, brain fog, sugar cravings, and hormonal imbalances — these aren't personal failures. They are symptoms of a deeper issue: metabolic dysfunction.

Modern diets, filled with processed carbohydrates and hidden sugars, have led to an epidemic of insulin resistance, chronic inflammation, and energy instability. Even when we try to “eat healthily,” we're often trapped in a cycle of low-fat, high-carb meals that only fuel the problem.

That's where keto comes in — not as a trend, but as a scientifically grounded shift in how we nourish ourselves. The ketogenic diet isn't just about cutting carbs. It's about restoring balance at the cellular level. By training your body to burn fat for fuel, you unlock sustained energy, reduced hunger, mental clarity, and metabolic healing.

This book is your invitation to break free from sugar dependency, reclaim your focus, and fuel your body the way it was designed to thrive.

2. What This Book Offers You

This isn't just a cookbook. It's a step-by-step guide to transforming your relationship with food and your body.

Inside, you'll find:

- **A clear, science-backed roadmap** to understand how keto works
- **110 delicious, well-balanced recipes**, including breakfasts, lunches, dinners, snacks, desserts, and drinks
- **Meal plans, shopping lists, and lifestyle strategies** for long-term success
- **Tools for mindful eating, exercise, and stress support** to help you feel great, not just look different

Whether you're completely new to keto, returning after a break, or just curious about whether it could work for you — this book is built to meet you where you are. Use it daily, flip to what you need, or work through it start to finish. You'll find guidance for every step, and flexibility when you need it most.

3. Myths vs. Truths About Keto

“Keto is just bacon and butter.”

False. While dietary fat is central to keto, this plan is about quality fats and nutrient-dense foods — think avocado, salmon, olive oil, leafy greens, and pasture-raised eggs. Keto can be deeply nourishing when done right.

“Keto is dangerous for your heart.” Not true. Many studies show that a well-formulated ketogenic diet can improve cardiovascular markers — including lowering triglycerides, raising HDL (“good” cholesterol), and reducing inflammation. Of course, individual monitoring and medical guidance are key, especially for those with preexisting conditions.

“Keto is too restrictive.” Keto is structured, but once you get into the rhythm, it’s surprisingly freeing. You’ll eat until full, skip the cravings, and enjoy rich flavors. With creative, satisfying recipes, you won’t feel like you’re missing out — and your body will thank you.

4. Keto Is a Lifestyle, Not a Diet

Diets are temporary. Keto is a metabolic reset — and a long-term lifestyle shift if you choose it.

By entering and maintaining a state of ketosis, you teach your body to be metabolically flexible. You stop relying on glucose spikes for energy and instead tap into your own fat stores for clean, steady power. This doesn’t just change your weight — it changes how you think, how you sleep, and how you feel.

Most importantly, keto isn’t about punishment or perfection. It’s about eating with awareness, aligning your choices with your health goals, and honoring your biology. Some people stay strict; others cycle in and out. What matters is that you listen to your body, find what works for you, and use food as a tool — not a battleground.

This book will help you begin that journey.

CHAPTER 1: WHAT IS THE KETOGENIC DIET?

Fundamentally, the ketogenic diet focuses on changing the body's main energy source from carbohydrates to fat. This shift triggers a state called **ketosis**, in which your liver begins converting fat into molecules called **ketone bodies**. These ketones — mainly beta-hydroxybutyrate (BHB), acetoacetate, and acetone — act as the main source of energy for your brain, muscles, and cells.

In a typical diet, the body converts carbohydrates into glucose to use as its primary energy source. When you eat fewer carbs, glucose stores drop. In turn, the body breaks down fat to produce ketones, establishing a different — and notably efficient — source of energy.

Entering ketosis isn't instant; it typically takes a few days of strict carb restriction (usually under 20–50 grams per day) for your body to fully transition. But once there, many people experience enhanced focus, fewer cravings, steady energy, and improved fat metabolism.

A Brief History: From Medical Therapy to Modern Wellness

The ketogenic diet wasn't created for weight loss — it was born in the medical world. In the 1920s, researchers discovered that fasting could reduce seizures in patients with epilepsy. But fasting wasn't sustainable long-term, so doctors searched for a diet that mimicked its effects. That led to the development of the ketogenic diet — high in fat, very low in carbs, and moderate in protein.

For decades, it was primarily used in clinical settings, especially for children with drug-resistant epilepsy. Over time, researchers began to explore its broader metabolic benefits: improved insulin sensitivity, reduced inflammation, and increased mental clarity. Today, the ketogenic diet has expanded far beyond the hospital — embraced by people seeking sustainable fat loss, improved cognitive function, and a more balanced relationship with food.

What began as a therapeutic tool is now a lifestyle movement.

Keto vs. Low-Carb: What's the Difference?

It's common to confuse keto with general low-carb eating — but there are key differences.

Low-carb diets can vary widely, from simply avoiding bread and pasta to allowing 100–150 grams of carbohydrates per day. These diets reduce carbohydrate intake but don't necessarily lead to ketosis.

The ketogenic diet, on the other hand, is specifically designed to push your body into and maintain nutritional ketosis. This typically requires consuming less than 20–50 grams of net carbs per day, depending on your metabolism. The focus is also on moderate protein — not high protein — to avoid gluconeogenesis (where excess protein is converted to glucose).

In short:

- **Low-carb** = carb reduction
- **Keto** = metabolic transformation

The Metabolic Shift: From Glucose to Ketones

Switching from glucose to ketones prompts your body to initiate several important adjustments:

- 1. Fat becomes your fuel.** You begin to burn stored body fat more efficiently, which supports sustainable weight loss.
- 2. Blood sugar stabilizes.** With fewer glucose spikes, insulin levels stay low and steady — a benefit for anyone managing prediabetes or insulin resistance.
- 3. Energy becomes consistent.** No more post-lunch crashes or urgent hunger pangs. Ketones deliver smooth, long-lasting energy.
- 4. Your brain gets a clean burn.** Unlike glucose, ketones produce less oxidative stress — often leading to better focus, clarity, and memory.

This metabolic state isn't just about fuel. It's about restoring balance in a body that's been constantly overwhelmed by carbs and sugar.

Why It Works — and Why It Lasts

What makes keto so effective isn't just biology — it's also psychology. By stabilizing appetite hormones, reducing hunger, and removing the constant “carb rollercoaster,” keto makes it easier for many people to **stick with** than traditional calorie-restricted diets.

Instead of fighting your body's hunger signals, keto aligns with them.

Whether you're here to burn fat, boost brain power, reduce inflammation, or simply feel better — understanding this core concept of ketosis will be the foundation for everything that follows in this book.

CHAPTER 2: THE SCIENCE OF KETOSIS

When you dramatically reduce carbohydrate intake, your body faces an energy shortfall. Glucose — the sugar your cells are accustomed to using as fuel — becomes scarce. In response, your body turns to its backup generator: **fat**. This is where your liver takes center stage.

In the absence of glucose, the liver begins breaking down **fatty acids** — both from your diet and your body’s fat stores — through a process called **beta-oxidation**. These fatty acids are subsequently processed into three primary forms of **ketone bodies**:

1. **Beta-hydroxybutyrate (BHB)** – the most abundant and stable ketone, used efficiently by the brain and muscles.
2. **Acetoacetate (AcAc)** – the first ketone produced, which can convert into BHB or be used directly for energy.
3. **Acetone** – a byproduct of AcAc that is mostly excreted (and responsible for the “keto breath” some people notice early on).

Once these ketones circulate in the bloodstream, your cells begin using them instead of glucose — and ketosis is officially underway.

Why Fat Becomes Your New Fuel

In a carbohydrate-based diet, your body relies on frequent glucose intake to meet its energy needs. But in ketosis, **fat becomes your primary source of fuel** — both dietary fat and body fat.

This shift offers multiple advantages:

- **Fat is a slow-burning, stable energy source.** You no longer ride the highs and crashes of blood sugar spikes.
- **Ketones are clean-burning.** They produce fewer free radicals and inflammatory byproducts than glucose metabolism.
- **You access your fat stores naturally.** In ketosis, insulin levels are low, making it easier for your body to break down and release stored fat.

Think of glucose like kindling — it burns quickly and disappears fast. Fat and ketones are like hardwood logs — steady, consistent, and long-lasting.

Why Fat Becomes Your New Fuel

You might assume your brain needs carbs — but that's only partly true. While certain neurons do require glucose, your brain can derive up to 75% of its energy from ketones once you're fully keto-adapted.

The brain loves ketones. Why?

- **Improved mental clarity.** Many people report sharper focus, fewer energy dips, and enhanced productivity.
- **Neuroprotection.** Research indicates that ketones can decrease oxidative stress and brain inflammation, which may help in disorders such as Alzheimer's and epilepsy.
- **Mood balance.** Stable fuel means fewer emotional crashes and less anxiety linked to blood sugar volatility.

But the benefits go beyond the brain:

- **Heart muscle** is especially efficient at using ketones as fuel — offering steady performance under stress.
- **Mitochondria**, the energy engines inside your cells, may function more efficiently on ketones — producing more ATP (energy) with less metabolic waste.

In short: ketones aren't just a backup fuel. For many organs, they may be the preferred one.

The Role of Insulin and Appetite Suppression

To understand why keto works so well for weight loss and appetite control, you need to understand **insulin**. Insulin is a hormone responsible for transporting glucose from the blood into your cells. But high insulin levels also **block fat burning** and increase fat storage. Modern diets — rich in refined carbs and sugars — cause frequent spikes in insulin, trapping your body in fat-storing mode.

On keto, **insulin levels remain low and stable**, unlocking fat stores and making ketosis possible. And here's where it gets even more interesting:

Ketones suppress appetite.

Research shows that BHB — the main ketone body — directly reduces ghrelin, your hunger hormone. That's why many people on keto naturally eat less without even trying. No calorie counting, no portion control — just real physiological satiety.

You're no longer ruled by cravings. Your body is finally satisfied.

Ketosis: More Than Just Fat Loss

While many people come to keto for weight loss, they stay for the deeper benefits: mental clarity, energy, metabolic peace.

Ketosis is not about starving your body — it's about **fueling it more efficiently**. In the chapters ahead, you'll learn how to harness this fuel system through nourishing recipes, strategic planning, and supportive habits. But now that you understand what ketosis is — and why it works — you're equipped with the knowledge to make it work for you.

CHAPTER 3: PROVEN BENEFITS OF KETO

The ketogenic diet is often seen as a quick route to weight loss — and while that may be true, its true power lies far deeper. Keto isn't just about losing fat — it's about restoring balance to your metabolism, stabilizing hormones, and fueling your brain and body in a smarter, more sustainable way.

Let's explore the most compelling benefits of a well-formulated ketogenic lifestyle.

1. Fat Loss without Hunger or Deprivation

Traditional calorie-restriction diets tend to work against the body. Hunger intensifies. Energy drops. Cravings rise. Eventually, most people give up — not for lack of willpower, but because their biology pushes back.

Keto works differently.

When you enter ketosis, your body begins burning fat — not just from your plate, but also from your own stored reserves. And thanks to the appetite-suppressing effects of ketones, many people find they eat less naturally. You don't have to count every calorie or battle constant hunger. Your body regulates intake more intuitively.

In other words: **you lose weight without fighting your instincts.**

And because you're using fat as your primary fuel, you're no longer trapped in the “carb rollercoaster” — those blood sugar spikes and crashes that drive late-night cravings and midday slumps.

2. Blood Sugar and Insulin Regulation

One of the most important — and underrated — benefits of keto is metabolic stability.

By removing excess carbohydrates, especially refined sugars and starches, you dramatically reduce glucose intake.

This leads to:

- **Lower and more stable blood sugar levels**
- **Reduced insulin production**
- **Improved insulin sensitivity over time**

For people with prediabetes, Type 2 diabetes, or metabolic syndrome, keto offers a powerful tool for blood sugar control. In some cases, it may even help reduce or eliminate the need for medication — under medical supervision, of course.

Even for those without a diagnosis, better insulin function means better energy, fewer crashes, easier fat burning, and long-term protection against chronic disease.

3. Enhanced Mental Focus and Sustainable Energy

Have you ever felt foggy, sluggish, or “brain-dead” after a heavy carb meal? That’s not your imagination — it’s the result of blood sugar highs and crashes affecting your brain.

In ketosis, that mental fog lifts.

Ketones are a more efficient fuel for the brain, delivering steady energy without the oxidative stress caused by glucose metabolism. Many people on keto report:

- Sharper thinking
- Improved memory
- Sustained concentration
- Fewer mood swings or energy dips

And because blood sugar stays stable throughout the day, your body and brain avoid the rollercoaster of hunger, irritability, and fatigue.

Keto gives you **consistent power** — physically and mentally.

4. Powerful Anti-Inflammatory Effects

Chronic inflammation lies at the root of nearly every major disease: heart disease, autoimmune disorders, joint pain, skin conditions, and even mood disorders. And much of that inflammation is driven by excess sugar, refined oils, and unstable blood sugar levels.

Keto removes these triggers.

In a ketogenic state, your body produces fewer inflammatory molecules. Research has shown that ketones like BHB may even **actively inhibit inflammation at the cellular level**.

People often report:

- Fewer headaches
- Reduced joint pain
- Calmer skin and digestion
- Improved recovery from exercise

In other words, **keto doesn’t just make you look better — it helps you feel better, deeper down.**

5. Clinical Applications Beyond Weight Loss

Keto’s origins lie in medicine — and it continues to offer therapeutic benefits across a wide range of conditions.

Some areas where keto is actively studied or applied:

- **Type 2 Diabetes:** improves blood sugar and may reduce the need for insulin or oral medications
- **Polycystic Ovary Syndrome (PCOS):** helps normalize hormones, reduce insulin resistance, and support fertility
- **Neurological Disorders:** originally used to treat epilepsy, keto is now being researched for Alzheimer’s, Parkinson’s, migraines, and more
- **Cancer Therapy (adjunct):** some studies suggest that cancer cells struggle to survive in a low-glucose, high-ketone environment
- **Chronic Inflammatory Diseases:** including arthritis, skin conditions, and autoimmune symptoms

While keto is not a cure-all, it is a powerful metabolic tool — one with growing evidence across multiple fields of health.

CHAPTER 4: TYPES OF KETO DIETS

While “keto” is often discussed as a single diet, there are actually several variations — each tailored to different needs. Whether your goal is weight loss, muscle performance, or long-term maintenance, there’s a ketogenic approach that can fit your lifestyle.

Let’s explore the four main types of ketogenic diets and help you determine which one is right for you.

1. The Standard Ketogenic Diet (SKD)

Best for: Weight loss, metabolic health, blood sugar control, beginners

This is the version most people think of when they hear “keto.” Typically, the SKD is characterized by high fat, moderate protein, and very low carbohydrate consumption:

- **70–75% of daily calories from fat**
- **20–25% from protein**
- **5–10% from net carbohydrates (20–50 g per day)**

By keeping carbs extremely low, your body enters and maintains ketosis consistently. This approach is ideal for fat loss, appetite control, and metabolic resetting.

It’s simple, effective, and widely studied — especially for beginners.

2. The Targeted Ketogenic Diet (TKD)

Best for: Active individuals, high-intensity workouts, athletes

The **Targeted Ketogenic Diet (TKD)** allows for a **small amount of fast-digesting carbs around workouts** — usually 20–50 grams taken 30–60 minutes before intense exercise.

Why? During high-intensity activities, your muscles can benefit from a short burst of glucose. This strategy provides a performance boost without fully kicking you out of ketosis (as the carbs are quickly burned off).

TKD is ideal for people who train hard — such as sprinters, lifters, or CrossFitters — and want to stay mostly keto while still fueling performance.

3. The Cyclical Ketogenic Diet (CKD)

Best for: Advanced athletes, bodybuilders, carb-sensitive performance cycles

The **Cyclical Ketogenic Diet (CKD)** involves **rotating between keto days and high-carb “refeed” days** — typically 5 days on keto, followed by 1–2 days of higher-carb eating.

The **Cyclical Ketogenic Diet (CKD)** involves **rotating between keto days and high-carb “refeed” days** — typically 5 days on keto, followed by 1–2 days of higher-carb eating.

This allows for full glycogen replenishment, which may support performance in endurance training or bodybuilding phases. On refeed days, carbs go up (100–150+ grams), while fat is reduced to balance total calorie intake.

While CKD can be effective, it’s **not recommended for beginners**. It requires careful tracking, a solid understanding of your body, and a clear reason to cycle in and out of ketosis.

Why It Works — and Why It Lasts

Best for: Those aiming for fat loss with muscle preservation, people with higher protein needs

In the **High-Protein Ketogenic Diet**, the macronutrient ratio shifts to include more protein:

- **60–65% fat**
- **30–35% protein**
- **5–10% carbohydrates**

This approach may suit those looking to preserve or build muscle while losing fat — especially older adults, strength athletes, or individuals who feel better with more protein.

However, it’s important to be careful, as excess protein can be converted into glucose via gluconeogenesis, which might interfere with ketosis. This diet requires balance — more protein, but not excessive.

Which Version Is Right for You?

GOAL	SUGGESTED KETO TYPE
Fat loss, beginners, metabolic reset	Standard (SKD)
Regular intense training	Targeted (TKD)
Advanced training cycles	Cyclical (CKD)
High-protein needs (e.g., aging, lifting)	High-Protein (HPKD)

If you’re unsure, start with the Standard Ketogenic Diet. It’s the most researched, easiest to follow, and gives your body a clear path into ketosis.

As your experience grows, you may adapt your approach. Many seasoned keto eaters shift between types seasonally, based on training, life stress, or goals.

Which Version Is Right for You?

Now that you know what version of keto suits your goals, it’s time to explore how to start — what happens in the first few days, what to expect, and how to ease into ketosis effectively.

In the next chapter, we’ll guide you through the practical, physical, and emotional stages of starting keto the right way.

CHAPTER 5: WHAT TO EAT & WHAT TO AVOID

Eating keto isn't about eating less — it's about eating differently. The success of your ketogenic journey depends on consistently choosing foods that support fat-burning, hormonal balance, and stable energy.

Use the tables below as your essential guide to what you can enjoy freely, what to moderate, and what to eliminate.

Green-List Foods — Eat Freely

These are your foundational keto ingredients: nutrient-rich, low-carb, and full of healthy fats or protein.

CATEGORY	EXAMPLES
Proteins	Eggs, chicken, beef, lamb, pork, turkey, fatty fish (salmon, sardines), organ meats
Fats	Avocados, olive oil, coconut oil, butter, ghee, MCT oil, olives, fatty fish
Vegetables	Leafy greens, broccoli, cauliflower, zucchini, cucumbers, mushrooms, cabbage
Others	Bone broth, fermented foods (sugar-free), herbs, lemon juice (small amounts)

Caution-List Foods — Use in Moderation

These foods can fit into keto when portioned carefully — especially if your goal is weight loss or strict ketosis.

CATEGORY	EXAMPLES	NOTES
Dairy	Cheese, cream, butter, Greek yogurt	Opt for full-fat, unsweetened versions
Nuts & Seeds	Almonds, walnuts, macadamia, pecans, chia, flax, pumpkin seeds	High in calories — easy to overconsume
Nut Butters	Almond butter, peanut butter (no sugar added)	Watch for hidden sugars and carbs
Packaged Treats	Keto bars, low-carb cookies, almond flour bread	Check labels for sugar alcohols, net carbs

bread

Red-List Foods — Avoid Completely

These foods spike blood sugar, trigger insulin, and block ketosis. Avoid them fully while on a ketogenic diet.

CATEGORY	EXAMPLES
Sugars	Table sugar, brown sugar, honey, maple syrup, agave, fruit juice
Grains	Wheat, rice, oats, corn, quinoa, pasta, bread, cereal
Starches	Potatoes, sweet potatoes, beets, peas, carrots
Beans & Legumes	Lentils, chickpeas, black beans, soybeans
Bad Fats	Vegetable oils (canola, soybean, corn), margarine, trans fats

Sweeteners, Drinks, Spices & Oils — Keto-Compatible Essentials

Used wisely, these extras support flavor, hydration, and balance in your meals.

TYPE	ALLOWED OPTIONS	TIPS
Sweeteners	Stevia, erythritol, monk fruit, allulose	Avoid maltitol, sorbitol, hidden sugars
Drinks	Water, coffee (black or with fat), tea, electrolyte water	Avoid soda, sweet teas, juice, beer
Spices & Herbs	Basil, oregano, rosemary, turmeric, garlic	Watch pre-mixed seasonings with added sugar
Cooking Oils	powder, chili flakes Olive oil, avocado oil, coconut oil, ghee	Use olive oil for cold dishes or low heat

Breakfasts



Keto Granola Bowl with Coconut Flakes and Pecans

Crunchy, lightly toasted keto granola made from coconut flakes, pecans, and seeds, served in a creamy almond milk base or low-carb yogurt. A simple, no-fuss breakfast with texture and satisfying flavor.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Toasting

INGREDIENTS:

- ½ cup unsweetened coconut flakes (1.3 oz) (37 g)
- ¼ cup chopped pecans (1 oz) (28 g)
- 2 tbsp sunflower seeds (0.7 oz) (20 g)
- 1 tbsp chia seeds (0.5 oz) (14 g)
- ¼ tsp ground cinnamon (about 0.5 g)
- ½ cup unsweetened almond milk or keto-friendly yogurt (4 fl oz) (120 ml)
- Optional: a few drops of liquid stevia or monk fruit sweetener

INSTRUCTIONS:

1. Set a dry skillet over medium heat. Add the coconut flakes, chopped pecans, and sunflower seeds. Stir gently and toast for about 5–7 minutes, until everything turns golden and gives off a warm, nutty aroma. Watch closely — coconut flakes can brown quickly.
2. Take the pan off the heat and stir in the chia seeds and cinnamon while the mixture is still warm to let the flavors blend together. Let the granola cool for a few minutes to crisp up.
3. Divide the granola mixture between two bowls. Pour over the almond milk or spoon in keto-friendly yogurt, depending on your preference.
4. Prefer it slightly sweet? Mix in a couple of drops of stevia or monk fruit sweetener just before eating.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 6 g | Fat: 25 g | Net Carbohydrates: 3 g | Fiber: 5 g | Vitamin C: 0 mg | Iron: 1.2 mg | Omega-3: 180 mg

Avocado and Cucumber Smoothie Bowl with MCT Oil

Cool and creamy, this green smoothie bowl blends avocado and cucumber with a touch of lemon and MCT oil for clean energy and a refreshing keto start to the day.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Blending

INGREDIENTS:

- 1 small ripe avocado (about 5 oz) (140 g)
- ½ cup chopped cucumber (about 2.5 oz) (70 g)
- ¾ cup unsweetened almond milk (6 fl oz) (180 ml)
- 1 tbsp lemon juice (15 ml)
- 1 tbsp MCT oil (0.5 fl oz) (15 ml)
- Pinch of sea salt
- Optional toppings: chia seeds, hemp hearts, or mint leaves

INSTRUCTIONS:

1. Scoop the avocado flesh into a blender, then add the chopped cucumber, almond milk, lemon juice, MCT oil, and a pinch of sea salt.
2. Blend at high speed for 30 to 45 seconds, until the mixture becomes fully smooth and creamy. The texture should be thick enough to spoon but not too dense — add a splash more almond milk, if needed.
3. Pour the smoothie into two bowls and use a spoon to smooth the tops.
4. Garnish with your choice of keto-friendly toppings — chia seeds for texture, hemp hearts for protein, or mint leaves for a refreshing lift.



Nutritional Information (Per Serving):

Calories: 250 | Protein: 3 g | Fat: 24 g | Net Carbohydrates: 3 g | Fiber: 5 g | Vitamin C: 12 mg | Iron: 1.0 mg | Omega-3: 160 mg

Zucchini and Cheddar Breakfast Muffins with Bacon Bits

Savory and portable, these keto breakfast muffins are loaded with grated zucchini, sharp cheddar, and smoky bacon bits. Perfect for meal prep or an easy breakfast on the go.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 (about 4 muffins) | **Cooking Method:** Baking

INGREDIENTS:

- 2 large eggs (about 3.5 oz) (100 g)
- ½ cup grated zucchini (about 2.5 oz) (70 g)
- ½ cup shredded cheddar cheese (2 oz) (56 g)
- 2 strips cooked bacon, crumbled (about 1 oz) (28 g)
- 2 tbsp almond flour (0.6 oz) (17 g)
- ½ tsp baking powder (about 2 g)
- ¼ tsp garlic powder (about 0.5 g)
- Pinch of black pepper (about 0.1 g)

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C) and lightly grease a muffin tin or line it with silicone muffin cups to prevent sticking.
2. Place the eggs in a bowl and beat thoroughly until the mixture is consistent and well mixed. The mixture should look airy and light.
3. Stir in the grated zucchini, cheddar cheese, crumbled bacon, almond flour, baking powder, garlic powder, and black pepper. Mix until everything is evenly incorporated — the batter will be thick and textured.
4. Spoon the mixture into four muffin cups, dividing it evenly. Use the back of the spoon to gently smooth the tops for even baking.
5. Place in the oven and bake for 18–20 minutes, until the tops are nicely browned and a toothpick inserted in the center emerges without any batter. Let them cool for a few minutes in the pan to set fully before removing.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 16 g | Fat: 24 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 6 mg | Iron: 1.1 mg | Omega-3: 90 mg

Coconut Flour Pancakes with Chia Seeds and Almond Butter

These fluffy coconut flour pancakes are rich in fiber and naturally low in carbs. Chia seeds add texture and omega-3s, while a generous swirl of almond butter delivers plant-based protein and creamy richness.

Time to prepare: 10 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Pan-Frying

INGREDIENTS:

- 3 tbsp coconut flour (0.6 oz) (17 g)
- 3 large eggs (about 5.3 oz) (150 g)
- ¼ cup unsweetened almond milk (2 fl oz) (60 ml)
- 1 tbsp chia seeds (0.5 oz) (14 g)
- 1 tbsp melted butter (0.5 oz) (14 g)
- ½ tsp baking powder (about 2 g)
- ¼ tsp vanilla extract (about 1.25 ml)
- Pinch of salt
- 2 tbsp almond butter for topping (1 oz) (28 g)



INSTRUCTIONS:

1. Using a medium bowl, beat the eggs until smooth and frothy. Add the almond milk, melted butter, and vanilla extract, stirring until well blended.
2. Sprinkle in the coconut flour, baking powder, chia seeds, and a pinch of salt. Stir gently until the batter thickens. Coconut flour absorbs liquid quickly, so let the mixture sit for a minute — it should resemble a soft, scoopable dough rather than a pourable batter.
3. Warm a nonstick skillet over medium-low heat. Lightly grease it with a small amount of butter or oil if needed. Scoop roughly 2 tablespoons of batter per pancake into the pan, gently flattening each mound with the back of a spoon.
4. Cook for about 2–3 minutes on the first side until the bottoms are golden and the edges begin to set. Flip carefully and cook another 1–2 minutes, just until the centers are cooked through. They're delicate, so use a thin spatula and steady hands.
5. Stack the warm pancakes on two plates and drizzle each with a tablespoon of almond butter. For extra indulgence, let the almond butter melt slightly over the top before digging in.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 13 g | Fat: 29 g | Net Carbohydrates: 5 g | Fiber: 8 g | Vitamin C: 0 mg | Iron: 1.8 mg | Omega-3: 210 mg

Scrambled Eggs with Spinach, Feta, and Avocado Slices

A quick and satisfying keto breakfast featuring fluffy scrambled eggs, sautéed spinach, creamy crumbled feta, and buttery avocado slices. It's a nutrient-rich way to start the day with healthy fats and protein.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 4 large eggs (about 7 oz) (200 g)
- 1 tbsp heavy cream (0.5 fl oz) (15 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 cup fresh spinach, chopped (about 1 oz) (30 g)
- ¼ cup crumbled feta cheese (1.3 oz) (37 g)
- 1 medium avocado, sliced (about 5 oz) (140 g)
- ¼ tsp sea salt (about 1 g)
- ⅛ tsp black pepper (about 0.25 g)

INSTRUCTIONS:

1. Crack the eggs into a bowl and whisk them together with the heavy cream, sea salt, and black pepper until the mixture looks smooth and slightly frothy. This gives the eggs an extra creamy texture once cooked.
2. Heat the olive oil in a nonstick skillet over medium heat. Once it's warm, toss in the chopped spinach and sauté for about a minute, just until it begins to wilt and turns a vibrant green.
3. Pour the egg mixture over the spinach. Let it sit for a few seconds, then gently move a spatula across the pan, gently moving the eggs from the edges inward toward the center. Continue this motion until the eggs form soft, creamy curds — avoid overcooking so they stay tender.
4. When the eggs are almost done but still slightly glossy, sprinkle the crumbled feta over the top. Give it one last gentle stir to fold the cheese through without breaking up the texture too much.
5. Divide the scrambled eggs between two plates and fan out the avocado slices alongside. A little extra black pepper on top adds a finishing touch.



Nutritional Information (Per Serving):

Calories: 390 | Protein: 14 g | Fat: 33 g | Net Carbohydrates: 4 g | Fiber: 5 g | Vitamin C: 10 mg | Iron: 2.1 mg | Omega-3: 110 mg

Smoked Salmon and Cream Cheese Stuffed Avocado Boats

Halved ripe avocados become the perfect vessels for a creamy, tangy filling of whipped cream cheese and smoked salmon. A luxurious breakfast or brunch with healthy fats and rich flavor.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 1 large ripe avocado, halved and pitted (about 7 oz) (200 g)
- 2 oz smoked salmon (56 g)
- 2 tbsp cream cheese, softened (1 oz) (28 g)
- 1 tsp lemon juice (5 ml)
- 1 tbsp chopped fresh chives (about 3 g)
- Pinch of black pepper (about 0.1 g)
- Optional: thin cucumber slices or radish for garnish

INSTRUCTIONS:

1. Using a small bowl, combine the softened cream cheese, lemon juice, chopped chives, and a pinch of black pepper. Mix well until the cream cheese becomes smooth and airy with flecks of green throughout.
2. Divide the smoked salmon into small pieces and delicately fold them into the cream cheese mixture, making sure not to overmix and keeping the texture light.
3. Take the halved avocados and, if needed, scoop out a bit of extra flesh to make a deeper cavity for the filling. You can dice and add the extra avocado to the cream cheese mix or save it for another use.
4. Spoon the salmon-cream cheese filling into the center of each avocado half, letting it mound slightly above the surface.
5. Garnish with delicate cucumber slices or thin radish rounds if desired, and finish with a light touch of freshly cracked pepper.



Nutritional Information (Per Serving):

Calories: 320 | Protein: 11 g | Fat: 28 g | Net Carbohydrates: 4 g | Fiber: 6 g | Vitamin C: 10 mg | Iron: 1.0 mg | Omega-3: 350 mg

Cauliflower Hash Browns with Fried Egg and Green Onion

Golden-brown cauliflower hashbrowns bring a satisfying crunch, perfectly paired with sunny-side-up eggs and a sprinkle of green onions for a fresh, savory finish. A low-carb take on a classic diner breakfast.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Pan-Frying

INGREDIENTS:

- 1½ cups riced cauliflower (about 6 oz) (170 g)
- 1 large egg (about 1.75 oz) (50 g)
- 2 tbsp grated Parmesan cheese (0.5 oz) (14 g)
- 1 tbsp coconut flour (0.3 oz) (8 g)
- ¼ tsp garlic powder (about 0.5 g)
- ¼ tsp sea salt (about 1 g)
- ⅛ tsp black pepper (about 0.25 g)
- 2 tbsp olive oil for frying (1 fl oz) (30 ml)
- 2 large eggs (for frying) (about 3.5 oz) (100 g)
- 1 tbsp chopped green onion (about 4 g)



INSTRUCTIONS:

1. Using a mixing bowl, combine the riced cauliflower, one large egg, Parmesan cheese, coconut flour, garlic powder, sea salt, and black pepper. Stir until everything is well mixed and the mixture holds together when pressed — this will be your hash brown base.
2. Heat 1 tablespoon of olive oil in a nonstick skillet over medium heat. Scoop out the cauliflower mixture into four equal portions, shaping each into a small patty with your hands or a spoon.
3. Place the patties in the hot pan and press them down gently to flatten. Let them cook undisturbed for 4–5 minutes until the bottoms are crisp and golden.
4. Turn over carefully and cook for an additional 3–4 minutes on the second side. When golden and crisp, move the hash browns to a paper towel-lined plate as you get the eggs ready.
5. Transfer the rest of the olive oil — one tablespoon — into the pan. Crack in the two eggs and cook sunny-side-up to your preferred doneness, letting the whites set while the yolks stay glossy and soft.
6. Plate the hash browns and top each with a freshly fried egg. Scatter chopped green onion over everything for a pop of color and mild bite.

Nutritional Information (Per Serving):

Calories: 340 | Protein: 13 g | Fat: 28 g | Net Carbohydrates: 4 g | Fiber: 3 g | Vitamin C: 32 mg | Iron: 2.0 mg | Omega-3: 140 mg

Almond Milk Chia Pudding with Flaxseed and Cinnamon

This make-ahead keto breakfast combines the thick, satisfying texture of chia pudding with the nutty boost of ground flaxseed and the warmth of cinnamon. Lightly sweet and fiber-rich, it's a gentle way to fuel your morning.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes (plus chilling time) | **Servings:** 2 | **Cooking Method:** No-Cook / Chilling

INGREDIENTS:

- 1 cup unsweetened almond milk (8 fl oz) (240 ml)
- 3 tbsp chia seeds (1.5 oz) (42 g)
- 1 tbsp ground flaxseed (0.4 oz) (11 g)
- ½ tsp ground cinnamon (about 1.3 g)
- ½ tsp vanilla extract (about 2.5 ml)
- Optional: 4–6 drops of liquid stevia or keto-friendly sweetener to taste

INSTRUCTIONS:

1. Using a mixing bowl or mason jar, combine the almond milk, chia seeds, flaxseed, cinnamon, and vanilla extract. If you're adding a sweetener, stir that in now too.
2. Whisk the mixture thoroughly for about 30 seconds, making sure the seeds are evenly dispersed and not clumping together.
3. Let the mixture sit for 5 minutes, then give it another good stir. This prevents the chia seeds from sinking to the bottom as they start to thicken.
4. Cover the bowl or seal the jar and refrigerate for at least 2 hours, or overnight if prepping ahead. The pudding will thicken into a spoonable, creamy consistency as the seeds absorb the liquid.
5. Give it a light stir just before eating. Enjoy as is or top with a sprinkle of cinnamon or a few sliced almonds if desired (optional and not included in macros).



Nutritional Information (Per Serving):

Calories: 210 | Protein: 6 g | Fat: 15 g | Net Carbohydrates: 3 g | Fiber: 9 g | Vitamin C: 0 mg | Iron: 1.4 mg | Omega-3: 340 mg

Baked Eggs in Avocado Halves with Paprika and Parsley

Creamy avocado halves cradle gently baked eggs, finished with a touch of smoked paprika and fresh parsley. This easy yet elegant dish is loaded with healthy fats and is ideal for a peaceful, nourishing morning.

Time to prepare: 5 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 1 large ripe avocado, halved and pitted (about 7 oz) (200 g)
- 2 large eggs (about 3.5 oz) (100 g)
- ¼ tsp smoked paprika (about 0.5 g)
- 1 tbsp chopped fresh parsley (about 3 g)
- Pinch of salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Scoop out a little extra flesh from each avocado half to create room for the egg — you'll need a slightly deeper well than the pit leaves behind.
2. Place the avocado halves snugly in a small baking dish or ramekins to keep them from tipping. You can also use crumpled foil to steady them if needed.
3. Crack one egg at a time into a small bowl. Carefully slide each egg into the hollowed center of the avocado, letting the white settle around the yolk. A bit may overflow depending on the size of the eggs and avocados.
4. Lightly dust the tops with salt, pepper, and smoked paprika. Place in the oven for 12 to 15 minutes, or until the egg whites have set and the yolks are cooked to your liking.
5. Remove from the oven and let cool slightly. Finish with a sprinkle of fresh parsley for color and a pop of herbaceous flavor.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 10 g | Fat: 25 g | Net Carbohydrates: 3 g | Fiber: 5 g |

| Vitamin C: 11 mg |
Iron: 1.3 mg | Omega-3: 115 mg

Keto Breakfast Burrito with Egg Wrap and Turkey Sausage

This keto burrito skips the tortilla and wraps a flavorful turkey sausage filling in a tender egg wrap. It's high in protein and keeps your morning low in carbs without sacrificing that handheld comfort.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Pan-Frying

INGREDIENTS:

- 4 large eggs (about 7 oz) (200 g)
- 1 tbsp heavy cream (0.5 fl oz) (15 ml)
- 1 tsp butter (0.17 oz) (5 g)
- 4 oz ground turkey sausage (about 115 g)
- ¼ cup diced bell pepper (about 1.2 oz) (35 g)
- 2 tbsp shredded cheddar cheese (0.5 oz) (14 g)
- 2 tbsp chopped fresh cilantro (about 6 g)
- Pinch of salt and pepper to taste



INSTRUCTIONS:

1. In a medium bowl, thoroughly whisk the eggs, cream, salt, and pepper until the mixture is well-blended and airy.
2. Place butter in a nonstick pan and warm over medium heat until melted. Once it starts to bubble lightly, add half of the egg mixture, swirling the pan to spread it out thinly, like a crepe. Leave it to cook untouched for a minute or two, then lift it gently onto a plate. Repeat the process with the rest of the eggs.
3. In the same skillet, add the ground turkey sausage. Break it up with a spatula and cook for 4–5 minutes until browned and fully cooked through. Stir in the diced bell pepper and cook for another minute to soften slightly.
4. Remove the skillet from the heat and fold in the shredded cheddar and chopped cilantro. Let the cheese melt into the warm sausage mixture.
5. Spoon the filling down the center of each egg wrap, then gently fold over both sides like a burrito. You can enjoy them as-is or return them briefly to the pan to crisp the seam side and seal them shut.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 26 g | Fat: 28 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 18 mg | Iron: 2.3 mg | Omega-3: 130 mg

Mushroom and Goat Cheese Omelet with Fresh Thyme

Earthy mushrooms and creamy goat cheese come together in this elegant omelet, with a whisper of fresh thyme to brighten every bite. A gourmet breakfast that fits perfectly into a keto lifestyle.

Time to prepare: 10 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Pan-Frying

INGREDIENTS:

- 4 large eggs (about 7 oz) (200 g)
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 cup sliced mushrooms (about 2.5 oz) (70 g)
- 2 oz goat cheese, crumbled (56 g)
- ½ tsp fresh thyme leaves (about 0.5 g)
- Pinch of sea salt and black pepper to taste

INSTRUCTIONS:

1. Crack the eggs into a mixing bowl, incorporate the cream, salt, and pepper, then whisk until the mixture is well-blended and airy in appearance.
2. Warm olive oil in a nonstick pan over medium heat. Add the sliced mushrooms and cook for 4–5 minutes, stirring now and then, until they've released their moisture and developed a rich golden-brown color.
3. Lower the heat slightly, then pour the egg mixture evenly over the mushrooms. Let the eggs sit undisturbed for a moment so the base can set.
4. As the eggs begin to firm up around the edges, gently lift them with a spatula, tilting the pan to let any uncooked egg run underneath. Repeat this around the edges until the top is mostly set but still slightly glossy.
5. Scatter the crumbled goat cheese and fresh thyme over one half of the omelet. Carefully fold the other half over the filling and let it cook for another 30 seconds to warm the cheese.
6. Slide the omelet onto a plate and slice in half to serve. A few extra thyme leaves on top make a fragrant finish.



Nutritional Information (Per Serving):

Calories: 330 | Protein: 17 g | Fat: 27 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 2 mg | Iron: 2.2 mg | Omega-3: 125 mg

Warm Almond Porridge with Chia and Pumpkin Seeds

A cozy, grain-free breakfast porridge made with almond flour, chia seeds, and crunchy pumpkin seeds. This nourishing bowl is gently spiced and packed with fiber and healthy fats.

Time to prepare: 5 minutes | **Time to cook:** 8 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Pan-Frying

INGREDIENTS:

- ¼ cup almond flour (1 oz) (28 g)
- 2 tbsp chia seeds (1 oz) (28 g)
- 2 tbsp pumpkin seeds (0.7 oz) (20 g)
- 1¼ cups unsweetened almond milk (10 fl oz) (300 ml)
- ½ tsp cinnamon (about 1.3 g)
- ½ tsp vanilla extract (2.5 ml)
- Optional: 4–6 drops of liquid stevia or monk fruit sweetener

INSTRUCTIONS:

1. Using a small saucepan, combine the almond flour, chia seeds, and pumpkin seeds with the almond milk. Stir in the cinnamon and vanilla extract, and add sweetener if using.
2. Set the saucepan over medium-low heat and bring the mixture to a gentle simmer, stirring often to prevent sticking. The porridge will begin to thicken as the chia seeds swell.
3. Let it cook for 5–8 minutes, stirring intermittently, until the texture is smooth and creamy with bits of crunch from the pumpkin seeds.
4. Once the porridge has thickened to your liking, remove it from the heat and let it sit for a minute to settle.
5. Divide into two bowls and enjoy as-is or top with an extra sprinkle of cinnamon or a few pumpkin seeds for garnish.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 9 g | Fat: 24 g | Net

Carbohydrates: 3 g | Fiber: 6 g | Vitamin C: 0 mg |

Iron: 1.4 mg | Omega-3: 310 mg

Sausage and Bell Pepper Egg Muffins with Parmesan

These protein-packed egg muffins feature savory sausage, sweet bell peppers, and a sprinkle of Parmesan. Delicious and practical – perfect for advance prep or a tasty breakfast you can grab on your way out.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 (about 4 muffins) | **Cooking Method:** Baking

INGREDIENTS:

- 3 large eggs (about 5.3 oz) (150 g)
- 3 oz cooked sausage, crumbled (85 g)
- ¼ cup diced red bell pepper (about 1.2 oz) (35 g)
- ¼ cup shredded Parmesan cheese (0.8 oz) (22 g)
- 1 tbsp chopped green onion (about 4 g)
- ¼ tsp garlic powder (about 0.5 g)
- Pinch of sea salt and pepper to taste



INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Lightly grease four cups of Calories: 280 | Protein: 18 g | Fat: 22 g | Net Carbohydrates: 2 g | Fiber: 5 g | Vitamin C: 12 mg | Iron: 1.6 mg | Omega-3: 100 mg
2. Using a bowl, crack the eggs and whisk them with the garlic powder, a dash of salt, and freshly ground black pepper until the yolks and whites are fully blended.
3. Add the crumbled cooked sausage, diced bell pepper, Parmesan cheese, and chopped green onion to the egg mixture. Stir everything together until evenly combined.
4. Spoon the mixture into the prepared muffin cups, filling each about three-quarters full. Make sure each cup gets a bit of everything — egg, sausage, veggies, and cheese.
5. Bake for 18–20 minutes, or until the tops are set and lightly golden. The muffins should puff slightly and feel firm to the touch in the center.
6. Let them cool in the pan for a few minutes before lifting out. They're delicious warm or can be stored and reheated for a quick keto breakfast any day of the week.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 18 g | Fat: 22 g | Net Carbohydrates: 2 g | Fiber: 5 g | Vitamin C: 12 mg | Iron: 1.6 mg | Omega-3: 100 mg

Eggplant Breakfast Stacks with Ricotta and Basil Pesto

Thick slices of roasted eggplant layered with creamy ricotta and vibrant basil pesto create a savory and satisfying breakfast stack that feels indulgent yet stays perfectly keto-friendly.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Roasting and Assembling

INGREDIENTS:

- 1 small eggplant, sliced into ½-inch rounds (about 8 oz) (225 g)
- 2 tbsp olive oil (1 fl oz) (30 ml)
- ½ cup ricotta cheese (4 oz) (115 g)
- 2 tbsp basil pesto (1 oz) (28 g)
- Salt and black pepper to taste
- Optional: cherry tomato halves or fresh basil for garnish

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). To avoid a messy cleanup, cover the baking tray with parchment or aluminum foil before use.
2. Lay the eggplant slices flat in one layer on the baking sheet. Brush each side with olive oil and season lightly with salt and pepper.
3. Roast the eggplant for 15–18 minutes, flipping once halfway through, until the slices are golden brown on the edges and tender in the center.
4. During the eggplant's roasting time, mix the ricotta with salt and cracked black pepper in a small bowl to bring out its flavor.
5. Once the eggplant is ready, begin layering: place one round on a plate, spread with a spoonful of ricotta, top with a small dollop of pesto, then repeat with a second slice for a stacked effect. You'll get about two stacks per serving.
6. Garnish with fresh basil or a few cherry tomato halves, if you like, and serve while the eggplant is still warm and the cheese is soft and creamy.



Nutritional Information (Per Serving):

Calories: 310 | Protein: 10 g | Fat: 27 g | Net Carbohydrates: 5 g | Fiber: 4 g | Vitamin C: 6 mg | Iron: 1.3 mg | Omega-3: 105 mg

Keto Yogurt Bowl with Ground Flax, Walnuts, and Berries

A creamy, low-carb yogurt base topped with nutrient-dense flaxseed, crunchy walnuts, and a handful of antioxidant-rich berries. A balanced, refreshing start that fits perfectly into keto macros.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 1 cup plain unsweetened Greek yogurt or keto yogurt (8 oz) (225 g)
- 2 tbsp ground flaxseed (0.7 oz) (20 g)
- ¼ cup chopped walnuts (1 oz) (28 g)
- ¼ cup fresh raspberries or blueberries (1.3 oz) (37 g)
- Optional: pinch of cinnamon or keto sweetener to taste

INSTRUCTIONS:

1. Divide the yogurt evenly between two bowls, creating a smooth, thick base.
2. Sprinkle one tablespoon of ground flaxseed over each serving. Let it sit for a minute if you like a thicker texture — it will absorb some of the moisture from the yogurt.
3. Top with chopped walnuts for crunch, followed by a scattering of fresh raspberries or blueberries. Stick to the portion to stay within keto limits.
4. If you like, sprinkle in a pinch of cinnamon or add a few drops of a keto-friendly sweetener to enhance the flavor.
5. Stir gently or leave it layered — either way, it's ready to enjoy as a creamy, satisfying start to your day.



Nutritional Information (Per Serving):

Calories: 310 | Protein: 15 g | Fat: 24 g | Net Carbohydrates: 5 g | Fiber: 4 g | Vitamin C: 6 mg | Iron: 1.5 mg | Omega-3: 290 mg

Broccoli and Ham Frittata with Cheddar Cheese

A hearty and delicious frittata packed with chopped broccoli, diced ham, and sharp cheddar. This protein-rich breakfast can be baked in the oven or cooked on the stovetop for a nourishing start to the day.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Stovetop or Baking

INGREDIENTS:

- 4 large eggs (about 7 oz) (200 g)
- ¼ cup heavy cream (2 fl oz) (60 ml)
- ½ cup cooked chopped broccoli (about 2.5 oz) (70 g)
- ⅓ cup diced cooked ham (about 2 oz) (56 g)
- ½ cup shredded cheddar cheese (2 oz) (56 g)
- Salt and black pepper to taste
- 1 tbsp olive oil for cooking (0.5 fl oz) (15 ml)



INSTRUCTIONS:

1. Combine eggs and heavy cream in a medium bowl, whisking until the mixture turns smooth and lightly airy. Season with salt and freshly cracked pepper.
2. Warm the olive oil in an 8-inch nonstick skillet over medium heat. Swirl to coat the surface, then add the broccoli and ham. Cook for 2–3 minutes, just enough to reheat and slightly crisp the ham edges.
3. Evenly pour the egg mixture over the filling in the skillet. Allow it to cook without stirring for 1–2 minutes, until the edges start to firm up.
4. Sprinkle the grated cheddar cheese uniformly on top. Turn the heat down to low, cover the pan, and let the frittata cook slowly for about 8 to 10 minutes, until the center is just set and the cheese has melted.
5. Alternatively, after completing step 4, place the skillet in a 375°F (190°C) preheated oven and bake for 8 to 10 minutes, until the surface is puffed and browned.
6. Let the frittata cool for a minute or two, then slice into wedges and serve directly from the pan or transfer to plates.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 24 g | Fat: 31 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 22 mg Iron: 1.7 mg | Omega-3: 135 mg

Creamy Scrambled Eggs with Truffle Oil and Microgreens

Silky scrambled eggs elevated with a drizzle of aromatic truffle oil and topped with fresh, peppery microgreens. A luxurious yet simple breakfast with elegant flair and rich flavor.

Time to prepare: 5 minutes | **Time to cook:** 7 minutes | **Servings:** 2 | **Cooking Method:** Pan-Frying

INGREDIENTS:

- 4 large eggs (about 7 oz) (200 g)
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- 1 tbsp butter (0.5 oz) (14 g)
- ½ tsp truffle oil (2.5 ml)
- ½ cup microgreens (about 0.5 oz) (14 g)
- Pinch of sea salt and black pepper to taste

INSTRUCTIONS:

1. In a bowl, crack the eggs and combine with heavy cream, whisking until pale and uniform. Lightly season with sea salt and freshly ground black pepper.
2. Gently melt the butter in a nonstick pan set to low or medium-low heat. Once melted and just starting to foam, pour in the eggs.
3. Let the eggs stand undisturbed for several seconds, then slowly stir with a silicone spatula, pushing the curds from the edges inward. Continue gently stirring as the eggs begin to form soft ribbons.
4. When the eggs are nearly set but still glossy and custardy, remove the skillet from the heat. The residual warmth will finish cooking them without drying them out.
5. Drizzle the truffle oil over the eggs and fold once or twice to distribute the flavor delicately without overpowering.
6. Divide the eggs onto two plates and generously sprinkle fresh microgreens over the top to provide a crisp, peppery contrast.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 13 g | Fat: 25 g | Net Carbohydrates: 2 g | Fiber: 0.5 g | Vitamin C: 5 mg | Iron: 1.5 mg | Omega-3: 120 mg

Spicy Chorizo and Spinach Egg Scramble

Bold and savory, this scramble pairs spicy chorizo with fluffy eggs and wilted spinach for a high-protein, flavor-packed breakfast that kicks off your day with a punch.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Pan-Frying

INGREDIENTS:

- 4 large eggs (about 7 oz) (200 g)
- 2 oz spicy chorizo, crumbled (56 g)
- 1 cup fresh spinach, chopped (about 1 oz) (30 g)
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ¼ tsp smoked paprika (about 0.5 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Using a bowl, whisk together the eggs, heavy cream, smoked paprika, and a dash of salt and pepper until the mixture is light and airy.
2. Set the skillet to medium heat and warm the olive oil. Add the crumbled chorizo and cook for 3–4 minutes, breaking it apart as it browns and releases its oils.
3. Toss the spinach into the pan and stir it through the chorizo. Let it cook for about a minute until wilted and evenly combined.
4. Pour the egg mixture over the chorizo and spinach. Let it sit briefly, then gently stir and fold with a spatula, forming soft curds as the eggs cook.
5. Keep cooking until the eggs are barely set, with a smooth, creamy texture. Avoid overcooking to keep the texture silky.
6. Divide the scramble between two plates and finish with an extra sprinkle of black pepper, if desired.



Nutritional Information (Per Serving):

Calories: 310 | Protein: 15 g | Fat: 24 g | Net Carbohydrates: 5 g | Fiber: 4 g | Vitamin C: 6 mg | Iron: 1.5 mg | Omega-3: 290 mg

Baked Asparagus with Soft-Boiled Eggs and Hollandaise

Tender roasted asparagus spears topped with soft-boiled eggs and drizzled with velvety, buttery hollandaise sauce make this an elegant and satisfying low-carb breakfast.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Roasting and Blending

INGREDIENTS:

- 8 asparagus spears, trimmed (about 5 oz) (140 g)
- 2 large eggs (soft-boiled) (about 3.5 oz) (100 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and pepper to taste

For the hollandaise:

- 2 egg yolks (about 1.3 oz) (36 g)
- ¼ cup unsalted butter, melted (2 oz) (56 g)
- 1 tsp lemon juice (5 ml)
- Pinch of cayenne pepper
- Pinch of salt



INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Spread out the asparagus on a baking pan, toss with olive oil, and season with salt and pepper before roasting. Toss to coat evenly, then roast for 10–12 minutes until tender and slightly caramelized at the tips.
2. While the asparagus roasts, prepare the soft-boiled eggs. Bring a small pot of water to a gentle boil. Lower the eggs in carefully and cook for exactly 6½ minutes. Transfer to an ice bath right away to prevent overcooking, then carefully peel.
3. To make the hollandaise, combine the egg yolks and lemon juice in a heat-safe bowl. Place it over a saucepan with gently simmering water, ensuring the bowl doesn't touch the water's surface. Whisk continuously until the mixture thickens slightly, about 1 to 2 minutes.
4. Slowly drizzle in the melted butter while continuing to whisk, forming a smooth, glossy sauce. Stir in the cayenne and a pinch of salt, then remove from the heat.
5. Arrange the roasted asparagus on two plates. Halve the soft-boiled eggs and place them over the top. Spoon the warm hollandaise over everything, letting it flow gently across the egg yolks and spears.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 11 g | Fat: 33 g | Net Carbohydrates: 3 g | Fiber: 2 g | Vitamin C: 10 mg | Iron: 1.4 mg | Omega-3: 130 mg

Keto Crepes with Mascarpone and Crushed Raspberries

Thin, delicate almond flour crepes filled with smooth mascarpone cheese and topped with tart crushed raspberries. A refined keto breakfast that feels indulgent but stays low in carbs.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 (about 4 crepes) | **Cooking Method:** Pan-Frying

INGREDIENTS:

- 2 large eggs (about 3.5 oz) (100 g)
- ¼ cup almond flour (1 oz) (28 g)
- ¼ cup unsweetened almond milk (2 fl oz) (60 ml)
- 1 tbsp melted butter (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)
- Pinch of salt

Filling and topping:

- ¼ cup mascarpone cheese (2 oz) (56 g)
- ¼ cup fresh raspberries, lightly crushed (1.3 oz) (37 g)

INSTRUCTIONS:

1. Using a medium bowl, stir together the eggs, almond flour, almond milk, melted butter, vanilla extract, and a pinch of salt. The batter should be thin and smooth — let it rest for 5 minutes to allow the almond flour to hydrate.
2. Place a small nonstick pan over medium-low heat to warm. Lightly grease, if needed, then pour in about 2 tablespoons of batter, tilting the pan to spread it into a thin, even layer.
3. For each crepe, cook 1–2 minutes until the edges begin to lift and the underside is golden. Turn gently and cook for another 30–60 seconds. Stack on a plate and repeat with the rest of the batter.
4. Spread a generous spoonful of mascarpone across one half of each crepe, then fold into quarters or roll up neatly.
5. Top with crushed raspberries and, if you like, a light dusting of cinnamon or a single fresh mint leaf for garnish.



Nutritional Information (Per Serving):

Calories: 330 | Protein: 11 g | Fat: 28 g | Net Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 6 mg | Iron: 1.2 mg | Omega-3: 100 mg

Lunches



Turkey Lettuce Wraps with Cream Cheese and Sun-Dried Tomatoes

Crisp romaine or butter lettuce holds creamy spreadable cheese, savory turkey, and tangy sun-dried tomatoes. These wraps are light yet satisfying, perfect for a no-fuss keto lunch.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 (4 wraps) | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 4 large lettuce leaves (romaine or butter)
- 6 oz sliced turkey breast (170 g)
- 2 tbsp cream cheese (1 oz) (28 g)
- 2 tbsp chopped sun-dried tomatoes (about 0.7 oz) (20 g)
- 1 tbsp chopped fresh basil (about 2 g)
- Pinch of black pepper

INSTRUCTIONS:

1. Arrange the lettuce leaves flat on a clean surface or cutting board. Pat dry if they're damp, so the filling stays in place.
2. Evenly spread a thin amount of cream cheese on the center of each leaf, making a soft base to hold the other ingredients.
3. Layer slices of turkey over the cream cheese, folding them as needed to fit neatly within the leaf.
4. Sprinkle each wrap with chopped sun-dried tomatoes and fresh basil, then finish with a pinch of black pepper for a touch of spice.
5. Gently fold the sides of each lettuce leaf over the filling and roll them up burrito-style, or simply fold like a taco for easy eating.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 25 g | Fat: 18 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 4 mg | Iron: 1.2 mg | Omega-3: 90 mg

Egg Salad Stuffed Avocados with Mustard and Celery

Classic egg salad gets a twist with a touch of mustard and crunch from celery, all nestled inside creamy avocado halves. A quick, nourishing lunch that hits all the right textures and flavors.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 2 hard-boiled eggs, chopped (about 3.5 oz) (100 g)
- 1 medium avocado, halved and pitted (about 5 oz) (140 g)
- 2 tbsp mayonnaise (1 oz) (28 g)
- 1 tsp Dijon mustard (5 ml)
- 2 tbsp finely chopped celery (about 0.7 oz) (20 g)
- Salt and black pepper to taste
- Optional: pinch of paprika or fresh dill

INSTRUCTIONS:

1. Place chopped hard-boiled eggs, mayonnaise, Dijon mustard, and finely chopped celery into a small bowl and stir to combine. Mix gently until the mixture becomes creamy but still textured, then season with salt and black pepper to taste.
2. If needed, scoop out a bit of flesh from the avocado halves to make room for the filling. You can mash that extra avocado into the egg salad for even more creaminess.
3. Spoon the egg salad generously into each avocado half, letting it mound slightly above the edges.
4. Finish with a light dusting of paprika or a sprinkle of fresh dill if using, and enjoy immediately while the avocado is at its peak ripeness.



Nutritional Information (Per Serving):

Calories: 320 | Protein: 10 g | Fat: 28 g | Net Carbohydrates: 3 g | Fiber: 5 g | Vitamin C: 8 mg | Iron: 1.2 mg | Omega-3: 110 mg

Seared Salmon on Spinach Bed with Pesto and Pine Nuts

Perfectly seared salmon fillets served over a bed of sautéed spinach and finished with a spoonful of pesto and crunch of pine nuts. A satisfying, high-fat keto lunch that's rich in flavor and omega-3s.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Sautéing, Blending, Baking

INGREDIENTS:

- 2 salmon fillets (about 6 oz each) (340 g total)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 4 cups fresh spinach (about 3 oz) (85 g)
- 2 tbsp basil pesto (1 oz) (28 g)
- 2 tbsp pine nuts, lightly toasted (0.7 oz) (20 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Gently pat the salmon fillets dry using a paper towel and sprinkle salt and black pepper on both sides.
2. Place olive oil in a skillet and heat it over medium-high flame. Once shimmering, place the salmon fillets skin-side down and sear for about 4–5 minutes without moving them, until the skin is crisp and the color has risen halfway up the sides.
3. Flip the salmon with care and cook for 2–3 more minutes, until the inside is cooked through but retains moisture.
4. Take the salmon off the pan and allow it to rest as you get the spinach ready.
5. Keep the pan on the stove, reduce the heat to medium, and add the spinach. Sauté for 1–2 minutes, stirring gently, just until wilted and tender. Season lightly with salt if needed.
6. Divide the sautéed spinach between two plates, place the salmon fillets on top, then spoon a tablespoon of pesto over each. Finish with a sprinkle of toasted pine nuts for a delicate crunch.



Nutritional Information (Per Serving):

Calories: 290 | Protein: 10 g | Fat: 26 g | Net Carbohydrates: 5 g | Fiber: 2 g |

Vitamin C: 28 mg |

Iron: 1.3 mg | Omega-3: 100 mg

Chicken Thighs with Roasted Broccoli and Lemon-Tahini Sauce

Juicy, pan-seared chicken thighs are paired with oven-roasted broccoli florets and drizzled with a zesty lemon-tahini sauce for a flavorful, keto-friendly plate.

Time to prepare: 10 minutes | **Time to cook:** 30 minutes | **Servings:** 2 | **Cooking Method:** Pan-Searing and Roasting

INGREDIENTS:

- 2 bone-in or boneless skin-on chicken thighs (about 10 oz) (280 g)
- 2 cups broccoli florets (about 6 oz) (170 g)
- 2 tbsp olive oil, divided (1 fl oz) (30 ml)
- Salt and pepper to taste

For the lemon-tahini sauce:

- 2 tbsp tahini (1.2 oz) (34 g)
- 1 tbsp lemon juice (15 ml)
- 1 tbsp water (15 ml)
- 1 small garlic clove, minced (about 0.1 oz) (3 g)
- Pinch of sea salt



INSURUCHEIONS **Nutritional Information (Per Serving):** Calories: 480 | Protein: 38 g | Fat: 34 g | Net olive oil, salt, and pepper. Spread the
1. For the oven's top baking tray at 425°F (220°C) for 5 minutes. Broccoli with Vitamin C: 70 mg |

roast for 20–25 minutes, until tender and gently browned around the edges.

Iron: 2.4 mg | Omega-3: 170 mg

2. While the broccoli roasts, heat the remaining tablespoon of olive oil in a large skillet over medium-high heat. Season the chicken thighs generously with salt and pepper.
3. During the broccoli roasting time, heat the rest of the olive oil in a large pan over medium-high heat. Sprinkle the chicken thighs generously with salt and black pepper.
4. Flip the chicken and adjust the heat to medium. Cook for another 8–10 minutes, or until the internal temperature hits 165°F (74°C) and the juices run clear.
5. As the chicken finishes cooking, combine tahini, lemon juice, water, minced garlic, and a pinch of sea salt in a small bowl, whisking until the mixture becomes smooth and creamy.
6. Serve the chicken thighs atop the roasted broccoli, drizzling each plate generously with the lemon-tahini sauce.

Zucchini Noodles with Tuna, Capers, and Lemon-Dill Dressing

Zucchini noodle tossed with flaked tuna, briny capers, and a tangy lemon-dill dressing make for a refreshing and nutrient-packed keto lunch with bright Mediterranean flair.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 2 cups spiralized zucchini noodles (about 6 oz) (170 g)
- 1 can tuna in olive oil, drained (5 oz) (140 g)
- 1 tbsp capers (about 0.5 oz) (14 g)
- 2 tbsp fresh chopped dill (about 4 g)
- 2 tbsp lemon juice (30 ml)
- 2 tbsp extra virgin olive oil (1 fl oz) (30 ml)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Place the spiralized zucchini noodles into a mixing bowl and gently blot them with a paper towel to remove excess moisture.
2. Flake the tuna with a fork and scatter it over the zucchini, keeping the chunks fairly large for better texture.
3. Add the capers and freshly chopped dill, letting their bold flavors mix in with the cool noodles and savory tuna.
4. In a small bowl, whisk the lemon juice and olive oil together with a generous pinch of salt and a bit of cracked black pepper until the dressing looks smooth and glossy.
5. Pour the dressing onto the zucchini mix and toss delicately with tongs, just enough to evenly distribute the dressing without damaging the pieces.
6. Let the bowl sit for 2–3 minutes to let the zucchini soften slightly and absorb the flavors, then divide between two plates and garnish with a few extra dill sprigs or capers if you like.



Nutritional Information (Per Serving):

Calories: 340 | Protein: 23 g | Fat: 26 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 18 mg | Iron: 1.5 mg | Omega-3: 550 mg

Grilled Chicken Salad with Avocado, Cucumber, and Olive Oil

A fresh and satisfying salad loaded with grilled chicken, creamy avocado, crisp cucumber, and a drizzle of heart-healthy olive oil. It's light yet nourishing, with the perfect keto-friendly balance of protein and fat.

Time to prepare: 10 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Grilling and Assembling

INGREDIENTS:

- 8 oz grilled chicken breast, sliced (225 g)
- 1 medium avocado, diced (about 5 oz) (140 g)
- 1 cup sliced cucumber (about 4 oz) (115 g)
- 4 cups mixed salad greens (about 2 oz) (60 g)
- 2 tbsp extra virgin olive oil (1 fl oz) (30 ml)
- 1 tbsp lemon juice (15 ml)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Grill the chicken breasts until fully cooked and golden on the outside, about 4–5 minutes per side, depending on thickness. Once done, let them rest briefly, then slice into thin strips.
2. Using a spacious mixing bowl, combine the salad greens, sliced cucumber, and diced avocado. Gently toss to distribute the ingredients evenly.
3. Arrange the grilled chicken slices over the salad, either mixed in or layered neatly on top.
4. Combine olive oil, lemon juice, salt, and black pepper in a small bowl and whisk well. Pour the dressing onto the salad just prior to serving.
5. Give everything a final light toss, or leave it layered for a composed presentation.



Nutritional Information (Per Serving):

Calories: 430 | Protein: 32 g | Fat: 32 g | Net Carbohydrates: 4 g | Fiber: 5 g |

Vitamin C: 18 mg |
Iron: 1.8 mg | Omega-3: 130 mg

Cauliflower Rice Bowl with Shrimp, Bell Pepper, and Garlic Aioli

A flavorful low-carb bowl featuring sautéed shrimp and colorful bell peppers over a bed of fluffy cauliflower rice, topped with a creamy garlic aioli. A keto lunch that's both vibrant and filling.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 1½ cups cauliflower rice (about 6 oz) (170 g)
- 8 oz shrimp, peeled and deveined (225 g)
- ½ cup diced red bell pepper (about 2.5 oz) (70 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste

For the garlic aioli:

- ¼ cup mayonnaise (2 oz) (56 g)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- 1 tsp lemon juice (5 ml)



INSTRUCTIONS:

1. Whisk mayonnaise, minced garlic, and lemon juice in a small bowl to create garlic aioli. Stir well and leave it aside to enhance the flavors.
2. Heat half of the olive oil in a skillet over medium heat. Incorporate the shrimp, season with salt and pepper, and cook for 2–3 minutes per side until pink, firm, and golden. Remove from heat, transfer to a plate, and cover to maintain warmth.
3. In the same pan, add the leftover olive oil and the diced red bell pepper. Cook for 3–4 minutes until slightly tender but still crisp and colorful.
4. Toss the cauliflower rice into the skillet with the bell pepper. Continue cooking for 4–5 minutes, stirring frequently, until tender and light. Season with salt and pepper to taste.
5. Divide the cauliflower rice and peppers between two bowls. Top each with half the shrimp and finish with a generous spoonful of garlic aioli over the top or on the side.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 28 g | Fat: 28 g | Net Carbohydrates: 5 g | Fiber: 2 g | Vitamin C: 45 mg | Iron: 2.1 mg | Omega-3: 250 mg

Baked Portobello Pizza Caps with Mozzarella and Tomato

Large Portobello mushroom caps serve as delicious pizza bases, filled with gooey mozzarella, sliced tomatoes, and herbs. All the comfort of pizza, minus the carbs.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 2 large Portobello mushrooms, stems removed (about 6 oz) (170 g)
- ½ cup shredded mozzarella cheese (2 oz) (56 g)
- ½ medium tomato, sliced (about 2.5 oz) (70 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ½ tsp dried oregano (about 0.3 g)
- Salt and pepper to taste
- Optional: fresh basil for garnish

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C), allowing it to reach an even, hot temperature for roasting.
2. Apply olive oil to both sides of the Portobello mushroom caps with a brush, then season them with salt, pepper, and dried oregano, letting the aromas start to develop.
3. Arrange the mushrooms upside down on a parchment-lined baking sheet, creating a natural cup for the toppings.
4. Pile shredded mozzarella cheese evenly into each mushroom cap, filling the cavities with a creamy layer.
5. Lay thin slices of tomato atop the cheese, adding freshness and a pop of color.
6. Transfer the baking sheet to the oven and roast for 15 to 20 minutes, until the cheese is bubbly, melted, and has a light golden color.
7. Remove the mushrooms from the oven and let them rest for a couple of minutes to allow the cheese to set perfectly.
8. Garnish with fresh basil leaves if desired, adding a bright, herbal note before serving.



Nutritional Information (Per Serving):

Calories: 320 | Protein: 20 g | Fat: 25 g | Net Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 15 mg | Iron: 1.1 mg | Omega-3: 90 mg

Sausage and Kale Stir-Fry with Coconut Aminos

A simple skillet stir-fry with sliced sausage and nutrient-rich kale, brought to life with coconut aminos for a slightly sweet and savory umami flavor. A quick keto lunch with a satisfying bite.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Stir-Frying

INGREDIENTS:

- 6 oz cooked sausage, sliced (170 g)
- 3 cups chopped kale, ribs removed (about 3 oz) (85 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tbsp coconut aminos (0.5 fl oz) (15 ml)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Place the olive oil in a large pan and heat it over medium until it glistens and gives off a fragrant scent.
2. Incorporate the minced garlic and cook it for about 30 seconds, stopping before it starts to brown, but once it's aromatic.
3. Toss in the sliced sausage and cook for 3–4 minutes, letting it warm through and start to caramelize on the edges.
4. Add the chopped kale to the pan, stirring to combine with the sausage and garlic. Sauté the kale for 4–5 minutes, allowing it to wilt while maintaining its bright green color.
5. Pour in the coconut aminos and stir well to coat all the ingredients evenly. Let the flavors meld together for another minute, seasoning with salt and pepper to taste.
6. Remove from the heat and divide the stir-fry between two plates, serving immediately.



Nutritional Information (Per Serving):

Calories: 370 | Protein: 20 g | Fat: 30 g | Net Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 55 mg | Iron: 2.2 mg | Omega-3: 120 mg

Grilled Lamb Chops with Greek Salad and Feta

Tender grilled lamb chops served alongside a vibrant Greek salad with cucumber, tomato, olives, and crumbled feta. A bold and satisfying Mediterranean-inspired keto lunch.

Time to prepare: 15 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Grilling and Assembling

INGREDIENTS:

- 4 small lamb chops (about 10 oz total) (280 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp lemon juice (5 ml)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- Salt, pepper, and dried oregano to taste

For the Greek salad:

- ½ cup chopped cucumber (about 2.5 oz) (70 g)
- ½ cup chopped tomato (about 2.5 oz) (70 g)
- ¼ cup Kalamata olives, halved (1.3 oz) (37 g)
- ¼ cup crumbled feta cheese (1.3 oz) (37 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)



INSTRUCTIONS:

1. Combine olive oil, lemon juice, minced garlic, salt, pepper, and dried oregano in a small bowl to create a marinade.
2. Evenly apply the marinade over both sides of the lamb chops. Let them sit for 10 minutes at room temperature to absorb the flavors.
3. Set a grill or grill pan to medium-high heat. When it's sufficiently hot, position the lamb chops on the grill.
4. Cook the lamb chops for about 3–4 minutes per side for medium-rare, adjusting time as needed for your preferred doneness. The exterior should be nicely charred with juicy, tender meat inside.
5. While the lamb cooks, combine the chopped cucumber, tomato, Kalamata olives, and crumbled feta in a bowl.
6. Drizzle the salad with olive oil and toss gently to mix, seasoning with a pinch of salt and pepper if desired.
7. After grilling, set the lamb chops aside and let them rest for a few minutes to hold in the juices.
8. Serve the lamb chops alongside the fresh Greek salad for a balanced and flavorful meal.

Nutritional Information (Per Serving):

Calories: 520 | Protein: 38 g | Fat: 40 g | Net Carbohydrates: 5 g | Fiber: 2 g | Vitamin C: 18 mg | Iron: 3.2 mg | Omega-3: 250 mg

Keto Cobb Salad with Boiled Eggs, Bacon, and Blue Cheese

A classic Cobb salad, keto-style: crisp green topped with savory bacon, creamy blue cheese, hard-boiled eggs, avocado, and tangy dressing. Colorful, filling, and perfectly balanced.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 4 cups chopped Romaine or mixed greens (about 2 oz) (60 g)
- 2 hard-boiled eggs, quartered (about 3.5 oz) (100 g)
- 2 strips cooked bacon, crumbled (about 1 oz) (28 g)
- ¼ cup crumbled blue cheese (1.3 oz) (37 g)
- ½ medium avocado, diced (about 2.5 oz) (70 g)
- ½ cup cherry tomatoes, halved (about 2.5 oz) (70 g)
- 2 tbsp ranch or blue cheese dressing (1 oz) (28 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Begin by spreading the fresh chopped greens evenly across two plates, creating a vibrant and crisp foundation for your salad.
2. Neatly arrange the quartered hard-boiled eggs in one section, their creamy yolks contrasting beautifully with the white.
3. Scatter the crumbled bacon next to the eggs, letting its smoky aroma tease your senses.
4. Add the blue cheese in generous clusters — its tangy creaminess will bring a delightful punch to every bite.
5. Place the diced avocado nearby, its buttery texture balancing the bold flavors around it.
6. Fill the remaining space with halved cherry tomatoes, adding a juicy, slightly sweet pop of color.
7. Lightly pour the ranch or blue cheese dressing over the dish, letting it flow gently to unify the flavors.
8. Complete the salad with a dash of sea salt and freshly ground pepper for a final burst of brightness.



Nutritional Information (Per Serving):

Calories: 470 | Protein: 30 g | Fat: 38 g | Net Carbohydrates: 6 g | Fiber: 5 g | Vitamin C: 15 mg | Iron: 2.1 mg | Omega-3: 150 mg

Sardine and Olive Tapenade Plate with Mixed Greens

A Mediterranean-inspired lunch plate featuring rich, omega-3-packed sardines paired with bold olive tapenade and a bed of fresh mixed greens. Satisfying, simple, and packed with flavor.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 1 can sardines in olive oil, drained (4 oz) (115 g)
- ¼ cup olive tapenade (2 oz) (56 g)
- 4 cups mixed salad greens (about 2 oz) (60 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz) (15 ml)
- 1 tbsp lemon juice (15 ml)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Lay the mixed salad greens evenly across two plates, creating a fresh, vibrant foundation.
2. Pour the olive oil and lemon juice over the greens, then gently toss them so each leaf is kissed with bright, zesty flavor.
3. Season lightly with salt and freshly cracked black pepper, enhancing the natural crispness of the greens.
4. Arrange the sardines on top of the salad, keeping the fillets intact to preserve their rich texture and inviting appearance.
5. Dollop the olive tapenade alongside or gently over the sardines, letting its deep, briny aroma mingle with the fresh ingredients.
6. Present the plates promptly to enjoy the perfect balance of bold flavors and crisp freshness.



Nutritional Information (Per Serving):

Calories: 390 | Protein: 28 g | Fat: 32 g | Net Carbohydrates: 3 g | Fiber: 2 g | Vitamin C: 12 mg | Iron: 2.0 mg | Omega-3: 1300 mg

Turkey Burger Bowl with Cauliflower Mash and Pickles

A hearty bowl with juicy turkey burgers, creamy cauliflower mash, and crisp dill pickles. All the flavors of a classic burger, but low in carbs and perfect for lunch.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Pan-Cooking and Boiling

INGREDIENTS:

- 8 oz ground turkey (225 g)
- 1 tsp Dijon mustard (5 ml)
- ½ tsp onion powder (about 1.5 g)
- ½ tsp garlic powder (about 1.5 g)
- Salt and black pepper to taste
- 2 cups cauliflower florets (about 8 oz) (225 g)
- 2 tbsp butter (1 oz) (28 g)
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- 4–6 dill pickle slices (about 1 oz) (28 g)
- 2 cups mixed salad greens (about 1 oz) (30 g)



INSTRUCTIONS:

1. In a bowl, combine the ground turkey with Dijon mustard, onion powder, garlic powder, salt, and pepper. Mix gently until everything is evenly incorporated, but avoid overworking the meat.
2. Shape the mixture into two even patties, pressing them firmly but not compacting them too tightly.
3. Place the turkey patties in a heated nonstick skillet and cook for 5–6 minutes per side until the exterior is golden and the meat is cooked through.
4. At the same time, bring a pot of salted water to a boil and add the cauliflower florets. Cook them for 8 to 10 minutes, or until tender when pierced with a fork.
5. Drain the cauliflower well, then transfer it to a bowl. Incorporate the butter and heavy cream, mashing until smooth and creamy. Season with salt and pepper to taste.
6. Divide the cauliflower mash and mixed salad greens between two bowls. Top each with a cooked turkey patty.
7. Garnish each bowl with dill pickle slices for a crisp, tangy contrast.

Nutritional Information (Per Serving):

Calories: 430 | Protein: 38 g | Fat: 28 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 45 mg | Iron: 2.0 mg | Omega-3: 120 mg

Chicken Lettuce Tacos with Guacamole and Cilantro

Crisp lettuce leaves hold seasoned chicken strips, creamy guacamole, and fresh cilantro for a bright, refreshing keto lunch that delivers satisfying flavor and crunch.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 (4 tacos) | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 8 oz cooked chicken breast, sliced (225 g)
- 4 large Romaine or butter lettuce leaves
- ½ medium avocado (about 2.5 oz) (70 g)
- 2 tbsp chopped onion (about 0.7 oz) (20 g)
- 1 tbsp lime juice (15 ml)
- 2 tbsp chopped fresh cilantro (about 6 g)
- Salt and black pepper to taste
- Optional: jalapeño slices or diced tomato

INSTRUCTIONS:

1. Start by mashing the ripe avocado in a bowl with a squeeze of fresh lime juice, then fold in the chopped onion, seasoning gently with salt and pepper to balance the creamy richness.
2. Lay out the crisp lettuce leaves flat on your work surface, their fresh green color inviting and ready to cradle the fillings.
3. Arrange the sliced chicken breast evenly across the lettuce, making sure each leaf gets a hearty, satisfying layer.
4. Spoon generous portions of the guacamole over the chicken, letting the creamy texture contrast with the tender meat.
5. Sprinkle chopped cilantro over each taco, its bright aroma lifting the dish and adding a refreshing herbal touch.
6. If you like a bit of heat or extra freshness, tuck in some jalapeño slices or diced tomatoes for a lively burst of flavor.
7. Carefully fold the lettuce leaves, securing all those delicious layers inside, and enjoy the crisp, vibrant bites.



Nutritional Information (Per Serving):

Calories: 380 | Protein: 34 g | Fat: 26 g | Net

Carbohydrates: 5 g | Fiber: 6 g | Vitamin C: 18 mg |

Iron: 1.4 mg | Omega-3: 110 mg

Tuna-Stuffed Bell Peppers with Olive Oil and Parsley

Bell pepper halves filled with a zesty tuna salad, drizzled with olive oil, and brightened with fresh parsley. Light but filling, this lunch is quick to make and packed with nutrients.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 2 medium bell peppers, halved and seeded (about 10 oz) (280 g).
- 1 can tuna in olive oil, drained (5 oz) (140 g).
- 2 tbsp mayonnaise (1 oz) (28 g).
- 1 tbsp chopped fresh parsley (about 4 g).
- 1 tbsp extra virgin olive oil (0.5 fl oz) (15 ml).
- 1 tsp lemon juice (5 ml).
- Salt and black pepper to taste

INSTRUCTIONS:

1. Prepare the bell peppers by slicing them in half and clearing out the seeds and membranes, leaving room for the filling.
2. Place the drained tuna, mayonnaise, chopped parsley, lemon juice, and a pinch of salt and pepper into a bowl and stir to combine. Mix gently to keep the tuna flaky while evenly distributing the flavors.
3. Spoon the tuna mixture generously into each bell pepper half, filling them up with a satisfying mound.
4. Lightly coat the stuffed peppers with extra virgin olive oil, letting a bit collect on the surface of the filling.
5. Lay the peppers out on a serving plate, and for a burst of freshness and color, add a final touch of chopped parsley if desired.
6. Enjoy these light yet nourishing stuffed peppers right away or chill briefly for a cool, refreshing option.



Nutritional Information (Per Serving):

Calories: 370 | Protein: 30 g | Fat: 28 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 120 mg
Iron: 2.1 mg | Omega-3: 600 mg

Creamy Zucchini Soup with Basil Oil and Parmesan Chips

A silky, light zucchini soup served with fragrant basil oil and crisp Parmesan cheese chips. This comforting, keto-friendly soup is perfect for lunch or as a starter.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Sautéing, Blending, Baking

INGREDIENTS:

- 2 medium zucchinis, chopped (about 10 oz) (280 g).
- 1½ cups chicken or vegetable broth (12 fl oz) (360 ml).
- ¼ cup heavy cream (2 fl oz) (60 ml).
- 1 tbsp olive oil (0.5 fl oz) (15 ml).
- 2 tbsp chopped onion (about 0.7 oz) (20 g).
- Salt and pepper to taste

For the basil oil:

- 2 tbsp olive oil (1 fl oz) (30 ml).
- 2 tbsp chopped fresh basil (about 8 g).

For the Parmesan chips:

- ¼ cup shredded Parmesan cheese (0.8 oz) (22 g).



INSTRUCTIONS:

1. Over medium heat, warm the olive oil in a medium saucepan. Add the chopped onion and cook until it softens and releases its aroma, roughly 3 to 4 minutes.
2. Incorporate the chopped zucchini into the pot, stirring to combine with the onion. Sauté the zucchini for 5 minutes until it becomes slightly tender and begins to release liquid.
3. Pour in the broth — either chicken or vegetable — and heat until the mixture gently simmers. Let it cook for 10–12 minutes, until the zucchini is tender enough to blend smoothly.
4. While the soup simmers, prepare the Parmesan chips. Set the oven's temperature to 375°F (190°C). On a parchment-lined baking sheet, sprinkle small mounds of shredded Parmesan cheese spaced apart. Bake until the surface is golden and crisp, then let cool.
5. To make the basil oil, combine the olive oil and chopped fresh basil in a small bowl. Let it sit to infuse the flavors.
6. Turn off the heat and blend the soup with an immersion blender, or transfer it to a blender to puree until silky smooth.
7. Stir the heavy cream into the blended soup, seasoning with salt and pepper to taste.
8. Serve the soup drizzled with basil oil and topped with crunchy Parmesan chips for a perfect balance of creamy and crispy textures.

Nutritional Information (Per Serving):

Calories: 290 | Protein: 10 g | Fat: 26 g | Net Carbohydrates: 5 g | Fiber: 2 g | Vitamin C: 28 mg | Iron: 1.3 mg | Omega-3: 100 mg

Smoked Mackerel Plate with Cucumber Ribbons and Lemon

Rich, smoky mackerel fillets paired with crisp cucumber ribbons and a squeeze of fresh lemon for a light, nourishing lunch full of omega-3s and freshness.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-Cook / Assembling

INGREDIENTS:

- 2 smoked mackerel fillets (about 8 oz total) (225 g)
- 1 large cucumber, shaved into ribbons (about 10 oz) (280 g)
- 1 tbsp extra virgin olive oil (0.5 fl oz) (15 ml)
- 1 tbsp lemon juice (15 ml)
- Salt and black pepper to taste
- Optional: fresh dill or parsley for garnish

INSTRUCTIONS:

1. With a vegetable peeler, shave the cucumber lengthwise into thin, delicate ribbons, creating a fresh and crisp bed for your plate.
2. Arrange the cucumber ribbons evenly across two plates, letting their pale green hues brighten the presentation.
3. Gently flake or lay whole smoked mackerel fillets atop the cucumber ribbons, showcasing their rich, smoky texture.
4. Distribute extra virgin olive oil and lemon juice evenly over the fish and cucumber, infusing the dish with a fresh, tangy sheen.
5. Season gently with salt and freshly cracked black pepper to taste, balancing the flavors without overpowering the natural smokiness.
6. Optionally, garnish with fresh dill or parsley sprigs to add a bright herbal flavor and a splash of color.
7. Serve promptly to enjoy the perfect harmony of smoky, crisp, and zesty flavors.



Nutritional Information (Per Serving):

Calories: 390 | Protein: 28 g | Fat: 32 g | Net Carbohydrates: 3 g | Fiber: 2 g | Vitamin C: 12 mg | Iron: 2.0 mg | Omega-3: 1300 mg

Baked Chicken Drumsticks with Green Beans and Garlic Butter

Oven-baked chicken drumsticks served with tender green beans, all coated in fragrant garlic butter. This simple, classic lunch is loaded with flavor and keto-friendly nutrition.

Time to prepare: 10 minutes | **Time to cook:** 40 minutes | **Servings:** 2 | **Cooking Method:** Baking and Roasting

INGREDIENTS:

- 4 medium chicken drumsticks (about 14 oz) (400 g)
- 2 cups green beans, trimmed (about 6 oz) (170 g)
- 2 tbsp butter, melted (1 oz) (28 g)
- 2 garlic cloves, minced (about 0.2 oz) (6 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ½ tsp dried thyme (about 0.3 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). To save time on cleanup, line a baking sheet with parchment paper or aluminum foil.
2. Using a small bowl, mix the melted butter with minced garlic and dried thyme, creating a fragrant garlic butter sauce.
3. Place the chicken drumsticks on the baking sheet, then brush or drizzle them generously with the garlic butter mixture. Season with salt and pepper.
4. Toss the trimmed green beans in olive oil and a pinch of salt and pepper, then arrange them around the chicken on the baking sheet.
5. Roast everything in the oven for 35–40 minutes, turning the drumsticks halfway through so they brown evenly and the skin crisps beautifully.
6. Check that the chicken is cooked through and the juices run clear. The green beans should be tender but still have a slight snap.
7. Take the chicken from the oven and rest it for a few minutes before serving to ensure juicy meat and settled flavors.



Nutritional Information (Per Serving):

Calories: 520 | Protein: 45 g | Fat: 35 g | Net Carbohydrates: 6 g | Fiber: 4 g | Vitamin C: 20 mg | Iron: 2.5 mg | Omega-3: 140 mg

Baked Eggplant Rounds with Ground Turkey and Garlic Yogurt

Tender baked eggplant slices topped with savory ground turkey and finished with a dollop of cooling garlic yogurt. This balanced lunch delivers protein, fiber, and satisfying flavor without the carbs.

Time to prepare: 15 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Baking and Sautéing

INGREDIENTS:

- 1 medium eggplant, cut into ½-inch rounds (about 10 oz) (280 g)
- 8 oz ground turkey (225 g)
- 2 tbsp olive oil, divided (1 fl oz) (30 ml)
- ½ cup chopped onion (about 2 oz) (56 g)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- ½ tsp dried oregano (about 0.3 g)

Salt and black pepper to taste

- For the garlic yogurt:
- ½ cup plain Greek yogurt (4 oz) (115 g)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- 1 tbsp lemon juice (15 ml)
- Pinch of salt



INSTRUCTIONS: **Nutritional Information (Per Serving):** Calories: 430 | Protein: 35 g | Fat: 27 g | Net rounds on a baking tray and cover both sides with a thin layer of olive oil. **Carbohydrates:** 6 g | **Fiber:** 1 g | **Vitamin C:** 12 mg |

- oil. Season lightly with salt and pepper.
2. Roast the eggplant slices for roughly 20 minutes, flipping halfway through, until they are tender and golden around the edges.
3. While the eggplant roasts, heat the remaining olive oil in a skillet over medium heat. Add the chopped onion and sauté until softened and fragrant, about 4 minutes.
4. Stir the minced garlic and ground turkey into the skillet. Break up the turkey with a spatula, cooking until it's browned and cooked through, about 7–8 minutes.
5. Incorporate dried oregano, then add salt and black pepper to taste. Let the mixture simmer for a minute to blend the flavors.
6. Meanwhile, prepare the garlic yogurt by combining the Greek yogurt, minced garlic, lemon juice, and a pinch of salt in a small bowl. Mix well and chill until ready to serve.
7. To assemble, spoon the warm ground turkey mixture onto each baked eggplant round.
8. Top each round with a generous dollop of the cooling garlic yogurt before serving.

Iron: 2.0 mg | Omega-3: 140 mg

Cabbage Stir-Fry with Ground Beef and Sesame Seeds

A fast, flavorful skillet lunch where thin sliced cabbage cooks down with ground beef and a splash of sesame oil, finished with toasted sesame seeds for crunch and aroma.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Stir-Frying

INGREDIENTS:

- 8 oz ground beef (225 g)
- 3 cups shredded green cabbage (about 6 oz) (170 g)
- ½ cup sliced green onion (about 2 oz) (56 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tbsp sesame oil (0.5 fl oz) (15 ml)
- 1 tbsp soy sauce or coconut aminos (0.5 fl oz) (15 ml)
- 1 tbsp toasted sesame seeds (0.35 oz) (10 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Place olive oil in a large pan and heat over medium-high until it's warm and visibly shimmering.
2. Add the ground beef to the pan, breaking it apart with a spatula. Cook until it browns and releases its rich aroma, about 5–6 minutes.
3. Toss in the shredded cabbage and sliced green onions, stirring to combine with the beef. Let the cabbage soften while still retaining a little crunch, cooking for about 5 minutes.
4. Drizzle the sesame oil and soy sauce (or coconut aminos) over the mixture, stirring to coat everything in the savory, nutty flavors.
5. Season with salt and pepper, using more or less depending on your preference.
6. Complete the dish with a scattering of toasted sesame seeds, bringing a crisp texture and aromatic depth.
7. Remove from heat and divide the stir-fry between two plates to enjoy.



Nutritional Information (Per Serving):

Calories: 420 | Protein: 35 g | Fat: 30 g | Net Carbohydrates: 5 g | Fiber: 3 g | Vitamin C: 45 mg | Iron: 3.1 mg | Omega-3: 150 mg

Dinners



Grilled Duck Breast with Cauliflower and Berry Reduction

Crispy-skinned grilled duck breast paired with buttery cauliflower mash and a tangy berry reduction for a showstopping keto-friendly dinner.

Time to prepare: 15 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Grilling, Boiling, Simmering

INGREDIENTS:

- 2 duck breasts (about 5 oz each) (280 g total)
- Salt and black pepper to taste

For the cauliflower mash:

- 2 cups cauliflower florets (about 8 oz) (225 g)
- 2 tbsp butter (1 oz) (28 g)
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- Salt and pepper to taste

For the berry reduction:

- ½ cup fresh or frozen mixed berries (about 2.5 oz) (70 g)
- 2 tbsp water (1 fl oz) (30 ml)
- 1 tbsp red wine vinegar (0.5 fl oz) (15 ml)
- ½ tsp powdered erythritol or keto sweetener (about 2 g)

INSTRUCTIONS:

1. With a sharp knife, make shallow crisscross cuts into the skin of each duck breast, being careful not to cut through to the meat. Season generously on both sides with salt and black pepper.
2. Place the duck breasts skin-side down in a cold skillet. Turn the heat to medium and cook gently, allowing the fat to render and the skin to crisp slowly — this will take about 8–10 minutes.
3. Turn the duck breasts over and cook for 4–5 minutes on the other side, until they reach your desired doneness. Remove from the heat and let rest while you prepare the sides.
4. Simultaneously, bring a pot of salted water to a rolling boil. Add cauliflower florets and cook for approximately 10 minutes until tender. Drain well.
5. Mash the cooked cauliflower with butter and heavy cream until smooth and creamy. Season with salt and pepper to taste.
6. For the berry reduction, combine berries, water, red wine vinegar, and erythritol in a small saucepan. Maintain a medium heat simmer, stirring intermittently, until the sauce thickens a little and the berries break down, approximately 8 minutes.
7. Strain the reduction, if desired, for a smoother sauce, or leave it chunky for texture.
8. Slice the rested duck breasts thinly, arranging them on plates alongside a generous scoop of cauliflower mash.
9. Drizzle the berry reduction over the duck and around the plate for a beautiful, tangy finish



Nutritional Information (Per Serving):

Calories: 560 | Protein: 42 g | Fat: 42 g | Net Carbohydrates: 7 g | Fiber: 3 g | Vitamin C: 30 mg | Iron: 3.0 mg | Omega-3: 250 mg

Rosemary Roasted Chicken with Brussels Sprouts and Bacon

Juicy roasted chicken thighs and crispy Brussels sprouts come together with savory bacon and fragrant rosemary in a sheet pan meal that's deeply flavorful and keto-perfect.

Time to prepare: 10 minutes | **Time to cook:** 40 minutes | **Servings:** 2 | **Cooking Method:** Roasting

INGREDIENTS:

- 2 bone-in, skin-on chicken thighs (about 10 oz) (280 g)
- 2 cups Brussels sprouts, halved (about 8 oz) (225 g)
- 2 strips thick-cut bacon, chopped (about 1.5 oz) (42 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp chopped fresh rosemary (about 2 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). Use foil or parchment paper to line the baking sheet for quick and easy cleanup.
2. Place the halved Brussels sprouts in a large bowl and toss with olive oil, bacon pieces, rosemary, salt, and pepper until everything is evenly covered.
3. Evenly spread the Brussels sprouts and bacon mix on the prepared baking sheet, leaving gaps for the chicken thighs.
4. Season the chicken thighs generously with salt and black pepper, then place them skin-side up on the baking sheet among the Brussels sprouts.
5. Roast for 35–40 minutes until the chicken skin is nicely browned and crisp, and the Brussels sprouts are tender with caramelized edges.
6. Check that the chicken is cooked through and juices run clear before removing from the oven.
7. Let the dish rest for a few minutes to lock in the juices, then serve the chicken alongside the flavorful Brussels sprouts and bacon.



Nutritional Information (Per Serving):

Calories: 520 | Protein: 45 g | Fat: 38 g | Net Carbohydrates: 7 g | Fiber: 4 g | Vitamin C: 70 mg | Iron: 2.5 mg | Omega-3: 150 mg

Stuffed Chicken Breast with Spinach and Feta Cheese

Tender chicken breasts stuffed with garlicky sautéed spinach and tangy feta cheese, then baked to juicy perfection. A flavorful, protein-rich meal that feels special.

Time to prepare: 15 minutes | **Time to cook:** 30 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Baking

INGREDIENTS:

- 2 medium boneless, skinless chicken breasts (about 10 oz) (280 g)
- 1 cup fresh spinach, chopped (about 1 oz) (30 g)
- ¼ cup crumbled feta cheese (1.3 oz) (37 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- Salt and pepper to taste
- Toothpicks or kitchen twine (for securing)



INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Prepare a baking dish by lightly greasing or lining it with parchment paper.
2. Heat olive oil in a skillet over medium heat. Incorporate the minced garlic and sauté just until fragrant, about 30 seconds.
3. Add the chopped spinach and cook, stirring gently, until it wilts. Take off the heat and allow to cool slightly.
4. Mix the wilted spinach with crumbled feta cheese in a small bowl.
5. Carefully create a pocket along the side of each chicken breast without cutting completely through.
6. Stuff each pocket generously with the spinach and feta mixture. Close the openings by inserting toothpicks or tying with kitchen twine to keep the filling contained.
7. Generously season the outer surface of the chicken breasts with salt and pepper.
8. Put the stuffed chicken breasts into the baking dish and roast for 25–30 minutes, until the chicken is cooked through and juices run clear.
9. Allow the chicken to rest for a few minutes before removing toothpicks or twine and slicing.

Nutritional Information (Per Serving):

Calories: 450 | Protein: 50 g | Fat: 28 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 15 mg | Iron: 2.3 mg | Omega-3: 100 mg

Baked Salmon with Asparagus and Lemon-Caper Butter

Perfectly baked salmon fillets served with roasted asparagus and a bright, tangy lemon-caper butter. This dinner is rich in healthy fats, protein, and vibrant flavors.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Baking and Roasting

INGREDIENTS:

- 2 salmon fillets (about 6 oz each) (340 g total)
- 8 asparagus spears, trimmed (about 6 oz) (170 g)
- 2 tbsp butter, softened (1 oz) (28 g)
- 1 tbsp capers, drained (0.5 oz) (14 g)
- 1 tbsp lemon juice (15 ml)
- 1 tsp grated lemon zest (about 2 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). For hassle-free cleanup, cover the baking sheet with foil or parchment paper.
2. Arrange the trimmed asparagus spears on one side of the baking sheet. Drizzle with olive oil, seasoning lightly with salt and black pepper.
3. Place the salmon fillets skin-side down on the other side of the baking sheet. Season the salmon with salt and pepper.
4. Combine the softened butter, lemon zest, lemon juice, and capers in a small bowl, mixing until fully incorporated and creamy.
5. Spread a generous spoonful of the lemon-caper butter over each salmon fillet.
6. Cook the salmon and asparagus in the oven for 12–15 minutes, until the salmon separates easily and the asparagus is perfectly tender-crisp.
7. Take the dish out of the oven and let it sit for a few minutes so the butter can melt into the fish and vegetables.
8. Serve the salmon topped with any remaining lemon-caper butter, alongside the roasted asparagus for a fresh, flavorful meal.



Nutritional Information (Per Serving):

Calories: 520 | Protein: 40 g | Fat: 38 g | Net Carbohydrates: 4 g | Fiber: 3 g | Vitamin C: 18 mg | Iron: 1.8 mg | Omega-3: 1900 mg

Eggplant Parmesan with Mozzarella and Basil Marinara

Satisfying layers of roasted eggplant, gooey mozzarella, and fragrant basil marinara sauce, all baked until golden. All the flavor of classic eggplant parm, minus the carbs.

Time to prepare: 10 minutes | **Time to cook:** 30 minutes | **Servings:** 2 | **Cooking Method:** Roasting and Baking

INGREDIENTS:

- 1 large eggplant, sliced into ½-inch rounds (about 14 oz) (400 g)
- 1 cup sugar-free marinara sauce (8 fl oz) (240 ml)
- ½ cup shredded mozzarella cheese (2 oz) (56 g)
- ¼ cup grated Parmesan cheese (1 oz) (28 g)
- 2 tbsp olive oil (1 fl oz) (30 ml)
- 1 tbsp chopped fresh basil (about 4 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Lay the eggplant slices out on a baking sheet, coat both sides with olive oil, and season with salt and pepper.
2. Bake the eggplant until soft and golden around the edges, about 15 minutes, flipping halfway through for even cooking.
3. Reduce oven temperature to 375°F (190°C). Spread a thin layer of marinara sauce on the bottom of a baking dish.
4. Spread half of the roasted eggplant slices over the base sauce, and top with half of the remaining marinara, shredded mozzarella, Parmesan cheese, and fresh basil.
5. Repeat with the remaining eggplant, marinara, and cheeses, finishing with a generous sprinkle of Parmesan on top.
6. Bake the assembled dish for 15 minutes, until the cheese is melted, bubbly, and golden brown.
7. Remove from the oven and allow to rest briefly before serving, giving the flavors time to come together.



Nutritional Information (Per Serving):

Calories: 420 | Protein: 32 g | Fat: 30 g | Net Carbohydrates: 7 g | Fiber: 5 g | Vitamin C: 15 mg | Iron: 2.1 mg | Omega-3: 90 mg

Pork Chops with Cabbage and Dijon Cream Sauce

Pan-seared pork chops paired with buttery sautéed cabbage, all finished with a tangy Dijon cream sauce. A deeply flavorful, satisfying keto dinner.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Searing and Sautéing

INGREDIENTS:

- 2 boneless pork chops (about 10 oz total) (280 g)
- 3 cups shredded cabbage (about 6 oz) (170 g)
- 2 tbsp butter (1 oz) (28 g)
- ½ cup heavy cream (4 fl oz) (120 ml)
- 1 tbsp Dijon mustard (15 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste



INSTRUCTIONS:

1. Warm the olive oil in a large frying pan over medium heat until it starts to shimmer softly. Coat the pork chops generously with salt and pepper.
2. Add pork chops to the skillet, cooking them for about 4–5 minutes per side until they develop a beautiful golden crust and reach an internal temperature of 145°F (63°C).
3. Remove the pork chops from the skillet and place them on a plate, tenting lightly with foil to retain heat.
4. Reduce heat to medium and add butter to the skillet. Once melted, toss in the shredded cabbage. Sauté until tender and slightly caramelized, about 7–8 minutes, stirring occasionally to coax out a subtle sweetness.
5. Stir the heavy cream and Dijon mustard into the pan, combining them into a smooth, flavorful sauce. Simmer gently for 3 minutes until it thickens slightly.
6. Nestle the pork chops into the sauce as you return them to the skillet. Spoon the cabbage and cream over the top, allowing the flavors to mingle.
7. Turn off the heat and allow the dish to rest briefly before plating, giving the sauce time to settle.
8. Serve the pork chops alongside the buttery cabbage, draped in the luscious Dijon cream sauce.

Nutritional Information (Per Serving):

Calories: 520 | Protein: 45 g | Fat: 38 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 35 mg | Iron: 2.4 mg | Omega-3: 110 mg

Creamy Broccoli Chicken Casserole with Almond Topping

Tender chicken and fresh broccoli enveloped in a creamy cheese sauce, all baked under a crisp almond topping for a warming, family-style keto casserole.

Time to prepare: 15 minutes | **Time to cook:** 30 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 8 oz cooked chicken breast, shredded (225 g)
- 2 cups broccoli florets (about 6 oz) (170 g)
- ½ cup shredded cheddar cheese (2 oz) (56 g)
- ¼ cup cream cheese (2 oz) (56 g)
- ½ cup heavy cream (4 fl oz) (120 ml)
- 2 tbsp slivered almonds (0.5 oz) (14 g)
- 1 tbsp butter (0.5 oz) (14 g)
- ½ tsp garlic powder (about 1 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Lightly grease a small casserole dish.
2. In a mixing bowl, combine shredded chicken, broccoli florets, shredded cheddar, cream cheese, heavy cream, garlic powder, salt, and pepper. Stir until the cheese melts slightly and everything is well coated.
3. Pour the mixture into the prepared casserole dish, spreading it evenly.
4. Melt butter in a small pan over medium heat. Add the slivered almonds and toast while stirring frequently until they turn golden and fragrant, around 3–4 minutes.
5. Sprinkle the toasted almonds evenly over the casserole, adding a delightful crunch to the creamy dish.
6. Leave the dish uncovered and bake for 25 to 30 minutes, until bubbling and the top is golden and crispy.
7. Once out of the oven, give the dish a few minutes to cool and allow the flavors to settle before serving.



Nutritional Information (Per Serving):

Calories: 520 | Protein: 45 g | Fat: 40 g | Net Carbohydrates: 6 g | Fiber: 4 g | Vitamin C: 60 mg | Iron: 2.5 mg | Omega-3: 150 mg

Shrimp Skillet with Zoodles, Cherry Tomatoes, and Basil

Juicy shrimp quickly sautéed and tossed with zucchini noodles, sweet cherry tomatoes, and fragrant fresh basil—light, speedy, and deeply satisfying keto dinner.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 8 oz shrimp, peeled and deveined (225 g)
- 2 cups spiralized zucchini noodles (about 6 oz) (170 g)
- 1 cup cherry tomatoes, halved (about 5 oz) (140 g)
- 2 tbsp olive oil (1 fl oz) (30 ml)
- 2 garlic cloves, minced (about 0.2 oz) (6 g)
- 2 tbsp chopped fresh basil (about 8 g)
- Salt and black pepper to taste
- Optional: pinch of crushed red pepper flakes

INSTRUCTIONS:

1. Warm the olive oil in a large frying pan over medium heat until it starts to shimmer softly.
2. Put the shrimp into the skillet, sprinkling with salt, pepper, and optional crushed red pepper flakes. Cook for about 2 minutes per side, until they turn pink and curl slightly.
3. Set the shrimp aside after removing them from the skillet to maintain warmth.
4. Return to the same skillet and add the remaining olive oil and minced garlic. Let the garlic soften and release its aroma without browning, about 30 seconds.
5. Toss the cherry tomatoes into the skillet and cook them until they begin to soften and release their juices, about 3–4 minutes.
6. Add the spiralized zucchini noodles, stirring gently to combine. Cook for 2–3 minutes until the zoodles soften but still retain a slight bite.
7. Return the shrimp to the skillet, folding them into the zoodles and tomatoes.
8. Scatter the freshly chopped basil over the dish to add a fragrant touch.
9. Sample the flavors and tweak the seasoning with salt and pepper if necessary prior to serving.



Nutritional Information (Per Serving):

Calories: 350 | Protein: 35 g | Fat: 22 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 25 mg | Iron: 2.0 mg | Omega-3: 350 mg

Beef and Cauliflower Shepherd's Pie with Cheddar Crust

A keto twist on a classic comfort dish—savory ground beef and vegetables layered under a creamy cauliflower mash, topped with golden cheddar cheese.

Time to prepare: 15 minutes | **Time to cook:** 35 minutes | **Servings:** 2 | **Cooking Method:** Sautéing, Boiling, Baking

INGREDIENTS:

- 8 oz ground beef (225 g)
- 1 cup chopped onion and carrot (about 4 oz) (115 g)
- 1 cup chopped celery (about 3 oz) (85 g)
- 2 cups cauliflower florets (about 8 oz) (225 g)
- 2 tbsp butter (1 oz) (28 g)
- ¼ cup heavy cream (2 fl oz) (60 ml)
- ½ cup shredded cheddar cheese (2 oz) (56 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ½ tsp dried thyme (about 0.3 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C).
2. Put a skillet on medium heat, pour in the olive oil, and allow it to warm. Add chopped onion, carrot, and celery, cooking until softened and fragrant, about 5–7 minutes.
3. Place the ground beef in the skillet and break it apart as it cooks. Brown for about 6–8 minutes, then season with salt, pepper, and dried thyme.
4. At the same time, bring a pot of salted water to a boil. Add in the cauliflower florets and cook for around 10 minutes, until fork-tender. Drain well.
5. Place the cauliflower in a bowl, stir in the butter and heavy cream, and mash until you achieve a smooth and creamy consistency. Add salt and pepper to suit your taste.
6. Spread the cooked beef and vegetable mixture evenly in a baking dish. Spoon the creamy cauliflower mash over the top, smoothing it out gently.
7. Sprinkle shredded cheddar cheese evenly over the cauliflower layer.
8. Cook in the oven for 20 minutes, or until the cheese melts, bubbles, and turns golden brown on the surface.
9. Remove from the oven and let rest for a few minutes before serving.



Nutritional Information (Per Serving):

Calories: 530 | Protein: 38 g | Fat: 36 g | Net Carbohydrates: 7 g | Fiber: 4 g | Vitamin C: 45 mg | Iron: 3.0 mg | Omega-3: 130 mg

Pan-Seared Cod with Olive Tapenade and Roasted Zucchini

Mild, flaky cod fillets are pan-seared and topped with a briny olive tapenade, served alongside oven-roasted zucchini for a Mediterranean-inspired keto plate.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Pan-searing and Roasting

INGREDIENTS:

- 2 cod fillets (about 5 oz each) (280 g total)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste

For the olive tapenade:

- ¼ cup pitted black or green olives, chopped (1.3 oz) (37 g)
- 1 tbsp capers (about 0.5 oz) (14 g)
- 1 tbsp fresh parsley, chopped (about 4 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp lemon juice (5 ml)

For the roasted zucchini:

- 1 medium zucchini, sliced (about 6 oz) (170 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Toss the sliced zucchini with olive oil, salt, and pepper. Place it evenly on a baking sheet and bake for 15–20 minutes until soft and lightly caramelized.
2. While the zucchini roasts, prepare the olive tapenade by mixing chopped olives, capers, parsley, olive oil, and lemon juice in a small bowl. Set aside to let the flavors meld.
3. Warm 1 tablespoon of olive oil in a nonstick skillet over medium-high heat. Season the cod fillets with salt and freshly ground black pepper.
4. Put the cod fillets into the hot pan and cook for around 4 minutes per side, until the fish is opaque and flakes when tested with a fork.
5. Remove the cod from the pan and transfer to plates for serving.
6. Spoon the olive tapenade generously over each cod fillet.
7. Serve the pan-seared cod alongside the roasted zucchini for a vibrant, flavorful meal.



Nutritional Information (Per Serving):

Calories: 380 | Protein: 40 g | Fat: 24 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 30 mg | Iron: 2.0 mg | Omega-3: 1200 mg

Grilled Steak with Chimichurri and Charred Bell Peppers

Juicy grilled steak paired with a vibrant, herb-packed chimichurri sauce and smoky charred bell peppers for a bold and satisfying keto dinner.

Time to prepare: 15 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Grilling and Mixing

INGREDIENTS:

- 2 steaks (about 6 oz each; ribeye, sirloin, or flank) (340 g total)
- 2 bell peppers, sliced into strips (about 10 oz) (280 g)
- 1 tbsp olive oil, divided (0.5 fl oz) (15 ml)
- Salt and black pepper to taste

For the chimichurri:

- ¼ cup chopped fresh parsley (about 0.5 oz) (14 g)
- 2 tbsp chopped fresh cilantro (about 0.25 oz) (7 g)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- 2 tbsp red wine vinegar (1 fl oz) (30 ml)
- 3 tbsp olive oil (1.5 fl oz) (45 ml)
- ½ tsp dried oregano (about 0.5 g)
- ¼ tsp red pepper flakes (about 0.5 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Bring your grill or grill pan to medium-high. Mix the bell pepper strips with half the olive oil and season to taste with salt and pepper.
2. Place the bell peppers on the grill, turning intermittently, until they develop a nice char and soften, about 8–10 minutes.
3. While the peppers cook, season the steaks liberally with salt and pepper. Grill for 4–5 minutes per side for medium-rare, or until they reach your desired doneness.
4. While the steaks and peppers cook, prepare the chimichurri by combining parsley, cilantro, minced garlic, red wine vinegar, olive oil, dried oregano, red pepper flakes, salt, and pepper in a small bowl. Stir well to blend the vibrant flavors.
5. Once the steak rests briefly after grilling, slice it against the grain for maximum tenderness.
6. Serve the sliced steak topped with a generous spoonful of chimichurri sauce alongside the smoky charred bell peppers.



Nutritional Information (Per Serving):

Calories: 560 | Protein: 45 g | Fat: 42 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 90 mg | Iron: 3.5 mg | Omega-3: 250 mg

Keto Lasagna with Zucchini Sheets and Ricotta Filling

A low-carb twist on the Italian classic: tender zucchini slices stand in for pasta, layered with rich ricotta, savory ground beef, and tangy tomato sauce, all baked to bubbling perfection.

Time to prepare: 15 minutes | **Time to cook:** 35 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Baking

INGREDIENTS:

- 2 medium zucchinis, sliced lengthwise (about 12 oz) (340 g)
- 8 oz ground beef or turkey (225 g)
- ½ cup ricotta cheese (4 oz) (115 g)
- ½ cup shredded mozzarella cheese (2 oz) (56 g)
- 1 cup sugar-free tomato sauce (8 fl oz) (240 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- ½ tsp dried Italian herbs (about 0.5 g)
- Salt and black pepper to taste
- Optional: grated Parmesan for topping

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Lightly grease a small baking dish or casserole.
2. Heat olive oil in a skillet over medium heat. Incorporate minced garlic and sauté until aromatic, about 1 minute.
3. Put ground beef or turkey into the skillet and crumble as it cooks until browned and thoroughly cooked, about 6–8 minutes. Season with dried Italian herbs, salt, and pepper.
4. Evenly spread the cooked meat across the bottom of the baking dish.
5. Spread a layer of zucchini slices atop the meat, with a slight overlap to cover the whole surface.
6. Dollop half of the ricotta cheese over the zucchini and spread gently.
7. Pour half of the sugar-free tomato sauce evenly on top.
8. Repeat the layering: remaining zucchini slices, ricotta, and tomato sauce.
9. Sprinkle shredded mozzarella evenly over the top. Add grated Parmesan, if desired, for an extra cheesy crust.
10. Cover the dish loosely with foil and bake for 25 minutes. Uncover and bake for 10 extra minutes, allowing the cheese to become bubbly and golden.
11. Let the lasagna sit for 5 minutes prior to slicing and serving, allowing the layers to firm up.



Nutritional Information (Per Serving):

Calories: 510 | Protein: 45 g | Fat: 35 g | Net Carbs: 7 g | Fiber: 3 g | Vitamin C: 28 mg | Iron: 3.2 mg | Omega-3: 120 mg

Lamb Meatballs in Tomato-Coconut Sauce with Cauli-Rice

Tender lamb meatballs simmered in a creamy tomato-coconut sauce, served atop fluffy cauliflower rice for an exotic, comforting, and keto-friendly dinner.

Time to prepare: 15 minutes | **Time to cook:** 30 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Simmering

INGREDIENTS:

- 8 oz ground lamb (225 g)
- 2 tbsp chopped onion (about 0.7 oz) (20 g)
- 1 tbsp chopped fresh parsley (about 4 g)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- ½ tsp ground cumin (about 1 g)
- Salt and black pepper to taste

For the sauce:

- 1 cup sugar-free tomato sauce (8 fl oz) (240 ml)
- ¼ cup coconut milk (2 fl oz) (60 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp smoked paprika (about 2 g)

For the cauli-rice:

- 1½ cups cauliflower rice (about 6 oz) (170 g)

INSTRUCTIONS:

1. In a bowl, combine ground lamb, chopped onion, fresh parsley, minced garlic, ground cumin, salt, and pepper. Mix gently until just combined.
2. Roll the mixture into small balls measuring approximately 1 to 1½ inches across.
3. Heat olive oil in a pan over medium heat. Place the meatballs in and brown them evenly for 5 to 7 minutes.
4. Pour in the sugar-free tomato sauce and coconut milk, then sprinkle smoked paprika over the sauce. Stir gently to combine.
5. Reduce the heat to a low setting and let the meatballs gently simmer in the sauce for 15–18 minutes so they cook through and absorb the flavors.
6. While the meatballs simmer, warm the cauliflower rice in a different pan over medium heat until tender but still fluffy, about 5 minutes.
7. To serve, spoon the cauliflower rice onto plates and ladle the lamb meatballs and tomato-coconut sauce over the top.



Nutritional Information (Per Serving):

Calories: 520 | Protein: 38 g | Fat: 38 g | Net Carbohydrates: 7 g | Fiber: 4 g | Vitamin C: 40 mg | Iron: 3.2 mg | Omega-3: 180 mg

Seared Scallops with Garlic Cauliflower Purée

Succulent scallops seared until golden, served over a silky garlic-infused cauliflower purée. A restaurant-worthy keto dinner that comes together quickly.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Searing and Boiling/Blending

INGREDIENTS:

- 8 large sea scallops (about 8 oz) (225 g)
- 1 tbsp butter (0.5 oz) (14 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste

For the cauliflower purée:

- 2 cups cauliflower florets (about 8 oz) (225 g)
- ¼ cup heavy cream (2 fl oz) (60 ml)
- 1 garlic clove, minced (about 0.1 oz) (3 g)
- 1 tbsp butter (0.5 oz) (14 g)
- Salt and white pepper to taste

INSTRUCTIONS:

1. Bring a pot of salted water to a gentle boil. Place the cauliflower florets in the pan and cook until soft and tender, around 10 to 12 minutes. Drain well.
2. As the cauliflower cooks, pat the scallops dry using paper towels and season them on both sides with salt and black pepper.
3. In a blender or food processor, combine the cooked cauliflower, heavy cream, minced garlic, and butter. Process until the mixture is creamy and silky, then season with salt and white pepper to taste. Hold warm.
4. Heat butter and olive oil in a spacious skillet over medium-high heat until shimmering.
5. Add the scallops to the hot pan, leaving space between them. Sear without moving for about 2–3 minutes until the bottoms develop a golden crust.
6. Turn the scallops and cook for 1–2 more minutes until they are opaque and fully cooked inside.
7. Spoon the garlic cauliflower purée onto plates, then arrange the seared scallops on top.
8. Serve immediately, enjoying the contrast between the tender scallops and the creamy, garlicky purée.



Nutritional Information (Per Serving):

Calories: 400 | Protein: 38 g | Fat: 30 g | Net Carbohydrates: 5g | Fiber: 8g | Vitamin C: 35 mg | Iron: 1.8 mg | Omega-3: 400 mg

Keto Thai Curry with Coconut Chicken and Vegetables

A fragrant, creamy Thai-style curry loaded with tender chicken and low-carb vegetables, simmered in coconut milk and warming spices for a deeply satisfying meal.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Simmering

INGREDIENTS:

- 8 oz boneless, skinless chicken thighs or breast, diced (225 g)
- 1 cup chopped bell pepper (about 4 oz) (115 g)
- 1 cup chopped zucchini (about 4 oz) (115 g)
- 1 cup broccoli florets (about 3 oz) (85 g)
- 1 cup coconut milk (8 fl oz) (240 ml)
- 1 tbsp red or green Thai curry paste (about 0.7 oz) (20 g)
- 1 tbsp coconut oil (0.5 fl oz) (15 ml)
- 1 tbsp fish sauce (0.5 fl oz) (15 ml)
- 1 tbsp chopped fresh cilantro (about 4 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Place coconut oil in a large skillet or wok and heat over medium heat until it shimmers.
2. Add the diced chicken and cook, stirring repeatedly, until it starts to brown and is nearly cooked through, about 5–7 minutes.
3. Stir in the Thai curry paste, allowing it to coat the chicken and release its fragrant spices.
4. Pour in the coconut milk and fish sauce, stirring to combine and bring the mixture to a gentle simmer.
5. Stir in the chopped bell pepper, zucchini, and broccoli florets. Simmer the curry for about 8 to 10 minutes until the veggies are tender but still crisp.
6. Flavor with salt and black pepper to your taste, making adjustments as necessary.
7. Remove from heat and sprinkle chopped fresh cilantro over the curry for a burst of herbal freshness.
8. Serve the curry on its own or alongside cauliflower rice for a complete, keto-friendly meal.



Nutritional Information (Per Serving):

Calories: 480 | Protein: 38 g | Fat: 34 g | Net Carbohydrates: 8 g | Fiber: 4 g | Vitamin C: 60 mg | Iron: 2.2 mg | Omega-3: 180 mg

Slow-Cooked Beef Brisket with Roasted Radishes

Tender, melt-in-your-mouth beef brisket cooked low and slow, paired with oven-roasted radishes for a hearty, comforting keto meal that captures all the flavors of classic home cooking.

Time to prepare: 15 minutes | **Time to cook:** 6 hours | **Servings:** 2 | **Cooking Method:** Slow Cooking and Roasting

INGREDIENTS:

- 1 lb beef brisket (uncooked, about 16 oz) (450 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ½ cup chopped onion (about 2 oz) (56 g)
- 1 cup beef broth (8 fl oz) (240 ml)
- 2 garlic cloves, minced (about 0.2 oz) (6 g)
- 1 tsp smoked paprika (about 2 g)
- ½ tsp dried thyme (about 0.5 g)
- Salt and black pepper to taste

For the roasted radishes:

- 1½ cups radishes, trimmed and halved (about 8 oz) (225 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat olive oil in a spacious skillet on medium-high heat. Season the brisket generously with salt, pepper, smoked paprika, and thyme.
2. Brown the brisket in hot oil on all sides, searing for roughly 4 minutes per side to create a flavorful crust.
3. Transfer the brisket to your slow cooker. Add chopped onion, minced garlic, and beef broth, nestling the brisket so it's partially submerged.
4. Cook with the lid on over low heat for 5–6 hours, or until the meat is tender and can be shredded with ease.
5. About 30 minutes before the brisket finishes, preheat the oven to 425°F (220°C). Toss the halved radishes with olive oil, salt, and pepper.
6. Lay the radishes out on a baking sheet and roast for approximately 20 to 25 minutes, until caramelized and golden.
7. Once the brisket is done, remove it from the slow cooker and let it rest briefly before slicing or shredding.
8. Serve the succulent brisket alongside the roasted radishes, soaking up the savory juices for a warming, keto-friendly dinner.



Nutritional Information (Per Serving):

Calories: 580 | Protein: 48 g | Fat: 38 g | Net Carbohydrates: 7 g | Fiber: 3 g | Vitamin C: 25 mg | Iron: 4.0 mg | Omega-3: 140 mg

Zoodle Alfredo with Shrimp and Parmesan Cream

Light, spiralized zucchini noodles tossed with succulent shrimp in a rich Parmesan cream sauce—a silky, satisfying low-carb take on a classic Italian favorite.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 8 oz shrimp, peeled and deveined (225 g)
- 2 cups spiralized zucchini noodles (about 6 oz) (170 g)
- 1 tbsp butter (0.5 oz) (14 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 2 garlic cloves, minced (about 0.2 oz) (6 g)
- $\frac{3}{4}$ cup heavy cream (6 fl oz) (180 ml)
- $\frac{1}{2}$ cup grated Parmesan cheese (2 oz) (56 g)
- 1 tbsp chopped fresh parsley (about 4 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Warm the olive oil and butter in a large skillet over medium heat, letting the butter melt and mingle with the oil to form a glossy base.
2. Add the minced garlic, allowing its sweet aroma to fill the pan as it softens gently, about 1 minute.
3. Toss in the shrimp, seasoning with salt and pepper. Sear until they turn opaque and curl slightly, roughly 2–3 minutes per side.
4. Transfer the shrimp out of the skillet and set aside, keeping them warm.
5. Combine the heavy cream with the garlic and butter in the skillet, stirring gently as it begins to simmer.
6. Bit by bit, incorporate the grated Parmesan, whisking until the sauce thickens and becomes luxuriously smooth.
7. Stir the spiralized zucchini noodles into the sauce, mixing gently to coat them evenly. Cook just until the zoodles soften slightly, about 2–3 minutes, avoiding overcooking to retain their slight bite.
8. Return the shrimp to the skillet, nestling them into the sauce and noodles.
9. Finish by sprinkling fresh parsley on top and adjusting the seasoning with salt and pepper.
10. Remove from heat and plate the creamy, comforting dish immediately, savoring the rich flavors with every forkful.



Nutritional Information (Per Serving):

Calories: 480 | Protein: 38 g | Fat: 36 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 22 mg | Iron: 2.0 mg | Omega-3: 350 mg

Baked Trout with Dill Butter and Cucumber Salad

Delicate baked trout fillets served with a fragrant dill butter and a refreshing cucumber salad—a simple, elegant dinner that's full of flavor and healthy fats.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Baking and Mixing

INGREDIENTS:

- 2 trout fillets (about 5 oz each) (280 g total)
- 2 tbsp butter, softened (1 oz) (28 g)
- 1 tbsp chopped fresh dill (about 4 g)
- 1 tbsp lemon juice (15 ml)
- Salt and pepper to taste

For the cucumber salad:

- 1 large cucumber, thinly sliced (about 10 oz) (280 g)
- 2 tbsp chopped fresh parsley (about 8 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp white wine vinegar (5 ml)
- Salt and pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Prepare the baking surface by layering parchment or applying a thin film of oil.
2. Using a small bowl, combine softened butter with chopped dill and lemon juice. Season with salt and pepper to taste, mixing until well blended.
3. Lightly pat the trout dry before positioning them skin-side down on the baking surface.
4. Bake the trout for 12–15 minutes, until the flesh is opaque and flakes apart readily under gentle pressure.
5. While the trout bakes, prepare the cucumber salad by tossing sliced cucumber with fresh parsley, olive oil, white wine vinegar, salt, and pepper. Let it sit to develop fresh, crisp flavors.
6. Once the trout is done, transfer it to plates and serve alongside the vibrant cucumber salad.
7. Enjoy this light, flavorful meal that balances rich fish with a refreshing crunch.



Nutritional Information (Per Serving):

Calories: 420 | Protein: 40 g | Fat: 28 g | Net Carbohydrates: 5 g | Fiber: 2 g |

Vitamin C: 20 mg |

Iron: 1.8 mg | Omega-3: 1200 mg

Mushroom Stroganoff with Zucchini Noodles and Sour Cream

A vegetarian-friendly, hearty stroganoff made with mushrooms in a creamy, savory sauce, served over fresh zucchini noodles and topped with a dollop of tangy sour cream.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 2 cups sliced mushrooms (about 5 oz) (140 g)
- 2 cups spiralized zucchini noodles (about 6 oz) (170 g)
- 1 small onion, chopped (about 2.5 oz) (70 g)
- 1 tbsp butter (0.5 oz) (14 g)
- ½ cup heavy cream (4 fl oz) (120 ml)
- 1 tbsp Dijon mustard (15 ml)
- ½ tsp smoked paprika (about 1 g)
- Salt and pepper to taste
- ¼ cup sour cream, for topping (2 oz) (56 g)
- 1 tbsp chopped fresh parsley (about 4 g)

INSTRUCTIONS:

1. Melt butter in a spacious skillet over moderate heat until it begins to bubble softly.
2. Drop in the onion and cook until it yields and turns almost see-through — about 4 minutes — releasing a delicate, inviting aroma.
3. Toss in the sliced mushrooms, stirring to coat them in butter. Sauté until they release their moisture and turn golden brown, about 7–8 minutes.
4. Fold in the Dijon mustard and smoked paprika, allowing the spices to meld with the mushrooms and onions.
5. Introduce the heavy cream, stirring to combine. Let the sauce simmer gently, thickening slightly and becoming luscious.
6. As the sauce gently simmers, give the zucchini noodles a quick toss in a separate pan for 2–3 minutes, softening them slightly while preserving their crispness.
7. Adjust the stroganoff sauce with a pinch of salt and freshly ground pepper, tailoring the flavor to your liking.
8. Plate the zucchini noodles and ladle the creamy mushroom sauce over the top.
9. Top with a hearty spoonful of sour cream and scatter fresh parsley over the dish for a lively, tangy touch.



Nutritional Information (Per Serving):

Calories: 410 | Protein: 18 g | Fat: 36 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 15 mg | Iron: 2.2 mg | Omega-3: 120 mg

Creamy Garlic Chicken Thighs with Wilted Spinach

Juicy chicken thighs simmered in a creamy garlic sauce with tender wilted spinach. Comforting, rich, and quick enough for a weeknight meal.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Sautéing and Simmering

INGREDIENTS:

- 2 boneless, skinless chicken thighs (about 8 oz) (225 g)
- 2 cups fresh spinach (about 2 oz) (60 g)
- 2 tbsp butter (1 oz) (28 g)
- 2 garlic cloves, minced (about 0.2 oz) (6 g)
- $\frac{3}{4}$ cup heavy cream (6 fl oz) (180 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste
- Optional: 2 tbsp grated Parmesan cheese (0.5 oz) (14 g)

INSTRUCTIONS:

1. Warm the olive oil in a large frying pan over medium heat until it starts to shimmer softly.
2. Lightly season the chicken thighs with salt and pepper, then place them in the skillet. Cook for about 6–7 minutes on each side until the outside is golden and the meat is cooked through, releasing a mouthwatering aroma.
3. Take the chicken out of the skillet and place it aside, making sure it stays warm.
4. Turn the heat down to medium-low and add the butter to the pan. Once melted, stir in the minced garlic, letting it soften and perfume the pan without browning, about 1 minute.
5. Stir in the heavy cream with the garlic butter and bring the mixture to a light simmer.
6. Add the fresh spinach, folding it into the creamy sauce. Cook just until the spinach wilts and turns vibrant green, about 2–3 minutes.
7. Put the chicken thighs back into the pan, gently embedding them in the sauce and spinach. Let everything warm together for a couple of minutes so the flavors meld beautifully.
8. Optionally, top the dish with grated Parmesan cheese, letting it soften into the sauce for an extra creamy layer.
9. Remove from heat and plate the chicken thighs topped with the luscious garlic cream and spinach — comfort on a fork.



Nutritional Information (Per Serving):

Calories: 540 | Protein: 40 g | Fat: 42 g | Net Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 18 mg | Iron: 2.2 mg | Omega-3: 150 mg

Snacks & Small Plates



Prosciutto-Wrapped Avocado Slices with Lime

Creamy avocado slices wrapped in salty prosciutto and finished with a squeeze of fresh lime — a savory, elegant snack that delivers satisfying fats and bold flavor.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Assembling

INGREDIENTS:

- 1 large ripe avocado, peeled and sliced (about 7 oz) (200 g)
- 4 thin slices prosciutto (about 2 oz) (56 g)
- 1 lime, cut into wedges

INSTRUCTIONS:

1. Carefully peel and slice the avocado into even, bite-sized pieces, aiming for smooth, creamy slices.
2. Take each slice of prosciutto and gently wrap it around an avocado slice, letting the salty, delicate meat embrace the creamy fruit.
3. Arrange the wrapped avocado slices on a serving plate, creating an elegant presentation.
4. Moments before plating, squeeze fresh lime juice over the bites to add a bright, zesty contrast.
5. Enjoy this simple yet sophisticated snack that balances rich fats with a refreshing citrus punch.



Nutritional Information (Per Serving):

Calories: 320 | Protein: 10 g | Fat: 28 g | Net Carbohydrates: 4g | Fiber: 3g | Vitamin C: 15 mg | Iron: 1.0 mg | Omega-3: 100 mg

Mini Zucchini Pizza Bites with Tomato and Mozzarella

Bite-sized rounds of roasted zucchini, topped with tomato and melty mozzarella, for a satisfying, low-carb pizza snack you can enjoy anytime.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 (about 8–10 bites) | **Cooking Method:** Roasting

INGREDIENTS:

- 1 medium zucchini, sliced into ½-inch rounds (about 6 oz) (170 g)
- 2 tbsp sugar-free tomato sauce (1 oz) (28 g)
- ¼ cup shredded mozzarella cheese (1 oz) (28 g)
- 1 tbsp grated Parmesan cheese (0.5 oz) (14 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ½ tsp dried Italian herbs (about 0.5 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). Cover a baking tray with parchment or give it a thin layer of grease.
2. Distribute the zucchini slices across the baking sheet in one layer. Give both sides a light olive oil glaze and season with salt, pepper, and a pinch of dried Italian herbs.
3. Roast the zucchini for about 8–10 minutes, until they start to soften but still hold their shape.
4. Pull the baking sheet from the oven and gently spread a modest spoonful of tomato sauce over every zucchini round.
5. Top each slice with shredded mozzarella and a sprinkle of Parmesan cheese.
6. Place the sheet back in the oven, allowing it to roast for 5 to 7 more minutes until the cheese melts and develops a golden, bubbling crust.
7. Let the pizza bites cool slightly before serving so the cheese sets just enough for easy handling.



Nutritional Information (Per Serving):

Calories: 220 | Protein: 14 g | Fat: 16 g | Net Carbohydrates: 5g | Fiber: 2g | Vitamin C: 20 mg | Iron: 1.2 mg | Omega-3: 40 mg

Celery Sticks with Almond Butter and Flax Crumbs

Crisp celery sticks filled with creamy almond butter and sprinkled with ground flaxseed for a quick, nutritious, and crunchy keto snack.

Time to prepare: 10 minutes | Time to cook: 0 minutes | Servings: 2 | Cooking Method: Assembling

INGREDIENTS:

- 4 large celery stalks (about 6 oz) (170 g)
- 2 tbsp almond butter (1 oz) (28 g)
- 1 tbsp ground flaxseed (0.35 oz) (10 g)

INSTRUCTIONS:

1. Wash the celery stalks thoroughly and cut them into 3–4-inch lengths for easy handling.
2. Generously spread almond butter inside the hollow groove of each celery stick, filling the center.
3. Sprinkle ground flaxseed evenly over the almond butter, adding a nutty crunch and extra nutrition.
4. Arrange the prepared celery sticks on a plate and enjoy immediately as a fresh, satisfying keto snack.



Nutritional Information (Per Serving):

Calories: 210 | Protein: 6 g | Fat: 18 g | Net Carbohydrates: 4g | Fiber: 3 g | Vitamin C: 4mg | Iron: 1.0 mg | Omega-3: 1600 mg

Cold Roasted Chicken Skewers with Avocado Dipping Sauce

Tender, chilled roasted chicken skewers paired with a creamy avocado dipping sauce. Refreshing, protein-rich, and easy to make ahead.

Time to prepare: 5 minutes | Time to cook: 2 (about 4 small skewers) | Servings: 2 | Cooking Method: Assembling and Breading

INGREDIENTS:

- 6 oz cooked roasted chicken breast, cubed (170 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and black pepper to taste

For the avocado dipping sauce:

- ½ medium avocado (about 3.5 oz) (100 g)
- 1 tbsp plain Greek yogurt (0.5 oz) (14 g)
- 1 tbsp lime juice (15 ml)
- Salt to taste

INSTRUCTIONS:

1. Gently toss the cubed roast chicken in olive oil, seasoning with salt and black pepper to boost flavor.
2. Thread the seasoned chicken cubes onto small skewers, distributing evenly for about 4 skewers.
3. Place avocado, Greek yogurt, lime juice, and a pinch of salt into a blender or food processor. Pulse until silky and creamy.
4. Let the chicken skewers and avocado dipping sauce rest in the fridge, chilling until served.
5. Arrange the skewers on a plate alongside a small bowl of the avocado sauce for dipping.
6. Enjoy this cool, satisfying snack or light meal with its rich creaminess and fresh zest.



Nutritional Information (Per Serving):

Calories: 350 | Protein: 36 g | Fat: 22 g | Net Carbohydrates: 4g | Fiber: 3g | Vitamin C: 10mg | Iron: 1.5 mg | Omega-3: 80 mg

Cheddar and Jalapeño Keto Fat Bombs with Cream Cheese

Savory, bite-sized fat bombs loaded with sharp cheddar, spicy jalapeño, and creamy cheese. Perfect as a flavorful and convenient keto treat, these are rich in taste and packed with nourishing fats.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 (about 6 fat bombs) | **Cooking Method:** Mixing and Chilling

INGREDIENTS:

- 2 oz cream cheese, softened (56 g)
- 2 oz shredded sharp cheddar cheese (56 g)
- 1 small jalapeño, finely chopped (about 0.5 oz) (14 g)
- 1 tsp chopped fresh chives (about 3 g)
- ¼ tsp garlic powder (about 0.5 g)
- Pinch of salt

INSTRUCTIONS:

1. Using a bowl, blend the softened cream cheese with grated cheddar until the mixture is velvety and uniform.
2. Fold in the finely chopped jalapeño, fresh chives, garlic powder, and a dash of salt, distributing the flavors throughout the mixture.
3. Form the mixture into inch-sized bite portions using a small spoon or cookie scoop.
4. Place the formed fat bombs on a lined tray or plate and chill them in the refrigerator for at least 30 minutes to firm up.
5. Once set, transfer the fat bombs to an airtight container for easy snacking throughout the day.



Nutritional Information (Per Serving):

Calories: 220 | Protein: 10 g | Fat: 18 g | Net Carbohydrates: 2g | Fiber: 0g | Vitamin C: 2mg | Iron: 0.3 mg | Omega-3: 30mg

Cucumber Boats with Tuna and Olive Tapenade

Crisp cucumber halves hollowed and filled with a savory tuna salad, then topped with a bold olive tapenade. A light, hydrating snack that's both refreshing and keto-friendly.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Mixing and Assembling

INGREDIENTS:

- 1 large cucumber, halved lengthwise (about 11 oz) (280 g)
- 1 can tuna in olive oil, drained (5 oz) (140 g)
- 2 tsp mayonnaise (1 oz) (28 g)
- 2 tsp olive tapenade (1 oz) (28 g)
- 1 tsp chopped fresh parsley (about 4 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Use a spoon to carefully scoop out the seeds and some of the flesh from the cucumber halves, creating hollow boats while keeping the edges intact.
2. Using a bowl, combine the drained tuna with mayonnaise, chopped parsley, salt, and pepper, mixing until creamy and well blended.
3. Spoon the tuna salad evenly into the hollowed cucumber halves, filling them generously.
4. Dollop olive tapenade on top of each tuna-filled cucumber boat, adding a burst of briny flavor.
5. Arrange the boats on a serving plate and garnish with a sprinkle of extra parsley if desired.
6. Enjoy immediately for a crisp, refreshing keto snack.



Nutritional Information (Per Serving):

Calories: 270 | Protein: 28 g | Fat: 18 g | Net Carbohydrates: 4g | Fiber: 2g | Vitamin C: 15mg | Iron: 2.0 mg | Omega-3: 1000 mg

Roasted Seaweed Snacks with Sesame Oil and Salt

Crispy roasted seaweed brushed with aromatic sesame oil and a sprinkle of sea salt. A light, crunchy snack packed with minerals and umami flavor.

Time to prepare: 5 minutes | **Time to cook:** 5 minutes | **Servings:** 2 | **Cooking Method:** Roasting

INGREDIENTS:

- + 8 small sheets dried seaweed (nori) (about 0.5 oz) (14 g)
- + 1 tsp toasted sesame oil (5 ml)
- + ½ tsp sea salt (about 1 g)

INSTRUCTIONS:

1. Set the oven's temperature to 275°F (135°C). Line a baking sheet with parchment paper.
2. Lay the seaweed sheets flat on the baking sheet in a single layer.
3. Using a brush or your hands, lightly coat each sheet with toasted sesame oil, ensuring a thin, even layer.
4. Sprinkle sea salt evenly over the oiled seaweed sheets to enhance their natural umami flavor.
5. Roast in the oven for approximately 3 to 5 minutes, keeping a watchful eye to prevent burning, until the seaweed becomes crisp but not brittle.
6. Remove from heat and let the sheets cool briefly; the sheets will crisp up further as they cool.
7. Break into bite-sized pieces or enjoy whole as a savory, crunchy snack.



Nutritional Information (Per Serving):

Calories: 40 | Protein: 2 g | Fat: 3 g | Net Carbohydrates: 1 g | Fiber: 1 g | Vitamin C: 0 mg | Iron: 0.5 mg | Omega-3: 150 mg

Deviled Eggs with Mustard, Dill, and Crumbled Bacon

Classic deviled eggs are made even better with a tangy mustard filling, fresh dill, and a crunchy topping of crispy bacon.

Time to prepare: 10 minutes | **Time to cook:** 12 minutes | **Servings:** 2 (4 egg halves) | **Cooking Method:** Mixing and Assembling

INGREDIENTS:

- + 2 large eggs, hard-boiled
- + 1 tbsp mayonnaise (1.5 oz) (14 g)
- + ½ tsp Dijon mustard (2.5 ml)
- + 1 tsp chopped fresh dill (about 1 g)
- + 1 strip cooked bacon, crumbled (about 0.5 oz) (14 g)
- + Salt and black pepper to taste

INSTRUCTIONS:

1. Peel the hard-boiled eggs gently, then slice each in half lengthwise to reveal the yolks.
2. Carefully scoop out the yolks and place them into a bowl.
3. Combine the yolks with mayo, Dijon mustard, chopped dill, and a sprinkle of salt and pepper, mashing until creamy and uniform.
4. Using a spoon or piping bag, fill the egg white halves generously with the mixture.
5. Sprinkle the crumbled crispy bacon over the top of each filled egg for a delicious crunch.
6. Lay out the deviled eggs on a serving dish and relish this flavorful keto snack.



Nutritional Information (Per Serving):

Calories: 280 | Protein: 16 g | Fat: 24 g | Net Carbohydrates: 1 g | Fiber: 0 g | Vitamin C: 1 mg | Iron: 1.5 mg | Omega-3: 120 mg

Hard-Boiled Eggs with Spicy Paprika Mayo Dip

Classic hard-boiled eggs, served with a smoky, spicy paprika mayo dip for a simple, protein-rich keto snack.

Time to prepare: 10 minutes | **Time to cook:** 12 minutes | **Servings:** 2 | **Cooking Method:** Boiling and Mixing

INGREDIENTS:

- 4 large eggs
- 2 tbsp mayonnaise (1 oz) (28 g)
- ½ tsp smoked paprika (about 1 g)
- ¼ tsp cayenne pepper (about 0.5 g)
- 1 tsp lemon juice (5 ml)
- Salt to taste

INSTRUCTIONS:

1. Place the eggs in a saucepan and cover them with cold water by about an inch. Heat the water over medium-high flame until it reaches a gentle boil.
2. Once bubbling, reduce the heat to a low simmer and let the eggs cook for 10 to 12 minutes to form solid, hard-boiled yolks.
3. Move the eggs into an ice water bath to chill fully, which helps loosen the shells for easier peeling.
4. Meanwhile, whisk together mayonnaise, smoked paprika, cayenne pepper, lemon juice, and a dash of salt in a small bowl until smooth and vibrant.
5. Peel the cooled eggs carefully, then slice them in half lengthwise.
6. Serve the eggs alongside the smoky paprika mayo dip for dipping or spreading.
7. Enjoy this satisfying snack with the creamy heat of the dip balancing the rich eggs.



Nutritional Information (Per Serving):

Calories: 280 | Protein: 18 g | Fat: 24 g | Net Carbohydrates: 1 g | Fiber: 0 g | Vitamin C: 1 mg | Iron: 1.2 mg | Omega-3: 120 mg

Parmesan Crisps with Italian Herbs and Garlic Powder

Crunchy, savory crisps made from real Parmesan cheese and seasoned with Italian herbs and a touch of garlic—perfect for snacking or dipping.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 (about 10 crisps) | **Cooking Method:** Baking

INGREDIENTS:

- ½ cup grated Parmesan cheese (1.6 oz) (45 g)
- ½ tsp dried Italian herbs (about 0.5 g)
- ¼ tsp garlic powder (about 0.5 g)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the grated Parmesan, dried Italian herbs, and garlic powder in a small bowl, ensuring the ingredients are well incorporated.
3. Spoon out little piles of the cheese mixture onto the baking sheet, ensuring a 2-inch gap between each to allow for spreading.
4. Gently flatten each mound into a thin circle about 2 inches wide.
5. Bake for 8–10 minutes until the crisps turn golden and develop a lovely crunchy texture.
6. Take the crisps out of the oven and allow them to cool fully on the baking sheet — they'll become even crisper as they cool.
7. Once cooled, transfer the Parmesan crisps to a plate or an airtight container for snacking or dipping.



Nutritional Information (Per Serving):

Calories: 220 | Protein: 20 g | Fat: 15 g | Net Carbohydrates: 1 g | Fiber: 0 g | Vitamin C: 0 mg | Iron: 0.4 mg | Omega-3: 20 mg

Sides & Vegetables



Roasted Brussels Sprouts with Balsamic and Walnuts

Crispy roasted Brussels sprouts tossed with tangy balsamic and crunchy roasted walnuts — an earthy, satisfying side dish bursting with flavor and texture.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Roasting

INGREDIENTS:

- 2 cups Brussels sprouts, halved (about 8 oz) (225 g)
- 2 tbsp olive oil (1 fl oz) (30 ml)
- 1 tbsp balsamic vinegar (0.5 fl oz) (15 ml)
- ½ cup walnut halves, roughly chopped (1 oz) (28 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Gently toss the Brussels sprouts halves in olive oil, salt, and black pepper, ensuring an even coating on each piece.
2. Distribute the Brussels sprouts in one layer on the baking sheet, providing space for an ideal crisp texture.
3. Roast for about 18–20 minutes, turning halfway through, until the edges are golden and crispy while the centers remain tender.
4. While the sprouts roast, toast the chopped walnuts in a dry skillet over medium temperature for 3–4 minutes until fragrant and slightly browned, shaking the pan often to avoid burning.
5. Once the Brussels sprouts are roasted, transfer them to a bowl. Lightly drizzle balsamic vinegar over and gently toss to ensure even coating.
6. Scatter roasted walnuts atop, adding a satisfying crunch and nutty depth.
7. Serve this flavorful side dish right away, enjoying the contrast of tangy balsamic, earthy sprouts, and roasted walnuts.



Nutritional Information (Per Serving):

Calories: 320 | Protein: 6 g | Fat: 28 g | Net Carbohydrate: 8g | Fiber: 4g | Vitamin C: 75 mg | Iron: 1.2 mg | Omega-3: 200 mg

Zucchini Fries with Parmesan and Garlic Aioli

Crispy baked zucchini fries with a golden Parmesan crust, served alongside a creamy garlic aioli for dipping — the ultimate guilt-free comfort food side.

Time to prepare: 15 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 2 medium zucchinis, cut into sticks (about 12 oz) (340 g)
- ¼ cup grated Parmesan cheese (1 oz) (28 g)
- 1 large egg
- ½ tsp dried Italian herbs (about 0.5 g)
- Salt and pepper to taste

For the garlic aioli:

- 2 tbsp mayonnaise (1 oz) (28 g)
- 1 garlic clove, minced
- 1 tsp lemon juice (5 ml)



INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). Cover a baking tray with parchment paper to avoid food sticking.
2. Using a shallow bowl, whisk the egg until smooth.
3. In another bowl, combine grated Parmesan cheese, dried Italian herbs, salt, and pepper.
4. Dip each zucchini stick first into the egg, letting excess drip off, then roll it in the Parmesan mixture, pressing lightly to coat well.
5. Arrange the coated zucchini sticks in a single layer on the prepared baking sheet.
6. Bake for 18–20 minutes, turning once halfway through, until the fries are crisp and golden brown. Place in the oven for 18 to 20 minutes, turning once at the midpoint, until the fries achieve a golden, crispy finish.
7. Meanwhile, mix together the mayonnaise, minced garlic, and lemon juice to create the garlic aioli.
8. Once the fries are done, take them out of the oven and let them cool for a couple of minutes before serving with the creamy aioli.

Nutritional Information (Per Serving):

Calories: 280 | Protein: 14 g | Fat: 22 g | Net Carbohydrates: 6 g | Fiber: 2 g | Vitamin C: 28 mg | Iron: 1.0 mg | Omega-3: 40 mg

Creamy Cauliflower Mash with Butter and Garlic

A silky, comforting mash made from steamed cauliflower, whipped with butter and garlic for a rich, creamy side that stands in perfectly for potatoes – but without the carbs.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Steaming and Blending

INGREDIENTS:

- 2 cups cauliflower florets (about 8 oz) (225 g)
- 2 tbsp unsalted butter (1 oz) (28 g)
- 1 garlic clove, minced
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- Salt and black pepper to taste
- Optional: chopped fresh chives for garnish

INSTRUCTIONS:

1. Start by steaming the cauliflower florets until they become tender and soft enough to easily pierce with a fork — this usually takes around 10 to 12 minutes. You'll notice a delicate, fresh aroma rising as they cook.
2. Carefully transfer the warm cauliflower into a blender or food processor, making sure not to leave any behind.
3. Add the butter, minced garlic, and heavy cream to the cauliflower, watching the butter begin to melt into the hot florets.
4. Blend everything together until the mixture transforms into a smooth, creamy mash. Occasionally, pause to gather the mixture from the bowl's sides, ensuring a consistent whip throughout.
5. Taste your mash, then add a generous pinch of salt and freshly ground black pepper, adjusting until it suits your palate.
6. Spoon the silky cauliflower mash into a serving dish, its soft texture inviting and comforting.
7. Finish by sprinkling freshly chopped chives over the top to add a pop of color and a subtle, fresh bite.



Nutritional Information (Per Serving):

Calories: 210 | Protein: 4 g | Fat: 20 g | Net Carbohydrates: 5 g | Fiber: 3 g | Vitamin C: 50 mg | Iron: 0.7 mg | Omega-3: 20 mg

Baked Cabbage Steaks with Parmesan Crust

Thick slices of cabbage roasted until tender and golden, topped with a savory Parmesan crust for a crisp, cheesy finish. A hearty, satisfying keto side.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- ½ medium head green cabbage, sliced into 1-inch steaks (about 12 oz) (340 g)
- 2 tbsp olive oil (1 fl oz) (30 ml)
- ¼ cup grated Parmesan cheese (1 oz) (28 g)
- ½ tsp garlic powder (about 1 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Bring your grill or grill pan up to medium-high heat, ensuring it reaches Set the oven's temperature to 400°F (200°C). Line the baking sheet with parchment paper, or alternatively, grease it lightly.
2. Thoroughly oil both sides of the cabbage steaks, then sprinkle generously with salt, pepper, and garlic powder.
3. Lay the cabbage steaks on the baking tray and roast for 15 minutes, permitting the edges to soften and develop a light browning.
4. Remove the baking sheet and sprinkle the grated Parmesan cheese evenly over the tops of each cabbage steak.
5. Return the dish to the oven, roasting for an extra 10 minutes until the cabbage is tender and the Parmesan crust achieves a golden, crisp finish.
6. Carefully transfer the cabbage steaks to a serving dish and enjoy this flavorful, cheesy keto side.



Nutritional Information (Per Serving):

Calories: 220 | Protein: 9 g | Fat: 16 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 50 mg | Iron: 1.0 mg | Omega-3: 20 mg

Broccoli with Cheddar Sauce and Crushed Pecans

Steamed broccoli florets smothered in a rich cheddar cheese sauce and topped with crunchy crushed pecans— a comforting, nutrient-rich keto side.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Steaming and Simmering

INGREDIENTS:

- 2 cups broccoli florets (about 6 oz) (170 g)
- ½ cup shredded cheddar cheese (2 oz) (56 g)
- ¼ cup heavy cream (2 fl oz) (60 ml)
- 1 tbsp butter (0.5 oz) (14 g)
- 2 tbsp chopped pecans (0.5 oz) (14 g)
- Salt and black pepper to taste



INSTRUCTIONS:

1. Allow the broccoli florets to steam for 6–8 minutes until tender but retaining a lively green shade. Set aside and keep warm.
2. Place the butter in a small saucepan and heat over medium until it melts and foams lightly.
3. Stir in the heavy cream and heat until it just begins to simmer gently.
4. Slowly incorporate the shredded cheddar cheese, stirring continuously until the sauce is smooth and creamy.
5. Flavor the cheese sauce with salt and freshly ground black pepper, tailoring the seasoning to your taste.
6. Pour the warm cheddar sauce over the steamed broccoli, coating the florets generously.
7. Sprinkle the chopped pecans on top, adding a satisfying crunch and nutty flavor.
8. Serve immediately, enjoying the blend of creamy cheese, crisp broccoli, and toasted pecans.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 18 g | Fat: 32 g | Net Carbohydrates: 6 g | Fiber: 3 g | Vitamin C: 70 mg | Iron: 1.0 mg | Omega-3: 100 mg

Sautéed Spinach with Pine Nuts and Lemon Zest

Tender spinach leaves quickly sautéed with olive oil, brightened with lemon zest, and finished with toast pine nuts for crunch and richness.

Time to prepare: 5 minutes | **Time to cook:** 7 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 4 cups fresh spinach (about 3 oz) (85 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 2 tbsp pine nuts (0.7 oz) (20 g)
- 1 tsp lemon zest (about 2 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Warm the olive oil in a spacious skillet over medium heat until it shimmers gently.
2. Toss in the pine nuts and toast them, stirring often, until they turn golden brown and release a nutty aroma, about 2–3 minutes. Remove and set aside to prevent burning.
3. In the same pan, quickly cook the fresh spinach, permitting the leaves to wilt and tenderize while preserving their vibrant green color, around 3–4 minutes.
4. Toss the spinach with salt and freshly crushed black pepper, ensuring the flavors are well combined.
5. Place the toasted pine nuts back into the skillet, mixing them through the spinach for bursts of crunch.
6. Finish by sprinkling lemon zest over the top, adding a fresh, zesty brightness that lifts the dish.
7. Serve this simple, flavorful side immediately, enjoying the harmony of tender greens, crunchy nuts, and citrusy zest.



Nutritional Information (Per Serving):

Calories: 190 | Protein: 4 g | Fat: 18 g | Net Carbohydrates: 3 g | Fiber: 2 g | Vitamin C: 28 mg | Iron: 2.5 mg | Omega-3: 50 mg

Buttery Green Beans with Almond Slivers

Tender green beans tossed in melted butter and sprinkled with toasted almond slivers for a classic, crunchy, keto-friendly side.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 2 cups green beans, trimmed (about 6 oz) (170 g)
- 2 tbsp unsalted butter (1 oz) (28 g)
- ¼ cup slivered almonds, toasted (1 oz) (28 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Bring salted water to a boil in a pot. Introduce the green beans and cook until they are barely tender, approximately 3–4 minutes. Drain and set aside.
2. Using a large skillet, melt the butter over medium heat until it begins to foam and release a rich aroma.
3. Toss the drained green beans into the skillet, ensuring they're evenly coated with the buttery sauce.
4. Sprinkle the toasted almond slivers over the green beans, stirring gently to combine their nutty crunch with the tender beans.
5. Season richly with salt and freshly ground black pepper, tasting and adjusting to your preference.
6. Transfer to a serving dish and enjoy this simple, satisfying side that balances crisp-tender beans with buttery, nutty flavors.



Nutritional Information (Per Serving):

Calories: 270 | Protein: 6 g | Fat: 25 g | Net Carbohydrates: 5 g | Fiber: 3 g | Vitamin C: 15 mg | Iron: 1.2 mg | Omega-3: 15 mg

Cauliflower Rice with Cilantro and Lime

A fluffy, fresh, and low-carb alternative to traditional rice, cauliflower rice gets a bright boost from fresh cilantro and a squeeze of lime. Perfect alongside any keto main dish.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 2 cups riced cauliflower (about 8 oz) (225 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 2 tbsp chopped fresh cilantro (about 8 g)
- 1 tbsp lime juice (15 ml)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Place the olive oil in a wide skillet and heat over medium until it shimmers lightly.
2. Add the riced cauliflower to the skillet, spreading it out to cook evenly.
3. Cook for about 7–8 minutes, tossing occasionally, until the cauliflower softens slightly but remains fluffy and light.
4. Take the skillet off the heat, then stir in the fresh chopped cilantro and lime juice, letting their bright flavors mingle with the warm cauliflower.
5. Generously dress with salt and freshly cracked black pepper, tasting and refining the flavor to suit your palate.
6. Transfer the cauliflower rice to a serving bowl and enjoy as a vibrant, low-carb side to your favorite meals.



Nutritional Information (Per Serving):

Calories: 120 | Protein: 3 g | Fat: 7 g | Net Carbohydrates: 5 g | Fiber: 3 g | Vitamin C: 45 mg | Iron: 0.8 mg | Omega-3: 15 mg

Grilled Eggplant Slices with Olive Oil and Herbs

Smoky, tender eggplant slices brushed with olive oil and scattered with fresh herbs—an easy, elegant side that pairs well with almost any main dish.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Grilling

INGREDIENTS:

- 1 large eggplant, sliced into ½-inch rounds (about 14 oz) (400 g)
- 2 tbsp olive oil (1 fl oz) (30 ml)
- 1 tbsp chopped fresh parsley or basil (about 4 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Bring your grill or grill pan up to medium-high heat, ensuring it reaches the temperature needed for crisp grill lines.
2. Thoroughly oil both sides of the eggplant slices with olive oil, then add salt and freshly ground black pepper to taste.
3. Place the slices on the grill, cooking for about 5–7 minutes per side, until tender and smoky with distinct grill lines.
4. Move the grilled eggplant onto a serving dish.
5. Garnish the warm slices with a sprinkle of fresh chopped parsley or basil, bringing a lively hue and fragrant herbal notes.
6. Present these smoky, tender eggplant slices as a flexible side dish that pairs well with many meals.



Nutritional Information (Per Serving):

Calories: 180 | Protein: 3 g | Fat: 16 g | Net Carbohydrates: 6 g | Fiber: 4 g | Vitamin C: 5 mg | Iron: 0.8 mg | Omega-3: 15 mg

Mushroom and Zucchini Medley with Fresh Thyme

A savory blend of mushrooms and zucchini, sautéed with olive oil and finished with fragrant fresh thyme. This easy, colorful medley brings out the best of summer vegetables.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Sautéing

INGREDIENTS:

- 1 cup sliced mushrooms (about 2.5 oz) (70 g)
- 1 medium zucchini, diced (about 6 oz) (170 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp chopped fresh thyme (about 1 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Gently warm olive oil in a skillet on medium heat until it gleams warmly.
2. Add the sliced mushrooms first, allowing them to cook down and release their earthy aroma, about 4–5 minutes.
3. Toss in the diced zucchini, stirring to combine, and continue to sauté until both vegetables become tender and slightly caramelized, about another 4–5 minutes.
4. Sprinkle the chopped fresh thyme over the medley, stirring gently to infuse its fragrant notes throughout.
5. Season richly with salt and freshly ground black pepper, tasting and adjusting to your preference.
6. Transfer the colorful vegetable medley to a serving dish and enjoy the harmonious blend of tender mushrooms, sweet zucchini, and herbal brightness.



Nutritional Information (Per Serving):

Calories: 110 | Protein: 3 g | Fat: 7 g | Net Carbohydrates: 6 g | Fiber: 2 g | Vitamin C: 18 mg | Iron: 1.1 mg | Omega-3: 15 mg

Keto Desserts



Keto Lemon Cheesecake Bites with Coconut Crust

Tangy lemon cheesecake meets a tasty coconut crust in these perfectly portioned, bite-sized keto treats.

Time to prepare: 15 minutes | **Time to cook:** 20 minutes | **Servings:** 2 (about 4-6 bites) | **Cooking Method:** Baking and Chilling

INGREDIENTS:

- ½ cup unsweetened shredded coconut (0.7 oz) (20 g)
- 1 tsp coconut oil, melted (0.5 oz) (14 g)
- 1 tsp almond flour (0.3 oz) (8 g)

For the cheesecake:

- 4 oz cream cheese, softened (115 g)
- 2 tsp powdered erythritol or monk fruit sweetener (1 oz) (28 g)
- 1 tsp fresh lemon juice (15 ml)
- ½ tsp lemon zest (about 1 g)
- ½ tsp vanilla extract (2.5 ml)

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C). In a small bowl, combine shredded coconut, melted coconut oil, and almond flour until the mixture holds together when pressed.
2. Press the coconut crust mixture evenly into the bottom of a small baking dish or several mini muffin cups for bite-sized portions.
3. Bake the crust until it becomes lightly browned and aromatic, about 10 to 12 minutes. Remove and cool completely.
4. While the crust is cooling, beat the softened cream cheese in a bowl until silky and creamy.
5. Add powdered erythritol (or monk fruit), fresh lemon juice, lemon zest, and vanilla extract. Blend until fully unified and the mixture achieves a silky consistency.
6. Using a spoon or piping bag, spread the cheesecake filling over the cooled coconut crust, gently leveling the surface.
7. Refrigerate for at least 2 hours to allow the cheesecake bites to set and the flavors to meld.
8. Once chilled and firm, remove from the dish or muffin cups, and enjoy these refreshing, tangy keto cheesecake bites.



Nutritional Information (Per Serving):

Calories: 320 | Protein: 5 g | Fat: 30 g | Net Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 8 mg | Iron: 0.3 mg | Omega-3: 40 mg

Coconut Macaroons with Vanilla and Stevia

Chewy, golden coconut macaroons infused with pure vanilla and naturally sweetened — a classic treat made keto.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 (about 6 macaroons) | **Cooking Method:** Baking

INGREDIENTS:

- 1 cup unsweetened shredded coconut (2.5 oz) (70 g)
- 1 large egg white
- 2 tbsp powdered erythritol or 6–8 drops liquid stevia
- ½ tsp vanilla extract (2.5 ml)
- Pinch of salt

INSTRUCTIONS:

1. Set the oven's temperature to 325°F (165°C) and lay parchment paper over a baking sheet.
2. Using a clean bowl, whisk the egg white with a pinch of salt until it becomes frothy but not stiff.
3. Gently fold in the powdered erythritol or liquid stevia and vanilla extract, mixing until well combined.
4. Add the shredded coconut, stirring until every flake is coated and the mixture holds together.
5. Using a spoon or mini cookie scoop, drop rounded heaps onto the prepared baking tray, leaving about an inch between each.
6. Bake for 12–15 minutes, or until the edges turn a light golden brown and the tops feel firm to the touch.
7. Remove the macaroons from the oven and let them sit on the sheet briefly before transferring to a wire rack for complete cooling.
8. Enjoy these chewy, naturally sweetened treats as a delightful keto-friendly snack or dessert.



Nutritional Information (Per Serving):

Calories: 180 | Protein: 3 g | Fat: 15 g | Net Carbohydrates: 3 g | Fiber: 2 g | Vitamin C: 0 mg | Iron: 0.4 mg | Omega-3: 10 mg

No-Bake Chocolate Cheesecake Cups with Macadamia Nuts

Silky no-bake chocolate cheesecakes served in cups, with a crunchy macadamia nut base — a decadent, keto-friendly dessert ready in minutes.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Mixing and Chilling

INGREDIENTS:

For the base:

- 2 tbsp chopped macadamia nuts (0.7 oz) (20 g)
- 1 tbsp almond flour (0.3 oz) (8 g)
- 1 tbsp melted butter (0.5 oz) (14 g)

For the filling:

- 3 oz cream cheese, softened (85 g)
- 2 tbsp heavy cream (1 fl oz) (30 ml)
- 2 tbsp powdered erythritol (1 oz) (28 g)
- 2 tbsp unsweetened cocoa powder (0.7 oz) (20 g)
- ½ tsp vanilla extract (2.5 ml)



INSTRUCTIONS:

1. Stir the chopped macadamia nuts, almond flour, and melted butter together in a small bowl. Mix until the ingredients stick together into a crumbly base.
2. Distribute the nut mixture equally between two cups or jars, pressing softly at the base to form a firm crust.
3. Using a different bowl, mix the softened cream cheese until creamy and uniform.
4. Add the heavy cream, powdered erythritol, cocoa powder, and vanilla extract, mixing thoroughly until the filling is silky and evenly blended.
5. Spoon the chocolate cheesecake filling over the nut crusts in each cup, smoothing the tops with the back of a spoon.
6. Place the cups in the fridge for a minimum of an hour to allow the cheesecake to set and the flavors to harmonize.
7. Enjoy these rich, creamy treats straight from the fridge — decadent yet keto-friendly.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 6 g | Fat: 36 g | Net Carbohydrates: 4 g | Fiber: 3 g | Vitamin C: 0 mg | Iron: 1.5 mg | Omega-3: 40 mg

Dark Chocolate Avocado Mousse with Sea Salt

A decadently creamy chocolate mousse made with ripe avocado and rich cocoa, sweetened with your favorite keto-friendly sweetener, and finished with a sprinkle of flaky sea salt.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Blending

INGREDIENTS:

- 1 medium ripe avocado (about 5 oz) (140 g)
- ¼ cup unsweetened cocoa powder (0.9 oz) (25 g)
- 2 tbsp unsweetened almond milk (1 fl oz) (30 ml)
- 2–3 tbsp powdered erythritol or monk fruit sweetener (to taste) (1–1.5 oz) (28–42 g)
- ½ tsp vanilla extract (2.5 ml)
- Pinch of flaky sea salt

INSTRUCTIONS:

1. Slice the ripe avocado in half and gently remove the pit. Scoop out the creamy green flesh and transfer it into your blender or food processor.
2. Add the rich, dark cocoa powder, pouring in the smooth almond milk to help create that luscious texture.
3. Sprinkle in your chosen keto sweetener — start with less and add more after tasting if you like it sweeter.
4. Pour the fragrant vanilla extract over the mix, then secure the lid and blend everything until the mousse turns silky smooth and velvety, stopping to scrape down the sides as needed.
5. Give the mousse a taste, and if you want it sweeter or richer, add a bit more sweetener or cocoa, blending again until perfectly balanced.
6. Spoon the creamy chocolate goodness into small bowls or glasses, noticing how the mousse holds its shape with a glossy finish.
7. Finish with a delicate sprinkle of flaky sea salt on top, which will brighten and deepen the chocolate flavor in every bite.
8. For the best experience, chill the mousse in the fridge for at least half an hour to let the flavors meld and the texture firm up slightly before indulging.



Nutritional Information (Per Serving):

Calories: 280 | Protein: 4 g | Fat: 24 g | Net Carbohydrates: 5 g | Fiber: 7 g | Vitamin C: 12 mg | Iron: 2.1 mg | Omega-3: 60 mg

Almond Butter Chocolate Chip Cookies (Sugar-Free)

Soft, chewy cookies made with almond butter and sugar-free chocolate chips – perfect for satisfying a sweet tooth while staying low-carb.

Time to prepare: 10 minutes | **Time to cook:** 12 minutes | **Servings:** 2 (about 4 cookies) | **Cooking Method:** Baking

INGREDIENTS:

- ½ cup creamy almond butter (2 oz) (56 g)
- 1 large egg
- 2 tbsp powdered erythritol or monk fruit sweetener (1 oz) (28 g)
- ¼ tsp baking powder (about 1 g)
- ¼ tsp salt
- 2 tbsp sugar-free chocolate chips (0.7 oz) (20 g)

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C) and lay parchment paper over a baking sheet.
2. Using a medium bowl, stir together the almond butter, egg, and sweetener until smooth and creamy.
3. Introduce the baking powder and salt, stirring carefully to unify.
4. Fold in the sugar-free chocolate chips, distributing them evenly throughout the dough.
5. Using rounded tablespoons, place dollops of dough on the baking sheet, keeping about 2 inches of space between each.
6. Lightly pat each cookie flat with the back of a spoon or your fingers to help them bake evenly.
7. Bake for 10–12 minutes, until the edges are set but the centers remain soft and chewy.
8. Pull the cookies from the oven and let them cool on the sheet for several minutes before shifting them to a wire rack to cool thoroughly.



Nutritional Information (Per Serving):

Calories: 270 | Protein: 8 g | Fat: 22 g | Net Carbohydrates: 5 g | Fiber: 3g | Vitamin C: 0 mg | Iron: 1.0 mg | Omega-3: 20 mg

Mini Berry Tarts with Almond Flour Shells

Buttery almond flour tart shells filled with a lightly sweetened cream and topped with fresh berries – the perfect little keto treat for any occasion.

Time to prepare: 15 minutes | **Time to cook:** 15 minutes | **Servings:** 2 (2 mini tarts) | **Cooking Method:** Baking and Whipping

INGREDIENTS:

- ½ cup almond flour (1.7 oz) (48 g)
- 1 tbsp melted butter (0.5 oz) (14 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- Pinch of salt

For the filling and topping:

- ½ cup heavy cream, whipped (2 fl oz) (60 ml)
- 2 tbsp cream cheese, softened (1 oz) (28 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- ½ cup mixed fresh berries (1.3 oz) (37 g)



INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C). Using a small bowl, mix together the almond flour, melted butter, powdered erythritol, and a pinch of salt until the dough holds together when pressed.
2. Press the dough evenly into two mini tart pans or a muffin tin to form the tart shells.
3. Bake the shells for about 12–15 minutes, until golden around the edges. Remove and let cool completely.
4. While the shells bake, whip the heavy cream until soft peaks form. In a different bowl, beat the softened cream cheese with the powdered erythritol until smooth.
5. Lightly fold the whipped cream into the cream cheese, resulting in a smooth and fluffy filling.
6. Once the tart shells have cooled, spoon or pipe the cream filling into each shell, smoothing the tops gently.
7. Top each tart with a colorful mix of fresh berries for a vibrant finish.
8. Chill the mini tarts in the refrigerator for no less than 30 minutes before serving to ensure the filling firms up.

Nutritional Information (Per Serving):

Calories: 320 | Protein: 6 g | Fat: 30 g | Net Carbohydrates: 5 g | Fiber: 3 g | Vitamin C: 15 mg | Iron: 0.5 mg | Omega-3: 50 mg

Frozen Yogurt Bark with Walnuts and Blueberries

Tangy Greek yogurt frozen into bark and topped with crunchy walnuts and sweet blueberries— a refreshing, low-carb treat for hot days.

Time to prepare: 10 minutes | **Time to cook:** 3 hours (freezing) | **Servings:** 2 | **Cooking Method:** Freezing

INGREDIENTS:

- 1 cup plain unsweetened Greek yogurt (8 oz) (225 g)
- 2 tbsp chopped walnuts (0.5 oz) (14 g)
- ¼ cup fresh blueberries (1.3 oz) (37 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)

INSTRUCTIONS:

1. Combine Greek yogurt, powdered erythritol, and vanilla extract in a bowl, gently stirring until the mixture is smooth and evenly sweetened.
2. Line the surface of a small baking tray or shallow dish with parchment paper. Spread the yogurt mixture evenly across the surface to about ¼-inch thickness.
3. Sprinkle the chopped walnuts and fresh blueberries evenly over the top, pressing them lightly into the yogurt so they stick.
4. Place the baking sheet in the freezer and freeze for at least 3 hours or until the yogurt is completely firm.
5. Once frozen, break or cut the yogurt bark into irregular pieces or squares.
6. Serve immediately for a cool, crunchy, and tangy keto-friendly snack that's perfect on warm days.



Nutritional Information (Per Serving):

Calories: 180 | Protein: 12 g | Fat: 8 g | Net Carbohydrates: 7 g | Fiber: 2 g | Vitamin C: 4 mg | Iron: 0.4 mg | Omega-3: 50 mg

Peanut Butter Fat Bombs with Coconut and Vanilla

Soft, melt-in-your-mouth fat bombs made with creamy peanut butter, coconut, and vanilla — perfect for a sweet and satisfying keto snack.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes (plus chilling) | **Servings:** 2 | **Cooking Method:** Mixing and Chilling

INGREDIENTS:

- ¼ cup natural peanut butter (2 oz) (56 g)
- 2 tbsp coconut oil, melted (1 oz) (28 g)
- 2 tbsp unsweetened shredded coconut (0.5 oz) (14 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)
- Pinch of salt

INSTRUCTIONS:

1. In a medium bowl, combine the natural peanut butter and melted coconut oil, mixing until smooth and well blended.
2. Add the shredded coconut, powdered erythritol, vanilla extract, and a pinch of salt, folding everything together until evenly mixed.
3. Scoop the mixture into small, bite-sized portions using a spoon or small cookie scoop, and shape them into rounds or squares with your hands.
4. Place the fat bombs on a parchment-lined tray or container and refrigerate for at least 30 minutes to firm up.
5. Once set, enjoy these creamy, flavorful fat bombs as a quick keto snack or treat anytime you need a satisfying boost.



Nutritional Information (Per Serving):

Calories: 250 | Protein: 7 g | Fat: 26 g | Net Carbohydrates: 3g | Fiber: 2g | Vitamin C: 0mg | Iron: 0.6 mg | Omega-3: 20 mg

Cinnamon Mug Cake with Butter and Cream Cheese Frosting

A quick and easy keto mug cake flavored with cinnamon, served warm with a creamy butter and cream cheese frosting.

Time to prepare: 5 minutes | **Time to cook:** 3 minutes (per mug cake) | **Servings:** 2 (2 mug cakes) | **Cooking Method:** Microwave

INGREDIENTS:

- ⅓ cup almond flour (1.7 oz) (48 g)
- 2 large eggs
- 2 tbsp melted butter (1 oz) (28 g)
- 2 tbsp powdered erythritol (1 oz) (28 g)
- 1 tsp cinnamon (about 2.5 g)
- ½ tsp baking powder (about 2 g)
- ½ tsp vanilla extract (2.5 ml)
- Pinch of salt

For the frosting:

- 2 tbsp cream cheese, softened (1 oz) (28 g)
- 1 tbsp butter, softened (0.5 oz) (14 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)



INSTRUCTIONS:

1. Whisk together almond flour, eggs, melted butter, powdered erythritol, cinnamon, baking powder, vanilla extract, and a pinch of salt in a bowl until you achieve a silky batter.
2. Portion the batter equally into two microwave-safe mugs or ramekins.
3. Microwave each mug cake individually on high for about 90 seconds to 2 minutes, watching closely to prevent overflow — the cakes should rise and feel set but still moist.
4. While the cakes cook, combine the softened cream cheese, butter, and powdered erythritol in a small bowl. Beat until creamy and smooth.
5. After the mug cakes have cooled a bit, lavishly spread cream cheese frosting over their tops.
6. Enjoy these warm, cozy cakes immediately, savoring the blend of cinnamon spice and creamy frosting.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 12 g | Fat: 36 g | Net Carbohydrates: 4 g | Fiber: 4 g | Vitamin C: 0 mg | Iron: 1.0 mg | Omega-3: 50 mg

Mocha Chia Pudding with Almond Milk and Cacao Nibs

Rich mocha flavors blend into a silky, nutritious chia pudding, topped with crunchy cacao nibs for texture—a grown-up dessert you can enjoy anytime.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes (plus chilling) | **Servings:** 2 | **Cooking Method:** Mixing and Chilling

INGREDIENTS:

- 1 cup unsweetened almond milk (8 fl oz) (240 ml)
- 3 tbsp chia seeds (1.5 oz) (42 g)
- 1 tbsp unsweetened cocoa powder (0.35 oz) (10 g)
- 1 tbsp brewed espresso or strong coffee (0.5 fl oz) (15 ml)
- 2 tbsp powdered erythritol or monk fruit sweetener (1 oz) (28 g)
- ½ tsp vanilla extract (2.5 ml)
- 1 tbsp cacao nibs (0.35 oz) (10 g), for topping

INSTRUCTIONS:

1. Using a mixing bowl, whisk together the almond milk, cocoa powder, brewed espresso, sweetener, and vanilla extract until smooth and well combined.
2. Incorporate the chia seeds, stirring to spread them evenly through the liquid.
3. Set the mixture aside for 5 minutes, then stir well once more to prevent clumping.
4. Cover the bowl and refrigerate for at least 2 hours, or overnight, allowing the chia seeds to swell and the pudding to thicken to a silky, spoonable texture.
5. Before serving, stir the pudding gently to loosen it up.
6. Divide the mocha chia pudding between two bowls or jars, then sprinkle the crunchy cacao nibs evenly on top.
7. Enjoy this rich, energizing treat that's both indulgent and keto-friendly.



Nutritional Information (Per Serving):

Calories: 260 | Protein: 6 g | Fat: 16 g | Net Carbohydrates: 6 g | Fiber: 10 g | Vitamin C: 0 mg | Iron: 3.5 mg | Omega-3: 300 mg

Smoothies & Drinks



Keto Electrolyte Drink with Lemon, Salt, and Magnesium

This homemade electrolyte drink helps you stay hydrated and balanced while following keto, combining tartness, saltiness, and mild sweetness with key minerals to boost energy.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Mixing and Chilling

INGREDIENTS:

- 3 cups cold water (24 fl oz) (720 ml)
- 3 tbsp fresh lemon juice (1.5 fl oz) (45 ml)
- 1/8 tsp sea salt (about 0.5 g)
- 1/4 tsp magnesium powder or drops (about 1 g)
- Optional: 2–4 drops liquid stevia or keto sweetener
- Ice cubes for serving

INSTRUCTIONS:

1. In a large pitcher or mixing container, combine the cold water with fresh lemon juice, stirring to blend the bright citrus flavor evenly.
2. Add the sea salt and magnesium powder or drops, whisking until fully dissolved and the mixture feels balanced.
3. Taste your electrolyte drink, then add liquid stevia or keto sweetener if you prefer a touch of sweetness, mixing thoroughly.
4. Pour the beverage into ice-filled glasses to cool it down further and boost its refreshing appeal.
5. Drink small amounts throughout the day to keep hydrated and preserve your mineral levels while on keto.



Nutritional Information (Per Serving):

Calories: 5 | Protein: 0 g | Fat: 0 g | Net Carbohydrates: 0 g | Fiber: 0 g | Vitamin C: 15 mg | Iron: 0 mg | Omega-3: 0 mg

Iced Bulletproof Coffee with MCT and Stevia

A chilled version of the classic keto coffee—creamy, energizing, and blended with MCT oil for a fat-fueled start to your day without the heat.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Blender / No-Cook

INGREDIENTS:

- 2 cups freshly brewed coffee, cooled (16 fl oz) (480 ml)
- 2 tbsp MCT oil (1 fl oz) (30 ml)
- 2 tbsp unsalted butter or ghee (1 oz) (28 g)
- 4–6 drops liquid stevia or keto sweetener
- Ice cubes for serving

INSTRUCTIONS:

1. Start with brewed coffee that has cooled down to room temperature — freshly brewed is best for bold flavor, but let it rest until it's no longer hot.
2. Pour the cooled coffee into a high-speed blender. Add in the MCT oil and butter (or ghee). These fats will emulsify into the coffee and create that signature creamy texture.
3. Add your drops of stevia or favorite keto-friendly sweetener, adjusting to your preferred sweetness level.
4. Blend the mixture on high for about 20 to 30 seconds, until the coffee turns frothy and smooth. You should see a light foam on top, similar to a latte.
5. Place ice cubes into two glasses, then top them off by pouring the blended coffee. Give it a gentle swirl and enjoy the creamy kick of energy.



Nutritional Information (Per Serving):

Calories: 210 | Protein: 0 g | Fat: 24 g | Net Carbohydrates: 0 g | Fiber: 0 g | Vitamin C: 0 mg | Iron: 0 mg | Omega-3: 0 mg

Green Keto Smoothie with Spinach, Avocado, and MCT Oil

A creamy, nourishing green smoothie packed with spinach, healthy avocado fats, and a boost of MCT oil for sustained energy. Refreshing, satisfying, and perfect for keto mornings.

Time to prepare: 5 minutes | Time to cook: 0 minutes | Servings: 2 | Cooking Method: Blending

INGREDIENTS:

- + 2 cups fresh spinach (about 2 oz) (60 g)
- + 1 small ripe avocado (about 5 oz) (140 g)
- + 1½ cups unsweetened almond milk (12 fl oz) (360 ml)
- + 1 tbsp MCT oil (0.5 fl oz) (15 ml)
- + 1 tbsp lemon juice (15 ml)
- + ½ tsp vanilla extract (2.5 ml)
- + 4–6 ice cubes
- + Optional: keto sweetener to taste

INSTRUCTIONS:

1. Place the fresh spinach and pitted avocado into your blender first, creating a green base for your smoothie.
2. Pour in the almond milk along with the MCT oil, lemon juice, and vanilla extract.
3. Include ice cubes to give the smoothie a pleasantly refreshing and chilled texture.
4. Blend everything on high until you reach a smooth, creamy consistency, with the vibrant green color inviting you in.
5. Taste and add keto sweetener if desired, blending briefly again to mix it through evenly.
6. Pour into glasses and enjoy a refreshing start that fuels your day with healthy fats and bright flavors.



Nutritional Information (Per Serving):

Calories: 260 | Protein: 4 g | Fat: 24 g | Net Carbohydrates: 4g | Fiber: 7 g | Vitamin C: 25 mg | Iron: 1.2 mg | Omega-3: 100 mg

Creamy Berry Smoothie with Coconut Milk and Flaxseed

A lush, fruity smoothie made rich with coconut milk and fiber-rich flaxseed, blended with mixed berries for flavor and color – a refreshing treat that fits your macros.

Time to prepare: 5 minutes | Time to cook: 0 minutes | Servings: 2 | Cooking Method: Blending

INGREDIENTS:

- + 1 cup frozen mixed berries (about 5 oz) (140 g)
- + 1 cup unsweetened coconut milk (8 fl oz) (240 ml)
- + 2 tbsp ground flaxseed (0.7 oz) (20 g)
- + ½ cup water (4 fl oz) (120 ml)
- + ½ tsp vanilla extract (2.5 ml)
- + Optional: keto sweetener to taste
- + 4–6 ice cubes



INSTRUCTIONS:

1. Pour the unsweetened coconut milk and water into your blender, creating a smooth and creamy base.
2. Add the frozen mixed berries, which will bring vibrant color and a natural fruity sweetness.
3. Sprinkle in the ground flaxseed, adding a nutty flavor and fiber boost.
4. Toss in the ice cubes to both chill and thicken your smoothie.
5. Pour in the vanilla extract to add warmth and depth to the flavor.
6. Blend everything on high until smooth, creamy, and evenly mixed with rich berry hues.
7. Taste the smoothie and add keto sweetener if you prefer it sweeter, blending briefly again to combine.
8. Divide into two glasses and enjoy this refreshing, nutrient-dense smoothie that supports your keto goals.

Nutritional Information (Per Serving):

Calories: 210 | Protein: 3 g | Fat: 16 g | Net Carbohydrates: 6 g | Fiber: 5 g | Vitamin C: 30 mg | Iron: 1.2 mg | Omega-3: 300 mg

Cinnamon Vanilla Keto Hot Chocolate with Cacao Butter

A cozy keto hot chocolate made with rich cacao butter, cinnamon, and vanilla for a creamy, warming drink without sugar.

Time to prepare: 5 minutes | **Time to cook:** 10 minutes | **Servings:** 2 | **Cooking Method:** Stovetop

INGREDIENTS:

- 2 cups unsweetened almond milk (16 fl oz) (480 ml)
- 2 tbsp cacao butter (1 oz) (28 g)
- 2 tbsp unsweetened cocoa powder (0.7 oz) (20 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- ½ tsp cinnamon (about 1.3 g)
- ½ tsp vanilla extract (2.5 ml)
- Pinch of salt

INSTRUCTIONS:

1. Transfer the almond milk into a small saucepan and set it over medium heat. Let it gradually warm — you want it hot, but not boiling.
2. Add the cacao butter and stir gently as it melts into the milk. The mixture will turn silky and slightly glossy as the cacao butter dissolves.
3. After the cacao butter has completely melted, whisk in the cocoa powder, erythritol, cinnamon, and a small pinch of salt. Keep whisking until everything blends smoothly and there are no lumps — the aroma should be rich and chocolatey with a hint of spice.
4. Take the pan off the stove and incorporate the vanilla extract by stirring. Taste and adjust the sweetness if needed.
5. Divide the hot chocolate between two mugs and enjoy the creamy texture and warming spice — perfect for a keto-friendly moment of comfort.



Nutritional Information (Per Serving):

Calories: 180 | Protein: 2 g | Fat: 17 g | Net

Carbohydrates: 2 g | Fiber: 3 g | Vitamin C: 0 mg |

Iron: 0.9 mg | Omega-3: 0 mg

Golden Turmeric Tea Latte with Coconut Cream

A warming, goldenketolattemadewithturmeric,creamycoconut, and atouch ofblackpepperformaximum absorption — soothing and nourishing for any time of day.

Time to prepare: 5 minutes | **Time to cook:** 5 minutes | **Servings:** 2 | **Cooking Method:** Stovetop

INGREDIENTS:

- 2 cups unsweetened almond milk or coconut milk (16 fl oz) (480 ml)
- 2 tbsp coconut cream (1 oz) (28 g)
- 1 tsp ground turmeric (about 2.5 g)
- ¼ tsp ground ginger (about 0.5 g)
- Pinch of black pepper
- 1 tbsp powdered erythritol or keto sweetener (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)

INSTRUCTIONS:

1. Pour the almond or coconut milk into a small saucepan and place it over medium heat. Let it start to warm gently — you want steam rising, but no bubbling.
2. Whisk in the coconut cream until fully melted and blended into the milk. It should start to look silky and just a bit frothy around the edges.
3. Sprinkle in the turmeric and ginger, then add the black pepper. The spices will give it that rich golden hue and a cozy aroma that fills the kitchen.
4. Stir in the powdered erythritol and vanilla extract. Keep whisking to make sure everything is fully dissolved and smooth.
5. Let the mixture heat for another minute or two, just until it's piping hot and perfectly infused.
6. Pour into mugs and sip slowly — it's earthy, creamy, and gently sweet with just a hint of spice



Nutritional Information (Per Serving):

Calories: 120 | Protein: 1 g | Fat: 11 g | Net Carbohydrates: 2 g | Fiber: 1 g | Vitamin C: 0 mg | Iron: 0.8 mg | Omega-3: 0 mg

Chocolate Collagen Shake with Almond Milk and Chia

A creamy, chocolateyshakeblendedwithalmondmilk,collagenpeptides,andchiaseedsforanutrient-rich,energizing keto drink.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Blending

INGREDIENTS:

- 2 cups unsweetened almond milk (16 fl oz) (480 ml)
- 2 tbsp unsweetened cocoa powder (0.7 oz) (20 g)
- 2 scoops collagen peptides (about 1.4 oz) (40 g)
- 2 tbsp chia seeds (1 oz) (28 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)
- Ice cubes as desired



INSTRUCTIONS:

1. Begin by pouring the almond milk into a high-speed blender — this will only bring deep chocolate flavor but also a boost of protein and skin-supporting nutrients.
2. Add the cocoa powder and collagen peptides next. These will not only bring deep chocolate flavor but also a boost of protein and skin-supporting nutrients.
3. Spoon in the chia seeds. They'll add a subtle texture and thicken the shake slightly while providing fiber and healthy fats.
4. Add the powdered erythritol and a dash of vanilla extract to sweeten things up and round out the flavors.
5. Drop in a few ice cubes — more if you like your shakes frosty and thick.
6. Blend everything on high for about 30–45 seconds, or until the texture is smooth and the chia is well dispersed.
7. Pour into glasses and enjoy the velvety, chocolatey goodness that feels like a treat but fuels like a powerhouse.

Nutritional Information (Per Serving):

Calories: 260 | Protein: 20 g | Fat: 15 g | Net Carbohydrates: 4 g | Fiber: 0 g | Vitamin C: 0 mg | Iron: 1.5 mg | Omega-3: 300 mg

Cucumber Mint Detox Water with Lime and Ice

A refreshing infusion of cucumber, mint, and lime in cold water — perfect for hydration, light detox, and a clean, crisp flavor profile on keto.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-cook / Infused Beverage

INGREDIENTS:

- 2 cups unsweetened almond milk or coconut milk (16 fl oz) (480 ml)
- 2 tbsp coconut cream (1 oz) (28 g)
- 1 tsp ground turmeric (about 2.5 g)
- ¼ tsp ground ginger (about 0.5 g)
- Pinch of black pepper
- 1 tbsp powdered erythritol or keto sweetener (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)

INSTRUCTIONS:

1. Pour the almond or coconut milk into a small saucepan and place it over medium heat. Let it start to warm gently — you want steam rising, but no bubbling.
2. Whisk in the coconut cream until fully melted and blended into the milk. It should start to look silky and just a bit frothy around the edges.
3. Sprinkle in the turmeric and ginger, then add the black pepper. The spices will give it that rich golden hue and a cozy aroma that fills the kitchen.
4. Stir in the powdered erythritol and vanilla extract. Keep whisking to make sure everything is fully dissolved and smooth.
5. Let the mixture heat for another minute or two, just until it's piping hot and perfectly infused.
6. Pour into mugs and sip slowly — it's earthy, creamy, and gently sweet with just a hint of spice.



Nutritional Information (Per Serving):

Calories: 120 | Protein: 1 g | Fat: 11 g | Net Carbohydrates: 2 g | Fiber: 1 g | Vitamin C: 0 mg | Iron: 0.8 mg | Omega-3: 0 mg

Keto Green Tea Frappe with Collagen and Coconut Milk

A chilled green tea frappe with collagen peptides, coconut milk, and a touch of vanilla—creamy, energizing, and loaded with skin-supporting benefits.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Blender

INGREDIENTS:

- 1½ cups brewed green tea, chilled (12 fl oz) (360 ml)
- ½ cup unsweetened coconut milk (4 fl oz) (120 ml)
- 2 scoops collagen peptides (about 1.4 oz) (40 g)
- ½ tsp vanilla extract (2.5 ml)
- 1 tbsp powdered erythritol or monk fruit sweetener (0.5 oz) (14 g)
- Ice cubes for blending

INSTRUCTIONS:

1. Pour the chilled green tea and coconut milk into a blender. This will be your cool, creamy base with just the right hint of richness.
2. Add the collagen peptides, sweetener, and vanilla extract. These bring in smooth body, a little sweetness, and that subtle vanilla warmth.
3. Stir in a generous handful of ice cubes — enough to give the drink a frosty, frappe texture.
4. Blend on high speed until everything is silky and frothy. The mixture should be pale green, thickened slightly, and icy-cold.
5. Divide between two tall glasses and enjoy the refreshing, revitalizing boost — no sugar, just clean energy and creamy green goodness.



Nutritional Information (Per Serving):

Calories: 95 | Protein: 10 g | Fat: 5 g | Net Carbohydrates: 2 g | Fiber: 1 g | Vitamin C: 0 mg | Iron: 0.5 mg | Omega-3: 0 mg

Strawberry Almond Smoothie with Protein Powder

A creamy strawberry smoothie with almond milk and a scoop of protein powder—deliciously sweet, filling, and ideal for post-workout or as a light keto meal.

Time to prepare: 5 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** Blender / No-Cook

INGREDIENTS:

- 1 cup frozen strawberries (about 5 oz) (140 g)
- 1½ cups unsweetened almond milk (12 fl oz) (360 ml)
- 2 scoops low-carb protein powder (about 1.6 oz) (45 g)
- 1 tbsp almond butter (0.5 oz) (14 g)
- ½ tsp vanilla extract (2.5 ml)
- Ice cubes as desired
- Optional: keto sweetener to taste

INSTRUCTIONS:

1. Add the frozen strawberries to a high-speed blender. They'll help thicken the smoothie and chill it at the same time.
2. Introduce the almond milk, then add the protein powder. A good-quality low-carb powder will dissolve smoothly and boost satiety.
3. Add the almond butter and vanilla extract for creaminess and depth of flavor.
4. If you'd like it a bit sweeter, stir in some keto-approved sweetener to your liking — a few drops or a small spoonful is enough.
5. Include ice cubes to your liking to make the smoothie as frosty and thick as you prefer.
6. Blend everything on high until the mixture is creamy and evenly combined. You should end up with a luscious, pale pink shake that's silky and satisfying.



Nutritional Information (Per Serving):

Calories: 220 | Protein: 21 g | Fat: 11 g | Net Carbohydrates: 4 g | Fiber: 3 g | Vitamin C: 45 mg | Iron: 1.1 mg | Omega-3: 30 mg

Special Occasion & Family-Style Keto Recipes



Keto-Friendly Holiday Ham Glazed with Mustard and Erythritol

A succulent ham slice with a glossy, sweet-savory glaze made from mustard and erythritol—a festive classic reimagined for keto celebrations.

Time to prepare: 5 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Skillet

INGREDIENTS:

- 2 thick-cut ham slices (about 6 oz each) (340 g total)
- 1 tbsp Dijon mustard (15 ml)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)
- ½ tsp apple cider vinegar (2.5 ml)
- ¼ tsp ground cloves (about 0.5 g)
- Optional: 1 tsp butter for finishing (5 g)

INSTRUCTIONS:

1. Using a small bowl, whisk together the Dijon mustard, powdered erythritol, apple cider vinegar, and ground cloves. The mixture should be smooth and slightly tangy-sweet with a warm spice aroma.
2. Preheat a skillet on medium heat, adding a small amount of grease if required. Add the ham slices and sear for 2–3 minutes per side, just until they begin to brown and release a savory aroma.
3. Reduce the heat to low and spoon the glaze over the ham slices, spreading it evenly with the back of a spoon. Let the glaze bubble gently for another 4–5 minutes, turning the slices once to coat both sides and allow the glaze to thicken slightly.
4. If using, swirl in a teaspoon of butter at the very end for a glossy finish and richer flavor. Let it melt into the glaze as you turn off the heat.
5. Plate the ham slices with a generous drizzle of the thickened glaze from the pan. The edges should be caramelized and golden, with a sweet, spiced scent.



Nutritional Information (Per Serving):

Calories: 280 | Protein: 27 g | Fat: 17 g | Net Carbohydrates: 1 g | Fiber: 0 g | Vitamin C: 0 mg | Iron: 1 mg | Omega-3: 45 mg

Almond Flour Keto Dinner Rolls with Garlic Butter

Soft, fluffy keto rolls made with almond flour and mozzarella, brushed with garlic butter. A warm, comforting bread alternative for special meals.

Time to prepare: 10 minutes | **Time to cook:** 15 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 1 cup shredded mozzarella cheese (4 oz) (115 g)
- 2 tbsp cream cheese (1 oz) (28 g)
- ¾ cup almond flour (2.6 oz) (75 g)
- 1 large egg
- 1 tsp baking powder (about 4 g)

For the garlic butter:

- 1 tbsp melted butter (0.5 oz) (14 g)
- 1 garlic clove, minced
- Optional: chopped fresh parsley



INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C) and lay parchment paper over a small baking sheet.
2. Place mozzarella and cream cheese in a microwave-safe bowl. Heat for 30 seconds at a time, stirring intermittently, until the mixture becomes smooth and stretchy.
3. Incorporate the almond flour, baking powder, and egg, mixing thoroughly to form a dough. If it's somewhat sticky, that's to be expected. Lightly grease your hands if handling becomes tricky.
4. Separate the dough into four even parts and shape each gently into a ball. Arrange them on the lined baking sheet, leaving some space between each.
5. Bake for 13–15 minutes, or until the rolls puff up and turn golden on top. You'll know they're ready when they give off that toasty, cheesy aroma.
6. Stir minced garlic into the warm melted butter as the rolls bake. Once done, brush the hot rolls with the garlic mixture. Add a bit of chopped parsley on top for a vibrant, fresh garnish.

Nutritional Information (Per Serving):

Calories: 340 | Protein: 14 g | Fat: 29 g | Net Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 0 mg | Iron: 1.3 mg | Omega-3: 50 mg

Keto Pumpkin Casserole with Cream and Spices

Rich and cozy, this pumpkin casserole combines puréed pumpkin, cream, and warm spices for a sidedish or dessert that tastes like the holidays — without the carbs.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 1 cup canned pumpkin purée (8 oz) (225 g)
- ¼ cup heavy cream (2 fl oz) (60 ml)
- 1 large egg
- 1½ tbsp powdered erythritol (0.75 oz) (21 g)
- ½ tsp cinnamon (about 1.3 g)
- ¼ tsp nutmeg (about 0.5 g)
- ¼ tsp vanilla extract (1.25 ml)
- Pinch of salt

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C). Using butter or coconut oil, lightly grease the surface of a small baking dish.
2. Using a mixing bowl, whisk together the pumpkin purée, heavy cream, egg, erythritol, cinnamon, nutmeg, vanilla, and salt until the mixture is smooth and well combined. The batter should look silky and slightly thick.
3. Pour the mixture into the prepared baking dish and gently smooth the top with a spatula.
4. Bake until the center is softly set, and the edges show a light puff — about 20–25 minutes. You'll notice a gentle golden hue on top and a warm, spiced aroma filling your kitchen.
5. Let it rest for a few minutes before serving. It can be enjoyed as-is or dressed up with a dollop of whipped cream or a few chopped pecans if desired.



Nutritional Information (Per Serving):

Calories: 170 | Protein: 5 g | Fat: 14 g | Net Carbohydrates: 6 g | Fiber: 2 g | Vitamin C: 6 mg | Iron: 1.2 mg | Omega-3: 35 mg

Cauliflower Mac and Cheese Bake with Bacon Crumble

Tender cauliflower florets smothered in a creamy cheese sauce and topped with crispy bacon – the ultimate keto comfort casserole with all the indulgence, minus the carbs.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 2 cups cauliflower florets (about 8 oz) (225 g)
- ½ cup shredded cheddar cheese (2 oz) (56 g)
- 2 tbsp cream cheese (1 oz) (28 g)
- ½ cup heavy cream (2 fl oz) (60 ml)
- 2 strips cooked bacon, crumbled (about 1 oz) (28 g)
- ½ tsp garlic powder (about 1 g)
- Salt and black pepper to taste.

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Lightly grease a small baking dish.
2. Steam or microwave the cauliflower florets until just tender, about 5–6 minutes. They should be soft enough to pierce with a fork but not fall apart.
3. In a saucepan set to medium-low heat, combine heavy cream, cream cheese, shredded cheddar, garlic powder, and a pinch of salt and pepper. Gently stir as the cheeses melt, creating a luscious, smooth sauce.
4. Incorporate the cooked cauliflower into the cheese sauce, stirring to cover all florets uniformly. Pour the blend into the lined baking dish and level it evenly.
5. Sprinkle the crumbled bacon over the top and slide the dish into the oven. Bake for 10–12 minutes, or until the top is bubbly and slightly golden.
6. Let it rest for a minute or two before serving so the sauce thickens slightly and the flavors settle in.



Nutritional Information (Per Serving):

Calories: 370 | Protein: 15 g | Fat: 32 g | Net Carbohydrates: 5 g | Fiber: 2 g | Vitamin C: 48 mg | Iron: 1 mg | Omega-3: 150 mg

Baked Salmon Platter with Herb Mayo and Roasted Asparagus

An elegant salmon dinner with roasted asparagus and a creamy herb mayo dipping sauce. Simple to prepare and perfect for a celebratory keto-carb plate.

Time to prepare: 10 minutes | **Time to cook:** 20 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 2 salmon fillets (about 6 oz each) (340 g total)
- 8 asparagus spears, trimmed (about 6 oz) (170 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- Salt and pepper to taste.

For the herb mayo:

- ½ cup mayonnaise (2 oz) (56 g)
- 1 tsp lemon juice (5 ml)
- 1 tbsp chopped fresh dill or parsley (about 4 g)
- 1 garlic clove, finely grated



INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Either lay parchment paper on the baking sheet or apply a light coating of oil to prevent sticking.
2. Arrange the salmon fillets and asparagus spears on the baking sheet. Evenly coat the asparagus with a drizzle of olive oil, then season both the fish and veggies with salt and freshly ground black pepper.
3. Place the tray in the oven and bake for approximately 15 to 18 minutes. The asparagus should be just tender and slightly golden at the tips, while the salmon turns opaque and flakes easily with a fork.
4. While everything roasts, whisk together the mayonnaise, lemon juice, chopped herbs, and garlic in a small bowl until smooth and fragrant. This will be your creamy herb dipping sauce.
5. Once done, plate the salmon alongside the asparagus and serve with a generous spoonful of the herb mayo on the side or drizzled over the top.

Nutritional Information (Per Serving):

Calories: 420 | Protein: 36 g | Fat: 30 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 14 mg | Iron: 1.5 mg | Omega-3: 1800 mg

Keto Party Platter with Cheese, Meats, Nuts, and Dips

A celebratory grazing board with sharp cheeses, cured meats, crunchy nuts, and rich, flavorful dips—perfect for sharing while staying keto.

Time to prepare: 10 minutes | **Time to cook:** 0 minutes | **Servings:** 2 | **Cooking Method:** No-cook / Assembly

INGREDIENTS:

- 3 oz assorted cheeses (cheddar, brie, gouda, etc.) (85 g)
- 3 oz sliced cured meats (salami, prosciutto, etc.) (85 g)
- ¼ cup mixed nuts (almonds, pecans, macadamias) (1.3 oz) (37 g)
- 2 tbsp olive tapenade or guacamole (1 oz) (28 g)
- 1 tbsp grainy mustard or cream cheese spread (0.5 oz) (14 g)
- Optional: cucumber slices or radishes for freshness

INSTRUCTIONS:

1. Choose a medium-sized platter or wooden board and start by placing small bowls of dips like tapenade or guacamole and the mustard or cream cheese spread in opposite corners to anchor the layout.
2. Slice the cheeses into cubes or wedges depending on their texture, and arrange them in clusters next to the dips for easy grabbing.
3. Fold or roll the cured meats and layer them around or beside the cheese, giving the board visual appeal and variety in texture.
4. Scatter the mixed nuts in open spaces between the meats and cheeses, allowing them to fill gaps and add crunch to every bite.
5. If you're using cucumber slices or radishes, fan them out along the edges of the board or tuck them near the dips for a crisp, refreshing touch.
6. Give the board a once-over to balance colors and textures — you're aiming for an inviting, slightly rustic presentation that encourages snacking and sharing.



Nutritional Information (Per Serving):

Calories: 420 | Protein: 21 g | Fat: 36 g | Net

Carbohydrates: 4 g | Fiber: 2 g | Vitamin C: 3 mg | Iron: 1.2 mg | Omega-3: 150 mg

Rosemary Lamb Roast with Garlic Mushrooms and Spinach

Succulent lamb roasted with rosemary, paired with buttery garlic mushrooms and wilted spinach—rich, elegant meal that's perfect for holidays or a romantic keto dinner.

Time to prepare: 10 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Roasting and Sautéing

INGREDIENTS:

- 10 oz lamb roast or 2 lamb loin chops (280 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 tsp chopped fresh rosemary (about 1 g)
- Salt and pepper to taste

For the sides:

- 1 cup sliced mushrooms (about 2.5 oz) (70 g)
- 2 cups fresh spinach (about 2 oz) (60 g)
- 1 tbsp butter (0.5 oz) (14 g)
- 1 garlic clove, minced

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Rub the lamb with olive oil, rosemary, salt, and pepper, massaging the herbs into the surface for maximum flavor.
2. Heat a skillet over medium-high heat. Sear the lamb evenly on every side until a deep golden crust appears, cooking for 2 to 3 minutes on each side. Next, transfer to a baking dish and roast in the oven for 12–15 minutes, or until it reaches your preferred doneness. Let it rest for 5 minutes before slicing.
3. While the lamb roasts, melt butter in the same skillet over medium heat. Incorporate the mushrooms and garlic, sautéing until the mushrooms give off their liquid and turn golden brown, roughly 6 to 8 minutes.
4. Toss the spinach into the pan and cook briefly, about 1–2 minutes, until wilted. Add a pinch of salt and stir gently to blend with the mushrooms.
5. Plate the lamb alongside the garlicky spinach and mushrooms, spooning any buttery juices from the pan over the top for extra richness.



Nutritional Information (Per Serving):

Calories: 420 | Protein: 34 g | Fat: 30 g | Net Carbohydrates: 3 g | Fiber: 1 g | Vitamin C: 7 mg | Iron: 3.1 mg | Omega-3: 160 mg

Keto Pecan Pie with Almond Crust and Sugar-Free Syrup

A rich, gooey pecan pie with a crisp almond flour crust and luscious, sugar-free filling—the perfect finish to any keto celebration.

Time to prepare: 15 minutes | **Time to cook:** 25 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- For the crust:
- ½ cup almond flour (1.7 oz) (48 g)
- 1 tbsp melted butter (0.5 oz) (14 g)
- 1 tbsp powdered erythritol (0.5 oz) (14 g)

For the filling:

- ¼ cup chopped pecans (1 oz) (28 g)
- 2 tbsp sugar-free syrup or allulose syrup (1 oz) (28 g)
- 1 tbsp butter, melted (0.5 oz) (14 g)
- 1 large egg yolk
- ¼ tsp vanilla extract (1.25 ml)
- Pinch of salt



INSTRUCTIONS: 1. Set the oven's temperature to 350°F (175°C). Using a small bowl, stir together almond flour, melted butter, and erythritol until the mixture

resembles damp sand. Distribute the mixture evenly, pressing it into the bottom of two small tart pans or ramekins to make a thin crust.

2. Bake the crusts for 8–10 minutes until lightly golden. Set aside to cool while you prepare the filling.
3. Using a mixing bowl, combine the chopped pecans, sugar-free syrup, melted butter, egg yolk, vanilla extract, and a pinch of salt. Stir until fully blended and glossy.
4. Divide the filling between the pre-baked crusts, smoothing the tops gently with a spoon. Return the pies to the oven and bake for another 12–15 minutes, or until the filling is set and slightly puffed.
5. Let the pies cool completely to allow the filling to firm up. You can eat them either at room temperature or chilled, based on what you prefer.

Nutritional Information (Per Serving):

Calories: 340 | Protein: 6 g | Fat: 32 g | Net Carbohydrates: 4 g | Fiber: 3 g | Vitamin C: 0 mg
Iron: 1.2 mg | Omega-3: 140 mg

Zucchini Lasagna Bake for Family Dinners

Thin zucchini slices layered with meat sauce, ricotta, and gooey mozzarella—a comforting, family-style keto lasagna that's perfect for sharing and leftovers.

Time to prepare: 10 minutes | **Time to cook:** 30 minutes | **Servings:** 2 | **Cooking Method:** Baking

INGREDIENTS:

- 2 medium zucchinis, sliced lengthwise (about 12 oz) (340 g)
- 8 oz ground beef or turkey (225 g)
- ½ cup ricotta cheese (4 oz) (115 g)
- ½ cup shredded mozzarella cheese (2 oz) (56 g)
- 1 cup sugar-free marinara sauce (8 fl oz) (240 ml)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- 1 garlic clove, minced
- ½ tsp dried oregano (about 0.5 g)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). At the same time, lightly oil both sides of the zucchini slices and place them in a single layer on a baking sheet. Roast them for about 10 minutes to draw out moisture and keep the lasagna from getting watery later on.
2. In a skillet over medium heat, warm a bit of olive oil and sauté the minced garlic until fragrant. Incorporate the ground meat, breaking it up with a spoon, and cook until browned through. Season with oregano, salt, and pepper, then simmer in the marinara sauce for 2–3 minutes to develop flavor.
3. Lightly oil a small baking dish. Begin layering: start with a spoonful of meat sauce at the bottom, then a layer of roasted zucchini slices. Spread some ricotta over the zucchini, then spoon over more sauce and sprinkle with mozzarella. Repeat until everything is used up, finishing with a generous layer of mozzarella on top.
4. Roast uncovered for 20 to 25 minutes, until the cheese is bubbling and showing hints of golden brown in places. Let it rest for 5–10 minutes before slicing so the layers can settle and hold their shape.



Nutritional Information (Per Serving):

Calories: 480 | Protein: 34 g | Fat: 34 g | Net

Whole Roasted Chicken with Lemon Herb Butter and Cauliflower Stuffing

Atender, golden-skinned roasted chicken basted with lemon herb butter, paired with a savory cauliflower stuffing loaded with aromatics. Perfect for festive keto dinners.

Time to prepare: 15 minutes | **Time to cook:** 1 hour 15 minutes | **Servings:** 2 | **Cooking Method:** Oven

INGREDIENTS:

- 1 small whole chicken (about 2½ lb) (1.1 kg)
- 2 tbsp softened butter (1 oz) (28 g)
- 1 tbsp chopped fresh parsley (about 4 g)
- 1 tsp lemon zest (about 2 g)
- 1 tbsp lemon juice (15 ml)
- Salt and pepper to taste

For the cauliflower stuffing:

- 2 cups riced cauliflower (about 8 oz) (225 g)
- 2 tbsp chopped celery (about 1 oz) (28 g)
- 2 tbsp chopped onion (about 0.7 oz) (20 g)
- 1 tbsp olive oil (0.5 fl oz) (15 ml)
- ½ tsp dried thyme (about 0.3 g)
- Salt and pepper to taste

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Dry the chicken thoroughly inside and out; this step ensures the skin roasts to a perfect crisp.
2. Whisk together the softened butter, chopped parsley, lemon zest, lemon juice, salt, and pepper in a small bowl. You want it creamy, fragrant, and easy to spread.
3. Delicately lift the chicken skin from the breast and spread half of the lemon herb butter beneath it, coating the meat. Rub the leftover butter evenly over the skin.
4. Position the chicken breast side up in the roasting pan. Roast for about 60–75 minutes, or until the skin is golden and the juices run clear when pierced between the leg and thigh.
5. While the chicken roasts, prepare the stuffing. Over medium heat, warm olive oil in a skillet. Add diced onion and celery, sautéing until tender and releasing their aroma, about 3–4 minutes.
6. Stir in the riced cauliflower and dried thyme. Sprinkle with salt and pepper, then cook for an additional 5–7 minutes until the cauliflower is tender and faintly browned in places.
7. Once the chicken is done, let it rest for 10–15 minutes before carving. This keeps it juicy and tender.
8. Serve generous slices of the roasted chicken alongside a hearty scoop of cauliflower stuffing. The lemony butter will have soaked into the meat, and the stuffing should be rich with savory flavor.



Nutritional Information (Per Serving):

Calories: 540 | Protein: 50 g | Fat: 35 g | Net Carbohydrates: 5 g | Fiber: 2 g | Vitamin C: 25 mg | Iron: 2.5 mg | Omega-3: 180 mg

CHAPTER 6: KETO & MOVEMENT

Movement is medicine — and on a ketogenic diet, it becomes even more powerful.

As your body shifts from glucose to fat for fuel, your exercise performance may change. Some people feel sluggish at first, while others gain stamina and clarity quickly. The key is to adjust your workouts to match your energy system, not fight it.

This chapter will show you how to train smart on keto, protect your lean muscle, and use movement to accelerate fat loss and mental clarity — without burnout.

How to Exercise on Keto Without Burnout

In the early weeks of keto, your body is adapting to using fat and ketones for fuel. During this phase, you may notice:

- Reduced high-intensity performance (e.g., sprints, HIIT)
- Steadier endurance at low to moderate intensity
- Less inflammation and faster recovery from workouts

To avoid overtraining or crashing:

DO	AVOID
Walk daily (30+ min)	Long, fasted cardio sessions early on
Train at moderate effort	Back-to-back HIIT without rest
Hydrate and replace electrolytes	Ignoring fatigue or dizziness
Listen to energy shifts week to week	Comparing performance to carb-fueled days

Think of your workouts as metabolic partners, not punishments.

How to Exercise on Keto Without Burnout

Keto is naturally muscle-sparing, thanks to ketones and protein preservation. But to protect and build lean tissue, you must:

- Eat enough protein: aim for 0.8–1.0 g per pound of lean body mass
- Train with resistance: bodyweight, bands, or weights
- Rest and recover: sleep and stress matter as much as reps

Keto athletes and active beginners often thrive with targeted keto — a small amount of carbs (~15–30g) consumed before a workout to enhance performance without disrupting ketosis.

Good pre-workout keto fuels:

- ½ banana + almond butter
- Handful of berries
- Coconut yogurt with cinnamon

Post-workout, prioritize hydration, sodium, and a protein-rich meal to recover.

4-Week Home Workout Plan (No Equipment Needed)

Support your ketogenic journey with smart, balanced, and sustainable daily movement.

WEEK	THEME	FOCUS	WORKOUTS / TIPS
Week 1	Foundation & Energy Reset	Gentle movement, circulation, joint health	<ul style="list-style-type: none"> ✓ 3× walks (30–45 min) ✓ 2× mobility & stretching routines ✓ 1× light core workout Focus on hydration + electrolytes
Week 2	Bodyweight Strength	Build strength with form and control	<ul style="list-style-type: none"> ✓ 3× full-body circuits (lower + upper + core) ✓ 2× walking or gentle yoga Prioritize protein + post-workout salt
Week 3	Low-Impact Burn	Boost metabolism without stressing joints	<ul style="list-style-type: none"> ✓ 3× low-impact HIIT (15–20 min) ✓ 2× strength flow (plank, squats, bridges) ✓ 1× stretch/recovery day
Week 4	Integration & Confidence	Combine strength + cardio + recovery	<ul style="list-style-type: none"> ✓ 2× mixed circuits (strength + cardio) ✓ 2× 45-min fasted walks ✓ 1× full-body stretch + breathwork

SAMPLE WORKOUTS BY WEEK

✓ Week 1: Mobility & Core Stability (Beginner Prep)

Do each move for 30 seconds. Repeat the full set 2–3 times.

- Arm circles + shoulder rolls
- Cat-cow stretch (on all fours)
- Bird-dog hold (right & left)
- Seated torso twists
- Glute bridges (15 reps)
- Dead bugs (slow, controlled core work)

Goal: Restore joint range of motion and prepare muscles for engagement.

Week 2: Bodyweight Strength Circuit

3 rounds of the following:

- 15 bodyweight squats
- 10 incline push-ups (wall or bench)
- 10 glute bridges (pause at top)
- 10 step-back lunges per leg
- 30-second front plank
- 15 seated knee lifts

Rest 30–45 seconds between rounds. Scale reps up or down as needed.

Week 3: Low-Impact HIIT (No Jumping)

Repeat the circuit 3 times: 30 seconds of work, 15 seconds of rest between exercises.

- March in place with high knees
- Squat and reach
- Wall push-ups
- Standing cross crunch
- Fast feet in place (low bounce)
- Bird-dog on mat

Keep intensity moderate but continuous. Focus on breath control.

Week 4: Strength & Cardio Fusion

- Alternate strength and cardio moves — 4 rounds total.
- 10 jump-free squats → 30 sec fast march
- 10 modified push-ups → 30 sec standing punches
- 20 glute bridges → 30 sec step taps
- 30-sec plank hold → 30 sec deep breathing

This week builds your metabolic efficiency — you'll feel leaner, stronger, and more energized.

CHAPTER 7: MINDFUL EATING & KETO MEDITATION

Your food choices are only half the story. How you eat, how you breathe, and how present you are at meals determine how well your body digests, absorbs, and responds to your food.

On a ketogenic diet — where fat digestion, hormonal balance, and nervous system regulation are essential — **mindful eating and daily stillness practices can dramatically amplify your results.**

The Nervous System & Digestion on Keto

Your body has two key nervous system modes:

- **Sympathetic (fight or flight)** — stress, distraction, rushed meals
- **Parasympathetic (rest and digest)** — calm, focused, relaxed state

In sympathetic mode, digestion slows down, blood sugar spikes more easily, and fat metabolism becomes inefficient. In parasympathetic mode, your body can absorb nutrients, produce enzymes, and burn fat efficiently — exactly what keto is designed to support.

Keto offers stable blood sugar, reduced cravings, and mental clarity. To take full advantage, your meals should be paired with **calm awareness**, not stress or multitasking.

Pre-Meal Rituals to Enhance Absorption

These 1–2-minute practices can prime your body for digestion and create a sacred pause before eating.

RITUAL	INSTRUCTIONS
Box Breathing (4-4-4-4)	Inhale for 4 sec, hold 4, exhale 4, hold 4 — repeat 4× to calm the nervous system
Gratitude Pause	Name 3 things you're grateful for about the meal or your body before eating
Scent & Texture Scan	Observe the aroma, texture, and color of the food before the first bite
“Fork Down” Mindfulness	Place your fork down between bites to slow down and tune in

These rituals help activate parasympathetic digestion — improving satiety and preventing overeating.

Guided Keto Meditations (5–10 min)

Short, focused meditations help align your body and mind for metabolic success. These can be done before or after meals, or anytime you feel off track.

1. Before-Meal Grounding Meditation (5 min)

Goal: Shift into rest-and-digest mode

Sit tall, breathe slowly. Inhale through your nose, hold gently, exhale through your mouth. With each breath, feel your belly relax and your jaw soften. Visualize your digestive system lighting up — calm, open, ready. Say silently: “This food nourishes me.”

2. Satiety & Self-Trust Meditation (7 min)

Goal: Reconnect with hunger/fullness cues

Sit quietly after eating. Place one hand on your stomach. Breathe gently. Ask: “How do I feel right now?” Allow yourself to feel satisfied, not stuffed. Remind yourself that more food is always available — you are safe. Let go of urgency or guilt.

3. Craving Reset Meditation (10 min)

Goal: Handle emotional or sugar cravings

Sit or lie down. Bring attention to your breath. Imagine a cool breeze washing over the craving. Name what you’re feeling (stress, boredom, habit). Don’t fight it — observe it. Say: “This will pass. I nourish myself in better ways now.” Repeat until calm.

Why This Matters for Keto Success

Mindful practices are not just “nice to have.” They directly impact:

BENEFIT	HOW IT HELPS ON KETO
Improved fat digestion	More bile flow, enzyme release
Reduced stress-eating	Fewer impulse snacks or sugar cravings
Enhanced nutrient absorption	Better use of fats, fat-soluble vitamins (A, D, E, K)
Stronger connection to hunger cues	Naturally smaller portions, less mindless eating
Sustainable lifestyle habits	Builds trust, emotional peace, metabolic balance

Takeaway:

You don’t need to meditate for hours or eat in silence. Just a few mindful moments before meals — and an occasional deep breath — can be the difference between struggling on keto and truly thriving.

CHAPTER 8: SLEEP, STRESS, AND HORMONES ON KETO

When you think of fat loss, energy, and metabolic healing, sleep might not be the first thing that comes to mind—but it should be.

On a ketogenic diet, your hormones begin to **recalibrate**. Insulin lowers, hunger becomes more manageable, and energy levels stabilize. But these improvements depend heavily on how well you sleep, how you manage stress, and how balanced your endocrine system is.

Keto and the Endocrine System

The endocrine system controls everything from metabolism and appetite to energy, sleep, and stress response. Keto directly influences several key hormones:

HORMONE	KETO'S IMPACT
Insulin	Reduced spikes = improved fat burning and lowered inflammation
Glucagon	Elevated = promotes lipolysis (fat breakdown)
Cortisol	Can spike during keto adaptation if stress is unmanaged
Leptin	Rebalances = better satiety signals
Ghrelin	Stabilizes = reduced cravings and nighttime hunger
Melatonin	Supports natural rhythms when sleep habits align with circadian cues

When keto is paired with sleep discipline and stress awareness, your hormones synchronize for better fat loss, mood stability, and even immunity.

Cortisol, Melatonin, Ghrelin, and Leptin

These four hormones are especially important for keto success:

HORMONE	FUNCTION	WHAT HELPS
Cortisol	Stress hormone; too much disrupts sleep, weight loss	Daylight exposure, breathwork, consistent wake time
Melatonin	Sleep signal; rises in darkness	Evening light restriction, magnesium, low blue light
Ghrelin	Hunger hormone	Regular meal timing, stress reduction, healthy fat intake
Leptin	Fullness signal	Stable blood sugar, 7–8 hours of sleep, low inflammation

Note: A few days of poor sleep can raise ghrelin, lower leptin, and sabotage ketosis.

Sleep Hygiene for Deeper Recovery

Keto works best when your sleep is deep and restorative. That’s when your body detoxes, repairs tissues, and balances hunger hormones.

Checklist for better keto-aligned sleep:

SLEEP HABIT	WHY IT HELPS
Stick to a consistent bedtime	Reinforces melatonin production
Block blue light 1–2 hours before bed	Prevents delayed sleep onset
Avoid caffeine after 2 PM	Supports natural cortisol drop
Eat final meal 2–3 hours before bed	Supports blood sugar balance and digestive
Use magnesium (glycinate or topical)	Calms the nervous system, supports muscle relaxation
Keep room dark, cool, and quiet	Ideal for melatonin and deep sleep

Sleep Hygiene for Deeper Recovery

This routine helps activate your parasympathetic system and signal to your brain that it’s time to rest and repair — not digest or stress.

Step-by-Step:

1. Turn off overhead lights → Use soft lamp or amber lighting
2. No screens (TV, phone, laptop) → 30–60 minutes before bed
3. Optional herbal tea → Chamomile, lemon balm, or valerian (no sweeteners)
4. Magnesium supplement or lotion → 30 minutes before sleep
5. 5-minute box breathing → Inhale–hold–exhale–hold (4 seconds each)
6. Reflection journal → Write down 3 wins from the day or things you’re grateful for
7. Optional sleep mantra → “I rest to heal. My body is safe. My energy resets tonight.”

Bonus: Add lavender essential oil on your pillow or use a weighted blanket to deepen relaxation.

4-WEEK KETO MEAL PLAN

This 4-week meal plan is designed to support a gradual, sustainable transition into ketosis and help you build long-term habits. However, individual needs may vary, especially if you have underlying health conditions, take medication, or have unique dietary requirements.

Please consult your doctor, registered dietitian, or healthcare provider before beginning this or any low-carb diet. This plan is not intended to diagnose, treat, or cure any condition, and it should not replace professional medical advice.

Additionally, if you experience symptoms such as fatigue, dizziness, or digestive discomfort during the first few days (commonly known as the “keto flu”), stay well-hydrated and make adjustments as needed.

Week 1: Transition into Ketosis

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Scrambled Eggs with Spinach, Feta, and Avocado Slices	Grilled Chicken Salad with Avocado, Cucumber, and Olive Oil	Baked Salmon with Asparagus and Lemon-Caper Butter	Cheddar and Jalapeño Keto Fat Bombs with Cream Cheese
Day 2	Coconut Flour Pancakes with Chia Seeds and Almond Butter	Cauliflower Rice Bowl with Shrimp, Bell Pepper, and Garlic Aioli	Beef and Cauliflower Shepherd's Pie with Cheddar Crust	Cucumber Boats with Tuna and Olive Tapenade
Day 3	Zucchini and Cheddar Breakfast Muffins with Bacon Bits	Turkey Lettuce Wraps with Cream Cheese and Sun-Dried Tomatoes	Creamy Garlic Chicken Thighs with Wilted Spinach	Hard-Boiled Eggs with Spicy Paprika Mayo Dip
Day 4	Smoked Salmon and Cream Cheese Stuffed Avocado Boats	Zucchini Noodles with Tuna, Capers, and Lemon-Dill Dressing	Pork Chops with Cabbage and Dijon Cream Sauce	Mini Zucchini Pizza Bites with Tomato and Mozzarella
Day 5	Almond Milk Chia Pudding with Flaxseed and Cinnamon	Seared Salmon on Spinach Bed with Pesto and Pine Nuts	Shrimp Skillet with Zoodles, Cherry Tomatoes, and Basil	Celery Sticks with Almond Butter and Flax Crumbs
Day 6	Cauliflower Hash Browns with Fried Egg and Green Onion	Egg Salad Stuffed Avocados with Mustard and Celery	Keto Lasagna with Zucchini Sheets and Ricotta Filling	Prosciutto-Wrapped Avocado Slices with Lime
Day 7	Keto Breakfast Burrito with Egg Wrap and Turkey Sausage	Chicken Thighs with Roasted Broccoli and Lemon-Tahini Sauce	Rosemary Roasted Chicken with Brussels Sprouts and Bacon	Roasted Seaweed Snacks with Sesame Oil and Salt

Week 2: Stabilize & Strengthen

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Mushroom and Goat Cheese Omelet with Fresh Thyme	Sausage and Kale Stir-Fry with Coconut Aminos	Lamb Meatballs in Tomato-Coconut Sauce with Cauli-Rice	Parmesan Crisps with Italian Herbs and Garlic Powder
Day 2	Baked Eggs in Avocado Halves with Paprika and Parsley	Baked Portobello Pizza Caps with Mozzarella and Tomato	Pan-Seared Cod with Olive Tapenade and Roasted Zucchini	Deviled Eggs with Mustard, Dill, and Crumbled Bacon
Day 3	Sausage and Bell Pepper Egg Muffins with Parmesan	Grilled Lamb Chops with Greek Salad and Feta	Creamy Broccoli Chicken Casserole with Almond Topping	Cold Roasted Chicken Skewers with Avocado Dipping Sauce
Day 4	Keto Granola Bowl with Coconut Flakes and Pecans	Sardine and Olive Tapenade Plate with Mixed Greens	Grilled Steak with Chimichurri and Charred Bell Peppers	Green Keto Smoothie with Spinach, Avocado, and MCT Oil
Day 5	Eggplant Breakfast Stacks with Ricotta and Basil Pesto	Turkey Burger Bowl with Cauliflower Mash and Pickles	Eggplant Parmesan with Mozzarella and Basil Marinara	Creamy Berry Smoothie with Coconut Milk and Flaxseed
Day 6	Creamy Scrambled Eggs with Truffle Oil and Microgreens	Keto Cobb Salad with Boiled Eggs, Bacon, and Blue Cheese	Stuffed Chicken Breast with Spinach and Feta Cheese	Keto Electrolyte Drink with Lemon, Salt, and Magnesium
Day 7	Broccoli and Ham Frittata with Cheddar Cheese	Creamy Zucchini Soup with Basil Oil and Parmesan Chips	Seared Scallops with Garlic Cauliflower Purée	Chocolate Collagen Shake with Almond Milk and Chia

Week 3: Fat Adaptation Deep Dive

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Keto Yogurt Bowl with Ground Flax, Walnuts, and Berries Cilantro	Chicken Lettuce Tacos with Guacamole and	Keto Thai Curry with Coconut Chicken and Vegetables	Golden Turmeric Tea Latte with Coconut Cream
Day 2	Spicy Chorizo and Spinach Egg Scramble	Baked Eggplant Rounds with Ground Turkey and Garlic Yogurt	Slow-Cooked Beef Brisket with Roasted Radishes	Cucumber Mint Detox Water with Lime and Ice
Day 3	Baked Asparagus with Soft-Boiled Eggs and Hollandaise	Tuna-Stuffed Bell Peppers with Olive Oil and Parsley	Zoodle Alfredo with Shrimp and Parmesan Cream	Iced Bulletproof Coffee with MCT and Stevia
Day 4	Keto Crepes with Mascarpone and Crushed Raspberries	Cabbage Stir-Fry with Ground Beef and Sesame Seeds	Grilled Duck Breast with Cauliflower and Berry Reduction	Strawberry Almond Smoothie with Protein Powder
Day 5	Avocado and Cucumber Smoothie Bowl with MCT Oil	Baked Chicken Drumsticks with Green Beans and Garlic Butter	Baked Trout with Dill Butter and Cucumber Salad	Cinnamon Vanilla Keto Hot Chocolate with Cacao Butter
Day 6	Warm Almond Porridge with Chia and Pumpkin Seeds	Smoked Mackerel Plate with Cucumber Ribbons and Lemon	Mushroom Stroganoff with Zucchini Noodles and Sour Cream	Keto Green Tea Frappe with Collagen and Coconut Milk
Day 7	Scrambled Eggs with Spinach, Feta, and Avocado Slices	Grilled Chicken Salad with Avocado, Cucumber, and Olive Oil	Baked Salmon with Asparagus and Lemon-Caper Butter	Cheddar and Jalapeño Keto Fat Bombs with Cream Cheese

Week 4: Confidence, Variety & Long-Term Habits

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Cauliflower Hash Browns with Fried Egg and Green Onion	Baked Portobello Pizza Caps with Mozzarella and Tomato	Grilled Steak with Chimichurri and Charred Bell Peppers	Green Keto Smoothie with Spinach, Avocado, and MCT Oil
Day 2	Keto Breakfast Burrito with Egg Wrap and Turkey Sausage	Grilled Lamb Chops with Greek Salad and Feta	Eggplant Parmesan with Mozzarella and Basil Marinara	Creamy Berry Smoothie with Coconut Milk and Flaxseed
Day 3	Creamy Scrambled Eggs with Truffle Oil and Microgreens	Sardine and Olive Tapenade Plate with Mixed Greens	Stuffed Chicken Breast with Spinach and Feta Cheese	Keto Electrolyte Drink with Lemon, Salt, and Magnesium
Day 4	Broccoli and Ham Frittata with Cheddar Cheese	Turkey Burger Bowl with Cauliflower Mash and Pickles	Seared Scallops with Garlic Cauliflower Purée	Chocolate Collagen Shake with Almond Milk and Chia
Day 5	Baked Eggs in Avocado Halves with Paprika and Parsley	Keto Cobb Salad with Boiled Eggs, Bacon, and Blue Cheese	Zoodle Alfredo with Shrimp and Parmesan Cream	Golden Turmeric Tea Latte with Coconut Cream
Day 6	Sausage and Bell Pepper Egg Muffins with Parmesan	Creamy Zucchini Soup with Basil Oil and Parmesan Chips	Grilled Duck Breast with Cauliflower and Berry Reduction	Cucumber Mint Detox Water with Lime and Ice
Day 7	Spicy Chorizo and Spinach Egg Scramble	Egg Salad Stuffed Avocados with Mustard and Celery	Baked Trout with Dill Butter and Cucumber Salad	Iced Bulletproof Coffee with MCT and Stevia

WEEKLY SHOPPING LISTS

Important Reminder Before You Shop:

Many ingredients — especially oils, spices, seeds, and pantry staples — are used across multiple recipes throughout all 4 weeks.

You do NOT need to buy them every week if you already have enough from previous shopping.

Before you shop, inspect your pantry and fridge to ensure you don't buy more than you need and waste food.

Week 1: Transition into Ketosis

Vegetables

Spinach (fresh): 4 cups (120 g)
Cucumber: 2 medium (400 g)
Zucchini: 4 medium (800 g)
Bell Pepper (red): 1 medium (120 g)
Broccoli Florets: 2 cups (170 g)
Cauliflower Florets: 6 cups (680 g)
Green Onion: 2 tbsp chopped (8 g)
Cabbage (green): 2 cups shredded (140 g)
Brussels Sprouts: 2 cups halved (225 g)
Celery Stalks: 4 large (170 g)
Onion (yellow or white): 1 medium (150 g)
Cherry Tomatoes: 1½ cups (210 g)

Fruits

Avocados: 5 whole (700 g)
Lemon: 2 medium (120 ml juice total)
Lime: 1 whole
Mixed Berries (frozen): 1 cup (140 g)

Protein

Eggs (large): 20 (1000 g)
Chicken Breast (cooked & raw): about 4 pieces (900 g)
Chicken Thighs (boneless or bone-in): 4 (450 g)
Shrimp (peeled & deveined): 16 oz (450 g)
Ground Beef: 1 lb (450 g)
Ground Turkey or Sausage: 8 oz (225 g)
Salmon Fillets: 4 fillets (6 oz each) (680 g)
Smoked Salmon: 2 oz (56 g)
Tuna in Olive Oil (canned): 2 cans (5 oz each) (280 g)
Cooked Bacon: 4 strips (56 g)
Turkey Slices: 6 oz (170 g)

Dairy

Cheddar Cheese (shredded): 1 cup (112 g)
Mozzarella Cheese (shredded): ½ cup (56 g)

Feta Cheese (crumbled): ½ cup (74 g)
Cream Cheese: 4 oz (115 g)
Ricotta Cheese: ½ cup (115 g)
Parmesan Cheese (grated): ¼ cup (28 g)
Goat Cheese: 2 oz (56 g)
Blue Cheese (crumbled): ¼ cup (37 g)
Heavy Cream: 1 cup (240 ml)
Greek Yogurt (plain): 1 tbsp (14 g)

Pantry

Almond Flour: ½ cup (56 g)
Coconut Flour: ½ cup (60 g)
Chia Seeds: 6 tbsp (85 g)
Ground Flaxseed: 3 tbsp (30 g)
Sun-Dried Tomatoes: 2 tbsp (20 g)
Tomato Sauce (sugar-free): ½ cup (120 ml)
Olive Tapenade: 4 tbsp (56 g)
Tuna or Chicken Broth (for aioli/sauces): optional

Oils & Fats

Olive Oil (extra virgin): about 1 cup (240 ml)
Butter (unsalted): ½ cup (120 g)
MCT Oil: 2 tbsp (30 ml)
Coconut Oil or Coconut Cream: 2 tbsp (28 g)
Sesame Oil (toasted): 1 tsp (5 ml)

Herbs & Spices

Fresh Basil: 2 tbsp chopped (8 g)
Fresh Parsley: 3 tbsp (12 g)
Fresh Cilantro: 2 tbsp (6 g)
Fresh Dill: 1 tsp (1 g)
Garlic (fresh): 4 cloves (12 g)
Garlic Powder: 1 tsp (2 g)
Smoked Paprika: ½ tsp (1 g)
Dried Italian Herbs: 1 tsp (1 g)
Salt & Black Pepper: to taste

Week 2: Transition into Ketosis

Vegetables

Mushrooms (sliced): 2 cups (140 g)
Zucchini: 4 medium (800 g)
Bell Pepper (any color): 2 medium (240 g)
Kale: 3 cups chopped (200 g)
Spinach (fresh): 4 cups (120 g)
Cabbage (green): 2 cups shredded (140 g)
Cauliflower Florets: 4 cups (450 g)
Mixed Greens (for salad): 4 cups (120 g)
Onion (yellow or white): 1 medium (150 g)
Garlic (fresh): 5 cloves (15 g)
Cherry Tomatoes: 1 cup (140 g)
Microgreens (optional): ½ cup (15 g)
Fresh Basil: 2 tbsp chopped (8 g)
Fresh Parsley: 2 tbsp chopped (8 g)

Fruits

Avocados: 4 whole (560 g)
Lime: 1 whole
Lemon: 2 medium (120 ml juice total)

Protein

Eggs (large): 16 (800 g)
Lamb (ground and chops): 16 oz total (450 g)
Chicken Breast (cooked and raw): about 3 pieces (680 g)
Chicken Thighs: 2 (225 g)
Cod or White Fish Fillets: 2 fillets (5 oz each) (280 g)
Sausage (keto-friendly): 8 oz (225 g)
Bacon (cooked): 3 strips (42 g)
Sardines in olive oil (canned): 1 can (4 oz) (115 g)
Turkey Patties or Ground Turkey: 8 oz (225 g)

Dairy

Goat Cheese (crumbled): 2 oz (56 g)
Feta Cheese (crumbled): ½ cup (74 g)
Cheddar Cheese (shredded): ½ cup (56 g)
Mozzarella Cheese (shredded): ½ cup (56 g)
Parmesan Cheese (grated): ¼ cup (28 g)
Cream Cheese: 2 oz (56 g)
Blue Cheese (crumbled): ¼ cup (37 g)

Pantry

Coconut Flakes (unsweetened): ½ cup (45 g)
Coconut Aminos: 2 tbsp (30 ml)
Tomato Sauce (sugar-free): ½ cup (120 ml)
Almond Butter: 2 tbsp (28 g)
Ground Flaxseed: 2 tbsp (14 g)
Chia Seeds: 2 tbsp (28 g)
Olive Tapenade: ¼ cup (56 g)
Pickles: 4 slices (60 g)

Oils & Fats

Olive Oil (extra virgin): ½ cup (120 ml)
Coconut Oil: 2 tbsp (28 g)
Butter (unsalted): ¼ cup (56 g)
MCT Oil: 2 tbsp (30 ml)
Cacao Butter (for hot chocolate): 2 tbsp (28 g)

Herbs & Spices

Fresh Thyme: 1 tsp (1 g) Fresh
Dill: 1 tsp (1 g) Dried Italian
Herbs: 1 tsp (1 g) Garlic
Powder: ¼ tsp (0.5 g) Smoked
Paprika: ½ tsp (1 g) Cinnamon:
½ tsp (1.3 g) Vanilla Extract:
1½ tsp (7.5 ml) Salt & Pepper:
to taste

Week 3: Transition into Ketosis

Vegetables

Zucchini: 4 medium (800 g)
Cauliflower Florets: 4 cups (450 g)
Asparagus: 10 spears (280 g)
Cucumber: 1 large (280 g)
Bell Peppers (any color): 3 medium (360 g)
Cabbage (green): 2 cups shredded (140 g)
Green Beans: 1½ cups (180 g)
Garlic (fresh): 4 cloves (12 g)
Onion (yellow or white): 1 medium (150 g)
Lemon: 2 medium (120 ml juice)
Lime: 1 whole
Fresh Parsley: 2 tbsp chopped (8 g)
Fresh Cilantro: 2 tbsp chopped (6 g)

Fruits

Avocados: 5 whole (700 g)
Raspberries (fresh or crushed): ½ cup (60 g)
Berries (mixed or strawberries): 1 cup (140 g)

Protein

Eggs (large): 18 (900 g)
Chicken Thighs: 4 pieces (10 oz / 280 g)
Chicken Drumsticks: 2 (300 g)
Ground Turkey: 8 oz (225 g)
Ground Beef: 8 oz (225 g)
Beef Brisket: 1 lb (450 g)
Shrimp (peeled & deveined): 8 oz (225 g)
Duck Breast: 2 small (280 g)
Mackerel Fillets (smoked or grilled): 2 fillets (225 g)
Tuna in Olive Oil (canned): 1 can (5 oz) (140 g)

Dairy

Greek Yogurt (plain): 1 cup (225 g)
Garlic Yogurt (or use Greek + garlic): ¼ cup (60 g)
Mascarpone Cheese: ½ cup (115 g)
Parmesan Cheese (shredded): ¼ cup (28 g)
Cream Cheese: 2 oz (56 g)
Feta Cheese: ½ cup (74 g)

Pantry

Chia Seeds: 3 tbsp (42 g)
Ground Flaxseed: 2 tbsp (28 g)
Coconut Flakes (unsweetened): ¼ cup (22 g)
Pumpkin Seeds: 2 tbsp (20 g)
Coconut Aminos: 2 tbsp (30 ml)
Olive Tapenade: 2 tbsp (28 g)
Tomato Sauce (sugar-free): ½ cup (120 ml)
Pickles: 2–3 slices (30 g)
Almond Butter: 2 tbsp (28 g)
Protein Powder (low-carb): 2 scoops (45 g)
Collagen Peptides: 2 scoops (40 g)

Oils & Fats

Olive Oil: ½ cup (120 ml)
MCT Oil: 2 tbsp (30 ml)
Coconut Cream: 2 tbsp (28 g)
Butter (unsalted): ¼ cup (56 g)
Cacao Butter: 2 tbsp (28 g)

Herbs & Spices

Turmeric (ground): 1 tsp (2.5 g)
Black Pepper: to taste
Salt: to taste
Cinnamon (ground): ½ tsp (1.3 g)
Vanilla Extract: 1 tsp (5 ml)
Fresh Dill: 1 tsp (1 g)

Week 4: Transition into Ketosis

Vegetables

Cauliflower (riced or florets): 4 cups (450 g)
Bell Peppers (any color): 2 large (280 g)
Zucchini: 3 medium (600 g)
Green Onion: 2 tbsp chopped (8 g)
Microgreens (optional): ½ cup (15 g)
Cabbage (green): 2 cups shredded (140 g)
Onion (yellow or white): 1 medium (150 g)
Garlic (fresh): 4 cloves (12 g)
Cucumber: 1 large (280 g)
Mixed Greens (salad base): 2 cups (60 g)
Lemon: 2 medium (120 ml juice)
Lime: 1 whole
Fresh Basil: 2 tbsp chopped (8 g)
Fresh Parsley: 2 tbsp chopped (8 g)

Fruits

Avocados: 4 whole (560 g)

Protein

Eggs (large): 18 (900 g)
Ground Turkey: 8 oz (225 g)
Turkey Sausage or Patties: 6 oz (170 g)
Chicken Breast: 2 medium (450 g)
Duck Breast: 2 small (280 g)
Shrimp (peeled & deveined): 8 oz (225 g)
Scallops (large sea): 8 oz (225 g)
Sardines in olive oil (canned): 1 can (4 oz) (115 g)

Dairy

Mozzarella Cheese (shredded): 1 cup (225 g)
Feta Cheese (crumbled): ½ cup (75 g)
Cheddar Cheese (shredded): ½ cup (56 g)
Parmesan Cheese (grated): ¼ cup (28 g)
Blue Cheese (crumbled): ¼ cup (37 g)
Cream Cheese: 2 oz (56 g)

Pantry

Chia Seeds: 3 tbsp (42 g)
Ground Flaxseed: 2 tbsp (28 g)
Coconut Flakes (unsweetened): ¼ cup (22 g)
Pickles: 4 slices (60 g)
Almond Milk (unsweetened): 2 cups (480 ml)
Protein Powder (low-carb): 2 scoops (45 g)
Collagen Peptides: 2 scoops (40 g)
Olive Tapenade: 2 tbsp (28 g)

Oils & Fats

Olive Oil: ½ cup (120 ml)
MCT Oil: 2 tbsp (30 ml)
Coconut Cream: 2 tbsp (28 g)
Butter (unsalted): ¼ cup (56 g)
Cacao Butter: 2 tbsp (28 g)

Herbs & Spices

Truffle Oil (optional): 1 tsp (5 ml)
Fresh Dill: 1 tsp (1 g)
Italian Herb Mix (dried): 1 tsp (1 g)
Garlic Powder: ½ tsp (1 g)
Paprika: ½ tsp (1 g)
Black Pepper: to taste
Salt: to taste
Cinnamon (ground): ½ tsp (1.3 g)
Vanilla Extract: 1 tsp (5 ml)

APPENDICES

Appendix A: Keto Macro & Calorie Calculator

Understanding your macros is one of the most empowering tools for keto success. Instead of guessing how much fat or protein you need, you'll be equipped with a simple formula based on your personal stats and goals.

This appendix guides you step-by-step through:

- Estimating your daily calorie needs
- Setting the right macronutrient percentages
- Converting percentages into real food values (grams)
- Adjusting for fat loss, maintenance, or muscle building

Step 1: Estimate Your Daily Calorie Needs

Use the Mifflin-St Jeor equation to calculate your Basal Metabolic Rate (BMR), then multiply it by your activity level.

IA. Calculate BMR

SEX	FORMULA
Female	$BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$
Male	$BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$

IB. Adjust for Activity Level

ACTIVITY LEVEL	MULTIPLIER
Sedentary	$\times 1.2$
Light activity (1–3x/week)	$\times 1.375$
Moderate (3–5x/week)	$\times 1.55$
Active (daily or intense)	$\times 1.725$

Example:

A 35-year-old woman, 165 cm, 70 kg, moderately active:

$$BMR = (10 \times 70) + (6.25 \times 165) - (5 \times 35) - 161 = 1448 \text{ kcal}$$

$$TDEE = 1448 \times 1.55 = 2244 \text{ kcal/day}$$

Step 2: Set Your Keto Macro Goals

The standard ketogenic ratio is:

MACRO	% OF CALORIES	GRAMS PER DAY (BASED ON 2000 KCAL)
Fat	70–75%	155–167 g
Protein	20–25%	100–125 g
Net Carbs	5–10%	20–50 g

Choose the lower end of carbs (20–30g) for fat loss and stricter ketosis. Use higher protein for workouts or maintenance.

Step 3: Convert Calories to Grams

Use the following conversion:

- Fat = 9 calories per gram
- Protein = 4 calories per gram
- Net Carbs = 4 calories per gram

Example (for 1800 kcal target):

MACRO	% OF CALORIES	CALORIES	GRAMS
Fat	75%	1350	150 g
Protein	20%	360	90 g
Net Carbs	5%	90	22.5 g (rounded 20–25 g)

Step 4: Customize Based on Your Goal

GOAL	ADJUSTMENTS
Fat Loss	Stick to lower end of carbs (20 g), moderate protein, and fat just below target
Maintenance	Use standard 70–75% fat, 20–25% protein, 5–10% carbs
Muscle Gain	Slightly increase protein (up to 30%), and total calories by +200–300/day

Macro Tracking Tips

- Use apps like Carb Manager, MyFitnessPal, or KetoDiet App
- Focus on net carbs (total carbs – fiber – sugar alcohols)
- Measure weekly averages, not perfect daily hits
- Recalculate your macros every 4–6 weeks or after a weight change of 5–10 lbs (2–5 kg)

Appendix B: Measurement Conversions

Cooking keto shouldn't require a calculator. This appendix provides all the essential measurement conversions you'll need in the kitchen, whether you're measuring almond flour, coconut oil, or heavy cream.

Dry Ingredients (Volume to Weight — Approximate)

INGREDIENT	1 CUP =
Almond flour	96 g (3.4 oz)
Coconut flour	112 g (4 oz)
Shredded cheese	113 g (4 oz)
Chia seeds	136 g (4.8 oz)
Erythritol (granular)	200 g (7 oz)
Cocoa powder	85 g (3 oz)
Flaxseed meal	112 g (4 oz)
Whey protein powder	~30 g per scoop (varies by brand)

Note: Weights are approximate and may vary based on grind or moisture.

Spoon & Cup Conversions

U.S. STANDARD	METRIC EQUIVALENT
1 teaspoon (tsp)	5 ml
1 tablespoon (tbsp)	15 ml
¼ cup	60 ml
⅓ cup	80 ml
½ cup	120 ml
1 cup	240 ml

Weight Conversions

U.S. WEIGHT	METRIC EQUIVALENT
1 ounce (oz)	28 grams (g)
4 ounces	113 grams (g)
8 ounces (½ lb)	227 grams (g)
1 pound (lb)	454 grams (g)

Temperature Conversions

FAHRENHEIT (°F)	CELSIUS (°C)
212°F	100°C (boiling)
400°F	200°C
375°F	190°C
350°F	175°C
325°F	165°C
300°F	150°C
250°F	120°C

Tip: For precision baking (especially keto desserts), an oven thermometer is recommended.

Liquid Conversions

U.S. LIQUID MEASURE	METRIC EQUIVALENT
1 fluid ounce (fl oz)	30 ml
¼ cup	60 ml
⅓ cup	80 ml
½ cup	120 ml
1 cup	240 ml
2 cups (1 pint)	480 ml
4 cups (1 quart)	950 ml
1 gallon	3.8 liters

CONCLUSION

If you've made it this far, take a moment to recognize the commitment you've shown — not just to a way of eating, but to a more intentional relationship with your health. That alone is worth celebrating.

Adopting a ketogenic lifestyle isn't about chasing a number on the scale or following a perfect plan. It's about learning to listen inward, to honor your body's signals, and to fuel yourself in a way that supports the life you want to live — with more energy, more mental clarity, and greater emotional balance.

You now have a solid foundation: the knowledge of how ketosis works, a toolbox of delicious recipes, flexible meal plans, and strategies that go beyond the plate. But the real magic happens in how you carry this into your day-to-day life.

Some days will feel easy — your meals will hit the spot, your cravings will fade, and you'll wonder why you didn't start sooner. Other days may feel messier. Life will happen. Stress, travel, social gatherings, or simply fatigue may throw you off course. That's okay. This isn't about following rules; it's about building resilience.

Give yourself permission to adapt. Maybe you'll stay in ketosis consistently. Maybe you'll experiment with cycling in and out. Maybe you'll blend keto principles with other wellness strategies you've come to trust. There's no one right way — only the way that supports your health, your goals, and your joy.

Use this book as often as you need: when you're meal planning, when you need a recipe you trust, or when you just want to reconnect with why you started. Let it be a reminder that you are capable of more than just following a diet — you're learning to lead your life with awareness and intention.

So, as you move forward, stay curious. Keep learning. Keep tweaking. Most importantly, be kind to yourself. Progress isn't always loud or dramatic — sometimes it looks like choosing real food when it would've been easier not to. Sometimes it's simply showing up, again and again.

You've already begun. The next chapter is yours to write — and you have everything you need to keep going.

THANK YOU

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