



KETO DIET COOKBOOK

FOR BEGINNERS 2025

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THE KETO DIET

A Simple Guide to Eating Well and Living Better

What Is the Keto Diet?

The Keto Diet, short for "ketogenic," is more than a trend — it's a way of eating that focuses on low carbs, moderate protein, and high healthy fats. The goal is to shift your body from using sugar (glucose) for energy to using fat. This state is called ketosis, and it's the foundation of the keto lifestyle.

Instead of bread, pasta, and sugar, you fill your plate with meats, fish, eggs, cheese, nuts, avocado, and low-carb vegetables like spinach, broccoli, and cauliflower. It's about eating real food that keeps you full, energized, and satisfied — without constant snacking or sugar crashes.



Why Go Keto? The Health Benefits

People turn to keto for many reasons — weight loss is a big one, but it's just the beginning.

- **Burns Fat More Effectively:** By cutting carbs, your body becomes a fat-burning machine.
- **Stabilizes Blood Sugar:** Great for people managing insulin resistance or type 2 diabetes.
- **Supports Brain Health:** Many report clearer thinking and better focus.

- **Reduces Hunger:** Fat and protein keep you full longer.
- **May Boost Longevity:** Early studies suggest that reducing carbs may reduce inflammation and age-related decline.

Most importantly, keto isn't about eating less — it's about eating smarter.

How to Start Living Keto — Without Stress

You don't need to overhaul your life overnight. Here are a few simple swaps to get started:

- Instead of bread, try lettuce wraps or low-carb tortillas.
- Swap rice with cauliflower rice.
- Replace sugary drinks with sparkling water or iced herbal tea.
- Use almond or coconut flour for baking instead of wheat flour.

Tips for success:

- **Plan:** Weekly meal plans help you stay on track.
- **Shop smart:** Focus on the grocery store's perimeter — meats, dairy, produce.
- **Please keep it simple:** Grilled meat + roasted veggies + a healthy fat (like olive oil or avocado) are perfect.
- **Batch cook:** Make keto soups, egg muffins, or casseroles for quick weekly meals.

Embracing the Keto Lifestyle

Keto isn't just about food — it's a mindset.

- **Be active:** A walk after dinner, a bike ride, or a quick stretch session helps your body and mood.
- **Eat together:** Sharing meals builds connection and makes eating more joyful.
- **Celebrate progress:** Every win counts, whether it's better sleep, weight loss, or improved focus.

When you live the keto way, you choose energy, balance, and nourishment. You say yes to foods that serve you and no to empty fillers. It's not about restriction—it's about eating with purpose.

Final Thought

The Keto Diet is more than a menu — it's a lifestyle that brings you closer to feeling your best. Start small, stay consistent, and enjoy the journey toward a healthier, more vibrant life. You've got this!

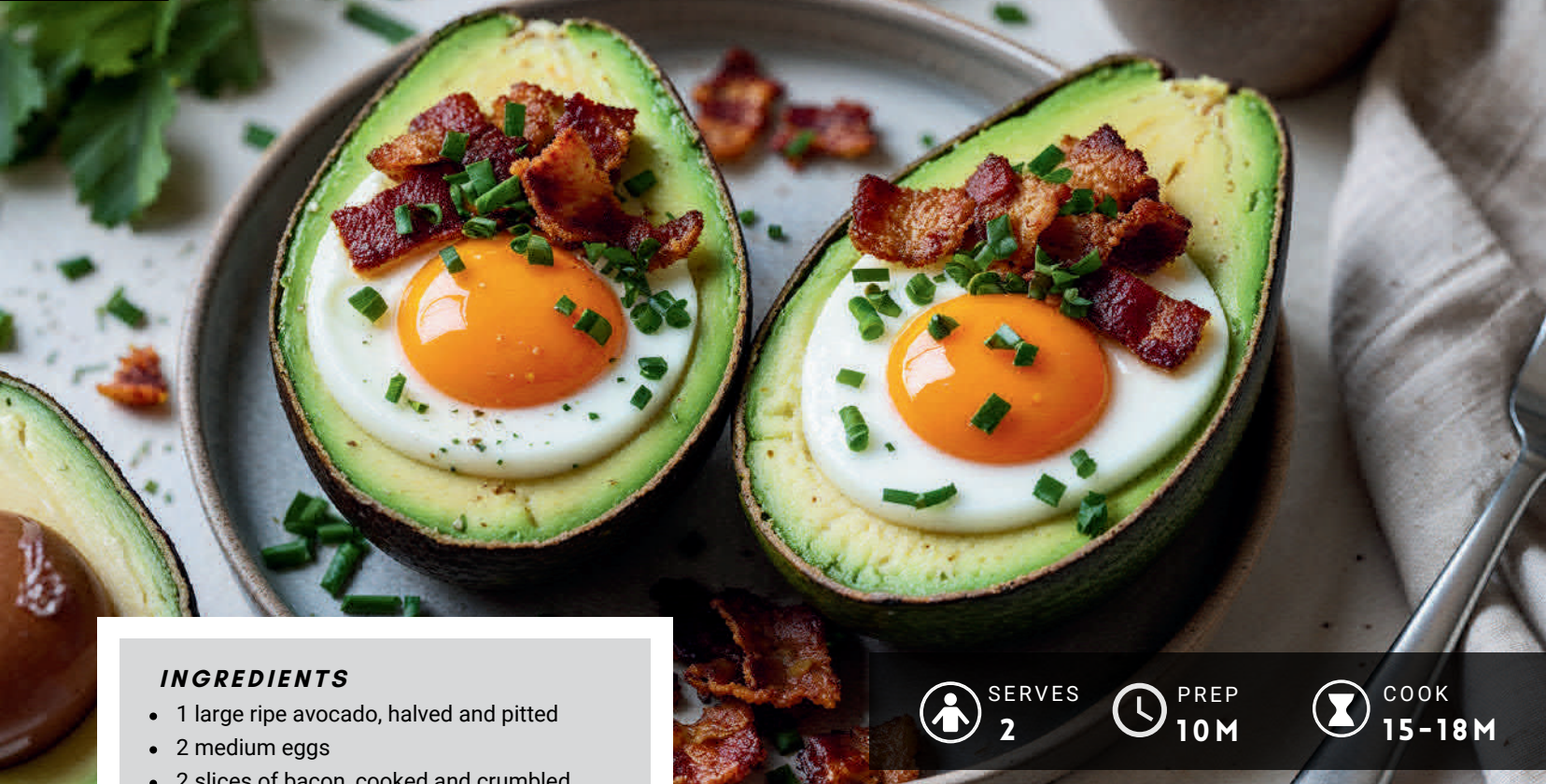


S E C T I O N

BREAKFAST RECIPES

A COLLECTION
OF 10 DELICIOUS DESERTS

KETO AVOCADO & BACON EGG CUPS



INGREDIENTS

- 1 large ripe avocado, halved and pitted
- 2 medium eggs
- 2 slices of bacon, cooked and crumbled
- 1 tbsp shredded cheddar cheese (optional)
- 1 tbsp chopped chives or green onions (optional garnish)
- Salt and pepper to taste
- Nonstick spray or olive oil (for baking dish)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 240 kcal
- Protein: 10g
- Fat: 20g
- Carbohydrates: 4g
- Fiber: 3g
- Net Carbs: 1g
- Cholesterol: 195mg
- Sodium: 280mg
- Potassium: 480mg



SERVES
2



PREP
10M



COOK
15-18M

INSTRUCTIONS

- **Preheat Oven:** Preheat the oven to 400°F (200°C). Grease a small baking dish or muffin tin with olive oil or nonstick spray.
- **Prepare Avocados:** Cut the avocado half lengthwise and remove the pit. If the hole is too small for an egg, spoon some of the flesh and set it aside to dice and use as garnish.
- **Place in a baking dish:** Place avocado halves in the baking dish. Foil rings or muffin tin cups can keep them upright.
- **Crack one egg into each avocado half,** careful not to break the yolk. If the egg is too large, discard some of the egg white before pouring.
- **Season and bake with salt and pepper.** Add crumbled bacon and shredded cheese. Bake for 15–18 minutes, until the egg whites are set but the yolks are still runny (or to your desired doneness).
- **Serve garnished with fresh chives or green onions** after removing from oven. Serve hot with your favorite keto-friendly sauce or side.

ALMOND FLOUR PANCAKES WITH BERRIES



INGREDIENTS

- 1 cup almond flour (blanched, finely ground)
- 2 large eggs
- ¼ cup unsweetened almond milk (or coconut milk)
- 1 tbsp melted butter (plus more for cooking)
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt
- ¼ cup fresh berries (blueberries, raspberries, or strawberries – optional and low-carb friendly)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320 kcal
- Protein: 12g
- Fat: 28g
- Carbohydrates: 7g
- Fiber: 4g
- Net Carbs: 3g
- Cholesterol: 180mg
- Sodium: 230mg
- Potassium: 170mg



SERVES
2



PREP
5M



COOK
10M

INSTRUCTIONS

- Prepare the batter: To make the batter, mix eggs, almond milk, melted butter, and vanilla extract in a medium bowl. Add salt, baking powder, and almond flour. Stir until a thick, smooth batter forms. Wait 2–3 minutes to allow the flour to hydrate.
- Heat a non-stick skillet or griddle on medium heat. Fry with a bit of butter or coconut oil.
- Cook Pancakes: Spoon ¼ cup batter onto each griddle for each pancake. Spread into even rounds using a spoon. Cook one side for 2–3 minutes until bubbles develop and edges firm. Flip gently and heat for 1–2 minutes or until golden brown and cooked through.
- Add Berries: Incorporate berries into the batter or serve them on top after frying—this limits the carbohydrates.
- Serve Warm: Plate pancakes and add sugar-free syrup, butter, or keto whipped cream.

CHEDDAR CHIVE EGG MUFFINS



INGREDIENTS

- 4 large eggs
- ¼ cup heavy cream
- ½ cup shredded sharp cheddar cheese
- 2 tbsp chopped fresh chives
- ¼ cup cooked bacon or diced ham (optional for added protein)
- ¼ tsp garlic powder
- ¼ tsp sea salt
- ⅛ tsp black pepper
- Butter or avocado oil spray (for greasing the muffin tin)

Optional Add-ins (low-carb):

- ¼ cup finely chopped spinach or kale
- 2 tbsp diced bell peppers or mushrooms
- Pinch of red pepper flakes for a spicy kick

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 150 kcal
- Protein 10g
- Fat 12g
- Carbohydrates 1.5g
- Fiber 0.2g
- Net Carbs 1.3g
- Cholesterol 145mg
- Sodium 240mg
- Potassium 100mg



SERVES
2-3



PREP
10M



COOK
20M

INSTRUCTIONS

- **Preheat the Oven:** Preheat your oven to 350°F (175°C). Lightly grease a 6-cup muffin tin with butter or avocado oil spray.
- **Mix the Egg Base:** In a medium mixing bowl, whisk together the eggs and heavy cream until smooth and frothy.
- **Add Flavorings:** Stir in shredded cheddar, chopped chives, bacon or ham (if using), garlic powder, salt, and pepper. If including any optional vegetables, fold them in now.
- **Fill the Muffin Tin:** Evenly distribute the mixture into the 6 greased muffin cups. Fill each about ¾ full.
- **Bake:** Place in the preheated oven and bake for 20–22 minutes, or until the tops are golden and the centers are set. A toothpick inserted in the center should come out clean.
- **Cool and Serve:** Let muffins cool in the pan for 5 minutes, then run a butter knife around the edges and remove. Serve warm or refrigerate for a quick grab-and-go breakfast.

COCONUT FLOUR WAFFLES WITH BUTTER SYRUP



INGREDIENTS

For the Waffles:

- 4 large eggs
- ¼ cup coconut flour (finely sifted)
- ¼ cup unsweetened almond milk (or coconut milk)
- 2 tbsp melted butter (plus more for greasing the waffle iron)
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt
- Optional: 1 tbsp granulated erythritol or monk fruit sweetener
- Optional: ½ tsp ground cinnamon for flavor

For the Butter Syrup:

- 2 tbsp unsalted butter
- 1 tbsp sugar-free maple syrup
- Optional: ⅛ tsp vanilla extract
- Optional: pinch of cinnamon or nutmeg

NUTRITIONAL INFORMATION (PER SERVING):

- Calories 295 kcal
- Protein 9g
- Fat 26g
- Carbohydrates 6g
- Fiber 3g
- Net Carbs 3g
- Cholesterol 220mg
- Sodium 210mg
- Potassium 160mg



SERVES
2



PREP
10M



COOK
10M

INSTRUCTIONS

Make the Waffles:

- Preheat your waffle iron according to the manufacturer's instructions. Lightly grease with butter or nonstick spray.
- Prepare the batter: Whisk the eggs, almond milk, melted butter, and vanilla extract in a mixing bowl until well combined.
- Add dry ingredients: Stir in the coconut flour, baking powder, salt, and sweetener (if using). Let the batter sit for 1–2 minutes –coconut flour absorbs liquid and will thicken.
- Cook the waffles: Pour half of the batter into the preheated waffle iron. Close and cook for 3–5 minutes or until the waffle is golden and firm. Repeat with the remaining batter.

Make the Butter Syrup:

- Melt and mix: In a small saucepan or microwave-safe bowl, melt the butter. Stir in sugar-free syrup, vanilla, and optional cinnamon. Heat just until warm.

KETO BREAKFAST BURRITO (EGG WRAP STYLE)



INGREDIENTS

For the Waffles:

- 4 large eggs
- ¼ cup coconut flour (finely sifted)
- ¼ cup unsweetened almond milk (or coconut milk)
- 2 tbsp melted butter (plus more for greasing the waffle iron)
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt
- Optional: 1 tbsp granulated erythritol or monk fruit sweetener
- Optional: ½ tsp ground cinnamon for flavor

For the Butter Syrup:

- 2 tbsp unsalted butter
- 1 tbsp sugar-free maple syrup
- Optional: ⅛ tsp vanilla extract
- Optional: pinch of cinnamon or nutmeg

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 390 kcal
- Protein 21g
- Fat 32g
- Carbohydrates 5g
- Fiber 2g
- Net Carbs 3g
- Cholesterol 300mg
- Sodium 470mg
- Potassium 310mg



SERVES
2



PREP
10M



COOK
10M

INSTRUCTIONS

Make the Egg Wraps:

- In a medium bowl, whisk together eggs, heavy cream, salt, and pepper until well blended.
- Heat a nonstick skillet over medium heat and add half the butter or oil.
- Pour in half of the egg mixture, swirling the pan to form a thin, even layer similar to a crepe. Cook for 2–3 minutes or until the egg is set and the bottom is slightly golden.
- Carefully flip (optional) for 10–15 seconds to firm the other side, then remove to a plate. Repeat for the second wrap.

Assemble the Burritos:

- On each egg wrap, place half of the cooked bacon or sausage, cheese, diced avocado, and optional peppers. Add a dollop of sour cream if desired.
- Gently fold the sides inward, then roll up tightly from one end to form a burrito.
- Optional: Return burritos to the skillet seam-side down and cook for 1–2 minutes to seal and crisp the outside.

BULLETPROOF COFFEE WITH COLLAGEN BOOST



INGREDIENTS

- 1 cup (8 oz) freshly brewed hot coffee (organic preferred)
- 1 tbsp grass-fed unsalted butter or ghee
- 1 tbsp MCT oil or coconut oil
- 1 scoop (about 10g) unflavored or vanilla collagen peptides

Optional:

- 1–2 drops of liquid stevia or monk fruit sweetener
- ¼ tsp cinnamon or pumpkin spice
- 1 tbsp heavy cream or unsweetened nut milk for creaminess
- Pinch of sea salt for flavor enhancement

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 240 kcal
- Protein 10g (from collagen)
- Fat 22g
- Carbohydrates 1g
- Fiber 0g
- Net Carbs 1g
- Cholesterol 40mg
- Sodium 55mg
- Potassium 140mg



SERVES
1



PREP
5M



COOK
0M

INSTRUCTIONS

- **Brew the Coffee:** Prepare 1 cup (8 oz) of hot coffee using your preferred method – French press, drip, espresso, or pour-over.
- **Combine Ingredients:** In a high-speed blender, combine the hot coffee, butter (or ghee), MCT oil (or coconut oil), collagen peptides, and any optional ingredients, such as sweetener or spices.
- **Blend for Frothiness:** Blend high for 20–30 seconds until the mixture is creamy, frothy, and fully emulsified. It should resemble a latte with a layer of foam on top.
- **Serve Immediately:** Pour into your favorite mug and savor it while it's hot.

SAUSAGE AND SPINACH FRITTATA



INGREDIENTS

- 6 large eggs
- ½ cup heavy cream
- 4 oz pork sausage (crumbled, cooked)
- 1 cup baby spinach (roughly chopped)
- ½ cup shredded cheddar cheese
- ¼ cup diced onions (optional for flavor)
- 1 tbsp butter or avocado oil (for sautéing)
- ¼ tsp garlic powder
- ¼ tsp salt
- ⅛ tsp black pepper
- Optional: chopped parsley or chives for garnish

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 330 kcal
- Protein 17g
- Fat 28g
- Carbohydrates 3.5g
- Fiber 1g
- Net Carbs 2.5g
- Cholesterol 285mg
- Sodium 470mg
- Potassium 280mg



SERVES
4



PREP
10M



COOK
20M

INSTRUCTIONS

- **Preheat Oven:** Preheat your oven to 375°F (190°C). If your skillet is oven-safe, you can use it for both stovetop and baking. Otherwise, have a greased baking dish ready.
- **Cook Sausage and Vegetables:** Add butter or oil to an oven-safe skillet over medium heat. Sauté diced onions (if using) for 2–3 minutes until soft. Add crumbled sausage and cook until browned. Stir in the spinach and cook until just wilted. Remove from heat.
- **Prepare Egg Mixture:** In a mixing bowl, whisk together eggs, heavy cream, garlic powder, salt, and pepper. Stir in the shredded cheddar cheese.
- **Combine and Pour:** Pour the egg mixture over the sausage and spinach into the skillet. Stir gently to distribute ingredients evenly.
- **Bake the Frittata:** Transfer the skillet to the oven and bake for 18–22 minutes, or until the center is set and the top is lightly golden. A knife inserted in the center should come out clean.
- **Cool and Serve:** Let rest for 5 minutes before slicing. Garnish with fresh herbs if desired.

LOW-CARB GREEK YOGURT PARFAIT



INGREDIENTS

- 1 cup full-fat plain Greek yogurt (unsweetened, 5%+ milkfat)
- 2 tbsp chia seeds
- ¼ cup fresh or frozen raspberries or blackberries (lowest in carbs)
- 2 tbsp chopped walnuts or pecans
- 2 tbsp unsweetened shredded coconut (optional)
- 2 tsp monk fruit sweetener or erythritol (adjust to taste)
- ¼ tsp vanilla extract (optional)
- Pinch of cinnamon (optional for flavor)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories 260 kcal
- Protein 12g
- Fat 20g
- Carbohydrates 8g
- Fiber 4g
- Net Carbs 4g
- Cholesterol 15mg
- Sodium 55mg
- Potassium 210mg



SERVES
2



PREP
5M



COOK
0M

INSTRUCTIONS

- Prepare the base: Combine the Greek yogurt, vanilla essence, sugar, and chia seeds in a small bowl. Mix until creamy and smooth.
- Layer the Parfait: Place half of the yogurt mixture at the bottom of serving glasses or jars.
- Add the Middle Layer: Top with a layer of berries, chopped nuts, and optional coconut, the Middle Layer.
- Finish the Top Layer: Add the remaining yogurt, then another layer of berries and almonds for visual appeal and texture.
- Chill or Serve Immediately: If you prefer a softer chia texture, let it settle for 10 to 15 minutes; otherwise, enjoy it straight away for a crispy texture.

CAULIFLOWER HASH BROWNS & FRIED EGGS



INGREDIENTS

For the Cauliflower Hash Browns:

- 2 cups grated cauliflower (about ½ head or one small cauliflower)
- 1 large egg
- ¼ cup shredded mozzarella or cheddar cheese
- 2 tbsp almond flour
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Salt and pepper to taste
- 2 tbsp avocado oil or butter (for frying)

For the Fried Eggs:

- 2 large eggs
- 1 tbsp butter or oil (for frying)
- Salt and pepper to taste

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 290 kcal
- Protein 12g
- Fat 24g
- Carbohydrates 6g
- Fiber 2g
- Net Carbs 4g
- Cholesterol 215mg
- Sodium 300mg
- Potassium 320mg



SERVES
2



PREP
10M



COOK
15M

INSTRUCTIONS

- Prepare the cauliflower: Grate cauliflower using a food processor or box grater. Grated cauliflower should be placed in a fresh kitchen towel or cheesecloth and squeezed out as much moisture as possible.
- In a basin, mix the hash brown batter with grated cauliflower, egg, shredded cheese, almond flour, garlic powder, onion powder, salt, and pepper. Stir until well blended.
- Cook Hash Browns: Heat two tablespoons of oil in a non-stick skillet set over medium heat. Scoop two to three tablespoons of the cauliflower mixture for each hash brown, and then flatten it into a patty. Cook on each side 3 to 4 minutes until crispy and golden brown. Put aside on a dish covered in paper towels.
- Fry the Eggs: Set one tablespoon of butter or oil over medium heat in a clean skillet. After breaking in the eggs, cook to your desired doneness—Sunny-side up, over-easy, or over-hard. Drizzle with salt & pepper.
- Plate and Serve: Place two to three hash browns on each plate, accompanied by one cooked egg on top or next to it.
- Optional garnishes might be avocado slices, minced chives, or a little spicy sauce splash.

KETO CINNAMON ROLL MUG CAKE (SINGLE SERVE)



INGREDIENTS

For the Cake:

- 2 tbsp almond flour, 1 tbsp coconut flour
- 1 tbsp cream cheese (softened), 1 tbsp melted butter, 1 tbsp unsweetened almond milk, 1 egg
- 1 tbsp erythritol or monk fruit sweetener
- ½ tsp vanilla extract, ½ tsp baking powder
- Pinch of salt

For the Cinnamon Swirl:

- 1 tsp melted butter, ½ tsp ground cinnamon
- 1 tsp erythritol or brown monk fruit sweetener

For the Icing (Optional):

- 1 tbsp cream cheese (softened)
- 1 tbsp powdered erythritol
- ½ tsp vanilla extract
- 1–2 tsp heavy cream (to desired consistency)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 320 kcal
- Protein 9g
- Fat 28g
- Carbohydrates 7g
- Fiber 3g
- Net Carbs 4g
- Cholesterol 185mg
- Sodium 180mg
- Potassium 120mg



SERVES
1



PREP
5M



COOK
1-2M

INSTRUCTIONS

- **Make the Mug Cake Batter:** Combine almond flour, coconut flour, baking powder, sweetener, and a little salt in a microwave-safe mug at least 10 ounces capacity. Add the melted butter, egg, almond milk, vanilla, and softened cream cheese. Whisk or stir with a fork until smooth.
- **Make the Cinnamon Swirl:** In a small bowl, toss melted butter, sweetener, and cinnamon in a spiral pattern. Using a spoon or knife, gently swirl it softly into the batter in the mug.
- **Microwave:** Depending on the wattage of your microwave, run on high for 60 to 90 seconds. The cake should remain moist yet rise and set. Avoid excessive cooking. Rest 30 seconds before icing.
- **Make the Icing:** Stir softened cream cheese, powdered erythritol, vanilla extract, and heavy cream until smooth—change cream quantity to suit a thinner or thicker drizzle.
- **Top and Serve:** Drizzle the icing over the cupcake, then savor warm.



S E C T I O N

LUNCH RECIPES

A COLLECTION
OF 10 DELICIOUS DESERTS

CHICKEN BACON RANCH LETTUCE WRAPS



INGREDIENTS

- 1 cup cooked chicken breast or thigh, chopped or shredded
- 4 large butter lettuce or romaine leaves (for wraps)
- 4 slices bacon, cooked until crispy and chopped
- ¼ cup shredded cheddar cheese
- ¼ avocado, sliced or diced (optional for added fats)
- 2 tbsp chopped green onions (optional)
- 3 tbsp full-fat ranch dressing (preferably homemade or sugar-free)
- Salt and black pepper to taste

Optional Garnishes:

- Fresh dill or parsley
- Crushed red pepper flakes
- Squeeze of fresh lemon or lime

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 420 kcal
- Protein 27g
- Fat 33g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 95mg
- Sodium 550mg
- Potassium 360mg



SERVES
2



PREP
10M



COOK
10M

INSTRUCTIONS

- Cook bacon slices until crispy in a pan set over medium heat. Drain and cool on paper towels, then cut into little bits.
- If the chicken is not pre-cooked, sauté it in the same pan using a little avocado oil. Season with salt and pepper, and once done, shred or dice it. A shortcut is rotisserie chicken.
- Combine chicken, cut bacon, ranch dressing, shredded cheddar cheese, and optional green onions in a bowl. Stirring thoroughly will help to coat everything evenly.
- Lay the lettuce leaves and ladle the mixture evenly into each one. If desired, top with avocado slices and other garnishes.
- Either fold the wrappers taco-style or roll them up and fasten them with toothpicks. Present immediately for the best texture.

KETO COBB SALAD WITH AVOCADO DRESSING



INGREDIENTS

For the Salad:

- 4 cups chopped romaine or mixed greens
- 1 cup cooked chicken breast or thigh, diced
- 2 hard-boiled eggs, peeled and halved or chopped; ½ cup cherry tomatoes, halved (optional, low-carb-friendly)
- ½ avocado, sliced or cubed
- 4 slices bacon, cooked and crumbled
- ¼ cup blue cheese or feta crumbles (or shredded cheddar)
- Salt and pepper to taste

For the Avocado Dressing:

- ½ ripe avocado; 2 tbsp olive oil
- 1 tbsp apple cider vinegar or lemon juice
- 2 tbsp full-fat sour cream or Greek yogurt
- 1 garlic clove, minced
- 1–2 tbsp water (to thin, as needed)
- Salt and pepper to taste
- Optional: pinch of dried dill or parsley for extra flavor

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 520 kcal
- Protein 32g
- Fat 42g
- Carbohydrates 7g
- Fiber 4g
- Net Carbs 3g
- Cholesterol 285mg
- Sodium 480mg
- Potassium 700mg



SERVES
2



PREP
15M



COOK
10M

INSTRUCTIONS

1. Get the dressing ready.
 - Combine avocado, olive oil, vinegar (or lemon juice), sour cream or yogurt, garlic, salt, and pepper in a blender or food processor. Blend till smooth and creamy.
 - Add water one spoonful at a time to get just the right consistency. If necessary, change the seasoning. Store aside.
2. Cook the bacon and eggs—if not already prepared.
 - Drain on paper towels; bacon should be crispy.
 - After boiling eggs (8 to 10 minutes), chill, peel, then chop or slice.
3. Layer the greens on a big platter or in individual bowls.
 - Sort rows of chopped chicken, bacon bits, egg pieces, tomato halves, avocado, and cheese.
 - Sprinkle with salt and pepper sparingly.
4. Spoon or drizzle the avocado dressing over the top or present it on the side. Eat right away.

SHRIMP ZOODLE BOWL WITH GARLIC BUTTER SAUCE



INGREDIENTS

For the Shrimp & Sauce:

- 10 oz sizeable raw shrimp, peeled and deveined (tails on or off)
- 3 tbsp unsalted butter
- 2 garlic cloves, minced
- 1 tbsp olive oil
- ½ tsp lemon zest
- 1 tbsp fresh lemon juice
- ¼ tsp crushed red pepper flakes (optional)
- Salt and black pepper to taste

For the Zoodles:

- 2 medium zucchini, spiralized (about 3 cups)
- 1 tbsp olive oil or butter
- Salt to taste

Optional Garnish:

- Fresh chopped parsley
- Grated Parmesan cheese
- Lemon wedges

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 390 kcal
- Protein 27g
- Fat 30g
- Carbohydrates 7g
- Fiber 2g
- Net Carbs 5g
- Cholesterol 210mg
- Sodium 580mg
- Potassium 550mg



SERVES
2



PREP
10M



COOK
10M

INSTRUCTIONS

- Get ready for the zoodles. Create zucchini noodles by spiralizing. To dry extra moisture, pat zoodles on paper towels.
- Heat one tablespoon of olive oil and one tablespoon of butter in a large skillet over medium heat. Add shrimp, season with salt and pepper, and fry until pink and opaque, 1 to 2 minutes per side. Remove and set aside.
- Add minced garlic and the last two tablespoons of butter to the same pan to make Garlic Butter Sauce. Sauté until aromatic, 30 seconds. Add red pepper flakes, lemon juice, and zest—if using. Stir and simmer for one minute.
- To sauté the zoodles, move the sauce to one side of the skillet. Add zucchini noodles, toss gently to reheat, and cover with sauce for 1 to 2 minutes. Stay firm; don't overcook.
- Return the shrimp to the pan and stir until they are uniformly coated and heated. Presented straight in bowls, topped with parsley, Parmesan, and additional lemon, if preferred.

EGG SALAD-STUFFED AVOCADOS



INGREDIENTS

- 2 large eggs
- 1 ripe avocado, halved and pitted
- 2 tbsp mayonnaise (preferably avocado oil-based or homemade)
- 1 tsp Dijon mustard
- 1 tsp lemon juice (or apple cider vinegar)
- Salt and black pepper to taste
- ½ tsp paprika or smoked paprika (optional)
- 1 tbsp chopped fresh chives or green onions (optional)
- 1 tsp capers or chopped pickles (optional, for tang)
- Red pepper flakes or hot sauce (optional for heat)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 320 kcal
- Protein 10g
- Fat 29g
- Carbohydrates 6g
- Fiber 4g
- Net Carbs 2g
- Cholesterol 210mg
- Sodium 280mg
- Potassium 480mg



SERVES
2



PREP
10M



COOK
10M

INSTRUCTIONS

- Place eggs in a pot, cover with cold water, and then bring to a boil. Turn off the heat once boiling, cover, and let it settle for 10 minutes. Peel and cut; cool in ice water.
- Mash the cooked eggs with mayo, mustard, lemon juice, salt, pepper, and optional paprika, chives, or pickles in a mixing bowl. Till creamy yet still somewhat chunky, mix thoroughly.
- Slice the avocado in half, then cut off the pit. If necessary, scoop out a small portion of the meat to widen the hole and provide room for the egg salad (save for another use or mash into the filling). Toss the avocado halves in salt and lemon juice to enhance the taste and retain their color.
- Spoon the egg salad tall, heaping it high, into each avocado half. Finish with paprika, additional chives, or red pepper flakes.

KETO PHILLY CHEESESTEAK PEPPERS



INGREDIENTS

- 2 large green bell peppers, halved and seeds removed
- 1 lb thinly sliced beef steak (ribeye or sirloin, shaved or chopped)
- 1 medium onion, sliced thin
- 1 small green or red bell pepper, sliced thin (for filling)
- 1 tbsp olive oil or avocado oil
- 1 tsp garlic powder
- 1 tsp Worcestershire sauce (check for no sugar)
- Salt and pepper to taste
- 4 slices provolone cheese (or mozzarella for milder flavor)
- Optional: 2 oz cream cheese (for extra creaminess in the filling)
- Optional garnish: chopped parsley or fresh thyme

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 340 kcal
- Protein 25g
- Fat 24g
- Carbohydrates 6g
- Fiber 2g
- Net Carbs 4g
- Cholesterol 85mg
- Sodium 390mg
- Potassium 460mg



SERVES
4



PREP
10M



COOK
25M

INSTRUCTIONS

- Preheat the oven to 375°F (190°C). Arrange the halved bell peppers, cut side up, in a baking dish. Gently salt each pepper's interior.
- Heat olive oil in a large skillet set over medium heat. Add sliced peppers and onions. Sear for three to four minutes until softened. Add the Worcestershire sauce, steak, garlic powder, salt, and pepper. Cook for 3 to 5 minutes until the meat is browned and cooked through. To add even more richness, stir the cream cheese until it is melted.
- Spoon the cooked beef mixture equally between every half of a pepper. Top every with a slice of provolone cheese.
- Bake for fifteen minutes, covering the baking dish with foil. Once the cheese is melted and bubbling, uncover it and bake for an additional 5 to 7 minutes.
- Serve: If preferred, top with fresh herbs when the dish is slightly cold.

SPICY TUNA SALAD LETTUCE BOATS



INGREDIENTS

For the Tuna Salad:

- 1 (5 oz) can tuna in olive oil or water, drained
- 2 tbsp mayonnaise (avocado oil-based or homemade preferred)
- 1 tsp Dijon mustard
- 1 tsp sriracha or hot sauce (adjust to taste)
- 1 tsp lemon juice
- 1 celery stalk, finely chopped (optional for crunch)
- 1 tbsp finely chopped red onion (optional)
- Salt and pepper to taste

For the Lettuce Boats:

- 4–6 large leaves of romaine, butter lettuce, or iceberg
- ¼ avocado, sliced or diced (optional)
- Sprinkle of sesame seeds or chopped green onions (optional garnish)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 290 kcal
- Protein 20g
- Fat 22g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 35mg
- Sodium 370mg
- Potassium 330mg



SERVES
2



PREP
10M



COOK
0M

INSTRUCTIONS

- Create the tuna salad. Combine the drained tuna, mayo, mustard, sriracha, lemon juice, optional celery, and onion in a medium bowl. Stir until well mixed, then keep mixing. Taste and season as needed with salt and pepper.
- Clean and dry the lettuce leaves. Then, assemble the boats. Lay them flat and evenly distribute tuna salad to the middle of each. Top with optional avocado slices, and sprinkle with sesame seeds or green onions for added taste and visual appeal.
- Serve: Arrange the lettuce boats on a tray or plate and present them immediately.

TURKEY CLUB ROLL-UPS



INGREDIENTS

- 4 slices roasted turkey breast (deli-style, nitrate-free, approx. 2 oz each)
- 4 slices of cooked bacon
- 4 slices provolone or Swiss cheese
- ½ avocado, sliced
- 2 tbsp mayonnaise (preferably avocado oil-based)
- 4 large romaine lettuce leaves (or spinach for layering)
- Salt and black pepper to taste
- Optional: Dijon mustard, pickles, or thin tomato slices (for flavor)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 420 kcal
- Protein 30g
- Fat 32g
- Carbohydrates 4g
- Fiber 2g
- Net Carbs 2g
- Cholesterol 80mg
- Sodium 620mg
- Potassium 430mg



SERVES
2



PREP
10M



COOK
0M

INSTRUCTIONS

- Every turkey slice should be topped with ½ teaspoons of mayonnaise, one fried bacon strip, a slice of cheese, some avocado, and a lettuce leaf (or spinach).
- Roll every turkey slice tightly, then tuck in the sides if needed. Secure the roll-up with a toothpick if you present it as an appetizer or for easier handling.
- If desired, sprinkle with salt and pepper before serving. Present whole rolls-up or cut each one in half diagonally.

KETO BROCCOLI & CHEDDAR SOUP-IN-A-JAR



INGREDIENTS

- 1½ cups chopped fresh or frozen broccoli florets
- 1 tbsp butter or ghee
- 1 tbsp olive oil
- ¼ cup diced onion
- 1 garlic clove, minced
- 1 cup heavy cream
- 1 cup low-sodium chicken or vegetable broth
- 1 cup shredded sharp cheddar cheese
- ¼ tsp xanthan gum (optional for thickening)
- Salt and pepper to taste
- Pinch of ground mustard or smoked paprika (optional)

Optional Garnishes:

- Extra shredded cheese
- Crumbled bacon
- Chopped chives or parsley

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 410 kcal
- Protein 14g
- Fat 36g
- Carbohydrates 7g
- Fiber 2g
- Net Carbs 5g
- Cholesterol 110mg
- Sodium 520mg
- Potassium 420mg



SERVES
2



PREP
10M

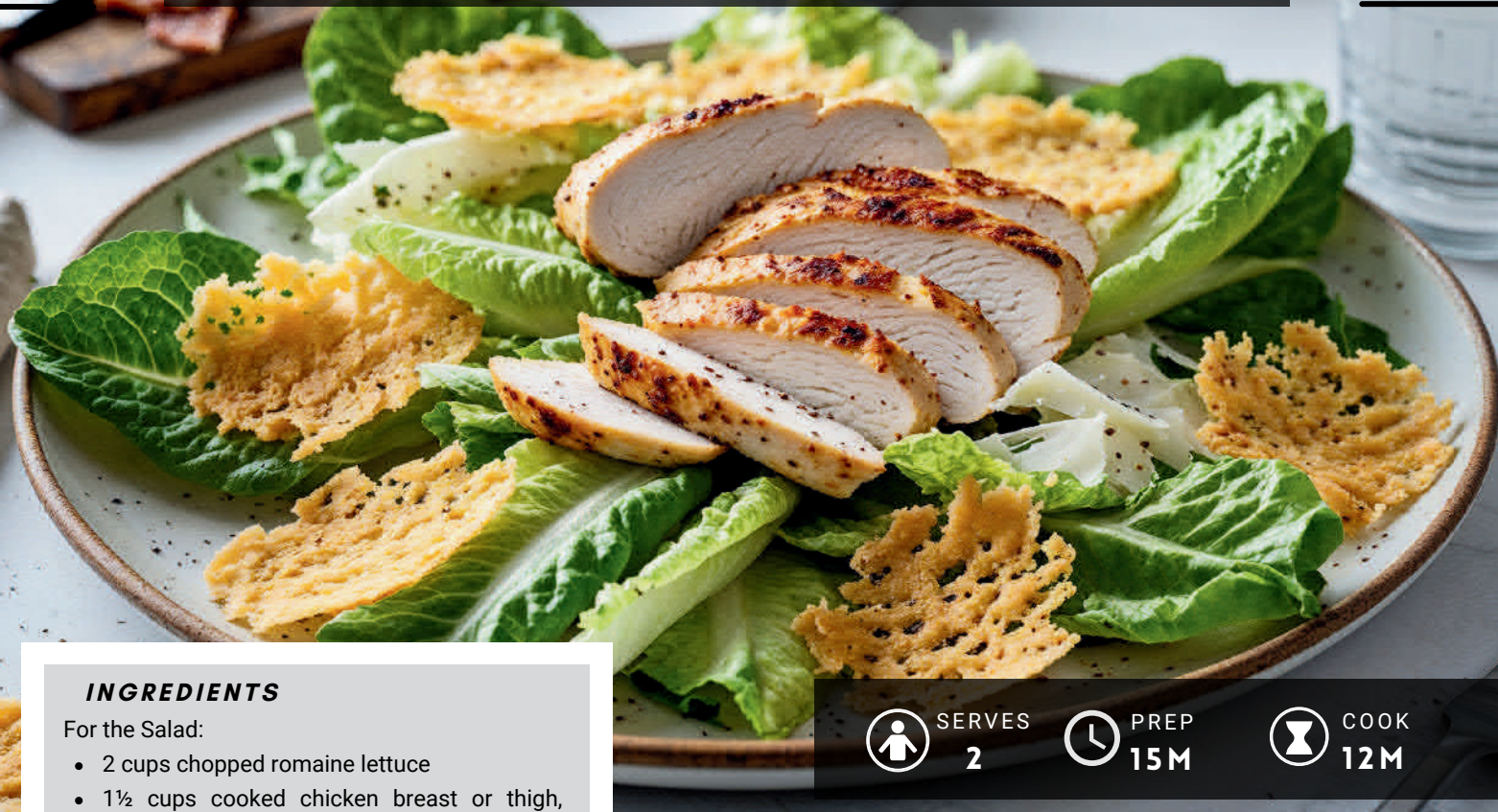


COOK
15M

INSTRUCTIONS

- Set butter and olive oil over medium heat in a medium saucepan. Add chopped onion and garlic; sauté until transparent, two to three minutes. Add chopped broccoli and sauté for 4 to 5 minutes until cooked but still bright green.
- Pour the Base into the broth and gently bring to a boil. Cook until the broccoli is soft enough to mash or mix, five to six minutes.
- Add cheese and cream; lower the heat and swirl in the heavy cream. Add shredded cheddar cheese little by bit until melted and smooth. Stirring helps. Whisk in the xanthan gum and simmer for 1 to 2 minutes or until the desired consistency is achieved for a thicker soup.
- Using an immersion blender, partially or totally, will help create a smoother soup. Mash some broccoli with a spoon, then leave the rest intact for a chunkier texture.
- Spoon hot soup into two wide-mouth mason jars or soup containers. Let cool somewhat; if desired, sprinkle with cheese, bacon, or herbs. Seal and chill for up to four days; reheat straight in the jar (microwave-safe only) when ready to eat.

KETO CHICKEN CAESAR SALAD WITH PARMESAN CRISPS



INGREDIENTS

For the Salad:

- 2 cups chopped romaine lettuce
- 1½ cups cooked chicken breast or thigh, sliced or diced
- ¼ cup shaved or shredded Parmesan cheese
- 2 tbsp crumbled bacon (optional)
- Salt and pepper to taste

For the Caesar Dressing (Keto-Friendly):

- ¼ cup mayonnaise (preferably avocado oil-based)
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp anchovy paste (optional but classic)
- 1 small garlic clove, minced
- 2 tbsp grated Parmesan cheese
- 1–2 tsp water to thin (if needed)
- Salt and black pepper to taste

For the Parmesan Crisps:

- ½ cup grated Parmesan cheese (finely grated, not shredded)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 490 kcal
- Protein 36g
- Fat 36g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 120mg
- Sodium 560mg
- Potassium 520mg



SERVES
2



PREP
15M



COOK
12M

INSTRUCTIONS

- Create the Parmesan Crisp by: Turn oven's temperature to 375°F (190°C)—lay parchment paper on a baking sheet. Flattening each somewhat, spoon tablespoon-sized mounds of grated Parmesan onto the sheet. Bake until brown and bubbled six to eight minutes. Allow to cool completely on the tray until crisp.
- In a bowl or jar, stir mayonnaise, lemon juice, mustard, anchovy paste, garlic, and Parmesan. As needed, to reach your desired consistency, add water. Taste-wise, season with salt and pepper. Allocate.
- Toss Romaine lettuce, cooked chicken, and shredded Parmesan in a big mixing basin. Just before serving, toss with dressing to prevent wilting. If using fresh ground pepper and crumbled bacon, top and plate.
- Present each salad alongside 2–3 Parmesan crisps, either crumbled on top for crunch or on the side.

KETO BLT CHAFFLE SANDWICH



INGREDIENTS

For the Chaffles (Makes 2 rounds):

- 1 large egg
- ½ cup shredded mozzarella or cheddar cheese
- 1 tbsp almond flour (optional, for better texture)
- ¼ tsp garlic powder (optional)
- Pinch of salt

For the Sandwich Fillings:

- 2 slices cooked bacon (sugar-free, crispy)
- 2 slices tomato
- 2–3 leaves romaine or butter lettuce
- 1 tbsp mayonnaise (preferably avocado oil-based)
- Salt and pepper to taste

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 390 kcal
- Protein 22g
- Fat 32g
- Carbohydrates 5g
- Fiber 1g
- Net Carbs 4g
- Cholesterol 205mg
- Sodium 580mg
- Potassium 320mg



SERVES
1



PREP
5M



COOK
10M

INSTRUCTIONS

1. Create the Chaffles here.
 - Turn on a tiny waffle maker's preheat.
 - Whisk egg, grated cheese, almond flour—if using—and seasonings in a small basin.
 - Spoon half the batter into the waffle maker and cook until golden and firm, 3 to 4 minutes. Using the remaining batter, repeat to create two chaffles.
 - Allow the chaffles to cool only to harden them and resemble sandwich bread.
2. Prepare the Filling:
 - While the chaffles cook, cut the tomato, lettuce, and fry the bacon until crisp. Prepare the filling.
 - One side of every shuffle should have spread mayo.
 - Layer with lettuce, tomato slices, bacon, and other toppings you enjoy.
3. Assemble & Serve:
 - To create a sandwich, arrange the second shuffle on top, mayo-side down.
 - If preferred, cut in half; enjoy warm or cold.

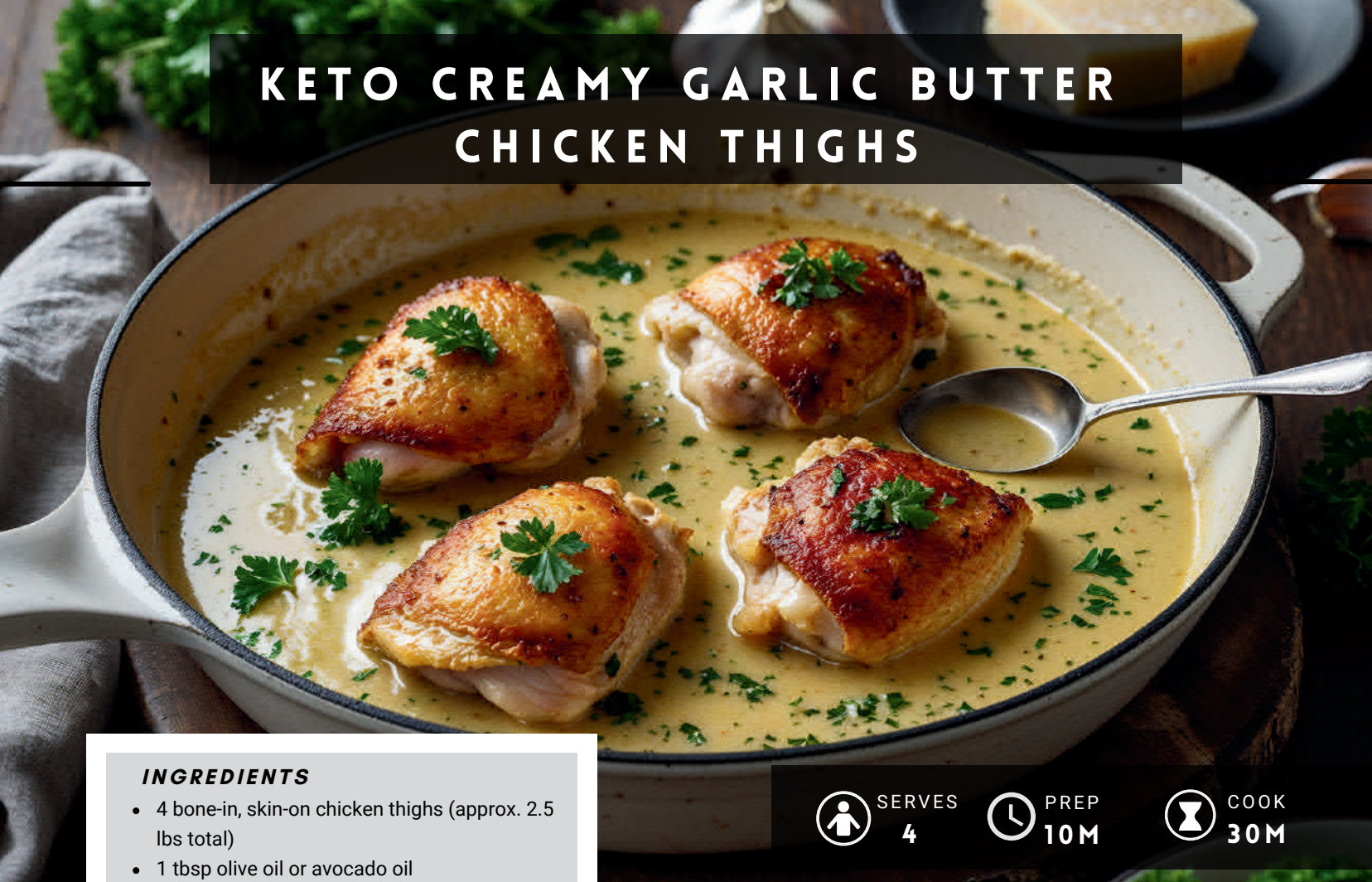
A top-down view of a dining table with several dishes. In the top left, a cast-iron skillet contains salmon fillets in a creamy sauce with fresh herbs. In the top right, a bowl of spaghetti is topped with a meatloaf-like patty, zucchini noodles, and fresh herbs. In the middle right, another bowl of spaghetti is topped with large shrimp and zucchini noodles. In the bottom center, a cast-iron skillet features a large piece of salmon with a dollop of butter and fresh herbs, surrounded by asparagus. The table is set with a lit candle in a glass holder, a wine glass, and silverware. The background is dark and moody.

S E C T I O N

DINNER RECIPES

A COLLECTION
OF 10 DELICIOUS DESERTS

KETO CREAMY GARLIC BUTTER CHICKEN THIGHS



INGREDIENTS

- 4 bone-in, skin-on chicken thighs (approx. 2.5 lbs total)
- 1 tbsp olive oil or avocado oil
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- ¾ cup heavy cream
- ½ cup chicken broth (low sodium)
- ½ cup grated Parmesan cheese
- 1 tsp Italian seasoning
- Salt and pepper to taste
- 1 tbsp chopped fresh parsley (optional garnish)
- ½ tsp red pepper flakes (optional, for a kick)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 470 kcal
- Protein 28g
- Fat 38g
- Carbohydrates 4g
- Fiber 0g
- Net Carbs 4g
- Cholesterol 170mg
- Sodium 370mg
- Potassium 420mg



SERVES
4



PREP
10M



COOK
30M

INSTRUCTIONS

1. Season and sear the chicken.
 - Dry the chicken thighs using a paper towel. Season liberally with salt, pepper, and a bit of Italian spice.
 - Heat oil in a large skillet set over medium-high. Sear chicken thighs skin-side down for five to seven minutes until golden and crispy.
 - Spend five minutes flipping and searing the other side. Take them off the pan, lay them aside; they will finish in the sauce.
2. Make the Garlic Butter Sauce:
 - Lower the heat to medium in the same skillet to make the Garlic Butter Sauce. Add minced garlic and butter. Sauté for one minute until fragrant—never burn.
 - Pour chicken broth and stir the brown bits from the pan's bottom (adds taste!).
 - Combine with Italian spice, Parmesan cheese, and heavy cream. Simmer until just thickened, three to four minutes.
3. Finish cooking the chicken by returning skin-side-up chicken thighs to the pan. Drizzle sauce on top.
 - Turn the heat low, cover, and simmer for 10 to 12 minutes or until the internal temperature reaches 165°F (75°C).
 - Uncover and simmer to slightly thicken the sauce for two to three more minutes.
4. If using, sprinkle with chopped parsley and red pepper flakes. Present hot with the creamy garlic butter sauce piled over the chicken in spoonfuls.

KETO ZUCCHINI NOODLE ALFREDO WITH SHRIMP



INGREDIENTS

For the Shrimp:

- 8 oz large shrimp, peeled and deveined (tails on or off)
- 1 tbsp olive oil or butter
- 1 clove garlic, minced;
- Salt and pepper to taste
- ½ tsp paprika (optional, for color and flavor)

For the Alfredo Sauce:

- 2 tbsp butter; 2 cloves garlic, minced
- ½ cup heavy cream
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- Pinch of nutmeg (optional)

For the Zoodles:

- 2 medium zucchinis, spiralized (about 3 cups)
- 1 tbsp olive oil or butter; Salt to taste

Optional Garnishes:

- Fresh chopped parsley; Extra Parmesan
- Lemon zest or a squeeze of lemon juice

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 450 kcal
- Protein 28g
- Fat 36g
- Carbohydrates 7g
- Fiber 2g
- Net Carbs 5g
- Cholesterol 230mg
- Sodium 630mg
- Potassium 520mg



SERVES
2



PREP
10M



COOK
15M

INSTRUCTIONS

- One should get ready for the zoodles. If not already pre-spiralized, spiralize zucchini. To cut extra moisture, pat dry with paper towels. Save for later.
- Warm olive oil or butter in a skillet set over medium-high heat. Add shrimp and garlic; season with paprika, salt, pepper, and vinegar. Sear the prawns on each side for two to three minutes until opaque and pink. Remove them from the pan and save them.
- Reduce heat in the same skillet to medium to make the Alfredo Sauce. Add butter and garlic; sauté one minute till aromatic. Add heavy cream, simmer, and then gently (approximately two to three minutes) decrease the heat. Whisk Parmesan cheese until melted and the sauce is creamy. Season with salt, pepper, and, if using, a bit of nutmeg.
- Heat olive oil or butter over medium heat in a different pan. Add the zoodles and sauté 1 to 2 minutes, just until gently tender—don't overcook; they should remain al dente. Season sparingly with salt.
- Assemble the dish by tossing cooked zoodles into Alfredo sauce. Top with shrimp and swirl slightly to mix. Should necessary, heat everything together for one to two more minutes.

KETO BEEF STROGANOFF WITH CAULI MASH



INGREDIENTS

For the Beef Stroganoff:

- 1½ lbs beef sirloin or ribeye, thinly sliced into strips
- 2 tbsp butter; 1 tbsp olive oil or avocado oil
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1½ cups sliced mushrooms (cremini or white)
- ½ cup beef broth (low sodium)
- ¾ cup sour cream (full-fat)
- 1 tsp Dijon mustard
- ½ tsp smoked paprika
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

For the Cauliflower Mash:

- 1 medium head cauliflower, cut into florets
- 2 tbsp butter; ¼ cup heavy cream
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 540 kcal
- Protein 32g
- Fat 42g
- Carbohydrates 8g
- Fiber 3g
- Net Carbs 5g
- Cholesterol 145mg
- Sodium 390mg
- Potassium 680mg



SERVES
4



PREP
15M

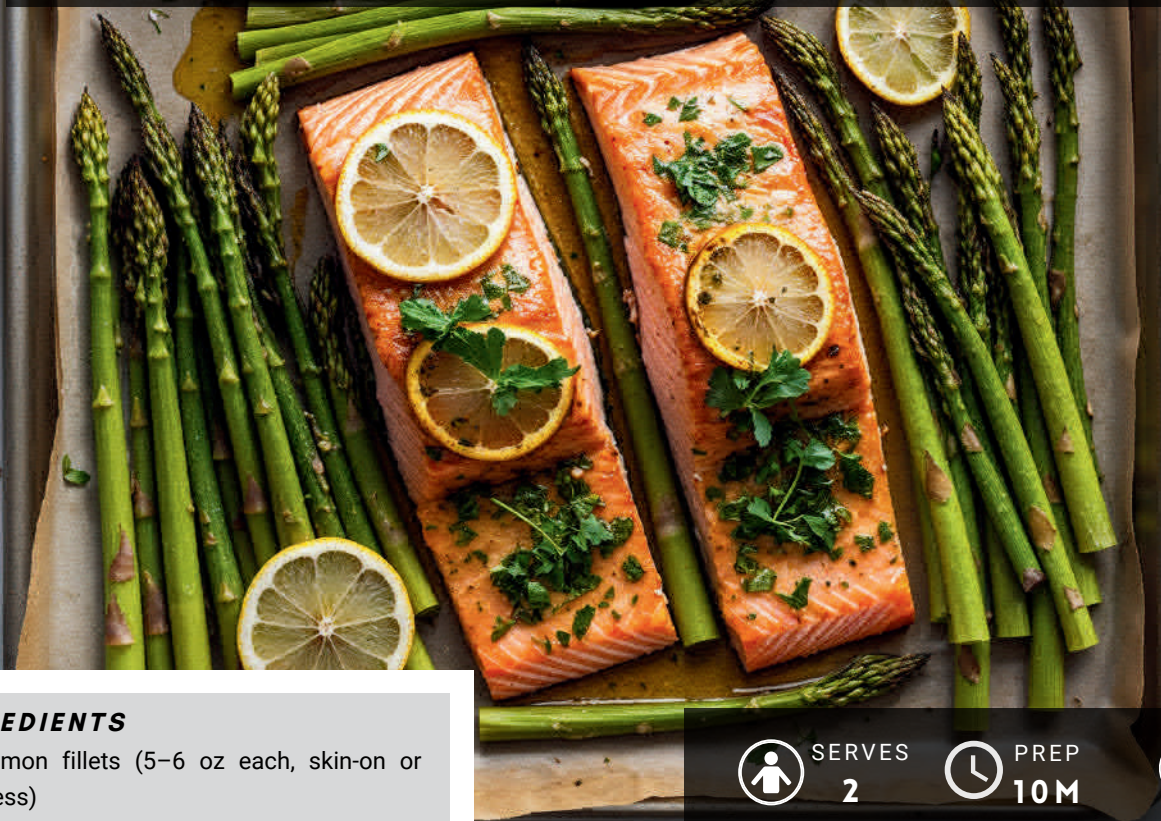


COOK
30M

INSTRUCTIONS

1. Make the Cauli-Mash:
 - Steam or boil cauliflower florets until fork-tender—about ten to twelve minutes.
 - Pat dry with paper towels; drain well.
 - Add cauliflower, butter, heavy cream, and Parmesan to a food processor or blender. Blend till creamy and smooth.
 - Taste-test and season with salt and pepper. Save and stay warm.
2. Cook the Beef Stroganoff:
 - In a large pan set over medium-high heat, melt butter and oil.
 - Stagger sliced beef in stages to prevent crowding. Sear, one to two minutes on each side until golden, but it is not quite done. Eliminate and save.
 - Add onions to the same skillet and heat for two to three minutes until softened. Add mushrooms and garlic; simmer for 4 to 5 minutes until browned and soft.
 - Add beef broth, scraping away any browned bits. Simmer for three minutes.
 - Lower the heat and whisk in the sour cream, Dijon mustard, paprika, salt, and pepper. Simmer just gently, not boiling.
 - Return the steak to the skillet and cook on low for three to five minutes or until the sauce is creamy and the beef is cooked.
3. Serve:
 - Spoon cauliflower mash onto plates or bowls.
 - Top with plenty of beef stroganoff.
 - Accompan with chopped fresh parsley.

KETO SHEET PAN LEMON HERB SALMON & ASPARAGUS



INGREDIENTS

- 2 salmon fillets (5–6 oz each, skin-on or skinless)
- 1 bunch asparagus (approx. 1 lb), trimmed
- 2 tbsp olive oil or melted butter
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning or a mix of dried basil, thyme, and oregano
- Salt and pepper to taste
- 2 lemon slices (for garnish)
- 1 tbsp chopped fresh parsley (optional garnish)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 420 kcal
- Protein 34g
- Fat 30g
- Carbohydrates 6g
- Fiber 3g
- Net Carbs 3g
- Cholesterol 85mg
- Sodium 220mg
- Potassium 850mg



SERVES
2



PREP
10M



COOK
15-18M

INSTRUCTIONS

1. Preheat Oven:
 - Turn up the Oven to 400°F (200°C).
 - Line a sheet pan with foil or parchment paper for more straightforward cleanup.
2. Prepare the Marinade:
 - Prepare the Marinade in a small basin by whisking olive oil (or butter), lemon juice, lemon zest, garlic, Italian seasoning, salt, and pepper.
3. Arrange Salmon & Asparagus:
 - Arrange the salmon fillets in the middle of the sheet pan. Line the fillets with asparagus.
 - Drizzle or brush the lemon herb marinade equally over the asparagus and fish.
4. Bake:
 - Bake the salmon flakes easily with a fork and asparagus soft but crisp in the preheated Oven for 15 to 18 minutes.
 - Broil monitors intently for a golden finish for the last one to two minutes.
5. Garnish & Serve:
 - Present and garnish fresh lemon slices and parsley if preferred. Present spicy and savory.

KETO PORK CHOPS WITH MUSHROOM CREAM SAUCE



INGREDIENTS

For the Pork Chops:

- 2 bone-in pork chops (about 6–8 oz each)
- 1 tbsp olive oil or avocado oil
- Salt and pepper to taste
- ½ tsp garlic powder
- ½ tsp paprika (optional for color)

For the Mushroom Cream Sauce:

- 2 tbsp unsalted butter
- 1 cup mushrooms, sliced (cremini, white, or baby bella)
- 1 clove garlic, minced
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- ½ tsp Dijon mustard (optional for depth)
- Salt and black pepper to taste
- 1 tbsp chopped fresh parsley (optional for garnish)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 520 kcal
- Protein 34g
- Fat 39g
- Carbohydrates 5g
- Fiber 1g
- Net Carbs 4g
- Cholesterol 130mg
- Sodium 420mg
- Potassium 630mg



SERVES
2



PREP
10M



COOK
20M

INSTRUCTIONS

1. Prepare the Pork Chops:

- Paper towels help pork chops dry. Season both sides with paprika, salt, pepper, and garlic powder.
- In a large skillet set over medium-high, heat olive oil.
- Sear pork chops till brown and cooked to an internal temperature of 145°F (63°C), 3 to 4 minutes on each side.
- Take chops off the pan and set aside. Tent sloppily with foil to rest.

2. Make the Mushroom Cream Sauce:

- Prepare the Mushroom Cream Sauce in the same skillet, lowering heat to medium. Add chopped mushrooms and butter.
- Cook until mushrooms are soft and gently browned, 4 to 5 minutes, stirring now and then.
- Add garlic and sauté for still another thirty seconds.
- Stir in Dijon mustard (if using), Parmesan, and heavy cream. Simmer until the sauce thickens just a little, 2 to 3 minutes.
- Taste-test and adjust with salt and pepper.

3. Combine and Serve:

- Reverse the pork chops back to the stove and spread sauce over the top. Simmer together for one to two more minutes.
- Garnish hot with fresh parsley.

CHEESY KETO TACO CASSEROLE



INGREDIENTS

- 1 lb ground beef (85/15 or higher fat content)
 - 2 tbsp olive oil or avocado oil (if beef is very lean)
 - 1 small onion, diced; 2 cloves garlic, minced
 - 1 tbsp chili powder; 1 tsp cumin
 - 1 tsp paprika; ½ tsp oregano
 - ¼ tsp cayenne pepper (optional)
 - Salt and pepper to taste
 - ½ cup sugar-free salsa or crushed tomatoes
 - 4 oz cream cheese (softened)
 - 1 cup shredded cheddar cheese
 - 1 cup shredded Monterey Jack or mozzarella cheese
 - 2 eggs, beaten (helps bind the casserole)
- Optional Toppings & Add-ins:
- Sliced jalapeños; Chopped cilantro
 - Sour cream; Avocado slices or guacamole
 - Shredded lettuce or chopped green onions

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 435 kcal
- Protein 26g
- Fat 34g
- Carbohydrates 5g
- Fiber 1g
- Net Carbs 4g
- Cholesterol 125mg
- Sodium 420mg
- Potassium 440mg



SERVES
6



PREP
15M



COOK
25M

INSTRUCTIONS

1. Preheat Oven:
 - Set Oven to 375°F (190°C). Oil or butter grease a 9x9-inch or 8x11-inch baking dish.
2. Cook the Meat Mixture:
 - Heat olive oil over medium heat in a large skillet. Add chopped onion and cook for two to three minutes until softened.
 - Sauté garlic for thirty seconds.
 - Add ground beef, breaking it up with a spoon, then sauté till browned. Eliminate extra weight if necessary.
 - Stir in oregano, cayenne (if used), salt, pepper, salsa, chili powder, cumin, and paprika. Simmer for three to four minutes to meld flavors.
 - Turn the heat to low and gently whisk in the cream cheese until melted and thoroughly blended. Remove from the heat and let it cool slightly.
3. Assemble the Casserole:
 - Combine the eggs in a big bowl with a whisk. Add the somewhat cooled meat mixture and stir until well blended.
 - Arrange the mixture on the ready-made baking tray.
 - Top consistently with Monterey Jack cheese and shredded cheddar.
4. Bake:
 - Bake uncovered for 20 to 25 minutes or until the top cheese is melted, bubbling, and slightly brown.
5. Garnish and Serve:
 - Garnish and Serve: Let rest for five minutes before slicing.
 - Top with your preferred ketogenic garnishes—sour cream, jalapeño, avocado, or cilantro.

KETO EGGPLANT LASAGNA ROLLS



INGREDIENTS

For the Eggplant Rolls:

- 2 medium eggplants, sliced lengthwise into ¼-inch thick strips (about 8–10 slices)
- 2 tbsp olive oil
- Salt and pepper to taste

For the Filling:

- 1 cup whole milk ricotta cheese
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 egg
- 1 tsp Italian seasoning
- 1 clove garlic, minced
- Salt and pepper to taste

For the Sauce & Topping:

- ¾ cup sugar-free marinara sauce
- ½ cup shredded mozzarella cheese (for topping)
- 2 tbsp fresh chopped basil or parsley (optional garnish)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 370 kcal
- Protein 20g
- Fat 28g
- Carbohydrates 10g
- Fiber 4g
- Net Carbs 6g
- Cholesterol 90mg
- Sodium 480mg
- Potassium 620mg



SERVES
4



PREP
20M



COOK
30M

INSTRUCTIONS

1. Prepare the Eggplant:
 - Set oven to 400°F (200°C).
 - On both sides, brush olive oil eggplant slices; season gently with salt and pepper.
 - Arrange on a parchment-lined baking sheet; bake for 10 to 12 minutes, turning halfway, until malleable and gently browned. Set aside to chill gently.
2. Mix the Filling:
 - Combine the ricotta, mozzarella, Parmesan, egg, Italian seasonings, garlic, salt, and pepper in a bowl.
 - Stir until thoroughly well blended and creamy.
3. Assemble the Rolls:
 - After spreading a spoonful of filling on one end of each eggplant slice, gently roll them.
 - Lay each roll seam-side down in a lightly oiled baking dish.
 - Cover the rolls with marinara sauce, then top with remaining mozzarella.
4. Bake:
 - Bake uncovered until the cheese is melted and bubbling for 15 to 18 minutes.
 - If you want a golden top, broil for two last minutes.
5. Garnish & Present:
 - Let cool slightly, then present. Top with fresh basil or parsley for color and extra taste.

KETO CAJUN CHICKEN WITH CAULIFLOWER GRITS



INGREDIENTS

For the Cajun Chicken:

- 2 boneless, skinless chicken breasts (6 oz each)
- 1½ tbsp olive oil or avocado oil
- 1 tbsp Cajun seasoning (store-bought or homemade, sugar-free)
- Salt and pepper to taste
- 1 tbsp butter (for finishing)
- Optional garnish: chopped parsley or green onion

For the Cauliflower Grits:

- 1 medium head cauliflower, riced (or 3 cups pre-riced)
- 2 tbsp butter
- ¼ cup heavy cream
- ¼ cup shredded cheddar cheese
- 2 tbsp grated Parmesan cheese
- Salt and pepper to taste
- Optional: pinch of garlic powder or smoked paprika

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 470 kcal
- Protein 40g
- Fat 33g
- Carbohydrates 8g
- Fiber 3g
- Net Carbs 5g
- Cholesterol 135mg
- Sodium 550mg
- Potassium 800mg



SERVES
2



PREP
15M



COOK
25M

INSTRUCTIONS

1. Cook the chicken.
 - Dry the chicken, then massage both sides with Cajun spice, salt, and pepper.
 - In a large skillet set on medium-high heat, warm oil.
 - Add chicken; sear for 4–5 minutes per side or until cooked through and golden brown (internal temp should reach 165°F / 74°C).
 - To complete with taste, cut the heat low, add one tablespoon of butter to the pan, and ladle over the chicken.
 - Take off from the heat, rest for five minutes, then slice.
2. Prepare the cauliflower grits.
 - Steam or microwave riced cauliflower until tender, about five to six minutes. Drain any extra moisture if necessary.
 - Melt butter in a pot set over medium heat. Add steamed cauliflower, heavy cream, cheddar, and Parmesan.
 - Stir constantly; simmer for three to five minutes until creamy—season with optional garlic powder, salt, and pepper.
 - If desired, smooth the texture with an immersion blender or food processor.
3. Assemble the Dish:
 - Present cauliflower grits on bowls or plates.
 - Cut Cajun chicken and either top or beside the grits.
 - Drizzle pan juices over top; decorate with chopped parsley or green onion.

KETO MEATLOAF WITH BACON GLAZE



INGREDIENTS

For the Meatloaf:

- 1½ lbs ground beef (80/20 preferred)
- ½ lb ground pork (optional for added fat and flavor)
- 2 eggs; ½ cup almond flour
- ½ cup grated Parmesan cheese
- 1 tbsp Worcestershire sauce (sugar-free or low-carb version)
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt and pepper to taste

For the Bacon Glaze Topping:

- 4–5 strips of thin-sliced bacon
- ¼ cup sugar-free ketchup or tomato paste with ½ tsp apple cider vinegar
- 1 tsp smoked paprika (optional)
- 1 tbsp erythritol or monk fruit sweetener (optional for classic glaze sweetness)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 470 kcal
- Protein 30g
- Fat 37g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 145mg
- Sodium 500mg
- Potassium 530mg



SERVES
6



PREP
15M



COOK
55-60M

INSTRUCTIONS

1. Preheat & Prepare:

- 375°F (190°C). Preheat the oven.
- Either gently greasily or with parchment paper, line a loaf pan.

2. Mix the Meatloaf:

- Toss ground beef, ground pork (if using), eggs, almond flour, Parmesan, Worcestershire sauce, and all seasonings in a big bowl.
- Mix barely incorporated using your hands or a spatula; avoid overmixing.

3. Shape the Loaf:

- Press the mixture into the ready loaf pan or shape a free-standing loaf on a parchment paper baking sheet.
- Prepare the Glaze:
 - In a small bowl, toss sugar-free ketchup, smoked paprika, and sweetener—if using.
 - Distribute fairly throughout the loaf's top.
 - Lay bacon strips over the glaze if necessary, slightly overlapping and tucking the ends under the loaf.

5. Bake:

- Bake until the internal temperature rises to 160°F (71°C) for 50 to 60 minutes.
- To crisp the bacon topping, broil for three to five minutes as needed.
- Rest for ten minutes, then slice.

ONE-POT KETO CHILI (NO BEANS!)

INGREDIENTS

- 1 tbsp olive oil or avocado oil
- 1 lb (450 g) ground beef (80/20 for higher fat content)
- ½ lb (225 g) ground pork or Italian sausage (optional, for extra richness)
- ½ medium onion, diced; 2 cloves garlic, minced; 1 small green bell pepper, diced
- 1 small zucchini, diced (optional)
- 2 tbsp tomato paste; 1 (14.5 oz / 400 g) can diced tomatoes (no sugar added)
- 1½ cups beef broth (low-sodium)
- 2 tsp chili powder; 1 tsp cumin
- ½ tsp paprika; ½ tsp dried oregano
- Salt and pepper to taste
- Pinch of cayenne pepper (optional for heat)

Optional Toppings (per serving):

- 2 tbsp shredded cheddar cheese; 1 tbsp sour cream; 1 tbsp chopped green onions or fresh cilantro; Sliced jalapeños or avocado for garnish

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 380 kcal
- Protein 24g
- Fat 28g
- Carbohydrates 8g
- Fiber 2g
- Net Carbs 6g
- Cholesterol 85mg
- Sodium 480mg
- Potassium 550mg



SERVES
6



PREP
10M



COOK
30-35M

INSTRUCTIONS

1. Sauté Aromatics & Meat:

- In a big saucepan or Dutch oven set on medium heat, warm the oil for sauté aromatics and meat.
- Add sliced garlic and onion. Sear for two to three minutes till aromatic.
- Add ground beef and, if using, pork. Break it up with a spoon and cook for about 7 to 8 minutes, until golden. Eliminate extra weight, if necessary.

2. Add Vegetables & Seasoning:

- Stir in tomato paste, bell pepper, zucchini (if using), and seasonings. Cook for two to three more minutes.
- Add chopped tomatoes, beef broth, and all the spices—cumin, paprika, oregano, salt, pepper, and cayenne—and mix thoroughly.

3. Simmer:

- After bringing it to a gentle boil, lower the heat to low. Stirring regularly, cover, and boil for 20 to 25 minutes until the chili thickens and flavors intensify.

4. Taste & Serve:

- Change the seasoning as necessary.
- Present heated together with your preferred ketogenic toppings.



S E C T I O N

**SNACKS
AND
APPETIZERS**

A COLLECTION
OF 10 DELICIOUS DESERTS

KETO EVERYTHING BAGEL FAT BOMBS



INGREDIENTS

- 8 oz (225 g) full-fat cream cheese, softened
 - 2 tbsp unsalted butter, softened
 - 2 tbsp sour cream or full-fat Greek yogurt
 - ¼ cup shredded sharp cheddar cheese (or mozzarella)
 - 2 tbsp chopped green onions or chives
 - 2 tsp “Everything But the Bagel” seasoning (store-bought or homemade)
 - Salt and pepper to taste
- Optional (for coating or variation):
- 1–2 additional tsp Everything Bagel seasoning (for rolling)
 - 1 tbsp crushed pork rinds or almond flour (for texture)
 - 1 slice of crispy bacon, crumbled (for garnish or mixed in)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 110 kcal
- Protein 3g
- Fat 10g
- Carbohydrates 1.5g
- Fiber 0.5g
- Net Carbs 1g
- Cholesterol 20mg
- Sodium 160mg
- Potassium 45mg



SERVES
10



PREP
10M



COOK
30-45M

INSTRUCTIONS

1. Mix the Base:
 - The base combines softened cream cheese, butter, and sour cream in a medium bowl. Beat with a hand mixer or fork until smooth.
 - Add chopped green onions, cheddar cheese, two teaspoons of Everything Bagel spice, and salt and pepper. Mix well.
2. Shape the Fat Bombs:
 - Using a tiny spoon or melon baller, shape the fat bombs from the mixture.
 - Using clean hands—either gently oiled or gloves for convenience—roll into 1-inch balls.
 - Roll each ball in crushed pork rinds, almond flour, or more. You can use bagel spice if you want.
3. Chill:
 - Refrigerate the fat bombs on a parchment-lined pan or plate for 30 to 45 minutes or until stiff.

KETO PARMESAN ZUCCHINI CHIPS



INGREDIENTS

- 2 medium zucchinis, sliced into thin rounds (~1/8 inch thick)
- 1 tbsp olive oil or avocado oil
- ½ cup grated Parmesan cheese (finely grated works best for coating)
- ½ tsp garlic powder
- ½ tsp paprika (optional)
- Salt and pepper to taste

Optional Add-ins or Garnishes:

- ¼ tsp Italian seasoning or dried oregano
- ½ tsp chili flakes for heat
- Fresh parsley or basil for garnish after baking

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 130 kcal
- Protein 6g
- Fat 10g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 10mg
- Sodium 230mg
- Potassium 180mg



SERVES
4



PREP
10M



COOK
25-30M

INSTRUCTIONS

1. Prep the Oven and Zucchini:
 - 425°F (220°C). Preheat the oven.
 - Line a baking sheet with parchment paper or arrange a wire rack over a baking tray for best crispiness.
 - Slice zucchini thin, even rounds (for uniformity, use a mandoline). To cut extra moisture, pat them dry with paper towels.
2. Season and Coat:
 - Toss zucchini slices with olive oil in a big basin to coat.
 - Combine Parmesan cheese, paprika, salt, pepper, and garlic powder in a separate bowl.
 - Press each zucchini slice carefully, dipping each round into the cheese mixture on both sides.
3. Bake the Chips:
 - Arrange covered zucchini slices in a single layer on the baking sheet (avoid overlapping).
 - Flip once midway; bake for 20 to 25 minutes until golden brown and crisp all over the edges.
 - Watch them toward the end to avoid burning.
4. Cool and Serve:
 - Let chips cool on a wire rack for a few minutes to further crisp.
 - If wanted, garnish with fresh herbs; serve right away.

KETO AVOCADO DEVILED EGGS



INGREDIENTS

- 6 large eggs
- 1 medium ripe avocado
- 1½ tsp lime juice (or lemon juice)
- 1 tbsp mayonnaise (sugar-free, keto-friendly)
- ½ tsp Dijon mustard
- 1 tbsp chopped fresh cilantro or parsley (optional)
- ⅛ tsp garlic powder
- Salt and black pepper to taste

Optional Garnishes:

- Paprika or smoked paprika for dusting
- Red pepper flakes for heat
- Fresh dill or chopped chives
- Bacon crumbles for extra fat and flavor

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 140 kcal
- Protein 6g
- Fat 12g
- Carbohydrates 2.5g
- Fiber 1.5g
- Net Carbs 1g
- Cholesterol 165mg
- Sodium 170mg
- Potassium 220mg



SERVES
6



PREP
10M



COOK
10M

INSTRUCTIONS

1. Boil the Eggs:
 - Pour eggs into a pot and cover with cold water.
 - Over medium-high heat, bring to a boil; then cover, take off from heat, and allow to settle for 10 to 12 minutes.
 - Move eggs to an ice bath and let them cool entirely. Peel and cut halfway lengthwise.
2. Make the Filling:
 - Create the filling by gently scooping out the yolks into a bowl.
 - Add avocado, lime juice, mayonnaise, Dijon mustard, garlic powder, salt, and pepper.
 - Mash and swirl until smooth and creamy. If using, add chopped herbs.
3. Fill the Eggs:
 - Scoop or pipe the avocado mixture back into the egg whites using a piping bag or small spoon.
 - Add bacon, herbs, or paprika as the preferred garnish.

KETO CHEDDAR CHEESE CRISPS



INGREDIENTS

- 1 cup shredded sharp cheddar cheese (about 4 oz / 115 g)
- Optional Add-ins (per taste):
- ¼ tsp garlic powder
 - ¼ tsp smoked paprika
 - ½ tsp everything bagel seasoning
 - Fresh cracked black pepper or cayenne for a spicy kick
 - 1 tbsp finely chopped fresh rosemary, parsley, or chives (optional)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 120 kcal
- Protein 7g
- Fat 10g
- Carbohydrates 0.5g
- Fiber 0g
- Net Carbs 0.5g
- Cholesterol 25mg
- Sodium 180mg
- Potassium 20mg



SERVES
4



PREP
5M



COOK
7-10M

INSTRUCTIONS

1. Preheat Oven:
 - One should preheat their Oven to 400°F (200°C).
 - Line a baking sheet with parchment paper or a silicone baking mat to prevent sticking.
2. Prepare Cheese Mounds:
 - Spoon the shredded cheddar on the ready baking sheet in roughly one tablespoon apiece in little mounds.
 - Given their spread, leave two inches between every other.
 - Sprink each, optional, with a bit of your selected seasoning.
3. Bake:
 - Bake till the cheese has melted and the edges are deep brown and crunchy 7 to 10 minutes.
 - Keep an attentive eye toward the end to stop burning.
4. Cool & Crisp:
 - Before moving the crisps to a wire rack to fully crisp, let them cool on a baking sheet for five minutes.
 - As they cool, they will set up.

KETO MINI CAPRESE SKEWERS WITH PESTO DRIZZLE



INGREDIENTS

For the Skewers:

- 12 cherry or grape tomatoes
- 12 fresh mozzarella balls (boconcini or cilligine)
- 12 fresh basil leaves
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste
- 12 small skewers or toothpicks

For the Pesto Drizzle:

- ¼ cup fresh basil leaves
- 2 tbsp extra virgin olive oil
- 1 tbsp pine nuts (or walnuts for a budget-friendly version)
- 1 tbsp grated Parmesan cheese
- ½ clove garlic (optional for a milder flavor)
- Salt to taste
- 1 tsp lemon juice (optional for brightness)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 185 kcal
- Protein 8g
- Fat 16g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 20mg
- Sodium 200mg
- Potassium 180mg



SERVES
4



PREP
10M



COOK
0M

INSTRUCTIONS

1. Assemble the Skewers:

- Thread one cherry tomato, one fresh basil leaf (folded in half if large), and one mozzarella ball on every skewer or toothpick.
- Make around 12 skewers by repeating with the other ingredients.
- Arrange the skewers on a dish. Drizzle with one tablespoon of olive oil, then sprinkle with salt and pepper.

2. Make the Pesto Drizzle:

- The pesto drizzle is created by combining basil, olive oil, pine nuts, Parmesan, garlic (if using), and salt in a food processor or blender.
- Blend until smooth. Add lemon juice; adjust consistency with a splash of water or additional oil as needed.

3. Drizzle & Serve:

- Drizzle the pesto over the skewers right before you're serving.
- Add extra grated Parmesan or microgreens optional as garnish.

KETO TRAIL MIX WITH NUTS & COCONUT



INGREDIENTS

- ½ cup raw almonds
- ½ cup raw pecans
- ½ cup macadamia nuts (or Brazil nuts)
- ⅓ cup unsweetened coconut flakes (broad flakes or shredded)
- 2 tbsp pumpkin seeds (pepitas)
- 2 tbsp sunflower seeds
- 2 tbsp cacao nibs or sugar-free dark chocolate chips (optional)
- 1 tsp chia seeds (optional for added fiber)
- 1 tsp cinnamon (optional)
- Pinch of salt
- 1 tbsp coconut oil (optional for toasting)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 210 kcal
- Protein 5g
- Fat 20g
- Carbohydrates 4.5g
- Fiber 2g
- Net Carbs 2.5g
- Cholesterol 0mg
- Sodium 50mg
- Potassium 150mg



SERVES
8



PREP
5M



COOK
10M

INSTRUCTIONS

Option 1: Raw Trail Mix

- Combine everything in a mixing dish, then toss to distribute evenly.
- Store either in portions in snack bags or in an airtight container.

Option 2: More flavor toasted trail mix

- Turn oven to 325°F (165°C).
- Toss nuts, seeds, and coconut flakes on a parchment-lined baking sheet.
- Drizzle with melted coconut oil; top with salt and cinnamon, if using.
- Stirring once half-through, bake for 8 to 10 minutes until gently brown and aromatic.
- Let cool; then add optional cocoa nibs or chocolate chips. Combine and chill.

KETO BACON-WRAPPED JALAPEÑO POPPERS



INGREDIENTS

- 6 large jalapeños
- 6 oz (170 g) cream cheese, softened
- ½ cup shredded sharp cheddar cheese
- ¼ tsp garlic powder
- ¼ tsp smoked paprika (optional)
- Salt and pepper to taste
- 12 slices of thin-cut bacon (1 per popper)
- Toothpicks (optional for securing bacon)

Optional Flavor Add-ins:

- 2 tbsp chopped chives or green onion
- 1 tbsp chopped cooked bacon (in filling for extra flavor)
- Dash of hot sauce or crushed red pepper flakes (for extra heat)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 220 kcal
- Protein 9g
- Fat 19g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 45mg
- Sodium 320mg
- Potassium 150mg



SERVES
6



PREP
15M



COOK
20-25M

INSTRUCTIONS

1. Preheat Oven:
 - Set Oven to 400°F (200°C).
 - Line a baking sheet with parchment paper or a wire rack across a tray for crisper bacon.
2. Prepare Jalapeños:
 - Cut each jalapeño in half lengthwise and gently remove seeds and membranes—using gloves for safety.
 - Discard the halves.
3. Make the Filling:
 - To make the filling, blend cream cheese, cheddar, garlic powder, paprika, salt, and pepper in a medium bowl.
 - If used, stir in optional components, including crumbled bacon or green onions.
4. Fill and Wrap:
 - Spoon roughly one tablespoon of cheese mixture into each half of a jalapeño.
 - Stretch gently and tuck the end under each loaded jalapeño using one slice of bacon. Secure, if necessary, with a toothpick.
5. Bake:
 - Set bacon-wrapped poppers on a ready tray.
 - Bake until crispy bacon and jalapeños are soft, for 20 to 25 minutes.
 - If needed to crisp the bacon, broil for one to two more minutes.

KETO PEPPERONI PIZZA BITES (ALMOND FLOUR BASE)



INGREDIENTS

- 1 cup almond flour (fine blanched)
- 1 cup shredded mozzarella cheese
- 2 oz cream cheese
- 1 large egg
- ½ tsp baking powder
- ½ tsp Italian seasoning
- ¼ tsp garlic powder
- ⅛ tsp crushed red pepper flakes (optional)
- 18 slices mini pepperoni (or 6 regular cut into quarters)

Optional Garnishes & Add-ins:

- 2 tbsp grated Parmesan (mixed into dough or sprinkled on top)
- 1 tbsp chopped fresh basil or parsley
- ¼ cup sugar-free marinara or pizza sauce (for dipping)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 210 kcal
- Protein 10g
- Fat 17g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 50mg
- Sodium 280mg
- Potassium 120mg



SERVES
6



PREP
10M



COOK
15-18M

INSTRUCTIONS

1. Preheat Oven:
 - Set oven to 375°F (190°C).
 - Arrange a silicone baking mat or parchment paper baking sheet.
2. Prepare the Dough:
 - Combine cream cheese and shredded mozzarella in a microwave-safe bowl.
 - Stirring each time, microwave in 30-second intervals until melted and smooth—about 1 to 1.5 minutes overall.
 - Stir in red pepper flakes, baking powder, Italian seasoning, garlic powder, and almond flour.
 - Add the egg; stir until the dough is soft. If it's sticky, knead gently with moist palms.
3. Shape the Bites:
 - Divide the dough into eighteen equal portions, then roll them into balls.
 - Arrange on a baking sheet; gently press one tiny pepperoni slice onto the top of each.
 - (Optional) Add grated Parmesan or additional herbs to sprinkle tops.
4. Bake:
 - Bake till firm and golden brown, 15 to 18 minutes.
 - Before serving, let cool gently.

SPICY GARLIC ROASTED ALMONDS

INGREDIENTS

- 2 cups raw whole almonds
- 2 tbsp olive oil (or avocado oil)
- 1½ tsp garlic powder
- ½ tsp smoked paprika
- ¼–½ tsp cayenne pepper (adjust for heat)
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp onion powder (optional)
- 1 tbsp nutritional yeast (optional for umami flavor)
- 1 tsp fresh lime or lemon juice (optional, added after baking)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 190 kcal
- Protein 6g
- Fat 17g
- Carbohydrates 6g
- Fiber 3.5g
- Net Carbs 2.5g
- Cholesterol 0mg
- Sodium 150mg
- Potassium 200mg



SERVES
8



PREP
5M



COOK
20-25M

INSTRUCTIONS

1. Preheat Oven:
 - Turn on the oven to 325°F (165°C).
 - Lay a silicone baking mat or parchment paper baking sheet.
2. Season the Almonds:
 - Almonds should be seasoned in a mixing dish together with oil. Toss till almonds are well-coated.
 - Combine garlic powder, paprika, cayenne, salt, pepper, and any additional ingredients in a small bowl.
 - Over the almonds, sprinkle the seasonings mix; then, toss thoroughly to coat evenly.
3. Roast:
 - On the ready baking sheet, arrange the almonds in a single layer.
 - Stirring once halfway through will help to guarantee even roasting for 20 to 25 minutes.
 - During the last five minutes, keep a close eye to avoid scorching.
4. Cool and Store:
 - Remove from the oven and let almonds rest on the baking sheet; they will continue to crisp as they cool.
 - Drizzle, if using, with a dash of lime or lemon juice, following chilling for a fresh kick.
 - Store, room temperature, in an airtight container for up to two weeks.

KETO CREAM CHEESE-STUFFED CUCUMBER BITES



INGREDIENTS

- 1 large English cucumber (or 2 small cucumbers)
- 6 oz (170 g) full-fat cream cheese, softened
- 2 tbsp sour cream or full-fat Greek yogurt (optional for lighter texture)
- 1 tbsp chopped fresh chives or green onion
- 1 tsp lemon juice or apple cider vinegar
- ½ tsp garlic powder
- ¼ tsp onion powder
- Salt and pepper to taste

Optional Add-Ins:

- 1 tbsp chopped fresh dill or parsley
- 1 tbsp crumbled bacon or smoked salmon
- ½ tsp everything bagel seasoning (for topping)
- Paprika or chili flakes for garnish

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 145 kcal
- Protein 3g
- Fat 13g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 35mg
- Sodium 120mg
- Potassium 180mg



SERVES
4



PREP
10M



COOK
0M

INSTRUCTIONS

1. Prepare the Cucumbers:
 - If so, wash the cucumbers and peel them.
 - Cut roughly eighteen to twenty rounds in ¾-inch thickness.
 - Scoop out a shallow hole in the middle of every slice with a melon baller or tiny spoon without fully traversing each piece.
2. Make the Filling:
 - In a small bowl, combine softened cream cheese with sour cream (if using), lemon juice, garlic powder, onion powder, salt, pepper, and herbs.
 - Stir until smooth and creamy. Stuff into a piping bag or use a tiny spoon.
3. Assemble the Bites:
 - Fill the center of every cucumber slice with the cream cheese mixture.
 - Top with bacon bits, minced herbs, or bagel seasoning—optional garnishes.
4. Chill or Serve Immediately:
 - Serve immediately for best freshness, or refrigerate for up to four hours before serving.



S E C T I O N

**SOUPS AND
STEW**

A COLLECTION
OF 10 DELICIOUS DESERTS

KETO CREAMY CHICKEN & MUSHROOM SOUP



INGREDIENTS

- 2 tbsp butter (or olive oil)
- 2 cloves garlic, minced
- ½ small onion, finely chopped
- 8 oz mushrooms, sliced (button, cremini, or mixed)
- 2 cups cooked shredded chicken (breast or thigh)
- 2 cups chicken broth (low-sodium, no sugar added)
- 1 cup heavy cream; 2 oz cream cheese
- ½ tsp dried thyme; ½ tsp dried parsley
- ½ tsp salt (adjust to taste)
- ¼ tsp black pepper
- Optional: ¼ tsp smoked paprika or red pepper flakes for a kick
- Optional Garnishes:
 - Fresh chopped parsley or thyme
 - Shredded Parmesan or cheddar cheese
 - A swirl of extra cream or a drizzle of truffle oil

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 395 kcal
- Protein 24g
- Fat 30g
- Carbohydrates 5g
- Fiber 1g
- Net Carbs 4g
- Cholesterol 125mg
- Sodium 470mg
- Potassium 500mg



SERVES
4



PREP
10M



COOK
25-30M

INSTRUCTIONS

1. Sauté Aromatics & Mushrooms:
 - Melt butter over medium heat in a large saucepan or soup pot. Aromatics & Mushrooms.
 - Add onion and garlic; sauté until aromatic, 2 to 3 minutes.
 - Add mushrooms and heat until browned and softened another five to six minutes.
2. Add Chicken & Seasonings:
 - Stir shredded chicken, thyme, parsley, salt, pepper, and optional paprika and spices.
 - Add chicken broth and lightly boil it.
3. Make It Creamy:
 - Work in cream cheese and heavy cream.
 - Reduce the heat and stir until the soup is smooth and creamy—about five to seven minutes—and the cream cheese is completely melted.
 - Simmer, stirring now and again, for another five to ten minutes to let the flavors marry.
4. Adjust & Serve:
 - Taste and change seasoning as necessary. Then serve.
 - Ladle onto dishes and garnish as desired.

KETO BROCCOLI CHEDDAR SOUP



INGREDIENTS

- 2 tbsp butter
- 2 cloves garlic, minced
- ½ small onion, finely chopped
- 2 cups broccoli florets (fresh or frozen), chopped small
- 2 cups chicken broth (low-sodium, no sugar added)
- 1 cup heavy cream
- 1 cup shredded sharp cheddar cheese
- 2 oz cream cheese
- ½ tsp mustard powder (optional, enhances cheesy flavor)
- ½ tsp salt (adjust to taste)
- ¼ tsp black pepper
- ⅛ tsp ground nutmeg (optional, for warmth)
- Optional Add-ins:
 - 1 tbsp chopped cooked bacon
 - ¼ cup grated Parmesan cheese
 - ¼ tsp crushed red pepper flakes for heat

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 360 kcal
- Protein 13g
- Fat 32g
- Carbohydrates 6g
- Fiber 2g
- Net Carbs 4g
- Cholesterol 90mg
- Sodium 460mg
- Potassium 350mg



SERVES
4



PREP
10M



COOK
20-25M

INSTRUCTIONS

1. Sauté Aromatics:
 - In a medium saucepan, set the butter over medium heat.
 - Add minced onion and garlic. Sauté till softened and aromatic, two to three minutes.
2. Simmer Broccoli:
 - Simmer chopped Broccoli with chicken broth. Boil first; then lower heat to a simmer.
 - Cover and boil until Broccoli is cooked, 10 to 12 minutes.
3. Make it Creamy:
 - Stir in mustard powder, salt, pepper, nutmeg, cream cheese, and heavy cream.
 - Simmer low, stirring often, until soup thickens and cream cheese melts —about five minutes.
4. Add Cheese:
 - Remove from heat and progressively whisk the shredded cheddar cheese until completely melted and creamy.
5. Blend or Leave Chunky (Your Choice):
 - Use an immersion blender to purée either partially or totally for a smoother soup. You can also blend or leave it chunky.
 - Mash lightly using a potato masher or spoon for a chunky consistency.

KETO BEEF AND CABBAGE STEW



INGREDIENTS

- 2 tbsp olive oil or beef tallow
- 1½ lbs (680 g) beef stew meat (chuck or sirloin), cut into 1-inch cubes
- 3 cups green cabbage, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 cups beef broth (low-sodium, no added sugar)
- 1 tbsp tomato paste (adds depth, minimal carbs)
- 1 tsp smoked paprika
- 1 tsp dried thyme
- ½ tsp ground cumin
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper
- 1 tbsp apple cider vinegar (optional, for balance)
- Optional: 1 bay leaf, red pepper flakes (for spice)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 390 kcal
- Protein 28g
- Fat 28g
- Carbohydrates 6g
- Fiber 2g
- Net Carbs 4g
- Cholesterol 90mg
- Sodium 500mg
- Potassium 580mg



SERVES
6



PREP
15M



COOK
45M

INSTRUCTIONS

1. Brown the Beef:
 - Set olive oil over medium-high heat in a big Dutch oven or deep saucepan.
 - Arrange beef cubes in one layer and brown on all sides—about five to seven minutes. If possible, do this in batches to prevent crowding.
 - Eliminate meat and save it.
2. Sauté the Aromatics:
 - Put the chopped onion and garlic in the same saucepan to sauté the aromatics. Sauté until transparent, two to three minutes.
 - Stir in thyme, cumin, salt, pepper, tomato paste, and paprika. Cook for still another minute.
3. Simmer the Stew:
 - Return the steak to the pot simmering stew. Add beef broth and bring to a boil.
 - Cover, lower heat to low, then simmer for 25 to 30 minutes—until beef is tender.
 - Stir in chopped cabbage; boil uncovered for 15 minutes, until cabbage is tender but not mushy.
 - If using, add vinegar right before serving; modify the seasonings.

KETO LOADED CAULIFLOWER SOUP



INGREDIENTS

- 1 medium head cauliflower (about 5–6 cups florets), chopped
- 1 tbsp butter or bacon grease
- 3 slices bacon, chopped
- ½ medium onion, finely chopped
- 2 cloves garlic, minced
- 2½ cups chicken broth (low-sodium, no added sugar)
- 1 cup heavy cream
- ¾ cup shredded cheddar cheese
- 2 oz cream cheese
- Salt and black pepper to taste

Optional Garnishes:

- Extra shredded cheddar cheese
- Sour cream
- Crumbled bacon
- Chopped chives or green onions
- Smoked paprika

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 385 kcal
- Protein 11g
- Fat 33g
- Carbohydrates 7g
- Fiber 2g
- Net Carbs 5g
- Cholesterol 85mg
- Sodium 480mg
- Potassium 500mg



SERVES
4



PREP
10M

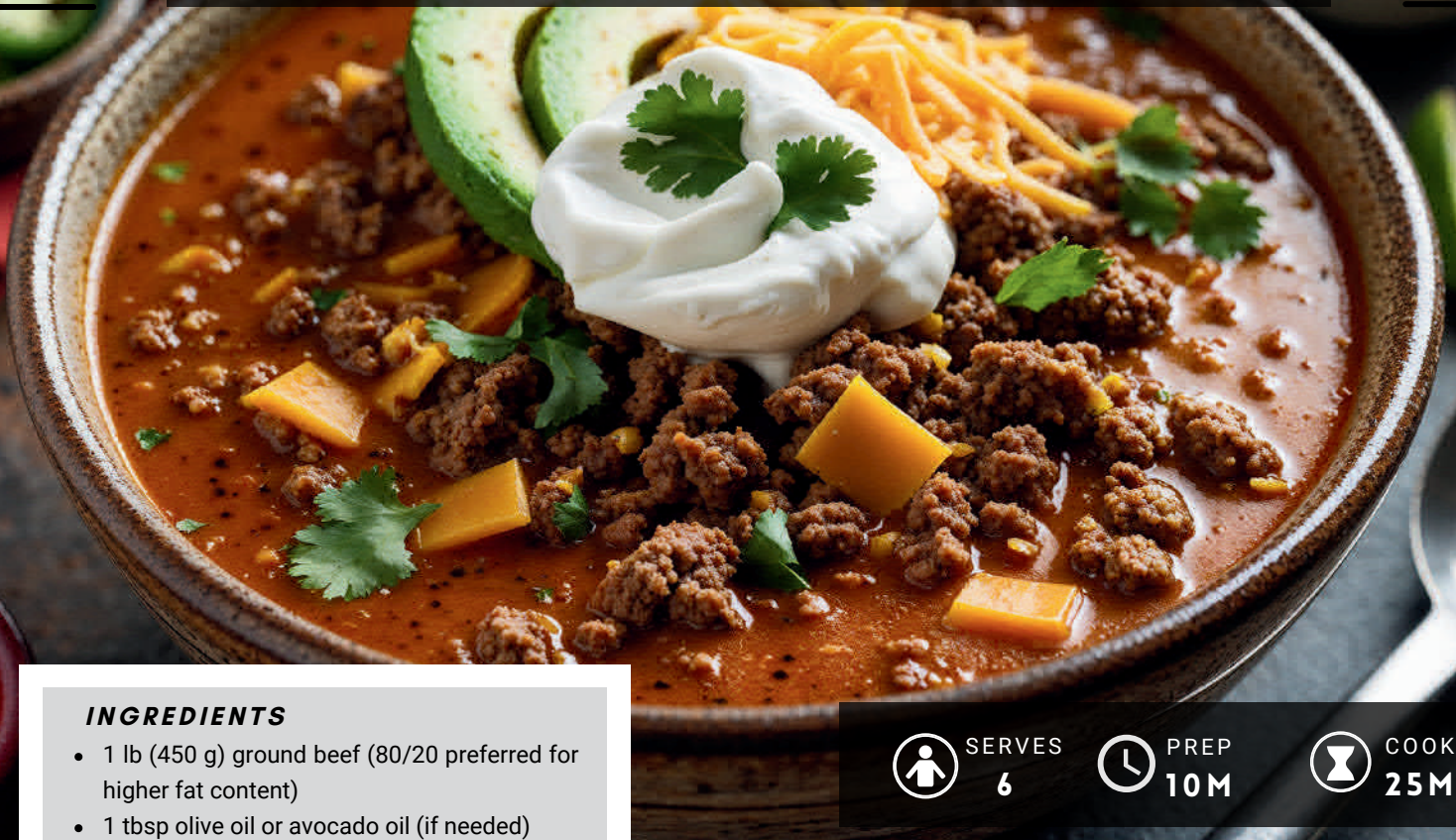


COOK
25M

INSTRUCTIONS

1. Cook the Bacon:
 - Cook chopped bacon over medium heat in a big saucepan or Dutch oven till crispy.
 - Remove and arrange on a paper towel-lined platter. Save roughly one tablespoon of bacon fat in the pot (alternatively, use butter).
2. Sauté Aromatics:
 - Add onion to the pot with conserved fat and cook until tender, three to four minutes.
 - Add garlic and heat for thirty seconds until aromatic.
3. Simmer Cauliflower:
 - Put chopped cauliflower and chicken broth in the pot simmered.
 - Bring to a boil, then decrease the heat, cover, and simmer for 12 to 15 minutes—or until the cauliflower is quite soft.
4. Blend & Cream:
 - Use an immersion blender to purée the soup until smooth (or gently move to a blender in batches).
 - Stir in shredded cheddar, cream cheese, and heavy cream.
 - Cook on low, stirring until the soup is creamy and the cheese melts completely.
 - Taste-test and adjust with salt and pepper.

KETO TACO SOUP WITH SOUR CREAM



INGREDIENTS

- 1 lb (450 g) ground beef (80/20 preferred for higher fat content)
- 1 tbsp olive oil or avocado oil (if needed)
- 2 cloves garlic, minced
- ½ medium onion, chopped
- 2 cups beef broth (low-sodium, no sugar added); 1 cup heavy cream
- 4 oz cream cheese (cubed, softened)
- 1 tbsp tomato paste (adds depth with minimal carbs); 2 tsp chili powder
- 1 tsp ground cumin; 1 tsp smoked paprika
- ½ tsp dried oregano; ¼ tsp black pepper
- ½ tsp salt (adjust to taste)
- ½ cup shredded cheddar cheese
- ⅓ cup full-fat sour cream (plus more for topping)
- Optional Garnishes:
 - Sliced avocado; Extra shredded cheddar
 - Fresh cilantro; Jalapeño slices
 - Crushed pork rinds or keto tortilla chips

NUTRITIONAL INFORMATION (PER SERVING):

- Calories 465 kcal
- Protein 21g
- Fat 39g
- Carbohydrates 6g
- Fiber 1g
- Net Carbs 5g
- Cholesterol 105mg
- Sodium 620mg
- Potassium 520mg



SERVES
6



PREP
10M



COOK
25M

INSTRUCTIONS

1. Cook the Beef:
 - Heat oil over medium in a big soup pot or Dutch oven.
 - Break ground meat up with a spoon and sauté till browning.
 - If necessary, drain the extra fat; then, mix in the onion and garlic. Cook until softened, two to three minutes.
2. Add Seasonings and Broth:
 - Add tomato paste, chili powder, cumin, paprika, oregano, salt, and pepper to your broth.
 - Add in beef broth and gently simmer.
3. Make It Creamy:
 - Lower heat and gradually stir in cream cheese until melted and well mixed.
 - Add shredded cheddar and heavy cream. Simmer on low, stirring sometimes, until soup thickens and blends well—about ten minutes.
4. Finish with Sour Cream:
 - Remove from heat and swirl in ⅓ cup sour cream until smooth and creamy.

KETO EGG DROP SOUP WITH ZUCCHINI NOODLES



INGREDIENTS

- 4 cups chicken broth (low-sodium, no added sugar)
- 2 large eggs, lightly beaten
- 1½ cups zucchini noodles (zoodles), spiralized
- 1 tbsp coconut aminos or soy sauce (low-carb)
- ½ tsp ground ginger or 1 tsp freshly grated ginger
- 1 clove garlic, minced
- 1 tsp sesame oil
- ¼ tsp xanthan gum or glucomannan (optional thickener)
- Salt and pepper to taste
- 1 tbsp chopped green onions (for garnish)
- Optional: pinch of red pepper flakes or dash of white pepper for spice

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 110 kcal
- Protein 8g
- Fat 7g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 140mg
- Sodium 420mg
- Potassium 250mg



SERVES
4



PREP
10M



COOK
10M

INSTRUCTIONS

1. Heat the Broth:
 - Bring the chicken broth to a simmer in a medium saucepan set over medium heat.
 - Add ginger, garlic, coconut aminos, soy sauce, and sesame oil.
2. Add Zoodles:
 - Add zucchini noodles and cook for two to three minutes until gently soft. Never overcook; else, they will turn mushy.
3. Thicken (Optional):
 - If adding xanthan gum or glucomannan, gently stir them in to thicken the soup slightly. Stir thoroughly to prevent clusters.
4. Create the Egg Ribbons:
 - Gradually pour the beaten eggs into a narrow stream while softly swirling the soup in a circular motion to form egg ribbons.
 - Cook until the eggs are perfectly set, another one to two minutes.
5. Final Seasoning:
 - Taste and modify seasonings using salt, pepper, and additional coconut aminos.

KETO HEARTY ITALIAN SAUSAGE & KALE SOUP



INGREDIENTS

- 1 lb (450 g) Italian sausage (mild or spicy, no added sugar), casings removed
- 1 tbsp olive oil or butter
- ½ medium onion, diced
- 3 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 cup heavy cream
- 4 oz cream cheese (cubed and softened)
- 3 cups kale, ribs removed and chopped
- ½ tsp red pepper flakes (optional)
- 1 tsp dried Italian herbs (or mix of oregano, basil, thyme)
- Salt and black pepper to taste
- Optional: ½ cup grated Parmesan cheese (for added richness and flavor)
- Optional garnish: chopped parsley, extra cream swirl, or shredded mozzarella

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 460 kcal
- Protein 17g
- Fat 41g
- Carbohydrates 6g
- Fiber 1.5g
- Net Carbs 4.5g
- Cholesterol 95mg
- Sodium 680mg
- Potassium 500mg



SERVES
6



PREP
10M



COOK
30M

INSTRUCTIONS

1. **Brown the Sausage:**
 - Heat olive oil over medium heat in a large soup pot or Dutch oven.
 - Using a spatula, break apart Italian sausage and heat until browned, roughly five to seven minutes.
 - Cut out extra grease; leave about one tablespoon for flavor.
2. **Add Aromatics:**
 - Add the aromatics—diced onion and garlic. Cook until aromatic and transparent, 2 to 3 minutes.
3. **Build the Soup Base:**
 - Add the chicken stock, Italian herbs, and red pepper flakes (if using), and gently simmer.
 - Stir in the cream cheese until it melts completely and combines.
4. **Add Cream & Kale:**
 - Reducing heat to low, then whisk in the chopped kale and heavy cream.
 - Simmer the soup uncovered for ten to twelve minutes until the flavors merge and the kale softens.
5. **Final Touches:**
 - Taste and change the seasonings using salt and pepper in the last touches.
 - If you use Parmesan cheese, stir in it; simmer for two more minutes until melted and creamy.

KETO CREAMY THAI COCONUT CHICKEN SOUP



INGREDIENTS

- 1 tbsp coconut oil or avocado oil
- 1 lb (450 g) boneless, skinless chicken thighs or breast, thinly sliced
- 2 cups chicken broth (low-sodium, no sugar added); 1 can (13.5 oz / 400 ml) full-fat coconut milk
- 1½ tsp fresh grated ginger (or 1 tsp ground ginger); 2 cloves garlic, minced
- 2 tsp red curry paste (sugar-free, check label); 1 tbsp fish sauce
- 1 tbsp lime juice; 1 tsp coconut aminos or soy sauce (optional)
- 1 cup mushrooms, thinly sliced (shiitake or white button)
- 1 cup zucchini noodles or baby spinach (optional veggie boost); ½ tsp sea salt (adjust to taste); ¼ tsp black pepper
- Optional: 1–2 tsp erythritol or monk fruit (to balance heat/acidity)

Optional Garnishes:

- Fresh cilantro leaves; Thai basil
- Sliced red chili or jalapeño; Lime wedges
- Crushed peanuts or toasted coconut flakes (for texture)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 410 kcal
- Protein 26g
- Fat 32g
- Carbohydrates 6g
- Fiber 1.5g
- Net Carbs 4.5g
- Cholesterol 85mg
- Sodium 700mg
- Potassium 600mg



SERVES
4



PREP
10M



COOK
20M

INSTRUCTIONS

1. Sauté Aromatics:

- In a big saucepan set over medium heat, sauté the aromatics.
- Add ginger and garlic; sauté until fragrant, 30 seconds.
- To blossom the flavors, stir in red curry paste and heat for one minute.

2. Add Broth & Coconut Milk:

- Pour coconut milk and chicken broth with broth and coconut milk. Stir till smooth.
- Add fish sauce, lime juice, coconut aminos—if using—salinity, and pepper. Turn to a low simmer.

3. Cook Chicken & Mushrooms:

- Slice chicken and mushrooms, then toss them into the cooking soup.
- Cook until the chicken is cooked and the mushrooms are soft, ten to twelve minutes.

4. Finish & Adjust:

- Stir in zucchini noodles or baby spinach (if using), then simmer for another two to three minutes.
- Add sugar, fish sauce, or salt to balance tastes and modify the seasonings.

PUMPKIN & SAGE KETO BISQUE



INGREDIENTS

- 2 tbsp butter or ghee
- 1 small shallot or ½ small onion, finely chopped; 2 cloves garlic, minced
- 1½ cups unsweetened pumpkin purée (canned or homemade)
- 2½ cups chicken broth (low-sodium, no sugar added); 1 cup heavy cream
- 2 oz cream cheese, softened
- 1½ tsp dried sage or 1 tbsp fresh sage, finely chopped; ½ tsp ground nutmeg
- Salt and black pepper to taste
- Optional: a pinch of cayenne for mild heat or cinnamon for a sweet-savory twist

Optional Garnishes:

- Crispy fried sage leaves
- A swirl of sour cream or heavy cream
- Crumbled bacon
- Pumpkin seeds (pepitas)
- Grated Parmesan cheese

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 320 kcal
- Protein 6g
- Fat 29g
- Carbohydrates 8g
- Fiber 2g
- Net Carbs 6g
- Cholesterol 85mg
- Sodium 480mg
- Potassium 400mg



SERVES
4



PREP
10M



COOK
20M

INSTRUCTIONS

1. Sauté Aromatics:

- In a medium saucepan set over medium heat, melt butter.
- Add shallot and garlic; sauté two to three minutes until transparent and aromatic.

2. Build the Bisque Base:

- To build the bisque base, stir in the pumpkin purée, sage, nutmeg, salt, pepper, and optional cayenne or cinnamon.
- Add chicken broth and swirl until thoroughly blended. Turn to a light simmer.

3. Add Creamy Elements:

- Add cream cheese and stir until thoroughly melted and smooth.
- Stirring regularly, simmer over low heat for 10 to 12 minutes until thickened and flavors are mixed out of heavy cream.

4. Blend (Optional):

- Use an immersion blender straight in the pot for a velvety texture, or transfer the soup batch-wise to a blender and purée until silky.

KETO BONE BROTH VEGGIE DETOX SOUP



INGREDIENTS

- 1 tbsp olive oil or ghee
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 stalks celery, chopped
- 1 small zucchini, chopped
- 1½ cups chopped cauliflower florets
- ½ cup chopped kale or spinach (packed)
- 4 cups chicken or beef bone broth (preferably homemade or no added sugar)
- 1 tbsp apple cider vinegar (helps extract minerals from bone broth)
- 1 tsp turmeric powder; ½ tsp ground cumin
- ½ tsp ground ginger; Salt and pepper to taste
- Optional: a pinch of cayenne pepper for a metabolism boost
- Optional: 1 tbsp lemon juice for brightness

Optional Garnishes:

- Chopped parsley or cilantro
- Avocado slices; Drizzle of MCT oil or olive oil
- Crushed red pepper flakes

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 120 kcal
- Protein 9g
- Fat 8g
- Carbohydrates 5g
- Fiber 2g
- Net Carbs 3g
- Cholesterol 15mg
- Sodium 400mg
- Potassium 450mg



SERVES
6



PREP
10M



COOK
25M

INSTRUCTIONS

1. Sauté Aromatics:

- In a big pot, set olive oil or ghee over medium heat.
- Add celery, onion, and garlicky. Sauté until softened and aromatic, three to four minutes.

2. Add Veggies & Spices:

- Add vegetables and spices, including zucchini, cauliflower, turmeric, cumin, ginger, salt, pepper, and cayenne.
- Cook until spices bloom—two to three minutes.

3. Add Broth & Simmer:

- Combine apple cider vinegar and bone broth in a simmering pot. Boil gently, then reduce to a simmer.
- Cook, covered, until veggies are soft, 15 to 20 minutes.

4. Finish with Greens:

- Finish with greens; stir in kale or spinach and boil for three to four more minutes until wilted.
- Add lemon juice and taste-adjust the seasonings.



SECTION

DESSERTS

A COLLECTION
OF 10 DELICIOUS DESSERTS

KETO CHOCOLATE LAVA MUG CAKE



INGREDIENTS

- 1 tbsp unsalted butter (plus extra for a greasing mug)
- 2 tbsp almond flour (fine blanched)
- 1 tbsp unsweetened cocoa powder
- 1 tbsp erythritol or monk fruit sweetener
- ¼ tsp baking powder; 1 large egg
- 1 tbsp heavy cream (or unsweetened almond milk for lighter version)
- ¼ tsp vanilla extract; Pinch of salt

Lava Center:

- 1 square (0.5 oz / ~14g) 90% dark chocolate or sugar-free chocolate bar (like Lily's or ChocZero)

Optional Garnishes:

- Whipped cream (keto-friendly)
- Raspberries or strawberries
- A dusting of cocoa powder or powdered erythritol
- Chopped nuts or a drizzle of almond butter

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 315 kcal
- Protein 9g
- Fat 29g
- Carbohydrates 6g
- Fiber 3g
- Net Carbs 3g
- Cholesterol 205mg
- Sodium 120mg
- Potassium 170mg



SERVES
1



PREP
5M



COOK
1-1.5M

INSTRUCTIONS

1. Prepare the Mug:
 - Butter or coconut oil will help lightly lubricate an 8–10-ounce microwave-safe mug.
2. Mix the Batter:
 - Melt butter in the mug in the microwave for around 20 to 25 seconds.
 - Add almond flour, cocoa powder, sweetener, baking powder, egg, heavy cream, vanilla essence, and salt.
 - Whisk everything through until a smooth batter results.
3. Add Lava Center:
 - Instead of submerging the piece of chocolate into the batter, gently press it into the center.
4. Cook:
 - Depending on the strength of your microwave, cook on high for 60 to 75 seconds.
 - The center should remain soft and gooey, but the top should seem set.
 - Steer clear of overcooking; else, the cake will turn from lava-like to solid.)
5. Rest & Serve:
 - Rest & Serve: Let sit for one minute to cool gently.
 - Top with your desired garnish and savor straight out of the mug!

NO-BAKE KETO PEANUT BUTTER CHEESECAKE BITES



INGREDIENTS

Cheesecake Filling:

- 6 oz (170 g) cream cheese, softened
- ½ cup natural peanut butter (unsweetened, smooth or crunchy)
- 3 tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- 1 tsp vanilla extract
- 1 tbsp coconut flour (for structure)
- Pinch of sea salt

Optional Chocolate Drizzle or Coating:

- 2 oz sugar-free dark chocolate (e.g., Lily's or ChocZero)
- 1 tsp coconut oil (for melting consistency)

Optional Garnish:

- Crushed peanuts
- Sea salt flakes
- A dusting of cocoa powder or almond flour

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 125 kcal
- Protein 3g
- Fat 11g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 15mg
- Sodium 90mg
- Potassium 110mg



SERVES
12



PREP
10M



COOK
30-60M

INSTRUCTIONS

1. Mix the Base:

- Whisk the base in a mixing dish, combining sugar, peanut butter, and softened cream cheese.
- Add coconut flour, salt, and vanilla; mix until well blended. For optimum texture, use a hand mixer.

2. Shape the Bites:

- To firm slightly, chill the mixture in the refrigerator for 10 to 15 minutes.
- Scoop and roll into twelve tiny balls—roughly one to one ½ teaspoon apiece. Arrange them on a tray or dish covered with parchment paper.

3. Optional Chocolate Topping:

- Melt sugar-free chocolate with coconut oil in a microwave-safe bowl in 20-second bursts, stirring until smooth.
- Drizzle over the bits or dip half of a piece into molten chocolate.

4. Chill to Set:

- The bites should chill to set for at least 30 minutes or until firm. Keep cold until serving.

KETO COCONUT CREAM FAT BOMBS



INGREDIENTS

- ½ cup coconut cream (from the thick part of a chilled can of full-fat coconut milk)
- ¼ cup coconut oil (melted)
- ¼ cup unsweetened shredded coconut
- 2 tbsp cream cheese (softened)
- 1½ tsp powdered erythritol or monk fruit sweetener (adjust to taste)
- 1 tsp vanilla extract
- Pinch of sea salt

Optional Flavor Boosters:

- ½ tsp cinnamon
- 1 tsp lemon or lime zest
- 1–2 drops of coconut or almond extract
- 1 tbsp cocoa powder (for a chocolate variation)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 120 kcal
- Protein 1g
- Fat 12g
- Carbohydrates 2g
- Fiber 1g
- Net Carbs 1g
- Cholesterol 3mg
- Sodium 20mg
- Potassium 50mg



SERVES
12



PREP
10M



COOK
30-60M

INSTRUCTIONS

1. Mix the Base:

- Mix the base in a medium-sized dish with coconut cream, melted coconut oil, cream cheese, vanilla, and sweetener.
- Blender till smooth and creamy; whisk or combine with your hand.

2. Add Texture:

- Fold in shredded coconut and extra flavors—such as cinnamon, zest, or cocoa—and Beat thoroughly.

3. Shape the Bombs:

- Using your hands or a melon baller, scoop the dough into little silicone molds or tiny muffin tins or roll it into balls.
- If hand shaping is needed, set it on a parchment-lined tray.

4. Chill:

- The fat bombs should be chilled, either frozen or refrigerated, for at least half an hour until firm.
- Freeze for extended storage, or keep an airtight jar in the refrigerator for up to seven days.

KETO LEMON BARS



INGREDIENTS

For the Crust:

- 1½ cups almond flour
- ¼ cup powdered erythritol or monk fruit sweetener
- ¼ cup butter (melted); ½ tsp vanilla extract
- Pinch of sea salt

For the Lemon Filling:

- ¾ cup fresh lemon juice (about 3–4 lemons)
- Zest of 1 lemon; 3 large eggs + 1 egg yolk
- ½ cup powdered erythritol or monk fruit sweetener
- ¼ cup coconut flour (for thickening)
- ½ cup butter (melted and slightly cooled)
- Optional: ½ tsp vanilla extract or pinch of turmeric (for golden color)

Optional Garnish:

- Dusting of powdered erythritol
- Lemon slices or zest
- Fresh mint leaves

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 155 kcal
- Protein 4g
- Fat 14g
- Carbohydrates 4g
- Fiber 2g
- Net Carbs 2g
- Cholesterol 55mg
- Sodium 40mg
- Potassium 70mg



SERVES
12



PREP
15M



COOK
25-30M

INSTRUCTIONS

1. Preheat Oven & Prepare Pan:

- Turn oven to 350°F (175°C) and get Pan ready.
- The parchment paper should be lined in an 8x 8 inch baking pan such that it hangs easily over the sides for removal.

2. Make the Crust:

- Combine almond flour, sweetener, melted butter, vanilla, and salt in a mixing bowl.
- Till crumbly dough results, mix.
- Press equally on the ready Pan.
- Bake till gently golden, 10 to 12 minutes. Remove and put aside to cool just a little.

3. Make the Lemon Filling:

- Whisk together a bowl of lemon juice, zest, eggs, sweetener, and vanilla until creamy.
- Add melted butter and coconut flour; whisk until well blended.
- Over the somewhat cooled crust, pour the mixture.

4. Bake the Bars:

- Return the Pan to the oven and bake for 15 to 18 minutes or until the center is set and does not jiggle.
- Remove and let cool totally at room temperature; chill for at least one hour in the refrigerator.

5. Slice & Serve:

- Once cold, pull out using parchment paper and cut into twelve even bars.
- Dust powdered erythritol before serving.

KETO ALMOND BUTTER CHOCOLATE CHIP COOKIES



INGREDIENTS

- 1 cup unsweetened almond butter (smooth or creamy; stir well if separated)
 - ½ cup powdered erythritol or monk fruit sweetener
 - 1 large egg
 - 1 tsp vanilla extract
 - ¼ tsp baking soda
 - ⅓ cup sugar-free chocolate chips (e.g., Lily's or ChocZero)
 - Pinch of sea salt
- Optional Add-ins:
- ¼ tsp cinnamon or espresso powder
 - 2 tbsp chopped walnuts or pecans
 - Sea salt flakes for garnish

NUTRITIONAL INFORMATION (PER SERVING):

- Calories 140 kcal
- Protein 4g
- Fat 12g
- Carbohydrates 4g
- Fiber 2g
- Net Carbs 2g
- Cholesterol 15mg
- Sodium 85mg
- Potassium 100mg



SERVES
12



PREP
10M



COOK
10-12M

INSTRUCTIONS

1. Preheat Oven:
 - Turn on the oven to 350°F (175°C).
 - Arrange a silicone baking mat or parchment paper baking sheet.
2. Make the Dough:
 - In a medium mixing dish, whisk almond butter, sweetener, egg, vanilla, and baking soda until smooth and fully blended.
 - Fold along with any optional mix-ins the sugar-free chocolate chips.
3. Form Cookies:
 - Divide dough into 12 sections using a small cookie scoop or spoon, then roll into balls.
 - Arrange equally spaced on the baking sheet. Gently flatten them using your palm or the back of a spoon; they won't spread much on their own.
4. Bake:
 - Bake until the edges are just a little brown, ten to twelve minutes. The centers may seem rather mushy, but this is ideal.
 - After cooling down on the baking sheet for five minutes, could you move it to a wire rack to cool it fully?

MINI KETO PECAN PIE TARTS



INGREDIENTS

Crust:

- 1 cup almond flour
- 2 tbsp coconut flour
- 2 tbsp powdered erythritol or monk fruit sweetener
- ¼ cup melted butter
- ½ tsp vanilla extract
- Pinch of sea salt

Pecan Filling:

- ⅓ cup chopped pecans
- ¼ cup powdered erythritol
- ¼ cup butter
- 1 tbsp heavy cream
- 1 large egg
- ½ tsp vanilla extract
- ½ tsp maple extract (optional, for flavor)
- Pinch of cinnamon
- Pinch of salt

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 220 kcal
- Protein 4g
- Fat 21g
- Carbohydrates 5g
- Fiber 2g
- Net Carbs 3g
- Cholesterol 45mg
- Sodium 80mg
- Potassium 95mg



SERVES
6



PREP
15M



COOK
20-25M

INSTRUCTIONS

1. Preheat & Prep:

- Turn oven to 350°F (175°C) first, then prep.
- Greasely oil silicone tartlet molds or a small muffin tin.

2. Make the Crust:

- To make a crumbly dough, toss almond flour, coconut flour, erythritol, melted butter, vanilla, and salt in a bowl.
- Form a tart shell by pressing one tablespoon of dough into each muffin cup.
- Bake until barely golden, 8 minutes. Remove and gently let cool.

3. Prepare the Filling:

- Melt butter in a small saucepan set over medium heat. Add erythritol and heat, stirring, until dissolved—one to two minutes.
- Take off from the stove. Whisk in heavy cream, egg, vanilla, maple extract—if using—cinnamon, and salt until smooth.
- Fold in chopped pecans.

4. Fill and Bake:

- Spoon almost to the top of the filling into the pre-baked tart crusts.
- Return to oven and bake until tops are brown and centers are set 12 to 15 minutes.

5. Cool and Serve:

- Let cool in the pan for ten minutes before moving to a wire rack.
- Present either heated or cold.

KETO VANILLA CHIA SEED PUDDING



INGREDIENTS

- 1 cup unsweetened almond milk (or full-fat coconut milk for creamier texture)
- ¼ cup chia seeds
- ¼ cup heavy cream
- 1½ tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- 1 tsp pure vanilla extract
- Pinch of sea salt

Optional Add-ins & Garnishes:

- ¼ tsp ground cinnamon or nutmeg
- 1 tbsp shredded unsweetened coconut
- Fresh berries (raspberries or blackberries – limited quantity for keto)
- Toasted nuts or seeds (e.g., slivered almonds, pumpkin seeds)
- Keto whipped cream

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 240 kcal
- Protein 5g
- Fat 21g
- Carbohydrates 8g
- Fiber 6g
- Net Carbs 2g
- Cholesterol 25mg
- Sodium 90mg
- Potassium 180mg



SERVES
2



PREP
5M



COOK
0M

INSTRUCTIONS

1. Combine Ingredients:
 - Combine almond milk, heavy cream, sweetener, vanilla extract, and salt in a medium mixing dish or mason jar. Stir until the sweetener melts.
2. Add Chia Seeds:
 - Stir in the chia seeds so that they are uniformly scattered.
 - Let settle for five minutes; then, stir one more to break up clusters and guarantee consistent gelling.
3. Chill:
 - Cover and chill for at least two hours, or ideally overnight, until the pudding becomes thick and creamy.
4. Serve:
 - Before serving, stir once more.
 - Spoon into jars or bowls; top with garnishes to your taste.

KETO MOCHA MOUSSE CUPS



INGREDIENTS

- 1 cup heavy whipping cream
- 3 oz cream cheese, softened
- 2 tbsp unsweetened cocoa powder
- 2 tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- 1 tsp instant espresso powder (or strong instant coffee granules)
- 1 tsp vanilla extract
- Pinch of sea salt

Optional Garnishes:

- Sugar-free chocolate shavings or chips
- Whipped cream (keto-friendly)
- Dusting of cocoa powder or cinnamon
- Coffee beans or mint leaves for decoration

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 260 kcal
- Protein 3g
- Fat 26g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 80mg
- Sodium 65mg
- Potassium 120mg



SERVES
4



PREP
10M



COOK
0M

INSTRUCTIONS

1. Mix the Cream Cheese Base:
 - Whip softened cream cheese until smooth in a mixing basin using a hand mixer.
 - Add salt, cocoa powder, sweetener, espresso powder, and vanilla essence. Beat once more till well blended and frothy.
2. Whip the Cream:
 - In a second dish, beat the heavy cream to firm peaks. Under a hand or stand mixer, this should take two to three minutes.
3. Fold and Combine:
 - Gently incorporate the whipped cream into the chocolate espresso cream cheese mixture using a spatula.
 - Mix just until thoroughly combined; be cautious not to deflate the mousse.
4. Chill and Serve:
 - Divide the mousse into four tiny serving ramekins or cups.
 - Chill in the refrigerator for at least one hour to set and enhance taste.

KETO RASPBERRY CHEESECAKE SWIRL BARS



INGREDIENTS

For the Almond Flour Crust:

- 1½ cups almond flour
- ¼ cup butter, melted
- 2 tbsp powdered erythritol
- ½ tsp vanilla extract
- Pinch of salt

For the Cheesecake Layer:

- 16 oz (2 blocks) cream cheese, softened
- ½ cup powdered erythritol or monk fruit sweetener
- 2 large eggs; 1 tsp vanilla extract
- 2 tbsp sour cream or full-fat Greek yogurt (optional for tang)

For the Raspberry Swirl:

- ½ cup fresh or frozen raspberries
- 1 tbsp powdered erythritol
- 1 tsp lemon juice
- Optional: ½ tsp chia seeds (for natural thickening)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 215 kcal
- Protein 5g
- Fat 19g
- Carbohydrates 5g
- Fiber 2g
- Net Carbs 3g
- Cholesterol 55mg
- Sodium 120mg
- Potassium 110mg



SERVES
12



PREP
15M



COOK
30-35M

INSTRUCTIONS

1. Preheat & Prepare Pan:
 - Preheat and get ready for the Pan. Adjust oven to 325°F (165°C).
 - Parchment paper lines an 8 x 8-inch baking dish such that there is an easy lifting overhang.
2. Make the Crust:
 - Stir almond flour, melted butter, sweetener, vanilla, and salt until blended. Press equally down into the bottom of the ready Pan.
 - Bake till gently golden, 8 to 10 minutes. Set aside to cool slightly.
3. Prepare Raspberry Swirl:
 - Toss raspberries, lemon juice, and erythritol in a small saucepan set over medium heat.
 - Cook for 4 to 5 minutes; break down berries as they cook.
 - To help thicken, toss chia seeds into everything. Let cool gradually.
4. Make Cheesecake Filling:
 - Beat cream cheese until smooth in a large bowl for cheesecake filling.
 - Add eggs, vanilla, sour cream, and erythritol—if using. Mix until smooth and creamy.
5. Assemble the Bars:
 - Pour the cheesecake filling over the baked crust in five bars.
 - Spoon raspberry mixture dropwise on top and gently swirl with a knife or skewer.
6. Bake:
 - Bake until the center is barely set, and the edges are only gently brown 30 to 35 minutes.
 - Allow to cool to room temperature; then chill in the refrigerator for at least two hours.
7. Slice and Serve:
 - Lift the bars out using parchment paper. Cut into twelve square shapes.
 - For tidy edges, clean the knife between cuts.

CINNAMON ALMOND KETO DONUTS



INGREDIENTS

For the Donuts:

- 1½ cups almond flour (blanched, fine)
- ¼ cup erythritol or monk fruit sweetener
- 1½ tsp baking powder
- 1½ tsp ground cinnamon
- ¼ tsp ground nutmeg (optional)
- Pinch of salt
- 3 large eggs
- ¼ cup unsweetened almond milk
- ¼ cup melted butter or coconut oil
- 1½ tsp vanilla extract

For the Cinnamon Coating (optional but recommended):

- 2 tbsp erythritol (powdered or granulated)
- 1 tsp cinnamon
- 1 tbsp melted butter (for brushing)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 190 kcal
- Protein 6g
- Fat 17g
- Carbohydrates 5g
- Fiber 2g
- Net Carbs 3g
- Cholesterol 80mg
- Sodium 140mg
- Potassium 90mg



SERVES
6



PREP
10M



COOK
18-20M

INSTRUCTIONS

1. Preheat & Prepare Pan:
 - 350°F (175°C) Preheat the oven.
 - Lightly butter or oil-grease a non-stick donut pan.
2. Make the Batter:
 - Whisk almond flour, sweetener, baking powder, cinnamon, nutmeg, and salt in a medium bowl.
 - Whisk eggs, almond milk, melted butter, and vanilla essence in another bowl.
 - Combine wet and dry ingredients, then stir until a smooth batter results.
3. Fill & Bake:
 - Spoon or pipe the batter equally among the donut molds (fill around ¾ full).
 - Bake until gently brown and firm, eighteen to twenty minutes.
 - After five minutes of cool-down in the pan, gently remove and move to a wire rack.
4. Add Cinnamon Coating (Optional):
 - For a typical churro-style finish, brush each warm donut lightly with melted butter, then dip or sprinkle with the cinnamon-erythritol mix.



S E C T I O N

DRINKS

A COLLECTION
OF 10 DELICIOUS DESERTS

KETO CREAMY VANILLA COLLAGEN COFFEE



INGREDIENTS

- 1 cup freshly brewed hot coffee (8 oz)
- 1 scoop (about 10–15 g) of unflavored or vanilla collagen peptides
- 1 tbsp unsalted grass-fed butter or ghee (or MCT oil/coconut oil)
- 2 tbsp heavy cream or full-fat coconut milk
- ½ tsp vanilla extract
- 1–2 tsp erythritol or monk fruit sweetener (optional, adjust to taste)
- Pinch of sea salt (enhances flavor and electrolytes)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 180 kcal
- Protein 10g
- Fat 16g
- Carbohydrates 2g
- Fiber 0g
- Net Carbs 2g
- Cholesterol 50mg
- Sodium 100mg
- Potassium 160mg



SERVES
1



PREP
5M



COOK
0M

INSTRUCTIONS

1. Brew the Coffee:
 - Pour one cup of hot coffee using your preferred technique—drip, French press, or espresso—with hot water.
2. Blend It:
 - In a blender or immersion blender, toss the hot coffee with collagen peptides, butter or MCT oil heavy cream, vanilla extract sweetener (if used), and a pinch of sea salt.
 - Blend for 15 to 20 seconds to become creamy and frothy—like a ketogenic latte!
3. Serve:
 - Pour into your preferred mug.
 - Top optally with a swirl of keto whipped cream, nutmeg, or cinnamon.

STRAWBERRY LIME ELECTROLYTE REFRESHER



INGREDIENTS

- 1½ cups cold filtered water
- ½ cup ice (optional for serving)
- ½ cup fresh or frozen strawberries (about 3 oz)
- 2 tbsp fresh lime juice (about one lime)
- ⅛ tsp pink Himalayan salt (for sodium)
- 1 tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- ⅛ tsp magnesium citrate powder (optional but recommended)
- ¼ tsp potassium chloride (or lite salt)
- Optional: ¼ tsp chia seeds (for texture and extra minerals)
- Optional: mint leaves or lime wedges for garnish

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 18 kcal
- Protein 0.3g
- Fat 0.1g
- Carbohydrates 4g
- Fiber 1g
- Net Carbs 3g
- Cholesterol 0mg
- Sodium 300mg
- Potassium 200mg



SERVES
2



PREP
5M



COOK
0M

INSTRUCTIONS

1. Blend the Base:
 - In a blender, toss cold water berries.
 - lime juice sweetener; pink salt; potassium chloride; optional powder of magnesium
 - Blend till somewhat foamy and completely smooth.
2. Strain (Optional):
 - Pour through a fine mesh filter to eliminate pulp for a smoother drink, optional. (Leave unstrained if your taste is for texture and fiber.)
3. Serve:
 - Pour over ice into two glasses.
 - Add chia seeds if using. Let sit for five minutes if you like a very faint gel texture.
 - Top with fresh mint or a lime wheel.

KETO HOT CHOCOLATE WITH COCONUT CREAM



INGREDIENTS

For the Hot Chocolate:

- 1½ cups unsweetened almond milk (or coconut milk for extra richness)
- ½ cup full-fat canned coconut milk (for creaminess)
- 2 tbsp unsweetened cocoa powder
- 2 tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- ½ tsp vanilla extract
- Pinch of sea salt
- Optional: 1 oz sugar-free dark chocolate (chopped) for extra richness

For the Coconut Cream Topping (Optional):

- ¼ cup chilled canned coconut cream
- ½ tsp vanilla extract
- 1 tsp powdered sweetener
- Pinch of cinnamon or shaved chocolate for garnish

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 220 kcal
- Protein 2g
- Fat 22g
- Carbohydrates 5g
- Fiber 2g
- Net Carbs 3g
- Cholesterol 0mg
- Sodium 120mg
- Potassium 280mg



SERVES
2



PREP
5M



COOK
5M

INSTRUCTIONS

1. Make the Hot Chocolate:

- Whisk almond milk, coconut milk, cocoa powder, sweetener, vanilla, and salt in a small saucepan set over medium heat.
- Stir constantly until smooth and hot—but not boiling.
- Add chopped chocolate if using; whisk until melted and thoroughly blended.
- Remove from flame once creamy and heated through; pour into mugs.

2. Prepare the Coconut Cream Topping (Optional):

- Into a bowl, scoop cold coconut cream.
- Add sweetener and vanilla instead. Whip till smooth and fluffy with a fork or tiny whisk.

3. Assemble and Serve:

- Top every hot chocolate mug with a spoonful of whipped coconut cream, assemble, and present.
- Drizzle with shaved keto chocolate, cocoa powder, or cinnamon.

KETO BULLETPROOF MATCHA LATTE



INGREDIENTS

- 1 tsp ceremonial-grade matcha green tea powder
- ¼ cup hot water (not boiling, about 175°F or 80°C)
- ¾ cup unsweetened almond milk (or coconut milk for richer texture)
- 1 tbsp unsalted grass-fed butter or ghee (or substitute with MCT oil)
- 1 tbsp heavy cream or full-fat coconut cream
- 1–2 tsp powdered erythritol or monk fruit sweetener (optional, adjust to taste)
- ½ tsp vanilla extract (optional)
- Pinch of sea salt (enhances flavor and electrolyte balance)

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 220 kcal
- Protein 3g
- Fat 23g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 60mg
- Sodium 90mg
- Potassium 120mg



SERVES
1



PREP
5M



COOK
0M

INSTRUCTIONS

1. Prepare the Matcha:
 - Spoon one teaspoon of matcha powder into a small bowl or mug.
 - To freeze and completely dissolve, add ¼ cup hot water and whisk rapidly with a bamboo whisk (chasen) or milk frother.
2. Blend the Latte:
 - Combine in a blender or an immersion blender:
 - ready matcha tea with almond milk butter (or MCT oil)
 - heavy cream sweetener, if using
 - vanilla extract—should you be using it?
 - seaweed salt
 - Blend on high for 20 to 30 seconds until the mixture froths and becomes creamy.
3. Serve:
 - Pour into a big cup.
 - For garnish, optional sprinkle with more matcha powder or cinnamon.

KETO BLACKBERRY BASIL SPARKLING WATER



INGREDIENTS

- 1 cup sparkling water (plain or lightly flavored, unsweetened)
- ½ cup cold filtered water
- ¼ cup fresh blackberries (about 8–10 berries)
- 5–6 fresh basil leaves
- 1 tbsp fresh lemon juice (optional for brightness)
- 1–2 tsp powdered erythritol or monk fruit sweetener (optional, adjust to taste)
- Ice cubes for serving
- Optional garnish: extra basil sprigs and whole blackberries

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 12 kcal
- Protein 0.2g
- Fat 0g
- Carbohydrates 3g
- Fiber 2g
- Net Carbs 1g
- Cholesterol 0mg
- Sodium 15mg
- Potassium 50mg



SERVES

2



PREP

5M



COOK

0M

INSTRUCTIONS

1. Muddle the Blackberries and Basil:
 - Toss the blackberries and basil leaves together in a small bowl or glass, along with optional lemon juice.
 - To liberate juices and oils, gently muddle with the rear of a spoon or a muddler.
2. Mix the Drink:
 - In a big glass or minor pitcher, toss the muddled blackberry-basil mixture with cold water sweetener (if using).
 - To mix and dissolve the sweetener, stir just lightly.
3. Add Sparkling Water:
 - Pour over the mixture of sparkling water. To maintain the bubbles, stir just softly.
4. Serve:
 - Fill two glasses with ice.
 - Level the blackberry basil sparkling water into the glasses.
 - If wanted, garnish with extra blackberries and basil sprigs.

KETO GOLDEN TURMERIC ALMOND MILK LATTE



INGREDIENTS

- 1 cup unsweetened almond milk (or coconut milk for extra creaminess)
- 1 tbsp heavy cream (or full-fat coconut cream)
- 1 tbsp MCT oil or 1 tsp unsalted grass-fed butter
- 1 tsp ground turmeric
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger (optional for extra warmth)
- 1–2 tsp powdered erythritol or monk fruit sweetener (adjust to taste)
- ½ tsp vanilla extract
- Pinch of black pepper (essential for turmeric absorption)
- Pinch of sea salt

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 180 kcal
- Protein 2g
- Fat 18g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 30mg
- Sodium 100mg
- Potassium 150mg



SERVES
1



PREP
5M



COOK
5M

INSTRUCTIONS

1. Heat the Milk:
 - Mix almond milk and heavy cream in a small saucepan set over medium heat.
 - Heat slowly; do not boil.
2. Blend the Latte:
 - Add turmeric, cinnamon, ginger (if used), sugar, vanilla essence, black pepper, sea salt, and MCT oil (or butter) to the Latte.
 - For a creamier texture, use an immersion blender; otherwise, whisk thoroughly to incorporate and foam.
3. Serve:
 - Transfer into your preferred mug.
 - Finish with a sprinkling of turmeric or more cinnamon on top.

KETO MOJITO (LOW-CARB COCKTAIL)



INGREDIENTS

- 2 oz white rum (no added sugars)
- 1 tbsp fresh lime juice (about ½ lime)
- 6–8 fresh mint leaves
- 1–2 tsp powdered erythritol or monk fruit sweetener (adjust to taste)
- ½ cup sparkling water (unsweetened)
- Ice cubes (as needed)
- Optional garnish: additional mint sprig, lime wheel, or a few raspberries for color

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 120 kcal
- Protein 0g
- Fat 0g
- Carbohydrates 2g
- Fiber 0g
- Net Carbs 2g
- Cholesterol 0mg
- Sodium 5mg
- Potassium 40mg



SERVES
1



PREP
5M



COOK
0M

INSTRUCTIONS

1. Muddle the Mint and Lime:
 - Add the mint leaves, lime juice, and sweetener in a strong glass first muddle.
 - Until the mint releases its oils, gently muddle (press) with a muddler or the back of a spoon; avoid overmuddling (you don't want bitter mint).
2. Add Rum and Ice:
 - Add ice cubes to the glass. Rum and Ice.
 - Over the ice, pour in white rum.
3. Top and Stir:
 - Top and Stir: Finish with sparkling water.
 - Stir gently to combine everything.
4. Garnish and Serve:
 - To present fresh, garnish with a lime slice or wheel and a mint sprig.
 - Arrange right away.

ICED CINNAMON KETO CHAI



INGREDIENTS

- 1½ cups water
- 2 black tea bags (or 2 tsp loose black tea)
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground cardamom
- ⅛ tsp ground cloves
- ⅛ tsp ground nutmeg (optional)
- 1–2 tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- ½ cup unsweetened almond milk (or coconut milk for richer taste)
- 2 tbsp heavy cream or full-fat coconut cream (for creaminess)
- ½ tsp vanilla extract
- Ice cubes
- Optional garnish: cinnamon stick, star anise, or a dusting of cinnamon

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 110 kcal
- Protein 1g
- Fat 11g
- Carbohydrates 3g
- Fiber 1g
- Net Carbs 2g
- Cholesterol 30mg
- Sodium 100mg
- Potassium 120mg



SERVES
2



PREP
5M



COOK
5M

INSTRUCTIONS

1. Brew the Chai Base:
 - Create the chai base first.
 - Bring 1½ cups of water to a boil in a small saucepan.
 - Add tea bags, cinnamon, ginger, cardamom, cloves, nutmeg.
 - Stirring sometimes, simmer for three to five minutes.
 - Take off the heat and throw away the tea bags; filter if using loose tea.
2. Sweeten and Cool:
 - Stir in sugar and vanilla extract while the tea is still hot.
 - Let the spiced tea cool to room temperature for roughly ten minutes.
 - Pour into a glass jar and refrigerate for quicker chilling.
3. Assemble the Iced Chai:
 - Build the Iced Chai by ice-filling two tall glasses.
 - Equally, fill the glasses with chilled chai tea.
 - Pour ¼ cup almond milk and one tablespoon heavy cream into each glass. Stir gently to mix.
4. Serve:
 - Present alongside a cinnamon stick or a small sprinkle of ground cinnamon.
 - Now enjoy it right away!

ELECTROLYTE LEMONADE (KETO, SUGAR-FREE)



INGREDIENTS

- 4 cups cold filtered Water
- ½ cup fresh lemon juice (about 4 medium lemons)
- ¼ tsp pink Himalayan salt (for sodium)
- ¼ tsp potassium chloride (or lite salt, for potassium)
- ⅛ tsp magnesium citrate powder (optional but recommended for magnesium boost)
- 3–4 tbsp powdered erythritol or monk fruit sweetener (adjust to taste)
- ½ tsp vanilla extract (optional for a smoother flavor)
- Ice cubes for serving
- Optional garnish: lemon slices, mint sprigs

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 5 kcal
- Protein 0g
- Fat 0g
- Carbohydrates 1g
- Fiber 0g
- Net Carbs 1g
- Cholesterol 0mg
- Sodium 200mg
- Potassium 150mg



SERVES
4



PREP
5M



COOK
0M

INSTRUCTIONS

1. Mix the Electrolytes:
 - Combine lemon juice, pink salt, potassium chloride, magnesium powder, and sweetener in a big pitcher.
2. Add Water:
 - Add Water from the chilly source. Till everything is completely dissolved, stir or whisk aggressively.
3. Taste and Adjust:
 - Taste and Modify: Taste your lemonade. Change the sweetener or add more salt if you want a saltier electrolyte boost.
4. Serve:
 - Fill glasses with ice cubes, pour the electrolyte lemonade over the ice, and decorate with lemon slices or mint sprigs.

KETO CREAMY AVOCADO GREEN SMOOTHIE



INGREDIENTS

- 1 ripe avocado, peeled and pitted
- 1 cup unsweetened almond milk (or coconut milk for richer texture)
- ½ cup baby spinach (loosely packed)
- 2 tbsp full-fat Greek yogurt (or coconut yogurt for a dairy-free option)
- 1 tbsp MCT oil or extra-virgin olive oil
- 1 tbsp chia seeds (optional, for fiber and texture)
- 1–2 tsp powdered erythritol or monk fruit sweetener (optional, adjust to taste)
- ½ tsp vanilla extract (optional for a smoother taste)
- 3–5 ice cubes (adjust based on desired thickness)
- Optional: ½ small cucumber or 2–3 fresh mint leaves for extra freshness

NUTRITIONAL INFORMATION

(PER SERVING):

- Calories 230 kcal
- Protein 5g
- Fat 20g
- Carbohydrates 7g
- Fiber 5g
- Net Carbs 2g
- Cholesterol 5mg
- Sodium 90mg
- Potassium 550mg



SERVES
2



PREP
5M



COOK
0M

INSTRUCTIONS

1. Prepare Ingredients:
 - If you are using fresh spinach, wash it very well.
 - Peel and pit the avocado.
2. Blend the Smoothie:
 - Create the smoothie by blending avocado and almond milk quickly.
 - Greek yogurt, spinach
 - MCT oil, olive oil, sweetener vanilla extract (if using)
 - Ice cubes (Optional) of chia seeds, cucumber, or mint.
 - Blend until incredibly smooth and creamy.
 - If needed, scrape down the sides, then blend once more.
3. Serve:
 - Pour into two glasses or jars.
 - If wanted, top with a mint leaf, a thin cucumber slice, or chia seeds.
 - For the most incredible taste and texture, serve right away.

Meal Plan

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SECTION

MEAL PLANNER

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SECTION

MEAL PLANNER

| DAY | BREAKFAST | LUNCH | DINNER |
|--------|---|---|---|
| Day 1 | Cheddar Chive Egg Muffins | Broccoli & Cheddar Soup-In-A-Jar | Keto BLT Chaffle Sandwich |
| Day 2 | Keto Cinnamon Roll Mug Cake | Keto Cobb Salad with Avocado Dressing | Chicken Caesar Salad with Parmesan Crisps |
| Day 3 | Sausage and Spinach Frittata | Keto BLT Chaffle Sandwich | Turkey Club Roll-Ups |
| Day 4 | Bulletproof Coffee with Collagen Boost | Chicken Bacon Ranch Lettuce Wraps | Broccoli & Cheddar Soup-In-A-Jar |
| Day 5 | Keto Cinnamon Roll Mug Cake | Shrimp Zoodle Bowl with Garlic Butter Sauce | Egg Salad-Stuffed Avocados |
| Day 6 | Almond Flour Pancakes with Berries | Egg Salad-Stuffed Avocados | Chicken Caesar Salad with Parmesan Crisps |
| Day 7 | Bulletproof Coffee with Collagen Boost | Keto Cobb Salad with Avocado Dressing | Keto BLT Chaffle Sandwich |
| Day 8 | Keto Cinnamon Roll Mug Cake | Spicy Tuna Salad Lettuce Boats | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 9 | Keto Breakfast Burrito (Egg Wrap Style) | Keto BLT Chaffle Sandwich | Keto BLT Chaffle Sandwich |
| Day 10 | Sausage and Spinach Frittata | Shrimp Zoodle Bowl with Garlic Butter Sauce | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 11 | Bulletproof Coffee with Collagen Boost | Broccoli & Cheddar Soup-In-A-Jar | Keto Cobb Salad with Avocado Dressing |
| Day 12 | Keto Cinnamon Roll Mug Cake | Keto Cobb Salad with Avocado Dressing | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 13 | Coconut Flour Waffles with Butter Syrup | Chicken Caesar Salad with Parmesan Crisps | Keto Cobb Salad with Avocado Dressing |
| Day 14 | Sausage and Spinach Frittata | Turkey Club Roll-Ups | Spicy Tuna Salad Lettuce Boats |
| Day 15 | Cheddar Chive Egg Muffins | Keto Cobb Salad with Avocado Dressing | Broccoli & Cheddar Soup-In-A-Jar |

SECTION

MEAL PLANNER

| DAY | BREAKFAST | LUNCH | DINNER |
|--------|---|---|---|
| Day 16 | Cauliflower Hash Browns & Fried Eggs | Keto Philly Cheesesteak Peppers | Spicy Tuna Salad Lettuce Boats |
| Day 17 | Bulletproof Coffee with Collagen Boost | Shrimp Zoodle Bowl with Garlic Butter Sauce | Chicken Caesar Salad with Parmesan Crisps |
| Day 18 | Almond Flour Pancakes with Berries | Chicken Bacon Ranch Lettuce Wraps | Chicken Bacon Ranch Lettuce Wraps |
| Day 19 | Bulletproof Coffee with Collagen Boost | Egg Salad-Stuffed Avocados | Chicken Caesar Salad with Parmesan Crisps |
| Day 20 | Coconut Flour Waffles with Butter Syrup | Spicy Tuna Salad Lettuce Boats | Keto BLT Chaffle Sandwich |
| Day 21 | Keto Breakfast Burrito (Egg Wrap Style) | Keto BLT Chaffle Sandwich | Chicken Caesar Salad with Parmesan Crisps |
| Day 22 | Cauliflower Hash Browns & Fried Eggs | Egg Salad-Stuffed Avocados | Keto BLT Chaffle Sandwich |
| Day 23 | Sausage and Spinach Frittata | Spicy Tuna Salad Lettuce Boats | Broccoli & Cheddar Soup-In-A-Jar |
| Day 24 | Coconut Flour Waffles with Butter Syrup | Keto Cobb Salad with Avocado Dressing | Egg Salad-Stuffed Avocados |
| Day 25 | Keto Avocado & Bacon Egg Cups | Keto BLT Chaffle Sandwich | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 26 | Low-Carb Greek Yogurt Parfait | Spicy Tuna Salad Lettuce Boats | Broccoli & Cheddar Soup-In-A-Jar |
| Day 27 | Sausage and Spinach Frittata | Keto BLT Chaffle Sandwich | Spicy Tuna Salad Lettuce Boats |
| Day 28 | Cauliflower Hash Browns & Fried Eggs | Egg Salad-Stuffed Avocados | Keto Philly Cheesesteak Peppers |
| Day 29 | Low-Carb Greek Yogurt Parfait | Chicken Caesar Salad with Parmesan Crisps | Spicy Tuna Salad Lettuce Boats |
| Day 30 | Bulletproof Coffee with Collagen Boost | Keto Philly Cheesesteak Peppers | Chicken Bacon Ranch Lettuce Wraps |

SECTION

MEAL PLANNER

| DAY | BREAKFAST | LUNCH | DINNER |
|--------|---|---|---|
| Day 31 | Almond Flour Pancakes with Berries | Turkey Club Roll-Ups | Turkey Club Roll-Ups |
| Day 32 | Cheddar Chive Egg Muffins | Keto BLT Chaffle Sandwich | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 33 | Almond Flour Pancakes with Berries | Chicken Bacon Ranch Lettuce Wraps | Keto BLT Chaffle Sandwich |
| Day 34 | Low-Carb Greek Yogurt Parfait | Shrimp Zoodle Bowl with Garlic Butter Sauce | Egg Salad-Stuffed Avocados |
| Day 35 | Keto Breakfast Burrito (Egg Wrap Style) | Keto Cobb Salad with Avocado Dressing | Keto BLT Chaffle Sandwich |
| Day 36 | Keto Cinnamon Roll Mug Cake | Egg Salad-Stuffed Avocados | Broccoli & Cheddar Soup-In-A-Jar |
| Day 37 | Cauliflower Hash Browns & Fried Eggs | Keto Cobb Salad with Avocado Dressing | Chicken Bacon Ranch Lettuce Wraps |
| Day 38 | Keto Breakfast Burrito (Egg Wrap Style) | Chicken Bacon Ranch Lettuce Wraps | Egg Salad-Stuffed Avocados |
| Day 39 | Bulletproof Coffee with Collagen Boost | Egg Salad-Stuffed Avocados | Chicken Caesar Salad with Parmesan Crisps |
| Day 40 | Low-Carb Greek Yogurt Parfait | Chicken Caesar Salad with Parmesan Crisps | Keto BLT Chaffle Sandwich |
| Day 41 | Almond Flour Pancakes with Berries | Keto Philly Cheesesteak Peppers | Chicken Bacon Ranch Lettuce Wraps |
| Day 42 | Cauliflower Hash Browns & Fried Eggs | Keto Cobb Salad with Avocado Dressing | Turkey Club Roll-Ups |
| Day 43 | Coconut Flour Waffles with Butter Syrup | Shrimp Zoodle Bowl with Garlic Butter Sauce | Spicy Tuna Salad Lettuce Boats |
| Day 44 | Low-Carb Greek Yogurt Parfait | Broccoli & Cheddar Soup-In-A-Jar | Keto Cobb Salad with Avocado Dressing |
| Day 45 | Cheddar Chive Egg Muffins | Egg Salad-Stuffed Avocados | Chicken Caesar Salad with Parmesan Crisps |

SECTION

MEAL PLANNER

| DAY | BREAKFAST | LUNCH | DINNER |
|--------|---|---|---|
| Day 46 | Sausage and Spinach Frittata | Shrimp Zoodle Bowl with Garlic Butter Sauce | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 47 | Almond Flour Pancakes with Berries | Egg Salad-Stuffed Avocados | Keto BLT Chaffle Sandwich |
| Day 48 | Low-Carb Greek Yogurt Parfait | Shrimp Zoodle Bowl with Garlic Butter Sauce | Turkey Club Roll-Ups |
| Day 49 | Almond Flour Pancakes with Berries | Spicy Tuna Salad Lettuce Boats | Chicken Bacon Ranch Lettuce Wraps |
| Day 50 | Sausage and Spinach Frittata | Shrimp Zoodle Bowl with Garlic Butter Sauce | Broccoli & Cheddar Soup-In-A-Jar |
| Day 51 | Keto Avocado & Bacon Egg Cups | Keto Philly Cheesesteak Peppers | Turkey Club Roll-Ups |
| Day 52 | Almond Flour Pancakes with Berries | Egg Salad-Stuffed Avocados | Keto BLT Chaffle Sandwich |
| Day 53 | Bulletproof Coffee with Collagen Boost | Chicken Bacon Ranch Lettuce Wraps | Chicken Bacon Ranch Lettuce Wraps |
| Day 54 | Keto Cinnamon Roll Mug Cake | Shrimp Zoodle Bowl with Garlic Butter Sauce | Broccoli & Cheddar Soup-In-A-Jar |
| Day 55 | Cauliflower Hash Browns & Fried Eggs | Keto BLT Chaffle Sandwich | Shrimp Zoodle Bowl with Garlic Butter Sauce |
| Day 56 | Low-Carb Greek Yogurt Parfait | Spicy Tuna Salad Lettuce Boats | Broccoli & Cheddar Soup-In-A-Jar |
| Day 57 | Keto Breakfast Burrito (Egg Wrap Style) | Keto Philly Cheesesteak Peppers | Keto Cobb Salad with Avocado Dressing |
| Day 58 | Cheddar Chive Egg Muffins | Turkey Club Roll-Ups | Broccoli & Cheddar Soup-In-A-Jar |
| Day 59 | Coconut Flour Waffles with Butter Syrup | Keto Cobb Salad with Avocado Dressing | Keto BLT Chaffle Sandwich |
| Day 60 | Almond Flour Pancakes with Berries | Shrimp Zoodle Bowl with Garlic Butter Sauce | Chicken Bacon Ranch Lettuce Wraps |

SECTION

RECIPE CARDS

Write down your favorite recipes on these handy cards.

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SECTION

RECIPE CARDS

Write down your favorite recipes on these handy cards.

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