



Keto Diet Cookbook

For Beginners



Welcome to the Keto Diet Cookbook for Beginners!

I'm Wanda Walton, and I'm excited to share a simple, practical approach to the ketogenic lifestyle that is both delicious and sustainable. Whether your goal is to lose weight, boost your energy, or improve your overall health, this guide will help you get started with confidence.

My keto journey began with a passion for nutrition and a desire to make healthier eating accessible to everyone. Through extensive research and personal experience, I've developed a guide with easy-to-follow tips, structured meal plans, and flavorful, low-carb recipes to help you maintain ketosis without feeling restricted.

Let's take this journey to better health together. Small changes can lead to lasting results with the proper knowledge and meals. Here's to a healthier, more vibrant you!



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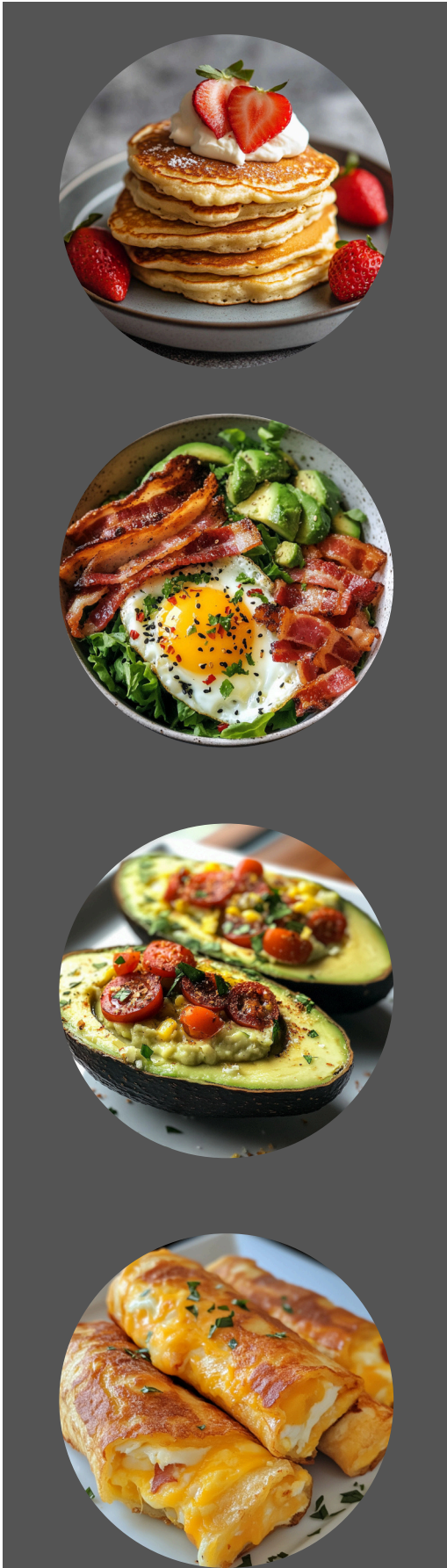


A glass of keto smoothie with almond slices and chocolate chips. The smoothie is light brown and topped with several almond slices and a dusting of chocolate chips. The background is a blurred white surface with some almond slices scattered around.

Introduction to the Keto Diet

The ketogenic diet (keto) is a low-carbohydrate, high-fat diet designed to shift the body's metabolism from burning carbohydrates for energy to burning fat. This metabolic state is known as ketosis, where the liver produces ketones, an alternative energy source for the brain and body.

The body usually relies on carbohydrates for energy, breaking them into glucose. When carb intake is drastically reduced (typically below 50g per day), glycogen stores are depleted, forcing the body to use fat for fuel. This increases fat burning, stabilises blood sugar levels, and reduces insulin spikes.



Key Benefits of the Keto Diet

- Weight Loss: Burns stored fat for energy, leading to fat loss.
- Increased Energy: Stable energy levels without blood sugar crashes.
- Mental Clarity: Ketones provide a consistent fuel source for the brain.
- Appetite Control: High-fat meals promote satiety and reduce cravings.
- Improved Metabolic Health: Can help manage blood sugar levels and insulin resistance.

Macronutrient Breakdown

- 70-75% Fat: Avocados, nuts, olive oil, butter, fatty meats.
- 20-25% Protein: Eggs, poultry, fish, beef, dairy.
- 5-10% Carbohydrates: Leafy greens, cruciferous vegetables, berries.

Types of Keto Diets

1. Standard Keto Diet (SKD): Low-carb, moderate-protein, high-fat.
2. Cyclical Keto Diet (CKD): Periods of higher-carb intake (for athletes).
3. Targeted Keto Diet (TKD): Small carbs around workouts.
4. High-Protein Keto Diet: Slightly higher protein intake (used for muscle retention).

Who Can Benefit from the Keto Diet?

- Individuals looking to lose weight.
- Those seeking improved focus and mental clarity.
- People with insulin resistance or type 2 diabetes.
- Athletes and fitness enthusiasts (with modifications).

Benefits and Risks of the Keto Diet



Weight Loss

The keto diet promotes fat burning by shifting the body's energy source from carbohydrates to fat. Lower insulin levels prevent fat storage and support weight loss.



Stable Energy Levels

Ketones provide a steady energy source, eliminating the blood sugar spikes and crashes familiar with high-carb diets.



Neurological Benefits

Originally used to treat epilepsy, keto is being studied for its potential role in reducing seizures and managing neurological disorders like Alzheimer's and Parkinson's.



Heart Health Benefits

Some studies suggest keto can increase HDL (good cholesterol) and lower triglycerides, potentially improving cardiovascular health.



Better Blood Sugar Control

The diet stabilises blood sugar and insulin levels, which benefits those with insulin resistance or type 2 diabetes.

Risks and Considerations



Keto Flu – When transitioning to keto, some experience headaches, fatigue, muscle cramps, and irritability due to electrolyte imbalances. Staying hydrated and increasing sodium, potassium, and magnesium intake helps manage symptoms.



Nutrient Deficiencies—Restricting carbs may lead to fibre, vitamins, and minerals deficiencies. A well-balanced keto diet should include nutrient-dense vegetables, nuts, and seeds.



Digestive Issues—Some may experience constipation or diarrhoea due to dietary changes. Increasing fibre intake and staying hydrated can help.



Sustainability—The restrictive nature of keto can make it challenging to maintain long-term adherence. Planning meals and incorporating a variety of keto-friendly foods can help with this.

Step-by-Step Guide for Beginners



Step 1

Clean Out High-Carb Foods

Remove foods that can prevent ketosis:

- Sugar: Soda, juice, candy, baked goods.
- Grains: Bread, pasta, rice, cereal.
- Starchy Vegetables: Potatoes, corn, beans.

Processed Foods: Chips, crackers, fast food.



Step 2

Understand the Basics of Keto

- Goal: Shift your body from burning carbohydrates to burning fat for energy (ketosis).
- Macronutrient Breakdown:
 - 70-75% Fat – Avocados, nuts, olive oil, butter, fatty meats.
 - 20-25% Protein – Eggs, poultry, fish, beef, dairy.
 - 5-10% Carbohydrates – Leafy greens, cruciferous vegetables, berries.



Step 3

Plan Your Meals

- Use a 7-day meal plan to simplify grocery shopping and meal prep.
- Prioritize whole, unprocessed foods to avoid hidden carbs.
- Keep quick keto-friendly snacks (cheese, nuts, hard-boiled eggs).

Breakfast

"Every morning is a fresh start—fuel your body with the right nutrients and begin your day in ketosis!"

[CLICK HERE](#)

Keto Scrambled Eggs with Avocado



Ingredients

- 4 large eggs
- 2 tbsp butter
- ½ avocado, sliced
- Salt and pepper to taste
- 1 tbsp heavy cream (optional)



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
10 Minutes

1. Crack the eggs into a bowl; add salt, pepper, and heavy cream. Whisk until smooth.
2. Heat a non-stick pan over medium heat and add the butter. Let it melt and coat the pan evenly.
3. Pour in the eggs and allow them to cook undisturbed for about 30 seconds.
4. Using a spatula, gently stir and fold the eggs continuously, keeping them soft and fluffy.
5. Once the eggs are just set but still slightly creamy, remove from heat.
6. Serve immediately with sliced avocado on top or the side.

Keto Coconut Pancakes

1. Whisk the eggs, almond milk, vanilla extract, and melted butter in a mixing bowl.
2. Add the coconut flour, baking powder, and sweetener (if using). Stir well to remove any lumps.
3. Heat a non-stick pan over medium-low heat and lightly grease with butter.
4. Pour slight batter into the pan, forming 3-inch in diameter pancakes.
5. Cook for 2-3 minutes or until bubbles form on the surface. Flip and cook for another 2 minutes until golden brown.
6. Serve warm with sugar-free syrup, butter, or fresh berries.



Ingredients

- 2 large eggs
- 2 tbsp coconut flour
- ½ tsp baking powder
- 2 tbsp unsweetened almond milk
- 1 tbsp melted butter
- 1 tsp vanilla extract
- 1 tbsp keto-friendly sweetener (optional)



Serving Size
15 People



Prep Time
5 Minutes

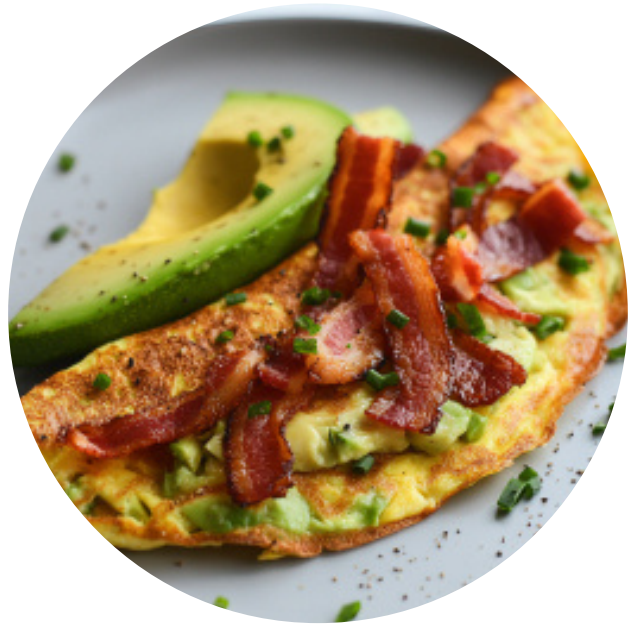


Cook Time
10 Minutes



Total Time
15 Minutes

Keto Avocado & Bacon Omelet



Ingredients

- 2 eggs
- 2 slices cooked bacon, crumbled
- ¼ avocado, sliced
- 1 tbsp butter
- Salt and pepper to taste

Directions

1. whisk the eggs with salt and pepper in a bowl until well combined.
2. Heat a non-stick pan over medium heat and add the butter. Let it melt and coat the pan.
3. Pour the eggs into the pan, slightly tilting them to spread evenly.
4. Allow the eggs to cook for about 2 minutes until the edges start to set.
5. Sprinkle crumbled bacon on one half of the omelette, then add the avocado slices.
6. Carefully fold the omelette in half and cook for another minute to warm the filling.
7. Slide the omelette onto a plate and serve immediately.



Serving Size
1 Person



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 Minutes

Keto Chia Seed Pudding



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
0 Minutes



Total Time
4 hours

Ingredients

- 2 eggs
- 2 slices cooked bacon, crumbled
- ¼ avocado, sliced
- 1 tbsp butter
- Salt and pepper to taste

1. mix the chia seeds, almond milk, vanilla extract, and sweetener in a bowl or jar.
2. Stir well to ensure the chia seeds are evenly distributed and don't clump together.
3. Let the mixture sit for 5 minutes, then stir again to prevent lumps.
4. Cover and refrigerate for at least 4 hours or overnight until the pudding thickens.
5. Stir once more before serving, and top with fresh berries if desired.

Keto Egg Muffins with Cheese & Spinach



1. Preheat your oven to 375°F (190°C).
2. Whisk the eggs with heavy cream, salt, and pepper in a large bowl.
3. Stir in the shredded cheese and chopped spinach.
4. Grease a muffin tin with butter or line with silicone muffin cups.
5. Pour the egg mixture evenly into the muffin cups, filling them about $\frac{3}{4}$ full.
6. Bake for 18-20 minutes until the muffins are set and slightly golden on top.
7. Let cool for a few minutes before removing from the tin. Serve warm or store in the refrigerator for later.

Ingredients

- 6 large eggs
- $\frac{1}{2}$ cup shredded cheese (cheddar or mozzarella)
- $\frac{1}{2}$ cup spinach, chopped
- $\frac{1}{4}$ cup heavy cream
- Salt and pepper to taste



Keto Sausage & Egg Breakfast Bowl



Serving Size
2 People



Cook Time
10 Minutes



Prep Time
5 Minutes



Total Time
15 Minutes

Ingredients

- 4 large eggs
- $\frac{1}{2}$ cup cooked sausage, crumbled
- $\frac{1}{4}$ cup shredded cheddar cheese
- 1 tbsp butter
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 tbsp chopped green onions (optional)

1. In a bowl, whisk the eggs with salt and pepper until well combined.
2. Heat a non-stick pan over medium heat and melt the butter.
3. Add the crumbled sausage and cook for 2-3 minutes until heated through.
4. Pour in the eggs and cook, stirring gently, until scrambled and just set.
5. Sprinkle shredded cheddar cheese on top and allow it to melt.
6. Serve immediately with chopped green onions for extra flavor.

Keto Greek Yogurt with Nuts & Seeds

1. In a bowl, mix the Greek yogurt with sweetener and cinnamon.
2. Stir in chia seeds, flaxseeds, and chopped nuts.
3. Let sit for a few minutes to allow the chia seeds to absorb some moisture.
4. Serve immediately or refrigerate for later.



Ingredients

- *½ cup full-fat unsweetened Greek yogurt*
- *1 tbsp chia seeds*
- *1 tbsp flaxseeds*
- *1 tbsp chopped almonds or walnuts*
- *½ tsp cinnamon*
- *1 tbsp keto-friendly sweetener (optional)*



Serving Size
1 Person



Cook Time
0 Minutes



Prep Time
5 Minutes



Total Time
5 Minutes

Keto Almond Flour Waffles



1. Preheat the waffle iron and grease it with butter or coconut oil.
2. whisk together eggs, heavy cream, vanilla extract, and melted butter in a bowl.
3. Add almond flour, baking powder, and sweetener. Mix well.
4. Pour batter into the waffle iron and cook until golden brown.
5. Serve with sugar-free syrup or a pat of butter.

Ingredients

- 2 large eggs
- 1/2 cup almond flour
- 1/4 cup heavy cream
- 1/2 tsp baking powder
- 1 tbsp melted butter
- 1/2 tsp vanilla extract
- 1 tbsp keto-friendly sweetener



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 minutes

Ingredients

- 2 large eggs
- 2 tbsp heavy cream
- ½ tbsp butter
- ¼ cup shredded cheese
- 2 slices cooked bacon, crumbled
- ¼ avocado, sliced



Keto Breakfast Burrito (Egg Wrap)



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 Minutes

1. Whisk eggs with heavy cream and a pinch of salt.
2. Heat a non-stick pan over medium-low heat and melt the butter.
3. Pour the egg mixture into the pan, tilting it to spread evenly.
4. Cook for 2-3 minutes until set, then carefully flip.
5. Sprinkle shredded cheese on top and let it melt.
6. Fill with bacon and avocado, then roll into a burrito shape.
7. Serve immediately.

Ingredients

- 4 oz smoked salmon
- 2 oz cream cheese
- ½ avocado, sliced
- 1 tbsp capers
- ¼ cup sliced cucumbers
- 1 tbsp olive oil



Instructions

- 1 Arrange smoked salmon, cream cheese, avocado, and cucumbers on a plate.
- 2 Sprinkle capers over the salmon and drizzle with olive oil.
- 3 Serve immediately.

Keto Smoked Salmon & Cream Cheese Plate

Keto Egg & Cheese Roll-Ups

1. Place the cheese slices on a plate and microwave for 15-20 seconds until slightly melted but still firm.
2. Spread mayonnaise and mustard over the cheese.
3. Add boiled egg slices and roll up the cheese like a wrap.
4. Serve immediately.



Serving Size
2 people



Prep Time
5 Minutes



Cook Time
5 Minutes



Total Time
10 Minutes

Ingredients

- *2 slices provolone or cheddar cheese*
- *1 boiled egg, sliced*
- *1 tbsp mayonnaise*
- *½ tsp mustard*

Ingredients

- 6 large eggs
- ½ cup heavy cream
- 1 cup cooked sausage, crumbled
- 1 cup shredded cheddar cheese
- ½ cup spinach, chopped
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp butter (for greasing)

Keto Breakfast Casserole with Sausage & Cheese

1. Preheat the oven to 375°F (190°C) and grease a baking dish with butter.
2. Whisk the eggs with heavy cream, salt, and pepper in a large bowl.
3. Stir in the cooked sausage, shredded cheese, and spinach.
4. Pour the mixture into the prepared baking dish and spread evenly.
5. Bake for 25–30 minutes. Whisk the eggs with heavy cream, salt, and pepper in a large bowl until the centre is set, and the edges are golden brown.
6. Let cool for a few minutes before slicing and serving.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
30 Minutes



Total Time
40 Minutes

Keto Mushroom & Cheese Omelet



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 Minutes

Ingredients

- 2 large eggs
- ¼ cup mushrooms, sliced
- ¼ cup shredded cheese (cheddar or Swiss)
- 1 tbsp butter
- Salt and pepper to taste

Directions

1. Heat a pan over medium heat and melt the butter.
2. Add the mushrooms and sauté for 2-3 minutes until soft. Remove from the pan.
3. Whisk the eggs with salt and pepper, then pour them into the pan.
4. Cook until the edges begin to set, then add the mushrooms and cheese to one side.
5. Fold the omelet in half and cook for another minute until the cheese melts.
6. Serve hot.

Keto Chocolate Protein Shake

1. Add all ingredients to a blender.
2. Blend on high speed for 30–45 seconds until smooth.
3. Pour into a glass and enjoy immediately.



Ingredients

- 1 cup unsweetened almond milk
- 1 scoop chocolate-flavored keto protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tbsp almond butter
- ½ tsp vanilla extract
- Ice cubes (optional)



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
0 Minutes



Total Time
5 Minutes

Keto Ham & Cheese Breakfast Roll-Ups

1. Spread cream cheese and mustard on each ham slice.
2. Place a cheese slice on top and roll tightly.
3. Heat a pan over medium heat and sear the roll-ups for 1-2 minutes per side until golden brown.
4. Serve warm.



Ingredients

- 2 slices deli ham
- 2 slices cheese (cheddar or provolone)
- 1 tbsp cream cheese
- ½ tsp mustard

Keto Peanut Butter & Flaxseed Smoothie



Ingredients

- 1 cup unsweetened coconut milk
- 1 tbsp peanut butter
- 1 tbsp ground flaxseeds
- ½ tsp cinnamon
- Ice cubes (optional)



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
0 Minutes



Total Time
5 Minutes

1. Blend all ingredients in a blender until smooth.
2. Pour into a glass and enjoy immediately.



Keto Zucchini & Cheese Fritters

1. Squeeze the grated zucchini in a towel to remove excess moisture.
2. In a bowl, mix zucchini, egg, almond flour, cheese, salt, and pepper.
3. Heat butter in a pan over medium heat.
4. Form small patties with the mixture and fry for 2-3 minutes per side until golden brown.
5. Serve warm.



Ingredients

- 1 medium zucchini, grated
- 1 egg
- ¼ cup almond flour
- ¼ cup shredded Parmesan cheese
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp butter or olive oil (for frying)



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Keto Almond Butter Chia Pudding



Ingredients

- ½ cup chia seeds
- 2 cups unsweetened almond milk
- 1 tbsp almond butter
- ½ tsp vanilla extract
- 1 tbsp keto-friendly sweetener

Direction

1. Combine all ingredients in a bowl and stir well.
2. Let sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours or overnight.
4. Serve cold.



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
0 Minutes



Total Time
4 hours

Keto Cream Cheese Pancakes



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 minutes

Ingredients

- 2 eggs
- 2 oz cream cheese
- ½ tsp baking powder
- ½ tsp vanilla extract
- 1 tbsp almond flour

1. Blend all ingredients until smooth.
2. Heat a non-stick pan over medium heat and lightly grease with butter.
3. Pour batter into the pan, making small pancakes.
4. Cook for 2 minutes per side until golden brown.
5. Serve warm with sugar-free syrup.

Keto Cheese & Egg Muffins



1. Preheat oven to 375°F (190°C).
2. Whisk eggs, heavy cream, salt, and pepper in a bowl.
3. Stir in shredded cheese.
4. Pour mixture into greased muffin tins.
5. Bake for 18-20 minutes until set.
6. Let cool slightly before serving.

Ingredients

- 6 large eggs
- ½ cup shredded cheese (cheddar or mozzarella)
- ¼ cup heavy cream
- ½ tsp salt
- ¼ tsp black pepper



Serving Size
4 People



Prep Time
10 Minutes



Cook Time
20 Minutes



Total Time
30 minutes

Ingredients

- 4 large eggs
- ½ lb ground breakfast sausage (pork or turkey)
- ½ cup shredded cheddar cheese
- 2 tbsp butter
- ¼ cup chopped bell peppers
- ¼ cup diced onions
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp smoked paprika



Keto Egg & Sausage Breakfast Skillet



Serving Size
2 people



Prep Time
5 Minutes



Cook Time
15 Minutes



Total Time
20 Minutes

1. Heat a large skillet over medium heat and melt 1 tbsp of butter.
2. Add the ground sausage and cook until browned, about 5-7 minutes. Remove from the pan.
3. In the same pan, melt the remaining butter, then sauté the onions and bell peppers for 2-3 minutes.
4. Crack the eggs into the skillet and scramble gently.
5. Return the cooked sausage to the pan, mix well, and sprinkle with shredded cheese.
6. Let the cheese melt, then serve warm.

Ingredients

- *2 large eggs*
- *¼ cup fresh spinach, chopped*
- *2 tbsp crumbled feta cheese*
- *1 tbsp heavy cream*
- *1 tbsp butter*
- *Salt and pepper to taste*



Instructions

1. Whisk the eggs, heavy cream, salt, and pepper in a bowl.
2. Heat a non-stick skillet over medium heat and melt the butter.
3. Pour the egg mixture into the pan and cook for 2-3 minutes until the edges set.
4. Flip and cook for another 1-2 minutes.
5. Place spinach and feta cheese on the egg wrap, then roll it up and slice.

Keto Spinach & Feta Breakfast Wrap (Egg-Based Wrap)

1. Cook the bacon in a skillet over medium heat until crispy. Remove and set aside.
2. In the same pan, melt the butter and cook the eggs to your preferred style.
3. Arrange the eggs, bacon, and avocado slices in a bowl.
4. Season with salt and pepper, garnish with parsley, and serve warm.



Keto Bacon & Egg Breakfast Bowl



Serving Size
2 people



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 Minutes

Ingredients

- *4 large eggs*
- *4 slices bacon*
- *½ avocado, sliced*
- *1 tbsp butter*
- *Salt and pepper to taste*
- *1 tbsp chopped fresh parsley (optional)*

Keto Breakfast Stuffed Avocado



1. Preheat oven to 375°F (190°C).
2. Cut the avocado in half and remove a little extra flesh to create space.
3. Place the avocado halves in a baking dish and crack an egg into each.
4. Sprinkle bacon and cheese on top, then season with salt and pepper.
5. Bake for 10-12 minutes or until the egg whites set.
6. Serve immediately.

Ingredients

- 1 large avocado
- 2 eggs
- 2 slices cooked bacon, crumbled
- ¼ cup shredded cheese (cheddar or mozzarella)
- Salt and pepper to taste



Keto Cream Cheese & Smoked Salmon Roll-Ups



Serving Size
2 People



Cook Time
0 Minutes



Prep Time
5 Minutes



Total Time
5 Minutes

Ingredients

- 4 oz smoked salmon
- 2 oz cream cheese, softened
- 1 tbsp chopped fresh dill
- ½ tsp lemon juice
- ¼ avocado, mashed (optional)

1. Lay the smoked salmon slices flat.
2. mix cream cheese, dill, and lemon juice in a bowl.
3. Spread the cream cheese mixture evenly over the salmon.
4. Roll each slice tightly and slice into bite-sized pieces.
5. Serve chilled.



A close-up photograph of a keto lunch salad served in a dark bowl. The salad consists of fresh green lettuce leaves, shredded white chicken, diced red tomatoes, and chunks of ripe avocado. The background is softly blurred, focusing attention on the textures and colors of the ingredients.

Lunch

A well-balanced keto meal isn't just about low carbs—it's about nourishing your body and mind for sustained energy.

CLICK HERE

Keto Chicken Caesar Salad



Ingredients

- 2 grilled chicken breasts, sliced
- 4 cups chopped romaine lettuce
- ½ cup shredded Parmesan cheese
- ¼ cup keto-friendly Caesar dressing
- ½ avocado, sliced
- ¼ tsp black pepper



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes

1. Heat a grill pan over medium heat if the chicken is not cooked. Season the chicken breasts with salt and pepper, then grill for 5 minutes per side until fully cooked. Remove from heat and let them rest for 5 minutes before slicing into thin strips.
2. Wash and dry the romaine lettuce thoroughly, then chop it into bite-sized pieces and place it in a large salad bowl.
3. Add the sliced grilled chicken on top of the lettuce.
4. Sprinkle shredded Parmesan cheese evenly over the salad.
5. Drizzle the Caesar dressing over the salad and gently toss everything together until evenly coated.
6. Top with sliced avocado, season with black pepper, and serve immediately.

Keto Avocado & Tuna Salad Lettuce Wraps

1. In a medium bowl, add the drained tuna and break it apart with a fork.
2. Add mashed avocado, mayonnaise, lemon juice, salt, and black pepper.
3. Stir everything together until smooth and creamy.
4. Lay the lettuce leaves flat on a clean surface.
5. Spoon the tuna mixture evenly into the centre of each leaf.
6. Fold the sides of the lettuce leaves inward and roll them tightly like a burrito.
7. Secure with a toothpick if needed.
8. Serve immediately or refrigerate for later.



Ingredients

- 1 can tuna, drained
- ½ avocado, mashed
- 2 tbsp mayonnaise
- 1 tsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper
- 4 large lettuce leaves (Romaine or butter lettuce)



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
0 Minutes



Total Time
10 Minutes

Keto Zucchini Noodles with Pesto & Chicken



Ingredients

- 2 medium zucchinis, spiralised
- 1 grilled chicken breast, sliced
- ¼ cup keto-friendly pesto
- 2 tbsp olive oil
- ¼ cup shredded Parmesan cheese
- ¼ tsp salt
- ¼ tsp black pepper

Directions

1. If fresh zucchini are being spiralised, use a vegetable spiraliser.
2. Place the zucchini noodles in a colander and lightly salt them to remove excess moisture. Let them sit for 5 minutes, then pat dry with a paper towel.
3. If the chicken is not pre-cooked, grill or pan-fry it over medium heat for about 5 minutes per side. Let it rest briefly, then slice it into thin strips.
4. Heat a large skillet over medium heat and add olive oil.
5. Toss in the zucchini noodles and sauté for 2-3 minutes, stirring occasionally. Avoid overcooking to keep them from getting mushy.
6. Stir in the pesto and mix well, coating the zucchini evenly.
7. Add the sliced chicken and cook for 2 minutes until everything is heated.
8. Sprinkle Parmesan cheese on top, season with salt and pepper, and serve immediately.



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes

Keto Avocado Chicken Salad



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
0 Minutes



Total Time
10 minutes

Ingredients

- 1 cup cooked shredded chicken
- 1 avocado, mashed
- 2 tbsp mayonnaise
- 1 tbsp lemon juice
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper

1. Mash the avocado in a large bowl until smooth using a fork.
2. Stir in mayonnaise, lemon juice, garlic powder, salt, and black pepper until thoroughly combined.
3. Add the shredded chicken to the mixture and mix until all the chicken is well coated.
4. Serve inside lettuce wraps, on keto-friendly crackers, or as a standalone dish.

Keto Bacon & Egg Salad



1. Bring a pot of water to a boil, gently add the eggs, and boil for 10 minutes.
2. Transfer the eggs to an ice bath, then peel and chop them into small pieces.
3. Mix mayonnaise, Dijon mustard, salt, black pepper, and paprika in a mixing bowl until smooth.
4. Add the chopped eggs and crumbled bacon to the dressing.
5. Stir everything together until evenly combined.
6. Serve chilled as a filling for lettuce wraps or enjoy on its own.

Ingredients

- *4 large hard-boiled eggs, chopped*
- *4 slices cooked bacon, crumbled*
- *2 tbsp mayonnaise*
- *1 tsp Dijon mustard*
- *¼ tsp salt*
- *¼ tsp black pepper*
- *½ tsp paprika*



Keto Shrimp & Avocado Salad



Serving Size
2 People



Cook Time
5 Minutes



Prep Time
10 Minutes



Total Time
15 Minutes

Ingredients

- 1 cup cooked shrimp, peeled and deveined
- ½ avocado, diced
- 4 cups mixed greens
- ¼ cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tbsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper

1. If using raw shrimp, cook them in a pan over medium heat for about 2 minutes per side until pink and opaque. Remove from heat and let cool slightly.
2. Combine mixed greens, cherry tomatoes, and diced avocado in a large salad bowl.
3. Drizzle with olive oil and lemon juice.
4. Season with salt and black pepper, then toss everything gently.
5. Add the cooked shrimp on top and serve immediately.

Keto Cheesy Garlic Breadsticks (Fathead Dough)

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Melt the cheeses by microwaving the mozzarella and cream cheese for about 30 seconds, stirring until smooth.
3. Prepare the dough by adding almond flour, garlic powder, baking powder, salt, and black pepper to the melted cheese. Mix well until a sticky dough forms.
4. Incorporate the egg by cracking it into the dough mixture and stirring until everything is evenly combined. Knead the dough with your hands if necessary.
5. Shape the dough into a rectangular or oval shape on the parchment-lined baking sheet, about ¼ inch thick.
6. Bake for 10–12 minutes until the edges turn golden brown.
7. Slice into breadsticks and serve warm.

Ingredients

- *1 ½ cups shredded mozzarella cheese*
- *2 tbsp cream cheese*
- *1 egg*
- *¾ cup almond flour*
- *½ tsp garlic powder*
- *½ tsp baking powder*
- *½ tsp salt*
- *¼ tsp black pepper*



Keto Turkey Club Wrap



1. Lay the lettuce leaves flat on a clean surface, slightly overlapping them to create a sturdy base.
2. Spread mayonnaise evenly over the lettuce leaves.
3. Place turkey slices on top, followed by bacon strips.
4. Add tomato slices, cheddar cheese, and avocado slices.
5. Carefully roll the lettuce wrap tightly, tucking in the edges as you go to keep the ingredients secure.
6. Slice in half and serve immediately.

Ingredients

- 2 large lettuce leaves (Romaine or Butter lettuce)
- 3 slices turkey breast
- 2 slices cooked bacon
- 2 slices tomato
- 2 tbsp mayonnaise
- 1 slice of cheddar cheese
- ¼ avocado, sliced
- ¼ tsp black pepper



Serving Size
1 person



Prep Time
10 Minutes



Cook Time
0 Minutes



Total Time
10 minutes

Ingredients

- 1 cup cooked chicken, shredded
- ½ avocado, mashed
- 2 tbsp sour cream
- 1 tsp lime juice
- ¼ tsp salt
- ¼ tsp black pepper
- 4 large lettuce leaves



Keto Chicken & Avocado Lettuce Wrap



Serving Size
2 person



Prep Time
10 Minutes



Cook Time
0 Minutes



Total Time
10 Minutes

1. combine shredded chicken, mashed avocado, sour cream, lime juice, salt, and pepper in a bowl. Mix well until smooth and creamy.
2. Place a generous scoop of the mixture into the centre of each lettuce leaf.
3. Fold the sides of the lettuce slightly, then roll from the bottom to create a wrap.
4. Serve immediately or chill for later.

Ingredients

- $\frac{1}{2}$ lb ground beef
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{2}$ tsp chili powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 4 cups chopped romaine lettuce
- $\frac{1}{2}$ avocado, diced
- $\frac{1}{4}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{4}$ cup salsa (sugar-free)

Instructions



1. Heat a pan over medium heat and add olive oil.
2. Add ground beef and season with cumin, chilli powder, salt, and black pepper.
3. Cook, breaking the meat apart with a spatula, until browned and fully cooked (about 8 minutes).
4. Remove from heat and let cool slightly.
5. arrange the chopped romaine lettuce as a base in a large bowl.
6. Add cooked beef, diced avocado, shredded cheese, sour cream, and salsa.
7. Toss lightly before serving.

Keto Taco Salad Bowl

1. Heat a pan over medium heat and melt the butter.
2. Place two slices of bread in the pan and add two cheese slices.
3. Cover with the remaining bread slices and grill until golden brown, about 3 minutes per side.
4. In a saucepan, melt butter and add crushed tomatoes, heavy cream, salt, and pepper.
5. Simmer for 10 minutes, stirring occasionally.
6. Serve the soup with grilled cheese on the side.



Keto Grilled Cheese & Tomato Soup



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Ingredients (Tomato Soup):

- *1 cup canned crushed tomatoes (sugar-free)*
- *½ cup heavy cream*
- *1 tbsp butter*
- *¼ tsp salt*
- *¼ tsp black pepper*

Ingredients (Grilled Cheese):

- *4 slices of keto-friendly bread*
- *2 tbsp butter*
- *4 slices cheddar cheese*

Ingredients

- $\frac{1}{2}$ lb shrimp, peeled and deveined
- 2 tbsp butter
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ cup Parmesan cheese
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 tbsp chopped parsley

Keto Creamy Garlic Shrimp

1. Heat butter in a pan over medium heat.
2. Add shrimp and cook for 2 minutes per side until pink, then remove from the pan.
3. add garlic and sauté for 1 minute in the same pan.
4. Pour in heavy cream, Parmesan cheese, salt, and pepper. Stir until smooth.
5. Return shrimp to the pan and cook for 2 more minutes, coating them in the sauce.
6. Garnish with parsley and serve immediately.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Keto Philly Cheesesteak Bowl



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Ingredients

- ½ lb thinly sliced beef (ribeye or sirloin)
- 1 tbsp olive oil
- ½ green bell pepper, sliced
- ½ red bell pepper, sliced
- ½ small onion, sliced
- ½ cup shredded provolone or mozzarella cheese
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder

Directions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the sliced onions and bell peppers, and sauté for 5 minutes until softening. Remove from the pan and set aside.
3. Add the beef to the same pan and cook for 3-4 minutes, stirring occasionally, until browned.
4. Season with salt, pepper, and garlic powder, then mix well.
5. Return the cooked peppers and onions to the pan and stir to combine.
6. Sprinkle shredded cheese on top and let it melt for about 2 minutes.
7. Serve hot in a bowl, or eat it in a low-carb wrap for a handheld meal.

Keto Buffalo Chicken Salad

1. mix shredded chicken with buffalo sauce until evenly coated in a bowl.
2. Prepare the salad base by placing mixed greens, cherry tomatoes, and avocado in a large bowl.
3. Add the buffalo chicken on top of the greens.
4. Sprinkle with blue cheese crumbles and drizzle with ranch dressing.
5. Toss lightly and serve immediately.



Ingredients

- 1 cup cooked shredded chicken
- 2 tbsp keto-friendly buffalo sauce
- ¼ cup blue cheese crumbles
- 4 cups mixed greens
- ¼ avocado, diced
- ¼ cup cherry tomatoes, halved
- 2 tbsp ranch dressing



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes

Keto Beef & Broccoli Stir-Fry

1. Heat avocado oil in a pan over medium-high heat.
2. Add beef slices and cook for 3-4 minutes, stirring frequently until browned. Remove from the pan and set aside.
3. Add broccoli to the pan and stir-fry for 3-4 minutes until tender but still crisp.
4. Return the beef to the pan and add soy sauce, sesame oil, garlic, and ginger. Stir well to coat.
5. Cook for another 2 minutes until flavours meld together.
6. Sprinkle sesame seeds before serving.



Ingredients

- ½ lb beef sirloin, thinly sliced
- 1 tbsp avocado oil
- 1 cup broccoli florets
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp sesame oil
- 1 clove garlic, minced
- ½ tsp ginger, grated
- ¼ tsp red pepper flakes (optional)
- 1 tbsp sesame seeds (optional)



Keto Taco Stuffed Peppers



1. Preheat oven to 375 °F (190 °C).
2. Heat a pan over medium heat and brown the ground beef for 5-7 minutes.
3. Season with cumin, chilli powder, salt, and black pepper. Stir in diced tomatoes.
4. Fill the pepper halves with the beef mixture and place them in a baking dish.
5. Sprinkle shredded cheese on top and bake for 20 minutes until the peppers are soft and the cheese is melted.
6. Remove from the oven and let cool for 5 minutes before serving.
7. Top with sour cream and serve warm.



Serving Size
2 person



Prep Time
10 Minutes



Cook Time
25 Minutes



Total Time
35 Minutes

Ingredients

- 2 large bell peppers, halved and seeds removed
- ½ lb ground beef
- ½ cup shredded cheddar cheese
- ½ cup diced tomatoes
- ½ tsp cumin
- ½ tsp chili powder
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup sour cream (for topping)



Keto Lemon Garlic Butter Salmon

1. Preheat oven to 400°F (200°C).
2. Melt butter in a small saucepan, then stir in garlic, lemon juice, salt, and pepper.
3. Place salmon fillets on a baking sheet lined with parchment paper.
4. Brush the garlic butter mixture over the salmon fillets.
5. Bake for 12-15 minutes until the salmon flakes easily with a fork.
6. Sprinkle with chopped parsley and serve immediately.



Ingredients

- 2 salmon fillets
- 2 tbsp butter
- 1 clove garlic, minced
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped parsley



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
15 Minutes



Total Time
20 Minutes

Keto Meatballs with Marinara Sauce



Ingredients

- ½ lb ground beef
- ¼ cup almond flour
- ¼ cup shredded Parmesan cheese
- 1 egg
- ½ tsp salt
- ½ tsp Italian seasoning
- 1 cup sugar-free marinara sauce
- 1 tbsp olive oil

Direction

1. Preheat oven to 375°F (190°C).
2. combine ground beef, almond flour, Parmesan cheese, egg, salt, and Italian seasoning in a mixing bowl. Mix well and form into small meatballs.
3. Heat olive oil in a skillet and sear the meatballs for 2 minutes per side until browned.
4. Transfer the meatballs to a baking dish, pour marinara sauce over them, and bake for 15 minutes.
5. Remove from the oven and serve warm.



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
0 Minutes



Total Time
4 hours

Keto Chicken Alfredo with Zucchini Noodles



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 minutes

Ingredients

- 1 large chicken breast, sliced
- 2 medium zucchinis, spiralized
- 1 tbsp olive oil
- 1 tbsp butter
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp nutmeg (optional)

1. Heat olive oil in a large skillet over medium heat. Add the sliced chicken breast and cook for about 4-5 minutes per side until golden brown and fully cooked. Remove from the pan and set aside.
2. In the same pan, melt butter and sauté minced garlic for about 30 seconds until fragrant.
3. Pour in the heavy cream and bring to a simmer. Stir in Parmesan cheese, salt, pepper, and nutmeg, mixing until smooth. Let the sauce cook for 2-3 minutes until slightly thickened.
4. Add the zucchini noodles to the pan and toss gently to coat them in the Alfredo sauce. Cook for 2 minutes until just tender.
5. Slice the cooked chicken and add it back to the pan. Stir to combine, then remove from heat.
6. Serve immediately, garnished with extra Parmesan if desired.

Keto BBQ Pulled Pork Lettuce Wraps



1. Rub the pork shoulder with smoked paprika, garlic powder, onion powder, salt, and black pepper.
2. Place the pork in a slow cooker and pour the sugar-free BBQ sauce over it.
3. Cook on low for 4-5 hours, or until the meat is tender and easily shredded with a fork.
4. Shred the pork using two forks and mix it well with the BBQ sauce in the slow cooker.
5. Spoon the pulled pork into lettuce leaves and serve immediately.

Ingredients

- 1 lb pork shoulder
- ½ cup sugar-free BBQ sauce
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp onion powder
- 8 large lettuce leaves



Serving Size
4 People



Prep Time
10 Minutes



Cook Time
4 hours
(slow cooker)



Total Time
4 hours
10 minutes

Ingredients

- 2 petite ribeye or sirloin steaks
- 1 tbsp olive oil
- 2 tbsp butter
- 2 cloves garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- 2 cups broccoli florets



Keto Garlic Butter Steak with Roasted Broccoli



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

1. Preheat the oven to 400°F (200°C). Toss broccoli florets with olive oil, salt, and pepper, then spread them on a baking sheet.
2. Roast for 15 minutes, tossing halfway through, until slightly crispy.
3. Meanwhile, heat a skillet over medium-high heat. Season steaks with salt and black pepper.
4. Add olive oil to the pan and sear steaks for 3–4 minutes per side for medium-rare.
5. Melt butter in the pan, add garlic, and spoon the mixture over the steaks for extra flavor.
6. Let the steaks rest for 5 minutes, then serve with roasted broccoli.

Keto Chicken Bacon Ranch Casserole

Ingredients

- 2 cups cooked shredded chicken
- 6 slices cooked bacon, crumbled
- ½ cup shredded cheddar cheese
- ½ cup shredded mozzarella cheese
- ½ cup heavy cream
- ¼ cup ranch dressing (keto-friendly)
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper







Instructions

1. Preheat oven to 375 °F (190 °C).
2. mix shredded chicken, bacon, cheddar cheese, heavy cream, ranch dressing, garlic powder, salt, and pepper in a large bowl. Stir well to combine.
3. Transfer to a greased baking dish and top with shredded mozzarella cheese.
4. Bake for 20-25 minutes until cheese is melted and bubbly.
5. Let cool for a few minutes before serving.

Keto Greek Salad with Grilled Chicken

1. Heat a grill or pan over medium heat. Season the chicken breast with salt, pepper, and oregano.
2. Grill for 5-6 minutes per side, until fully cooked. Let rest for 5 minutes before slicing.
3. combine lettuce, cherry tomatoes, cucumbers, feta cheese, and olives in a large bowl.
4. Drizzle with olive oil and lemon juice.
5. Add sliced grilled chicken on top and toss everything gently before serving.

	Serving Size <i>2 people</i>
	Prep Time <i>10 Minutes</i>
	Cook Time <i>10 Minutes</i>
	Total Time <i>20 Minutes</i>



Ingredients

- *1 large chicken breast, grilled and sliced*
- *4 cups chopped romaine lettuce*
- *½ cup cherry tomatoes, halved*
- *¼ cup sliced cucumbers*
- *¼ cup feta cheese, crumbled*
- *¼ cup sliced black olives*
- *2 tbsp olive oil*
- *1 tbsp lemon juice*
- *½ tsp dried oregano*
- *¼ tsp salt*
- *¼ tsp black pepper*

Keto Tuna Melt on Cloud Bread



1. Preheat oven to 375°F (190°C).
2. In a bowl, mix tuna, mayonnaise, mustard, salt, and black pepper.
3. Spread the tuna mixture onto one slice of cloud bread, then top with cheddar cheese and another slice of bread.
4. Bake for 10 minutes or until the cheese is melted.
5. Serve warm.

Ingredients

- 1 can tuna, drained
- 2 tbsp mayonnaise
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp Dijon mustard
- 2 slices keto-friendly cloud bread
- 2 slices cheddar cheese



Keto Stuffed Mushrooms



Serving Size
2 People



Cook Time
10 Minutes



Prep Time
20 Minutes



Total Time
30 Minutes

1. Preheat oven to 375 °F (190 °C).
2. Mix cream cheese, cheddar cheese, bacon, and garlic powder.
3. Fill each mushroom cap with the mixture.
4. Bake for 20 minutes until golden and bubbly.
5. Serve warm.

Ingredients

- 4 oz smoked salmon
- 2 oz cream cheese, softened
- 1 tbsp chopped fresh dill
- ½ tsp lemon juice
- ¼ avocado, mashed (optional)





Dinner

Keto is not a diet; it's a lifestyle. Make every dinner a celebration of flavor and health.

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Keto Garlic Butter Chicken Thighs with Spinach



Ingredients

- 2 bone-in, skin-on chicken thighs
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 cup fresh spinach
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp paprika



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
25 Minutes



Total Time
35 Minutes

1. Preheat oven to 375°F (190°C). Pat the chicken thighs dry with a paper towel and season with salt, black pepper, and paprika.
2. Heat a large oven-safe skillet over medium heat. Melt 1 tbsp butter and place the chicken thighs skin-side down. Sear for 5-7 minutes until golden brown. Flip and cook for another 3 minutes.
3. Transfer the skillet to the oven and bake for 15 minutes. The internal temperature should reach 165°F (75°C).
4. Remove the chicken from the skillet and set aside. Melt the remaining 1 tbsp butter in the same pan and sauté the minced garlic for 1 minute.
5. Add spinach and cook for 2 minutes until wilted. Pour in heavy cream and stir in Parmesan cheese. Simmer for 2 minutes until the sauce thickens.
6. Return the chicken to the pan and spoon the creamy sauce over the thighs. Serve warm.

Keto Beef Stroganoff with Mushrooms

1. Heat butter in a large skillet over medium heat. Add mushrooms and onions, cooking for 3-4 minutes until softened.
2. Add garlic and cook for another 30 seconds. Push the vegetables to one side of the pan.
3. Increase the heat to medium-high and add sliced beef. Sear for 2 minutes per side until browned.
4. Pour in beef broth and stir. Reduce heat and let simmer for 5 minutes.
5. Stir in sour cream, salt, black pepper, and paprika. Mix well and simmer for another 2 minutes until the sauce thickens.
6. Serve hot over cauliflower rice or zucchini noodles.



Ingredients

- ½ lb beef sirloin, thinly sliced
- 1 tbsp butter
- ½ cup sliced mushrooms
- ½ small onion, diced
- 1 clove garlic, minced
- ½ cup beef broth
- ¼ cup sour cream
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp paprika



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
20 Minutes



Total Time
30 Minutes

Keto Lemon Herb Salmon with Asparagus



Ingredients

- 2 salmon fillets
- 1 tbsp olive oil
- 1 tbsp butter
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tsp dried Italian herbs
- ½ tsp salt
- ¼ tsp black pepper
- 1 cup asparagus spears

Directions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. mix olive oil, melted butter, garlic, lemon juice, Italian herbs, salt, and pepper in a small bowl.
3. Place salmon fillets and asparagus on the baking sheet. Drizzle with the lemon butter mixture.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork.
5. Serve immediately, garnished with extra lemon slices.



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Keto Chicken Parmesan



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
25 Minutes



Total Time
35 minutes

Ingredients

- 2 boneless, skinless chicken breasts
- ½ cup almond flour
- ½ cup grated Parmesan cheese
- 1 egg
- 1 cup sugar-free marinara sauce
- ½ cup shredded mozzarella cheese
- 1 tsp Italian seasoning
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. mix almond flour, Parmesan cheese, Italian seasoning, salt, and black pepper in a shallow dish.
3. In a separate bowl, beat the egg. Dip each chicken breast into the egg, then coat with the almond flour.
4. Heat olive oil in a skillet over medium heat. Sear the chicken for 3 minutes per side until golden brown.
5. Transfer the chicken to the baking sheet. Spoon marinara sauce over each piece and top with mozzarella cheese.
6. Bake for 15 minutes until the cheese is melted and bubbly.
7. Serve hot with zucchini noodles or cauliflower mash.

Keto Garlic Butter Shrimp with Cauliflower Rice



1. Heat butter in a large skillet over medium heat. Add minced garlic and cook for 30 seconds until fragrant.
2. Add shrimp to the pan and sprinkle with paprika, salt, and black pepper.
3. Cook for 2-3 minutes per side until the shrimp turns pink. Remove from heat and set aside.
4. In the same pan, add cauliflower rice and sauté for 3-4 minutes until tender.
5. Return the shrimp to the pan, toss to combine, and serve immediately.

Ingredients

- *½ lb shrimp, peeled and deveined*
- *2 tbsp butter*
- *2 cloves garlic, minced*
- *½ tsp paprika*
- *½ tsp salt*
- *¼ tsp black pepper*
- *2 cups cauliflower rice*



Keto Stuffed Bell Peppers



Serving Size
2 People



Cook Time
30 Minutes



Prep Time
10 Minutes



Total Time
40 Minutes

Ingredients

- 2 large bell peppers, halved and seeds removed
- ½ lb ground beef
- ½ cup shredded cheddar cheese
- ¼ cup diced tomatoes
- ¼ cup chopped onion
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp Italian seasoning

1. Preheat the oven to 375°F (190°C). Place the bell pepper halves on a baking sheet.
2. Heat olive oil in a skillet over medium heat. Add onions and cook for 2 minutes until soft.
3. Add ground beef to the skillet and cook for 5-7 minutes, breaking it apart with a spatula.
4. Season the meat with salt, black pepper, garlic powder, and Italian seasoning. Stir well.
5. Stir in the diced tomatoes and cook for another 2 minutes. Remove from heat.
6. Spoon the beef mixture into the bell pepper halves.
7. Top with shredded cheddar cheese and bake for 20 minutes until the cheese is melted and bubbly.
8. Let cool for 5 minutes before serving.

Keto Creamy Tuscan Chicken

1. Season the chicken breasts with salt and black pepper.
2. Heat olive oil in a large skillet over medium-high heat. Sear the chicken for 5 minutes per side until golden brown. Remove from the pan and set aside.
3. Reduce heat to medium and add butter. Sauté the minced garlic for 30 seconds.
4. Pour in the heavy cream and bring to a light simmer. Stir in the sun-dried tomatoes and spinach.
5. Add Parmesan cheese and mix until the sauce is smooth.
6. Return the chicken to the skillet and cook for another 5 minutes until fully cooked.
7. Serve hot, garnished with extra Parmesan if desired.

Ingredients

- *2 boneless, skinless chicken breasts*
- *1 tbsp olive oil*
- *2 tbsp butter*
- *1 clove garlic, minced*
- *½ cup heavy cream*
- *½ cup baby spinach*
- *¼ cup sun-dried tomatoes, chopped*
- *¼ cup grated Parmesan cheese*
- *½ tsp salt*
- *¼ tsp black pepper*



Keto Meatloaf with Cheddar Cheese



1. Preheat oven to 375°F (190°C).
2. In a large bowl, mix together ground beef, cheddar cheese, almond flour, egg, Worcestershire sauce, salt, black pepper, garlic powder, and onion powder. Combine well.
3. Shape into a loaf and place it on a parchment-lined baking sheet.
4. Bake for 35-40 minutes until fully cooked (internal temperature should be 160°F or 70°C).
5. Let rest for 5 minutes before slicing. Serve hot.

Ingredients

- 1 lb ground beef
- ½ cup shredded cheddar cheese
- ¼ cup almond flour
- 1 egg
- 1 tbsp Worcestershire sauce
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp onion powder



Serving Size
4 people



Prep Time
15 Minutes



Cook Time
40 Minutes



Total Time
55 minutes

Ingredients

- 2 boneless pork chops
- 1 tbsp olive oil
- 2 tbsp butter
- 2 cloves garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp paprika



Keto Garlic Butter Pork Chops



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
20 Minutes



Total Time
30 Minutes

1. Heat olive oil in a skillet over medium heat. Season pork chops with salt, black pepper, and paprika.
2. Sear the pork chops for 5 minutes per side until golden brown. Remove from the skillet and set aside.
3. Reduce heat to low and add butter to the same skillet. Stir in minced garlic and cook for 30 seconds.
4. Return the pork chops to the pan, spooning the garlic butter over them.
5. Cook for another 5 minutes, then serve warm.

Ingredients

- *½ lb shrimp, peeled and deveined*
- *2 medium zucchinis, spiralised*
- *2 tbsp butter*
- *2 cloves garlic, minced*
- *¼ cup white wine (optional)*
- *½ tsp salt*
- *¼ tsp black pepper*
- *½ tsp red pepper flakes (optional)*
- *1 tbsp lemon juice*



Instructions

1. Heat butter in a skillet over medium heat. Add garlic and sauté for 30 seconds until fragrant.
2. Add shrimp and cook for 2 minutes per side until pink. Remove from the skillet and set aside.
3. Deglaze the pan with white wine (if using), then add salt, black pepper, and red pepper flakes.
4. Stir in the zucchini noodles and cook for 2–3 minutes until slightly tender.
5. Return the shrimp to the pan, toss everything together, and finish with lemon juice.
6. Serve hot with extra red pepper flakes if desired.

Keto Shrimp Scampi with Zucchini Noodles

Keto Beef & Cabbage Stir-Fry

1. Heat sesame oil in a skillet over medium heat. Add garlic and ginger, sautéing for 30 seconds.
2. Add ground beef and cook for 5-6 minutes, breaking it apart with a spatula.
3. Stir in the shredded cabbage, soy sauce, salt, and black pepper.
4. Cook for another 5 minutes, stirring occasionally, until the cabbage is softened.
5. Serve hot, garnished with sesame seeds if desired.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Ingredients:

- *½ lb ground beef*
- *2 cups shredded cabbage*
- *1 tbsp sesame oil*
- *1 tbsp soy sauce (or coconut aminos)*
- *1 clove garlic, minced*
- *½ tsp ginger, grated*
- *¼ tsp salt*
- *¼ tsp black pepper*

Ingredients

- 1 large chicken breast, sliced
- ½ red bell pepper, sliced
- ½ green bell pepper, sliced
- ½ small onion, sliced
- 1 tbsp olive oil
- ½ tsp chili powder
- ½ tsp cumin
- ¼ tsp salt
- ¼ tsp black pepper
- ½ avocado, sliced
- ¼ cup shredded cheddar cheese
- ¼ cup sour cream

Keto Chicken Fajita Bowl

1. Heat olive oil in a large skillet over medium heat.
2. Add the sliced chicken, season with chili powder, cumin, salt, and black pepper, and cook for 5-7 minutes until browned and cooked through.
3. Remove the chicken from the pan and set aside.
4. In the same skillet, sauté the bell peppers and onions for 5 minutes until soft.
5. Return the chicken to the pan and stir everything together.
6. Serve in a bowl, topped with sliced avocado, shredded cheddar cheese, and sour cream.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Keto Pesto Zoodle Bowl with Chicken



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes

Ingredients

- 2 medium zucchinis, spiralized
- 1 grilled chicken breast, sliced
- ¼ cup keto-friendly pesto
- 1 tbsp olive oil
- ¼ cup grated Parmesan cheese
- ¼ tsp salt
- ¼ tsp black pepper

Directions

1. Heat olive oil in a skillet over medium heat.
2. Add zucchini noodles and cook for 2-3 minutes, stirring occasionally until just softened.
3. Stir in the pesto and toss to coat the zucchini evenly.
4. Add the grilled chicken slices and cook for another 2 minutes until heated through.
5. Sprinkle Parmesan cheese on top and serve warm.

Keto Baked Lemon Garlic Cod

1. Preheat oven to 400°F (200°C).
2. Place cod fillets on a baking sheet lined with parchment paper.
3. Mix melted butter, garlic, lemon juice, salt, black pepper, and parsley in a small bowl.
4. Brush the butter mixture over the cod fillets.
5. Bake for 12-15 minutes until the fish flakes easily with a fork.
6. Serve immediately, garnished with lemon slices.



Ingredients

- 2 cod fillets
- 2 tbsp butter, melted
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp dried parsley



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes

Keto Bacon-Wrapped Chicken Breast

1. Preheat oven to 375°F (190°C).
2. Season chicken breasts with garlic powder, smoked paprika, salt, and black pepper.
3. Wrap each chicken breast with 2 slices of bacon, securing the ends underneath.
4. Place on a baking sheet lined with parchment paper.
5. Bake for 25 minutes until the bacon is crispy and the chicken is cooked through.
6. Let rest for 5 minutes before serving.



Ingredients

- 2 boneless, skinless chicken breasts
- 4 slices bacon
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

Keto Italian Meatballs with Marinara Sauce



1. Preheat oven to 375°F (190°C).
2. In a mixing bowl, combine ground beef, almond flour, Parmesan cheese, egg, salt, and Italian seasoning. Mix well and form into small meatballs.
3. Heat olive oil in a skillet and sear the meatballs for 2 minutes per side until browned.
4. Transfer to a baking dish, pour marinara sauce over the meatballs, and bake for 15 minutes.
5. Remove from the oven and serve warm.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
25 Minutes



Total Time
35 Minutes

Ingredients

- ½ lb ground beef
- ¼ cup almond flour
- ¼ cup grated Parmesan cheese
- 1 egg
- ½ tsp salt
- ½ tsp Italian seasoning
- 1 cup sugar-free marinara sauce
- 1 tbsp olive oil



Keto Stuffed Avocados with Shrimp

1. Scoop out a little flesh from the avocado halves to create more room for the filling.
2. In a bowl, mix shrimp, mayonnaise, lime juice, salt, black pepper, and paprika.
3. Spoon the mixture into the avocado halves.
4. Serve immediately.



Ingredients

- 1 large avocado, halved and pit removed
- ½ cup cooked shrimp, chopped
- 2 tbsp mayonnaise
- 1 tsp lime juice
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp paprika



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Keto Cauliflower Mac and Cheese



Ingredients

- 2 cups cauliflower florets
- ½ cup heavy cream
- ½ cup shredded cheddar cheese
- ¼ cup grated Parmesan cheese
- 1 tbsp butter
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper

Direction

1. Boil cauliflower florets for 5 minutes until tender. Drain well.
2. Heat butter and heavy cream over medium heat in a saucepan.
3. Stir in cheddar and Parmesan cheeses, mixing until smooth.
4. Add garlic powder, salt, and black pepper.
5. Toss in the drained cauliflower and mix well.
6. Serve hot.



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 minutes

Keto Teriyaki Chicken with Cauliflower Rice



Ingredients

- 1 large chicken breast, diced
- 1 tbsp avocado oil
- 2 cups cauliflower rice
- ¼ cup coconut aminos (or soy sauce)
- 1 tbsp sesame oil
- 1 clove garlic, minced
- ½ tsp ginger, grated
- ½ tsp sesame seeds
- ¼ tsp salt
- ¼ tsp black pepper

1. Heat avocado oil in a skillet over medium heat. Add diced chicken and season with salt and black pepper. Cook for 5-7 minutes until golden brown.
2. Add garlic and ginger, stirring for 30 seconds until fragrant.
3. Pour in coconut aminos and sesame oil, stirring to coat the chicken. Simmer for 3 minutes.
4. In another pan, sauté cauliflower rice for 3-4 minutes until softened.
5. Serve teriyaki chicken over the cauliflower rice and garnish with sesame seeds.



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 minutes

Keto Cheesy Spinach-Stuffed Chicken



1. Preheat oven to 375°F (190°C).
2. Slice a pocket in each chicken breast, being careful not to cut all the way through.
3. Mix spinach, cream cheese, mozzarella, garlic powder, salt, and black pepper in a bowl.
4. Stuff each chicken breast with the spinach mixture and secure with toothpicks if needed.
5. Heat olive oil in a skillet and sear the chicken for 3 minutes per side.
6. Transfer the chicken to the oven and bake for 20 minutes until fully cooked.

Ingredients

- 2 boneless, skinless chicken breasts
- ½ cup spinach, chopped
- ¼ cup cream cheese
- ¼ cup shredded mozzarella cheese
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
25 minutes



Total Time
35 minutes

Ingredients

- *½ lb scallops*
- *2 tbsp butter*
- *1 clove garlic, minced*
- *1 tbsp lemon juice*
- *½ tsp salt*
- *¼ tsp black pepper*
- *1 tbsp chopped parsley*



Keto Lemon Butter Scallops



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

1. Pat the scallops dry with a paper towel and season with salt and black pepper.
2. Heat 1 tbsp butter in a skillet over medium-high heat.
3. Add the scallops and sear for 2 minutes per side until golden brown. Remove from the pan.
4. Reduce heat to medium and add the remaining butter and garlic. Sauté for 30 seconds.
5. Stir in lemon juice and return the scallops to the pan, spooning the sauce over them.
6. Serve immediately, garnished with parsley.

Keto Beef and Cheese Casserole

Ingredients

- 1 lb ground beef
- ½ cup shredded cheddar cheese
- ½ cup shredded mozzarella cheese
- ½ cup heavy cream
- 1 tbsp tomato paste
- 1 tsp Italian seasoning
- ½ tsp salt
- ¼ tsp black pepper



Instructions

1. Preheat oven to 375°F (190°C).
2. Heat a skillet over medium heat and cook the ground beef until browned. Drain excess fat.
3. Stir in tomato paste, Italian seasoning, salt, and black pepper. Mix well.
4. Pour in heavy cream and simmer for 2 minutes.
5. Transfer to a baking dish and top with shredded cheeses.
6. Bake for 20 minutes until cheese is melted and bubbly.



Serving Size
4 People



Prep Time
10 Minutes



Cook Time
25 minutes



Total Time
35 minutes

1. Preheat oven to 375°F (190°C).
2. Scoop out some of the zucchini flesh to create hollow "boats."
3. Heat a skillet over medium heat and cook the ground turkey until browned.
4. Stir in tomatoes, garlic, Italian seasoning, salt, and black pepper. Cook for 2 minutes.
5. Stuff the zucchini halves with the turkey mixture.
6. Top with mozzarella cheese and bake for 20 minutes.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
25 Minutes



Total Time
35 Minutes



Ingredients

- 2 medium zucchinis, halved lengthwise
- ½ lb ground turkey
- ½ cup diced tomatoes
- ¼ cup shredded mozzarella cheese
- 1 clove garlic, minced
- ½ tsp Italian seasoning
- ½ tsp salt
- ¼ tsp black pepper

Keto Stuffed Zucchini Boats

Keto Sesame Ginger Chicken Stir-Fry



1. Heat sesame oil in a skillet over medium heat.
2. Add chicken and cook for 5-6 minutes until browned.
3. Stir in broccoli, bell peppers, soy sauce, ginger, and garlic.
4. Cook for another 5 minutes until vegetables are tender.
5. Serve warm, garnished with sesame seeds.

Ingredients

- *1 large chicken breast, diced*
- *1 tbsp sesame oil*
- *1 cup broccoli florets*
- *½ red bell pepper, sliced*
- *1 tbsp soy sauce (or coconut aminos)*
- *½ tsp ginger, grated*
- *½ tsp garlic, minced*



Keto Balsamic Glazed Pork Chops



Serving Size
2 People



Cook Time
10 Minutes



Prep Time
20 Minutes



Total Time
30 Minutes

1. Season pork chops with salt and black pepper.
2. Heat olive oil in a skillet over medium heat and sear pork chops for 4 minutes per side.
3. Reduce heat to low and add balsamic vinegar and garlic.
4. Simmer for 5 minutes, spooning the glaze over the pork.
5. Serve warm with a side of roasted vegetables.

Ingredients

- 2 boneless pork chops
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper





Dessert

Indulge the keto way—sugar-free, guilt-free,
and absolutely delicious!

CLICK HERE

Keto Chocolate Mug Cake



Ingredients

- 2 tbsp almond flour
- 1 tbsp unsweetened cocoa powder
- 1 tbsp keto-friendly sweetener
- ¼ tsp baking powder
- 1 egg
- 1 tbsp melted butter
- 1 tbsp heavy cream
- ¼ tsp vanilla extract



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
1 Minutes



Total Time
6 Minutes

1. mix almond flour, cocoa powder, sweetener, and baking powder in a microwave-safe mug.
2. Add the egg, melted butter, heavy cream, and vanilla extract. Stir until smooth.
3. Microwave on high for 60 seconds. The cake should rise and be set in the centre.
4. Let cool for 1-2 minutes before eating.

Keto Cheesecake Bites

1. In a mixing bowl, beat cream cheese, sweetener, heavy cream, and vanilla extract until smooth.
2. Roll into small bite-sized balls.
3. Roll each ball in crushed pecans to coat.
4. Refrigerate for at least 2 hours before serving.



Ingredients

- 4 oz cream cheese, softened
- 2 tbsp powdered keto sweetener
- 1 tbsp heavy cream
- ¼ tsp vanilla extract
- ¼ cup crushed pecans (for coating)



Serving Size
6 small bites



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 2 hours)



Total Time
2 hours
10 minutes

Keto Peanut Butter Cookies



Ingredients

- ½ cup peanut butter (sugar-free)
- ¼ cup powdered keto sweetener
- 1 egg
- ½ tsp vanilla extract

Directions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix peanut butter, sweetener, egg, and vanilla extract until fully combined.
3. Place dough into small balls on the baking sheet.
4. Flatten each cookie with a fork to create a crisscross pattern.
5. Bake for 10-12 minutes until golden brown.
6. Let cool completely before serving.



Serving Size
6 cookies



Prep Time
10 Minutes



Cook Time
12 Minutes



Total Time
22 Minutes

Keto Vanilla Panna Cotta



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
10 Minutes



Total Time
15 minutes (plus
4 hours chilling)

Ingredients

- 1 cup heavy cream
- 1 tbsp keto sweetener
- ½ tsp vanilla extract
- ½ tsp gelatin powder
- 2 tbsp water

1. In a saucepan, heat heavy cream and sweetener over medium heat until warm (do not boil).
2. In a small bowl, sprinkle gelatin over 2 tbsp of water and let bloom for 2 minutes.
3. Stir the gelatin mixture into the warm cream and whisk until fully dissolved.
4. Remove from heat and add vanilla extract.
5. Pour into ramekins and refrigerate for at least 4 hours.
6. Serve cold, optionally topped with fresh berries.

Keto Chocolate Avocado Mousse



1. Blend all ingredients in a food processor until smooth.
2. Taste and adjust sweetness if necessary.
3. Refrigerate for 10 minutes before serving.



Serving Size
2 People



Cook Time
0 Minutes



Prep Time
5 Minutes



Total Time
5 Minutes

Ingredients

- 1 ripe avocado
- 2 tbsp unsweetened cocoa powder
- 2 tbsp keto-friendly sweetener
- ¼ cup unsweetened almond milk
- ½ tsp vanilla extract



Keto Lemon Bars



Serving Size
6 bars



Cook Time
30 Minutes



Prep Time
15 Minutes



Total Time
45 Minutes

Ingredients (Crust):

- 1 cup almond flour
- ¼ cup melted butter
- 1 tbsp keto sweetener

Ingredients (Filling):

- 2 eggs
- ¼ cup lemon juice
- ¼ cup keto sweetener
- ½ tsp lemon zest

1. Preheat oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper.
2. Mix crust ingredients in a bowl and press into the baking dish.
3. Bake for 10 minutes, then remove from oven.
4. Whisk eggs, lemon juice, sweetener, and lemon zest in a bowl.
5. Pour over the crust and bake for another 20 minutes until set.
6. Cool completely before slicing into bars.

Keto Chocolate Chip Muffins

1. Preheat oven to 350°F (175°C). Line a muffin tin with liners.
2. mix almond flour, sweetener, and baking powder in a bowl.
3. whisk eggs, melted butter, and almond milk in another bowl.
4. Combine wet and dry ingredients, then fold in chocolate chips.
5. Divide batter into muffin cups and bake for 20 minutes.
6. Let cool before serving.



Serving Size
6 muffins



Prep Time
10 Minutes



Cook Time
20 Minutes



Total Time
30 minutes

Ingredients

- 1 cup almond flour
- ¼ cup keto sweetener
- ½ tsp baking powder
- 2 eggs
- ¼ cup melted butter
- ¼ cup unsweetened almond milk
- ¼ cup sugar-free chocolate chips



Keto Strawberry Cheesecake Fat Bombs



1. In a bowl, beat cream cheese, butter, sweetener, and strawberries until smooth.
2. Scoop into small balls and place on a parchment-lined tray.
3. Refrigerate for at least 2 hours before serving.

Ingredients

- 4 oz cream cheese, softened
- 2 tbsp butter, softened
- ¼ cup chopped strawberries
- 1 tbsp powdered keto sweetener



Serving Size
6 fat bombs



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 2 hours)



Total Time
2 hours
10 minutes

Ingredients

- 2 egg whites
- ½ cup unsweetened shredded coconut
- ¼ cup powdered keto sweetener
- ½ tsp vanilla extract
- ¼ tsp salt



Keto Coconut Macaroons

1. Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.
2. In a clean, dry mixing bowl, beat the egg whites and salt using a hand mixer until soft peaks form.
3. Gradually add powdered sweetener and vanilla extract while beating until stiff peaks form.
4. Gently fold in shredded coconut using a spatula until fully incorporated.
5. Scoop small mounds of the mixture onto the baking sheet, spacing them about an inch apart.
6. Bake for 12–15 minutes or until golden brown on the edges.
7. Remove from the oven and let cool completely before serving.



Serving Size
10 macaroons



Prep Time
10 Minutes



Cook Time
15 Minutes



Total Time
25 Minutes

Ingredients

- $\frac{1}{2}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ cup melted coconut oil
- $\frac{1}{4}$ cup powdered keto sweetener
- 1 tsp vanilla extract
- $\frac{1}{4}$ tsp salt

Instructions

1. whisk together melted coconut oil, cocoa powder, and sweetener in a mixing bowl until smooth.
2. Add vanilla extract and salt, stirring well to combine.
3. Pour the mixture into a small parchment-lined dish or silicone mould.
4. Refrigerate for at least 2 hours until firm.
5. Slice into small squares and serve.



Keto Chocolate Fudge

1. mix almond flour, sweetener, cinnamon, and baking powder in a microwave-safe mug.
2. Add melted butter, egg, heavy cream, and vanilla extract. Stir until smooth.
3. Microwave on high for 60 seconds or until set.
4. Let cool for a minute before serving.



Keto Cinnamon Roll Mug Cake



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
1 Minute



Total Time
6 Minutes

Ingredients:

- *2 tbsp almond flour*
- *1 tbsp keto sweetener*
- *½ tsp cinnamon*
- *¼ tsp baking powder*
- *1 tbsp melted butter*
- *1 egg*
- *1 tbsp heavy cream*
- *¼ tsp vanilla extract*

- Ingredients*
- $\frac{1}{2}$ cup almond butter
 - $\frac{1}{4}$ cup unsweetened cocoa powder
 - $\frac{1}{4}$ cup powdered keto sweetener
 - 1 egg
 - $\frac{1}{4}$ tsp baking powder
 - $\frac{1}{2}$ tsp vanilla extract

Keto Almond Butter Brownies

1. Preheat oven to 350°F (175°C). Line a small baking dish with parchment paper.
2. combine almond butter, cocoa powder, sweetener, egg, baking powder, and vanilla extract in a mixing bowl. Mix well.
3. Spread the batter evenly in the baking dish.
4. Bake for 18–20 minutes until firm.
5. Let cool completely before slicing into squares.



Serving Size
6 brownies



Prep Time
10 Minutes



Cook Time
20 Minutes



Total Time
30 Minutes

Keto Vanilla Chia Pudding



Serving Size
2 people



Prep Time
5 Minutes



Cook Time
0 minutes (chilling
time: 4 hours)



Total Time
4 hours
5 minutes

Ingredients

- 2 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp powdered keto sweetener
- ½ tsp vanilla extract

Directions

1. In a jar or bowl, whisk together almond milk, sweetener, and vanilla extract.
2. Add chia seeds and mix well.
3. Let sit for 5 minutes, then stir again to prevent clumping.
4. Cover and refrigerate for at least 4 hours or overnight.
5. Stir before serving and top with fresh berries if desired.

Keto Lemon Coconut Balls

1. In a bowl, mix shredded coconut, almond flour, lemon juice, melted coconut oil, and sweetener.
2. Roll into small balls.
3. Refrigerate for at least 30 minutes before serving.



Ingredients

- ½ cup unsweetened shredded coconut
- ¼ cup almond flour
- 1 tbsp lemon juice
- 1 tbsp coconut oil, melted
- 1 tbsp keto sweetener



Serving Size
6 small balls



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 30 minutes)



Total Time
40 Minutes

Keto Mocha Mousse

1. In a bowl, beat heavy cream until soft peaks form.
2. Add cocoa powder, instant coffee, sweetener, and vanilla extract. Continue beating until well combined.
3. Refrigerate for 10 minutes before serving.



Ingredients

- ½ cup heavy cream
- 1 tbsp unsweetened cocoa powder
- 1 tsp instant coffee powder
- 1 tbsp powdered keto sweetener
- ½ tsp vanilla extract



Serving Size
2 people



Prep Time
5 Minutes



Cook Time
0 Minutes



Total Time
5 Minutes

Keto Pumpkin Spice Mug Cake



1. mix almond flour, sweetener, pumpkin spice, and baking powder in a microwave-safe mug.
2. Add egg, melted butter, and heavy cream. Stir until smooth.
3. Microwave on high for 60 seconds until set.
4. Let cool for a minute before eating.



Serving Size
1 person



Prep Time
5 Minutes



Cook Time
1 Minute



Total Time
6 Minutes

Ingredients

- 2 tbsp almond flour
- 1 tbsp keto sweetener
- ½ tsp pumpkin spice
- ¼ tsp baking powder
- 1 egg
- 1 tbsp melted butter
- 1 tbsp heavy cream



Keto Raspberry Cheesecake Mousse

1. In a mixing bowl, beat cream cheese with powdered sweetener until smooth and fluffy.
2. Add heavy cream and vanilla extract, then continue beating until the mixture becomes light and airy.
3. Mash the raspberries slightly and gently fold them into the mousse.
4. Transfer to serving bowls and refrigerate for at least 30 minutes before serving.
5. Garnish with a few extra raspberries on top before serving.



Ingredients

- 4 oz cream cheese, softened
- ¼ cup heavy cream
- 2 tbsp powdered keto sweetener
- ¼ cup fresh raspberries
- ½ tsp vanilla extract



Serving Size
2 People



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 30 minutes)



Total Time
40 Minutes

Keto Almond Butter Fat Bombs



Ingredients

- ½ cup almond butter
- ¼ cup melted coconut oil
- 2 tbsp powdered keto sweetener
- ¼ tsp vanilla extract

Directions

1. combine almond butter, melted coconut oil, sweetener, and vanilla extract in a mixing bowl. Stir until smooth.
2. Spoon the mixture into silicone moulds or ice cube trays.
3. Refrigerate for at least 2 hours until firm.
4. Pop out of the moulds and serve.



Serving Size
8 fat bombs



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 2 hours)



Total Time
2 hours 10 minutes

Keto Chocolate Chip Ice Cream



Serving Size
4 scoops



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 4 hours)



Total Time
4 hours
10 minutes

1. whisk heavy cream, almond milk, sweetener, and vanilla extract in a mixing bowl.
2. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
3. Once thickened, fold in the sugar-free chocolate chips.
4. Transfer to a freezer-safe container and freeze for at least 4 hours before serving.

Ingredients

- 1 cup heavy cream
- ½ cup unsweetened almond milk
- ¼ cup powdered keto sweetener
- ½ tsp vanilla extract
- ¼ cup sugar-free chocolate chips



Keto No-Bake Chocolate Coconut Bars



1. In a mixing bowl, stir together shredded coconut, melted coconut oil, sweetener, and vanilla extract.
2. Press the mixture into a parchment-lined dish and smooth the top.
3. Drizzle melted sugar-free chocolate on top.
4. Refrigerate for at least 2 hours, then slice into bars.

Ingredients

- 1 cup unsweetened shredded coconut
- ¼ cup melted coconut oil
- 2 tbsp powdered keto sweetener
- ½ tsp vanilla extract
- ¼ cup melted sugar-free chocolate



Serving Size
6 bars



Prep Time
10 Minutes



Cook Time
0 minutes (chilling
time: 2 hours)



Total Time
2 hours
10 minutes

Ingredients (Crust):

- 1 cup almond flour
- ¼ cup melted butter
- 1 tbsp keto sweetener

Ingredients (Filling):

- 4 oz cream cheese, softened
- ¼ cup pumpkin puree
- ¼ cup keto sweetener
- 1 egg
- ½ tsp cinnamon



Keto Pumpkin Cheesecake



Serving Size
6 slices



Prep Time
15 Minutes



Cook Time
40 Minutes



Total Time
55 Minutes

1. Preheat oven to 350°F (175°C). Line a small baking dish with parchment paper.
2. Mix crust ingredients and press firmly into the bottom of the dish.
3. Bake for 10 minutes, then remove and let cool.
4. In a separate bowl, beat cream cheese, pumpkin puree, sweetener, egg, and cinnamon until smooth.
5. Pour the filling over the crust and smooth the top.
6. Bake for 30 minutes until the centre is just set.
7. Let cool completely before slicing.

Keto Tiramisu Mug Cake

Ingredients

- 2 *tbsp almond flour*
- 1 *tbsp powdered keto sweetener*
- $\frac{1}{4}$ *tsp baking powder*
- 1 *egg*
- 1 *tbsp melted butter*
- 1 *tbsp espresso or strong coffee*
- $\frac{1}{2}$ *tsp cocoa powder*



Instructions

1. mix almond flour, keto sweetener, and baking powder in a small bowl until well combined.
2. whisk the egg and melted butter until thoroughly mixed in a microwave-safe mug.
3. Add the dry ingredients to the mug and stir thoroughly for a smooth batter.
4. Pour the espresso or strong coffee over the batter and gently mix.
5. Microwave on high for 90 seconds or until the cake is firm but soft.
6. Let cool for a minute before dusting with cocoa powder.

1. Preheat the oven to 350°F (175°C). Grease a small baking dish.
2. Toss the berries with keto sweetener in a mixing bowl and pour them into the prepared baking dish.
3. mix almond flour, melted butter, and cinnamon until crumbly in a separate bowl.
4. Sprinkle the crumb topping evenly over the berries.
5. Bake for 20-25 minutes until the berries are bubbling and the topping is golden brown.
6. Let cool for a few minutes before serving.



Serving Size
2 people



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes



Keto Berry Cobbler

Ingredients

- *1 cup mixed berries (strawberries, raspberries, blueberries)*
- *1 tbsp powdered keto sweetener*
- *½ cup almond flour*
- *2 tbsp melted butter*
- *½ tsp cinnamon*

Keto Chocolate Pudding



1. In a small saucepan over medium heat, whisk almond milk, cocoa powder, and keto sweetener until combined.
2. Simmer for 3 minutes while stirring continuously to dissolve the sweetener completely.
3. Remove from heat and add vanilla extract and xanthan gum. Whisk thoroughly until the pudding begins to thicken.
4. Pour the mixture into small bowls or ramekins and refrigerate for at least 30 minutes before serving.

Ingredients

- *1 cup unsweetened almond milk*
- *2 tbsp unsweetened cocoa powder*
- *2 tbsp keto sweetener*
- *½ tsp vanilla extract*
- *¼ tsp xanthan gum (for thickening)*



Keto Pecan Pie Bites



Serving Size
6 bites



Cook Time
15 Minutes



Prep Time
10 Minutes



Total Time
25 Minutes



Ingredients

- *1/2 cup chopped pecans*
- *1/4 cup melted butter*
- *1/4 cup keto sweetener*
- *1/2 tsp cinnamon*

1. Preheat the oven to 350°F (175°C). Grease a mini muffin tin or use silicone liners.
2. In a mixing bowl, stir together chopped pecans, melted butter, keto sweetener, and cinnamon until thoroughly combined.
3. Spoon the mixture into the mini muffin cups, pressing slightly to pack them in.
4. Bake for 15 minutes until the tops are golden and slightly crisp.
5. Let cool completely before removing from the tin.

Common Mistakes on the Keto Diet and How to Avoid Them

Not Eating Enough Fat



How to Avoid It:

- Choose fatty cuts of meat like ribeye steak, salmon, or chicken thighs.
- Cook with healthy fats such as olive, butter, coconut, or ghee.
- Add fat to meals using avocado, nuts, seeds, and cheese.
- Consider fat bombs—small high-fat snacks that help increase fat intake.

Eating Too Many Carbs



How to Avoid It:

- Track your carbs using a food diary or an app like MyFitnessPal or Carb Manager.
- Read labels carefully, especially on “keto-friendly” packaged foods.
- Stick to whole foods like meat, fish, eggs, leafy greens, and healthy fats.

Not Getting Enough Electrolytes



How to Avoid It:

- Increase sodium intake by adding salt to your meals or drinking bone broth.
- Consume potassium-rich foods like avocados, spinach, and salmon.
- Get enough magnesium from nuts, seeds, and dark leafy greens.

Conclusion



The keto diet is more than just a way to lose weight—it's a powerful lifestyle shift that can improve energy levels, mental clarity, and overall well-being. By focusing on whole, nutrient-dense foods, balancing macros, and maintaining proper hydration and electrolytes, you can sustain the benefits of ketosis long-term.

Throughout this book, we've covered the fundamentals of the keto diet, from understanding ketosis and meal planning to troubleshooting common mistakes and enjoying a variety of delicious recipes. As you continue your journey, keeping a few key takeaways in mind is essential.

Recipe Card

Title _____

Ingredients

- _____
- _____
- _____
- _____
- _____
- _____



Serving Size



Prep Time



Cook Time



Total Time

Directions

Grocery Checklist

Breakfast

Lunch

Dinner

Meal Planner

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

Meal Planner

Breakfast

Lunch

Dinner

Breakfast

Lunch

Dinner

Breakfast

Lunch

Dinner

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Dinner

Breakfast

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Breakfast

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Dinner

30 Day Cooking Challenge

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Thank you



Continuing Your Keto Journey

Now that you have a solid understanding of the keto diet, the next step is implementing this knowledge. The more consistent you are, the easier it becomes to make keto a natural part of your life.

- Listen to your body—adjust your macros and food choices based on your feelings.
- Experiment with new recipes to keep your meals exciting and enjoyable.
- Track your progress—use measurements, photos, and how you feel rather than just focusing on the scale.
- Stay flexible—life happens, and occasional slip-ups won't ruin your progress. What matters is getting back on track.