

Maya Sandler

Keto Everyday Cookbook

100 Low-Carb Recipes for Breakfasts, Lunches, Dinners, Snacks & Desserts, with a 30-Day Meal Plan and Simple Daily Meal Timing Guidance

© Copyright 2026 Maya Sandler. All Rights Reserved

The content contained within this book may not be reproduced, duplicated, or transmitted without direct written permission from the author or publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher or author for any damage, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

Legal Notice

This book is copyright-protected. It is only for personal use. You cannot amend, distribute, sell, use, quote, or paraphrase any part or the content within this book without the consent of the author or publisher.

Disclaimer Notice

Please note the information contained within this document is for education and entertainment purposes only. All efforts have been executed present accurate, up-to-date, reliable, and complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical, or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losse, direct or indirect, that are incurred due to, errors, omissions, or inaccuracies.


30-Day Shopping List + Meal Plan
SHOPPING LIST
WEEK 1
Protein Sources
Vegetables
Fruits
Dairy Alternatives
Grains & Flour
WEEK 1
First Meal Options: Breakfast or Lunch (≈12.00 PM)
Second Meal of the Day = (≈4.00 PM)
Third Meal (≈7.00 PM)
Creamy Garlic Mushrooms with Parmesan
Avocado and Bacon Lettuce Cups
KETO Diet Cookbook for Beginners: Before you buy, take a look inside to find simple, foolproof recipes and clear guidance that will make starting and mastering the ketogenic diet delicious and easy!

Table of Contents

INTRODUCTION 7

KETO BREAKFASTS 13

Coconut Chia Breakfast Pudding with Walnuts 14
Keto Scrambled Egg Muffins with Spinach and Feta 15
Savory Egg Crepes with Mushroom–Herb Filling 16
Almond–Coconut Pancakes with Berry Coulis 17
Keto Breakfast Tacos with Egg, Avocado & Lime Crema 18
Keto Poached Eggs on Savory Almond Biscuit 19
Keto Smoked Mackerel Salad with Pickled Onion 20
Curd & Flaxseed Pudding with Vanilla and Coconut Milk 21
Breakfast Egg Roll-Ups with Turkey and Spinach 22
Zucchini Fritters with Lemon–Yogurt Dip 23
Cheesy Omelet with Sun-Dried Tomatoes and Arugula 24
Keto "Granola" with Seeds, Nuts & Coconut Chips 25
Avocado–Coconut Smoothie Bowl with Chia and Hemp 26
Zucchini–Cheese Waffles with Sour Cream Dip 27
Egg–Bacon Cups with Bell Pepper and Herbs 28
Breakfast Hash with Homemade Sausage 29
Curried Cauliflower & Bacon Breakfast Skillet 30
Cauliflower Breakfast Porridge with Cinnamon and Pecans 31
Egg–Avocado Bowl with Crispy Seeds 32
Keto Blueberry Cheesecake Mousse 33

QUICK KETO MEALS 34

Zucchini Noodles with Pesto and Pine Nuts 35
Avocado Tuna Salad Lettuce Wraps 36
Garlic Butter Shrimp Skillet 37
Bacon and Egg Cloud Bread Sandwiches 38
Stuffed Mini Bell Peppers with Cream Cheese and Herbs 39
Caprese Salad with Balsamic Glaze 40
Quick Keto Chicken Salad Lettuce Wraps 41
Cucumber and Smoked Salmon Bites with Dill Cream 42
Spicy Avocado Egg Salad 43
Creamy Garlic Spinach with Poached Eggs 44
Cauliflower Rice Stir-Fry with Eggs and Green Beans 45

Keto Shrimp Avocado Salad 46
Avocado and Bacon Lettuce Cups 47
Creamy Garlic Mushrooms with Parmesan 48
Zucchini Noodles with Pesto and Grilled Chicken 49

KETO LUNCHES 50

Creamy Garlic Chicken with Spinach & Olives 51
Spicy Eggplant Boats with Ground Lamb & Tahini Drizzle 52
Keto Chicken Alfredo with Broccoli 53
Zucchini Lasagna Skillet (No Pasta, All Flavor) 54
Beef & Mushroom Stroganoff Bowl (over Cabbage) 55
Cauliflower Hash with Bacon and Poached Egg 56
Salmon & Avocado Lettuce Wraps 57
Grilled Halloumi & Avocado Salad with Pesto 58
Thai Coconut Shrimp Bowl with Zucchini Noodles 59
Keto Chicken Shawarma Plate with Garlic Dip 60
Stuffed Bell Peppers with Creamy Ground Turkey 61
Sausage & Cabbage Skillet with Dijon Cream Sauce 62
Keto Fish Cakes with Lemon Herb Mayo 63
Crispy Chicken Skin Tacos with Avocado Slaw 64
Keto Eggplant Parm Skillet with Ricotta and Herbs 65
Tuna Melt Casserole (Zucchini Base) 66
Crustless Quiche with Smoked Salmon and Leeks 67
Turkey Meatballs in Creamy Paprika Sauce 68
Avocado Chicken Salad with Toasted Almonds 69
Cabbage & Ham Creamy Stir-Fry 70

KETO DINNERS 71

Herb-Crusted Salmon with Zucchini Cream 72
Stuffed Portobello Mushrooms with Creamy Sausage Filling 73
Garlic Butter Chicken Thighs with Roasted Broccoli 74
Beef Zoodle Stir-Fry with Sesame-Ginger Sauce 75
Baked Cod in Coconut Lime Sauce 76
Spicy Turkey Lettuce Wraps with Avocado Cream 77
Duck Breast with Red Cabbage and Thyme Butter 78
Eggplant Involtini with Ricotta and Pesto 79
Keto Shepherd's Pie with Cauliflower Mash 80
Creamy Shrimp and Spinach Skillet 81
Bacon-Wrapped Meatloaf Minis with Dijon Glaze 82
Pork Chops in Mustard-Cream Sauce with Wilted Greens 83
Pan-Seared Tuna Steaks with Olive Tapenade 84
Keto Beef & Kale Stir-Fry with Garlic-Soy Glaze 85
Roasted Chicken Drumsticks with Cauliflower Wedges 86

Savory Ricotta Pancakes with Smoked Salmon and Dill Sauce 87
Grilled Lamb Chops with Rosemary Ghee and Zucchini Ribbons 88
Creamy Mushroom Chicken Bake with Fresh Thyme 89
Seafood Casserole with Spinach and Cheese Crust 90
Zucchini-Stuffed Beef Rolls with Tomato Basil Sauce 91

KETO SNACKS & LIGHT BITES 92

Mini Caprese Skewers 93
Bacon-Wrapped Asparagus Bundles 94
Zucchini Chips with Herbed Aioli 95
Spicy Jalapeño Popper Bites 96
Cucumber and Smoked Salmon Rolls 97
Almond-Crusted Mozzarella Sticks 98
Avocado Deviled Eggs 99
Guacamole-Stuffed Mini Bell Peppers 100
Cheesy Cauliflower Tots 101
Prosciutto-Wrapped Mozzarella Balls 102

KETO DESSERTS & DRINKS +WARM BEVERAGES 103

Bulletproof Coffee 104
Almond Flour Lemon Bars 105
Coconut Chia Pudding with Berries 106
Vanilla Almond Pudding 107
Raspberry Coconut Bars 108
Lemon Coconut Energy Balls 109
Keto Hot Chocolate 110
Coconut Lime Fat Bombs 111
Chocolate Avocado Mousse 112
Vanilla Cinnamon Keto Latte 113
Iced Matcha Almond Milk Latte 114
Ginger Turmeric Detox Tea 115
Creamy Coconut Vanilla Smoothie 116
Peppermint Herbal Tea 117
Keto Cheesecake Bites 118

30-DAY MEAL PLAN 119

SHOPPING LIST 129

CONCLUSION 141

INTRODUCTION

Welcome to *Keto Diet for Beginners* — I'm truly excited to have you here.

Starting keto can feel like stepping into a maze — counting carbs, figuring out what's allowed, managing cravings, and trying to plan every meal. It's overwhelming, especially at the beginning. That's exactly why I created this book: to simplify the process, offer structure, and help you build a way of eating that's actually sustainable. Whether you're completely new to keto or just looking for more clarity and consistency, this guide is designed to support you from day one.

My goal is simple: to make keto **clear, doable, and enjoyable**, especially when combined with **intermittent fasting (16:8)** — one of the most natural and powerful ways to support your metabolism, energy, and well-being.

I've carefully selected every recipe in this book to be:

- Beginner-friendly
- Time-saving
- Full of nourishing fats, clean proteins, and real ingredients
- Flexible enough to suit your lifestyle, appetite, and schedule

Most of all, I want this book to **take the pressure off**. No perfection needed, no complicated rules — just real food and a system that works with your body instead of against it.

This is more than just a diet. It's a shift toward **more energy, less stress around food, and a way of eating that finally feels right**. You deserve that.
So take a breath, turn the page, and let's get started — one simple, delicious meal at a time.

What Is the Keto Diet? (In Simple Terms)

The ketogenic (or keto) diet is a way of eating that focuses on drastically reducing your carbohydrate intake while increasing healthy fats and maintaining a moderate amount of protein. The goal is to shift your body's primary source of fuel — **from carbs (sugar) to fat**.

On a regular high-carb diet, your body relies on glucose — sugar derived from carbs — as its main energy source. But when you cut carbs down to a very low level, usually below 20–50 grams per day, that supply runs out, and your body is forced to switch gears and find a new fuel source. That's when it enters a state called **ketosis**.

In ketosis, your liver begins converting stored fat (and the fat you eat) into energy molecules called ketones, which power your brain and body in a much cleaner and more stable way than sugar ever could. This is the key to how keto works: you're no longer running on quick-burning sugar — you're running on slow, steady **fat fuel**.

How Is the Keto Diet Different from Other Diets?

Most diets focus on cutting calories or eating less. The keto diet is different. It's not about deprivation — it's about changing your **fuel source**.

Instead of counting every bite, you simply shift your food choices:

- **Fats become your friend** — things like avocado, olive oil, nuts, seeds, butter, and coconut products
- **Proteins are balanced** — you eat moderate portions of meat, eggs, fish, or tofu
- **Carbs are minimized** — no bread, pasta, rice, sugary snacks, soda, or starchy vegetables like potatoes or corn

This shift does more than just burn fat — it helps curb hunger, sharpens mental focus, and keeps your energy steady throughout the day.

Once your body adjusts to burning fat instead of carbs, most people report:

- **Steady energy throughout the day** — no more crashes after meals or sugar highs
- **Reduced hunger and cravings** — healthy fats keep you full longer
- **Better mental focus and clearer thinking** — ketones are a preferred fuel for the brain
- **Improved mood and emotional stability**
- **Lower blood sugar and insulin levels** — helpful for people with insulin resistance or type 2 diabetes
- **A natural, sustainable path to weight loss** — without starvation or endless willpower

Keto isn't some passing fad — it's grounded in real metabolic science and can flex to fit your life, especially when combined with tools like intermittent fasting (think 16:8). You don't need perfection to make it work. With real food, a bit of direction, and the mindset to take things one meal at a time, progress naturally follows.

And that's exactly what this book is here to help you do.

What Is Intermittent Fasting (16:8)?

Intermittent fasting, or IF, isn't really a diet — it's a natural eating rhythm that focuses on when you eat, rather than obsessing over what or how much you eat. One of the most beginner-friendly and widely used methods is called **16:8**, where you fast for 16 hours each day and eat all of your meals during an 8-hour window.

Most people choose to eat between **12:00 PM and 8:00 PM** — a simple routine that skips breakfast, starts with lunch, and ends with dinner. This schedule gives your body time to rest, digest, and recover in between meals, while still allowing space for two or even three nourishing dishes.

What makes this approach so powerful is how beautifully it pairs with a keto lifestyle. In fact, **keto and intermittent fasting are a natural match** — they support and amplify each other. On keto, your body is already running on fat instead of carbs. Fasting simply extends that fat-burning state by keeping insulin levels low and giving your metabolism time to work efficiently. Together, keto and IF help you:

- Enter **ketosis faster** and stay in it longer
- Burn **stored fat more efficiently**
- Experience **less hunger and improved mental clarity**

- Maintain **stable blood sugar and insulin level**s throughout the day
- And perhaps most importantly — simplify your routine by reducing the number of meals you need to plan, cook, and clean up after

Despite what you might expect, intermittent fasting doesn't feel like restriction. Once your body adapts (usually within a week or two), most people find they naturally **feel less hungry between meals**. The constant urge to snack disappears, energy becomes more steady, and focus improves — all without the ups and downs of sugar crashes.

You'll still get to enjoy satisfying, flavorful meals — just timed to fit your eating window. Maybe it starts with a late keto breakfast or a filling lunch around noon, followed by a light snack in the afternoon and a tasty dinner before the window closes. No stress, no overthinking, no rigid rules.
There are many reasons why 16:8 is such a great place to start for beginners:

- There's **no calorie counting** required
- You're not stuck with **strict or rigid schedules**
- It fits easily into **modern routines** — especially if you tend to skip breakfast naturally
- It's **easy to combine** with your keto meals
- And it gives your digestive system the regular break it needs to **rest and reset**

Think of intermittent fasting as a peaceful rhythm for your body — a structure that gives it time to **heal, burn fat naturally, and feel in balance**. It's not a punishment, but a gift: more energy, more clarity, fewer decisions, and fewer cravings.
And with the right meals, guidance, and confidence — you're fully ready to begin.

Keto Food Basics

Before diving into the recipes, let's take a quick look at what foods actually make up a keto lifestyle. One of the reasons keto is so effective is because it's built around **real, whole foods** that keep your body satisfied, your energy stable, and your blood sugar under control.

The focus is on **healthy fats, quality protein, and low-carb vegetables** — the combination your body needs to thrive in ketosis.

Here's a simple breakdown:
What to Eat:
✓ Fatty meats (beef, lamb, pork, chicken thighs, etc.)
✓ Fish and seafood (especially salmon, sardines, mackerel)
✓ Eggs (a keto staple — any style)
✓ Leafy greens (spinach, arugula, kale, romaine)
✓ Cruciferous veggies (broccoli, cauliflower, cabbage)
✓ Avocados
✓ Nuts and seeds (almonds, macadamia, chia, flax)
✓ Healthy oils and fats (olive oil, avocado oil, coconut oil, ghee, butter)
✓ Berries in moderation (especially raspberries, blackberries, and strawberries)
✓ Herbs, spices, and lemon juice for flavor

What to Avoid:
× Sugar in all forms (white sugar, honey, syrups, agave, etc.)
× Grains and starches (bread, pasta, rice, oats, corn, etc.)
× High-carb fruits (bananas, apples, grapes, mangoes)
× Starchy vegetables (potatoes, sweet potatoes, peas)
× Processed snacks and baked goods
× Soda, fruit juice, sweetened drinks
× Low-fat diet products (often loaded with hidden sugars)

This isn't about cutting everything out — it's about **focusing on foods that truly nourish you**, help your metabolism work better, and keep you feeling full and energized. In the beginning, it might take a little adjusting, but soon, choosing the right ingredients will feel second nature.

A Day on Keto with 16:8 (At a Glance)

If you're new to combining keto with intermittent fasting, you might wonder what a typical day looks like — and the answer is, it's surprisingly straightforward. No strict schedules, no endless mini-meals. Just a simple rhythm: listen to your hunger, and eat within a clear but flexible window.

Here's a basic example of how your day might flow:
1. 12:00 PM – First Meal of the Day
This is your first meal after the 16-hour fasting window. It can be a classic keto **breakfast-style dish**, or a **heartier lunch plate** — whichever feels right for you.
2. 4:00 PM – Light Snack or Quick Plate (Optional)
If you feel hungry in the afternoon, this is a great time for a small keto snack or a quick meal.
3. 7:00 PM – Dinner
Your final meal of the day should be satisfying but not too heavy. You might also enjoy a small keto dessert here.

Many people worry about "skipping breakfast," but on keto with 16:8, this becomes completely natural. Once your body adapts to burning fat for energy, you'll likely find that **morning hunger fades**, energy improves, and mental clarity increases — all without needing a bite at 8 AM.

Your body is built to handle breaks from food. In fact, fasting gives it a chance to reset, rebalance hormones, and tap into fat stores more efficiently. So no, you're not depriving yourself — you're aligning with how your body naturally works. This approach doesn't just fit into your life; it often makes life feel simpler, more focused, and more intentional.

How to Start Gently and Without Stress

Starting something new — especially a lifestyle change like keto and intermittent fasting — can feel overwhelming. But here's the truth: **you don't need to be perfect** to see results. What matters most is consistency, patience, and listening to your body as it adjusts.

There's no need to master everything in one day. Start simple.
- Start with simple meals you like and can easily prepare — like eggs with avocado, grilled chicken with greens, or a creamy soup. No need to jump into exotic ingredients or complicated recipes right away.

- Focus on getting familiar with keto-friendly foods and gently reducing your carb intake over the first few days, especially if you're coming from a high-carb diet.
- Drink plenty of water throughout the day. Staying hydrated makes the transition into ketosis smoother and helps prevent common side effects like fatigue and headaches.
- Consider adding electrolytes (like sodium, potassium, and magnesium) to support your energy and balance as your body lets go of stored water.
- And most importantly — get enough sleep. Rest is one of the most underrated parts of a successful transition. When your body is rested, it adapts more smoothly to this new way of eating.

Remember, this isn't a race. It's a lifestyle shift. You're not trying to be perfect — you're just moving forward, one small step at a time. Trust the process, be kind to yourself, and let your body do what it was built to do.
You've already made the most important move — starting. Now, let's make it sustainable.

Essential Q&A for Getting Started

? Can I drink coffee during fasting hours?
Yes — as long as it's **unsweetened**. Black coffee is allowed (and even encouraged) during fasting hours. You can also add a splash of unsweetened nut milk or a pinch of cinnamon. Just avoid cream, sugar, or anything with calories until your eating window begins.

? How long does it take to get into ketosis?
For most people, it takes **2 to 5 days** of eating very low-carb (usually under 20–30 grams per day). Combining keto with 16:8 fasting can help speed this up. Physical signs include reduced appetite, increased focus, and even a slight metallic taste in the mouth.

? What if I feel tired or dizzy in the beginning?
This is common and temporary — often called the "**keto flu**." It's your body adjusting to a new fuel source. Make sure you're **hydrating well** and getting **enough electrolytes** (salt, potassium, magnesium). It usually passes within a few days.

? Can I exercise while doing keto and fasting?
Absolutely. Many people find they have **even more energy** for workouts once adapted. If you're new to both, start with **gentle movement** (walking, stretching, yoga) and listen to your body. As your fat-burning becomes more efficient, your endurance and strength often improve.

? Will I lose muscle on keto?
Not if you're eating **enough protein** and staying active. Keto is naturally muscle-sparing, especially when paired with resistance training. Most people maintain or even **gain lean muscle** while losing fat.

? What should I eat if I'm really hungry during fasting?
First, make sure your **meals during the eating window are satisfying enough**, with plenty of fat and fiber. If hunger during fasting becomes too uncomfortable, it's okay to break the fast early. This is a learning process — it's better to eat than to suffer.

? Is keto safe for women?
Yes, but women may experience **slightly different responses** due to hormonal balance. Some women benefit from a more flexible approach: including a few higher-carb vegetables or practicing **intermittent fasting just a few days a week**. Always listen to your body — and speak to a healthcare provider if needed.

? Do I have to track macros or calories?
Not necessarily — especially in the beginning. If you focus on eating whole keto foods and stop when you're full, your body will often regulate naturally. Later, if you want to fine-tune results, **light macro tracking** can help — but it's not a requirement to succeed.

You've got the fundamentals down — understanding keto, seeing how intermittent fasting boosts it, and knowing which foods truly energize you. This journey isn't about flawless execution; it's about finding a steady flow that nurtures your health, vitality, and long-term ambitions.

Embarking on something new can bring doubt. Yet every meaningful transformation starts small. Just one meal, one decision, one moment where you choose to honor your body with clarity, nourishment, and authenticity.

Consider this book your companion, not a strict rulebook. Dive into the recipes that spark your interest, explore fresh tastes, and keep things uncomplicated when life gets busy. Some days will be smooth, others challenging — and that's completely normal. What matters most is that you keep moving forward.

You don't need willpower — you need support, consistency, and meals that actually work for you. And that's exactly what the next part of this book is here to offer.

Let's step into the kitchen together — your new way of eating starts now.



KETO BREAKFASTS

Coconut Chia Breakfast Pudding with Walnuts



INGREDIENTS:

For the pudding:

- 2 fl oz / 60 ml full-fat coconut milk
- 4 fl oz / 120 ml unsweetened almond milk
- 1 oz / 28 g chia seeds
- 0.5 oz / 15 g unsweetened shredded coconut
- 0.2 oz / 5 g powdered erythritol or monk fruit (optional)
- ¼ tsp / 0.5 ml pure vanilla extract
- Pinch of sea salt

For the topping:

- 0.7 oz / 20 g walnut halves, lightly toasted
- 0.3 oz / 8 g shredded coconut (optional)

NUTRITION VALUE (PER SERVING):

Calories: 340 kcal
Fat: 30 g
Saturated Fat: 16 g
Protein: 6 g
Carbohydrates: 8 g
Fiber: 6 g
Net Carbs: 2 g
Sodium: 100 mg
Cholesterol: 0 mg

Prep Time: 10 min (plus overnight chill)
Cook Time: 0 min
Servings: 2

Creamy overnight chia pudding made with rich coconut milk and topped with toasted walnuts — a satisfying, fiber-rich way to start your keto day.

INSTRUCTIONS:

1. In a medium bowl or jar, mix together coconut milk, almond milk, chia seeds, shredded coconut, sweetener (if you like), vanilla extract, and a pinch of salt.
2. Give it a good stir to break up any clumps, then let it rest for 5 minutes. Stir again to make sure the chia seeds are evenly spread.
3. Cover and pop it in the fridge for at least 4 hours or overnight, until it thickens into a creamy pudding.
4. Just before serving, toast the walnuts in a dry pan over medium heat for 2–3 minutes until they smell nutty. Let them cool a bit.
5. Spoon the pudding into two bowls or jars, top with the toasted walnuts, and sprinkle extra coconut if you want.
6. Enjoy it chilled and fresh!

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use full-fat coconut milk for the creamiest texture and satiety. Toasting the walnuts enhances their flavor and adds crunch, balancing the softness of the pudding. Prepare in jars for a grab-and-go breakfast option.

Keto Scrambled Egg Muffins with Spinach and Feta

Prep Time:	Cook Time:	Servings:
10 min	8 min	2 (4 muffins)

Fluffy baked egg muffins loaded with fresh spinach and creamy feta — perfect for meal prep or busy mornings.



INGREDIENTS:

For the muffins:

- 4 eggs
- 1.4 oz / 40 g fresh spinach, chopped
- 1.1 oz / 30 g feta cheese, crumbled
- 1 fl oz / 30 ml heavy cream
- 0.2 oz / 5 g green onion, finely sliced
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper
- Olive oil or butter for greasing

INSTRUCTIONS:

1. Preheat the oven to 350°F / 175°C. Lightly grease a 4-cup muffin tin with olive oil or butter.
2. In a bowl, whisk together eggs, heavy cream, salt, and pepper until smooth and a bit frothy.
3. Fold in chopped spinach, crumbled feta, and sliced green onion gently until evenly combined.
4. Pour the mixture evenly into the muffin cups.
5. Bake for 16–18 minutes, until the tops are puffed, golden, and the centers are set.
6. Let them cool for a few minutes before removing from the tin. Serve warm or refrigerate for later.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

These muffins reheat well and can be stored in the fridge for up to 3 days. Swap spinach for kale or add chopped herbs for variety. For dairy-free, replace feta and cream with coconut cream and dairy-free cheese.

NUTRITION VALUE (PER SERVING):

Calories: 280 kcal
Fat: 23 g
Saturated Fat: 10 g
Protein: 16 g
Carbohydrates: 3 g
Fiber: 0.5 g
Net Carbs: 2.5 g
Sodium: 390 mg
Cholesterol: 370 mg

Savory Egg Crepes with Mushroom–Herb Filling



INGREDIENTS:

For the crepes:

- 2 eggs
- 1.1 oz / 30 g almond flour
- 1 fl oz / 30 ml unsweetened almond milk
- ⅛ tsp / 0.25 g sea salt
- Olive oil or butter, for greasing

For the filling:

- 3.5 oz / 100 g mushrooms, finely chopped
- 0.5 oz / 15 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 1 tbsp / 15 ml olive oil or butter
- 0.3 oz / 8 g fresh parsley, chopped
- Salt and pepper to taste

NUTRITION VALUE (PER SERVING):

Calories: 280 kcal
Fat: 23 g
Saturated Fat: 6 g
Protein: 11 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 190 mg
Cholesterol: 210 mg

Prep Time: 10 min
Cook Time: 12 min
Servings: 2 (2 crepes)

Thin, tender crepes made from eggs and almond flour, filled with a rich, herbed mushroom sauté — a satisfying low-carb breakfast with elegance.

INSTRUCTIONS:

1. In a small mixing bowl, whisk together the eggs, almond flour, almond milk, and salt until the batter is completely smooth with no lumps. Set aside for 5 minutes to allow it to slightly thicken.
2. Meanwhile, heat 1 tbsp of olive oil or butter in a skillet over medium heat. Add the chopped onion and garlic, sautéing for 1–2 minutes until translucent and fragrant.
3. Add the chopped mushrooms to the skillet and cook for 5–6 minutes, stirring occasionally, until the liquid evaporates and the mushrooms are golden. Season with salt, pepper, and stir in the chopped parsley. Remove from heat.
4. Lightly grease a nonstick skillet with a small amount of olive oil or butter and place over medium-low heat. Pour in half the crepe batter and swirl the pan to create a thin, even layer.
5. Cook the crepe for 2–3 minutes until the surface is just set and edges lift easily. Flip gently and cook for 1 minute more. Remove to a plate and repeat with the remaining batter.
6. Spoon the mushroom filling onto one side of each crepe, fold over, and serve warm.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Resting the batter gives the almond flour time to soak up moisture, making the crepes more flexible and easier to handle. A quality nonstick skillet is key for smooth flipping. Feel free to add cream cheese to the filling or switch things up by using spinach or zucchini for a fresh twist.

Almond–Coconut Pancakes with Berry Coulis



Prep Time:	Cook Time:	Servings:
10 min	8 min	2 (4 small pancakes)

Soft, fluffy pancakes made from almond and coconut flour, topped with a warm berry coulis — a comforting and low-carb breakfast treat.

INGREDIENTS:

For the pancakes:

- 1.1 oz / 30 g almond flour
- 0.5 oz / 15 g coconut flour
- 2 eggs
- 1 fl oz / 30 ml almond milk (unsweetened)
- 0.2 oz / 5 g powdered erythritol or monk fruit
- ½ tsp / 1 g baking powder
- ¼ tsp / 0.5 ml vanilla extract
- 1 tbsp / 15 ml melted butter or coconut oil (plus more for cooking)
- Pinch of sea salt

For the berry coulis:

- 2.5 oz / 70 g mixed berries (e.g. raspberries, blackberries, blueberries) — fresh or frozen
- 0.2 oz / 5 g powdered erythritol or monk fruit
- 0.5 tbsp / 7 ml lemon juice
- 1 tbsp / 15 ml water

INSTRUCTIONS:

1. In a mixing bowl, whisk together the eggs, almond milk, vanilla extract, and melted butter until smooth and fully combined. This creates the wet base for the pancakes.
2. In a small bowl, mix together almond flour, coconut flour, baking powder, sweetener, and a pinch of salt until evenly combined.
3. Gradually add the dry mix to the wet ingredients, whisking continuously to avoid lumps. The batter should be thick but still pourable; if too thick, stir in 1–2 teaspoons of almond milk. Let the batter sit for 2–3 minutes so the coconut flour can absorb the moisture.
4. While the batter rests, make the coulis: combine berries, sweetener, lemon juice, and water in a small saucepan. Heat over medium, stirring now and then, letting it simmer for 4–5 minutes until the berries soften and break down into a sauce. Mash any large chunks with a fork or spoon, then set aside to cool a bit.
5. Warm a nonstick skillet or griddle over medium-low heat and lightly grease with butter or coconut oil. Pour about 2 tablespoons of batter per pancake, spreading gently into a small circle
6. Cook for 2–3 minutes on the first side, until bubbles form on the surface and the edges begin to firm up. Flip carefully and cook another 1–2 minutes until golden and cooked through. Repeat with remaining batter.
7. Plate the warm pancakes and spoon the berry coulis generously over the top. Serve immediately.

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal	Fiber: 4 g
Fat: 26 g	Net Carbs: 3 g
Saturated Fat: 12 g	Sodium: 190 mg
Protein: 11 g	Cholesterol: 210 mg
Carbohydrates: 7 g	

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Coconut flour absorbs liquid quickly — letting the batter sit for a few minutes helps with consistency. Cook over gentle heat to prevent burning and allow the center to set properly. Frozen berries work well for coulis, just cook a little longer to reduce excess liquid.

Keto Breakfast Tacos with Egg, Avocado & Lime Crema



Prep Time: 12 min
Cook Time: 10 min
Servings: 2 (4 small tacos)

Soft grain-free taco shells filled with fluffy scrambled eggs, creamy avocado, and a zesty lime crema — a fresh and energizing low-carb morning meal.

INGREDIENTS:

For the taco shells:

- 2 eggs
- 1 oz / 28 g almond flour
- 1 fl oz / 30 ml water
- ⅛ tsp / 0.25 g sea salt
- Olive oil or butter, for cooking

For the filling:

- 4 eggs
- 2 fl oz / 60 ml heavy cream
- 1 tbsp / 15 ml olive oil or butter
- Salt and pepper to taste

For the toppings:

- 2.5 oz / 70 g ripe avocado, sliced or mashed
- 1 fl oz / 30 ml sour cream (full-fat)
- 0.5 fl oz / 15 ml lime juice
- 0.1 oz / 2 g fresh cilantro, chopped
- Pinch of sea salt

NUTRITION VALUE (PER SERVING):

Calories: 410 kcal	Fiber: 3 g
Fat: 35 g	Net Carbs: 2 g
Saturated Fat: 13 g	Sodium: 260 mg
Protein: 18 g	Cholesterol: 420 mg
Carbohydrates: 5 g	

INSTRUCTIONS:

1. Start by making the taco shells. In a bowl, whisk together 2 eggs, almond flour, water, and salt until smooth. Let rest for 2–3 minutes to allow the mixture to slightly thicken.
2. Heat a nonstick skillet over medium heat and lightly brush with oil. Pour in about 2 tablespoons of batter for each shell, swirling to create a thin, even circle.
3. Cook each shell for 1–2 minutes until the edges lift easily and the bottom is golden. Flip and cook for another 30–60 seconds. Repeat until you have 4 shells. Keep them warm.
4. In a separate bowl, whisk together the remaining 4 eggs, heavy cream, salt, and pepper until smooth.
5. Melt butter or oil in a clean skillet over medium-low heat. Pour in the egg mixture and cook slowly, stirring gently and continuously with a spatula, creating soft, fluffy curds. Remove from heat just before fully set to keep the eggs creamy.
6. For the lime crema, mix sour cream, lime juice, chopped cilantro, and a pinch of salt in a small bowl.
7. To assemble, spoon the scrambled eggs into the taco shells, top with avocado slices or mash, and drizzle with lime crema. Serve right away.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

These taco shells are soft and flexible — you can also bake or griddle them longer for a firmer texture. Scramble the eggs slowly for the creamiest result. The lime crema adds brightness and balances the richness of the filling.

Keto Poached Eggs on Savory Almond Biscuit

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Delicate poached eggs served atop a warm, savory almond flour biscuit — a rich, low-carb breakfast perfect for weekend mornings.



INGREDIENTS:

For the almond biscuit:

- 3.5 oz / 100 g almond flour
- 1 egg
- 1 fl oz / 30 ml unsweetened almond milk
- ½ tsp / 1 g baking powder
- ¼ tsp / 0.5 g sea salt
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 0.5 g dried rosemary or thyme (optional)

For the poached eggs:

- 4 eggs
- 0.5 fl oz / 15 ml white vinegar (for poaching water)
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 350°F / 175°C. Line a baking sheet with parchment paper.
2. In a mixing bowl, combine almond flour, baking powder, salt, and dried herbs. Stir well to distribute ingredients evenly.
3. Combine the egg, almond milk, and olive oil with the dry ingredients. Stir well until a soft dough forms. If the dough feels too wet, sprinkle in a bit more almond flour; if it's too dry, add a little extra almond milk.
4. Split the dough into two equal parts and shape each into a round biscuit on the baking tray.
5. Bake for 12–15 minutes until the biscuits turn golden and a toothpick inserted in the center comes out clean. Remove from the oven and allow them to cool slightly.
6. While the biscuits are baking, prepare the poached eggs: bring a saucepan of water to a gentle simmer and add the vinegar. Crack each egg into a small bowl.
7. Using a spoon, create a gentle whirlpool in the water and carefully slide an egg into the center. Poach for 3–4 minutes until whites are set but yolks remain runny. Remove with a slotted spoon and drain on paper towels. Repeat for remaining eggs.
8. To serve, place one almond biscuit on each plate and top with two poached eggs. Season with salt and pepper. Optionally, garnish with fresh herbs.

NUTRITION VALUE (PER SERVING):

Calories: 400 kcal
Fat: 32 g
Saturated Fat: 6 g
Protein: 20 g
Carbohydrates: 5 g
Fiber: 3 g
Net Carbs: 2 g
Sodium: 350 mg
Cholesterol: 370 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Ensure the water for poaching is just simmering, not boiling, to keep eggs tender. The biscuit dough can be made ahead and baked fresh when needed. Serve with a side of sautéed greens for extra nutrients.

Keto Smoked Mackerel Salad with Pickled Onion



INGREDIENTS:

For the salad:

- 4.2 oz / 120 g smoked mackerel fillet, skin removed and flaked
- 2.5 oz / 70 g mixed leafy greens (e.g. arugula, spinach, baby lettuce)
- 1.1 oz / 30 g cucumber, sliced
- 0.9 oz / 25 g avocado, sliced
- 0.5 fl oz / 15 ml olive oil (for dressing)
- Salt and black pepper, to taste

For the pickled onion:

- 1.1 oz / 30 g red onion, thinly sliced
- 1 fl oz / 30 ml apple cider vinegar
- 1 fl oz / 30 ml water
- Pinch of salt
- Pinch of erythritol (optional)

NUTRITION VALUE (PER SERVING):

Calories: 310 kcal
Fat: 26 g
Saturated Fat: 6 g
Protein: 15 g
Carbohydrates: 4 g
Fiber: 2 g
Net Carbs: 2 g
Sodium: 270 mg
Cholesterol: 45 mg

Prep Time: 12 min

Cook Time: 0 min

Servings: 2

Rich smoked mackerel paired with crisp greens and quick-pickled red onion — a savory, protein-packed breakfast bowl full of bold flavor.

INSTRUCTIONS:

1. Place thinly sliced red onion in a small bowl or jar. In another cup, mix apple cider vinegar, water, salt, and optional sweetener until fully dissolved.
2. Pour the pickling liquid over the onions, making sure they're completely covered. Let them sit at room temperature for 10–15 minutes while you prep the salad — the longer they soak, the milder and brighter the flavor.
3. In a large bowl, layer leafy greens as the base. Top with sliced cucumber and avocado, then scatter flaked smoked mackerel over everything.
4. Drizzle with olive oil, season with salt and pepper, and toss gently just before serving.
5. Drain the pickled onions and add them on top for a burst of tang and color. Serve right away.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use high-quality smoked mackerel for the best flavor — it adds richness without extra prep. Quick-pickled onion cuts through the fattiness and keeps the salad bright. This dish is ideal for warm mornings when you want something light but nourishing.

Curd & Flaxseed Pudding with Vanilla and Coconut Milk



Prep Time:	Cook Time:	Servings:
8 min	0 min	2

Creamy cottage cheese blended with ground flaxseed and smooth coconut milk, delicately scented with vanilla — a filling, gut-friendly keto breakfast.

INGREDIENTS:

For the pudding:

- 7 oz / 200 g full-fat cottage cheese or farmer's curd
- 2 fl oz / 60 ml full-fat coconut milk
- 0.7 oz / 20 g ground golden flaxseed
- 0.2 oz / 5 g powdered erythritol or monk fruit (optional)
- ¼ tsp / 1 ml vanilla extract
- Pinch of sea salt

For the topping:

- 0.5 oz / 15 g chopped walnuts or pecans
- 0.2 oz / 5 g shredded unsweetened coconut

INSTRUCTIONS:

1. Place the cottage cheese in a bowl and mash lightly with a fork if you prefer a smoother texture, or leave it chunky for a rustic feel.
2. Pour in the coconut milk, then add ground flaxseed, vanilla extract, sweetener (if using), and a pinch of salt.
3. Stir thoroughly until all the ingredients are well combined and the mixture thickens slightly. Let sit for 2–3 minutes so the flaxseed can absorb moisture and create a pudding-like consistency.
4. Divide the mixture evenly between two serving bowls.
5. Sprinkle the chopped nuts and shredded coconut over each portion.
6. Serve immediately, or refrigerate for 30 minutes for a chilled, thicker pudding.

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal
Fat: 25 g
Saturated Fat: 12 g
Protein: 17 g
Carbohydrates: 5 g
Fiber: 4 g
Net Carbs: 1 g
Sodium: 200 mg
Cholesterol: 25 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

If you prefer a whipped texture, blend the cottage cheese and coconut milk in a food processor before adding flax. The pudding thickens further if chilled. Ground chia seeds can be used instead of flax for a different texture and extra fiber.

Breakfast Egg Roll-Ups with Turkey and Spinach



Prep Time: 12 min
Cook Time: 12 min
Servings: 2 (2 rolls)

Tender egg crepes rolled around a savory filling of lean turkey and fresh spinach — a protein-packed keto breakfast perfect for busy mornings.

INGREDIENTS:

For the egg crepes:

- 4 eggs
- 2 fl oz / 60 ml unsweetened almond milk
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper
- Butter or olive oil, for cooking

For the filling:

- 5.3 oz / 150 g ground turkey
- 1.4 oz / 40 g fresh spinach, chopped
- 0.3 oz / 8 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 1 tbsp / 15 ml olive oil
- Salt and pepper to taste

NUTRITION VALUE (PER SERVING):

Calories: 370 kcal
Fat: 26 g
Saturated Fat: 7 g
Protein: 28 g
Carbohydrates: 4 g
Fiber: 1 g
Net Carbs: 3 g
Sodium: 450 mg
Cholesterol: 395 mg

INSTRUCTIONS:

1. Start by preparing the crepe batter. In a bowl, whisk the eggs, almond milk, salt, and pepper together until smooth and frothy. Set aside while you prepare the filling.
2. Warm olive oil in a skillet over medium heat. Add onion and garlic, sautéing for 2–3 minutes until fragrant and translucent.
3. Add ground turkey, breaking it up with a spoon. Cook for 6–8 minutes until browned and fully cooked. Season with salt and pepper.
4. Stir in chopped spinach and cook another 1–2 minutes until wilted. Remove from heat and set aside.
5. Heat a nonstick skillet over medium-low, melting a bit of butter or oil. Pour in half the egg batter, swirling to create a thin crepe. Cook about 2 minutes until edges lift and bottom sets. Flip gently and cook another 30 seconds to 1 minute. Transfer to a plate and repeat with the rest of the batter.
6. Spoon half the turkey-spinach mixture along one edge of each crepe, then carefully roll up to enclose the filling neatly.
7. Serve immediately while warm, or wrap and refrigerate for a quick breakfast on the go.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Whisking the batter until frothy ensures tender crepes. Cook turkey filling gently to retain moisture. These roll-ups can be reheated gently in a pan or microwave without drying out.

Zucchini Fritters with Lemon–Yogurt Dip

Prep Time:	Cook Time:	Servings:
15 min	10 min	2

Crispy, golden zucchini fritters paired with a refreshing lemon-infused yogurt dip — a light and tasty keto breakfast option.



INGREDIENTS:

For the fritters:

- 7 oz / 200 g zucchini, grated and squeezed dry
- 2 eggs
- 1 oz / 28 g almond flour
- 0.5 oz / 15 g grated Parmesan cheese
- 0.2 oz / 5 g fresh dill, chopped
- 0.1 oz / 3 g garlic, minced
- Salt and pepper to taste
- Olive oil or avocado oil for frying

For the lemon–yogurt dip:

- 3 fl oz / 90 ml full-fat Greek yogurt
- 0.5 fl oz / 15 ml fresh lemon juice
- 0.1 oz / 3 g fresh parsley or dill, chopped
- Pinch of sea salt

INSTRUCTIONS:

1. Grate the zucchini using a coarse grater, then place it in a clean kitchen towel or cheesecloth and squeeze out as much moisture as possible to ensure crispy fritters.
2. In a mixing bowl, whisk the eggs until well blended. Add the almond flour, Parmesan cheese, chopped dill, minced garlic, salt, and pepper. Stir to combine.
3. Fold in the grated zucchini until the mixture is evenly combined.
4. Heat a skillet over medium heat and add enough oil to coat the bottom.
5. Using a tablespoon, scoop portions of the batter and gently flatten them into small patties in the skillet. Cook for 3–4 minutes on each side or until golden brown and cooked through. Avoid overcrowding the pan to maintain heat.
6. While the fritters cook, prepare the lemon–yogurt dip by combining Greek yogurt, lemon juice, chopped herbs, and salt in a small bowl. Mix well and refrigerate until ready to serve.
7. Serve the warm fritters with a side of the lemon–yogurt dip for dipping.

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal
Fat: 26 g
Saturated Fat: 10 g
Protein: 14 g
Carbohydrates: 5 g
Fiber: 2 g
Net Carbs: 3 g
Sodium: 280 mg
Cholesterol: 210 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Removing excess water from zucchini is key for crispy fritters. Use a nonstick pan and moderate heat to avoid burning. Leftover fritters can be reheated in the oven or toaster oven for crispiness.

Cheesy Omelet with Sun-Dried Tomatoes and Arugula



Prep Time: 8 min
Cook Time: 8 min
Servings: 1

A fluffy, cheesy omelet filled with tangy sun-dried tomatoes and fresh arugula — a flavorful and satisfying keto breakfast.

INGREDIENTS:

For the omelet:

- 3 eggs
- 1 oz / 28 g shredded cheddar or mozzarella cheese
- 0.7 oz / 20 g sun-dried tomatoes, chopped (oil-packed, drained)
- 0.7 oz / 20 g fresh arugula leaves
- 1 fl oz / 30 ml heavy cream
- 1 tbsp / 15 ml olive oil or butter
- Salt and pepper to taste

INSTRUCTIONS:

1. In a bowl, whisk together the eggs and heavy cream until fully combined and slightly frothy. Season with salt and pepper.
2. Heat the olive oil or butter in a nonstick skillet over medium heat until hot but not smoking.
3. Pour in the egg mixture, swirling the pan gently to spread it evenly.
4. Cook for 2–3 minutes without stirring until the edges start to set but the center is still slightly runny.
5. Sprinkle the shredded cheese evenly over half of the omelet surface. Then add the chopped sun-dried tomatoes and fresh arugula on top of the cheese.
6. Using a spatula, carefully fold the omelet in half over the filling. Cook for another 1–2 minutes until the cheese melts and the omelet is fully cooked but still moist inside.
7. Slide the omelet onto a plate and serve immediately.

NUTRITION VALUE (PER SERVING):

Calories: 360 kcal
Fat: 29 g
Saturated Fat: 13 g
Protein: 22 g
Carbohydrates: 4 g
Fiber: 1 g
Net Carbs: 3 g
Sodium: 420 mg
Cholesterol: 425 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use oil-packed sun-dried tomatoes for extra flavor and moisture. Cook the omelet on medium-low heat to avoid browning and keep it tender. Fresh arugula adds a peppery bite that complements the richness.

Keto “Granola” with Seeds, Nuts & Coconut Chips

Prep Time:	Cook Time:	Servings:
10 min	15 min	4

A crunchy, low-carb granola mix made from toasted seeds, nuts, and coconut chips — perfect for sprinkling over yogurt or enjoying as a snack.



INGREDIENTS:

For the granola:

- 1.4 oz / 40 g raw pumpkin seeds
- 1.4 oz / 40 g raw sunflower seeds
- 1.1 oz / 30 g chopped almonds
- 1.1 oz / 30 g chopped pecans or walnuts
- 0.7 oz / 20 g unsweetened coconut chips
- 1 tbsp / 15 ml coconut oil, melted
- 0.3 oz / 8 g powdered erythritol or monk fruit (optional)
- ½ tsp / 1 g ground cinnamon
- Pinch of sea salt

INSTRUCTIONS:

1. Preheat the oven to 300°F / 150°C. Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine all the seeds, chopped nuts, and coconut chips.
3. Drizzle the melted coconut oil over the mixture, then sprinkle the erythritol (if using), cinnamon, and salt. Stir well to coat everything evenly.
4. Spread the mixture evenly onto the prepared baking sheet in a single layer.
5. Bake for 12–15 minutes, stirring halfway through, until the granola is golden and fragrant. Watch carefully to prevent burning.
6. Remove from the oven and let cool completely on the baking sheet — it will crisp up as it cools.
7. Once cooled, break into clusters and store in an airtight container at room temperature for up to 2 weeks.

NUTRITION VALUE (PER SERVING):

Calories: 210 kcal
Fat: 18 g
Saturated Fat: 7 g
Protein: 6 g
Carbohydrates: 5 g
Fiber: 3 g
Net Carbs: 2 g
Sodium: 50 mg
Cholesterol: 0 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use a mix of nuts and seeds for varied texture and nutrients. Coconut oil adds subtle sweetness and helps clusters form. Perfect as a topping for keto yogurt or a crunchy snack on its own.

Avocado–Coconut Smoothie Bowl with Chia and Hemp



Prep Time: 5 min
Cook Time: 0 min
Servings: 2

A luscious, nutrient-rich smoothie bowl mixing creamy avocado, silky coconut milk, and power-packed chia and hemp seeds — an ideal refreshing keto breakfast option.

INGREDIENTS:

For the smoothie bowl:

- 7 oz / 200 g ripe avocado
- 6 fl oz / 180 ml full-fat coconut milk
- 1 fl oz / 30 ml unsweetened almond milk
- 1 oz / 28 g chia seeds
- 0.7 oz / 20 g hemp seeds
- 0.2 oz / 5 g powdered erythritol or monk fruit (optional)
- ¼ tsp / 1 ml pure vanilla extract
- Ice cubes (optional, for thickness)

For the toppings:

- 0.7 oz / 20 g unsweetened shredded coconut
- 0.7 oz / 20 g sliced almonds or chopped nuts
- 0.2 oz / 5 g chia seeds (extra)

NUTRITION VALUE (PER SERVING):

Calories: 450 kcal
Fat: 40 g
Saturated Fat: 18 g
Protein: 12 g
Carbohydrates: 9 g
Fiber: 8 g
Net Carbs: 1 g
Sodium: 15 mg
Cholesterol: 0 mg

INSTRUCTIONS:

1. In a high-speed blender, combine the ripe avocado, coconut milk, almond milk, chia seeds, hemp seeds, sweetener (if using), vanilla extract, and a few ice cubes if you prefer a thicker texture.
2. Blend on high until smooth, creamy, and well combined, scraping down the sides as needed.
3. Pour the smoothie mixture evenly into two bowls.
4. Decorate the tops with shredded coconut, sliced almonds, and extra chia seeds for texture and crunch.
5. Serve immediately with a spoon.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

To achieve a thicker texture, incorporate extra ice or frozen avocado pieces. Hemp seeds deliver abundant omega-3s and protein, perfectly balancing the healthy fats from avocado and coconut milk. Personalize your toppings as desired, steering clear of high-carb fruits.

Zucchini–Cheese Waffles with Sour Cream Dip

Prep Time:	Cook Time:	Servings:
10 min	8 min	2 (2 waffles)

Golden, cheesy zucchini waffles crisped to perfection and served with a tangy sour cream dip — a savory and satisfying keto breakfast.



INGREDIENTS:

For the waffles:

- 5.3 oz / 150 g zucchini, grated and squeezed dry
- 2 eggs
- 1 oz / 28 g shredded mozzarella cheese
- 0.5 oz / 15 g grated Parmesan cheese
- 1 oz / 28 g almond flour
- ¼ tsp / 0.5 g garlic powder
- ¼ tsp / 0.5 g dried oregano or thyme
- Salt and pepper to taste
- Olive oil or butter, for greasing

For the dip:

- 2 fl oz / 60 ml sour cream (full-fat)
- 0.5 fl oz / 15 ml lemon juice
- 0.1 oz / 2 g fresh parsley or chives, chopped
- Salt to taste

INSTRUCTIONS:

1. Grate the zucchini using a coarse grater and place in a clean kitchen towel or cheesecloth. Squeeze firmly to remove as much moisture as possible — this ensures crisp waffles.
2. In a medium bowl, whisk the eggs, then stir in the almond flour, cheeses, garlic powder, herbs, salt, and pepper. Add the squeezed zucchini and mix until everything is evenly combined.
3. Preheat a waffle iron to medium-high heat and lightly grease it with olive oil or butter.
4. Spoon half the mixture into the waffle iron and spread it evenly. Close the lid and cook for 4–5 minutes, or until the waffle is golden, crisp, and firm. Carefully remove and repeat with the remaining batter.
5. While the waffles are cooking, stir together the sour cream, lemon juice, chopped herbs, and a pinch of salt in a small bowl to make the dip.
6. Serve the warm waffles with the dip on the side or drizzled on top.

NUTRITION VALUE (PER SERVING):

Calories: 350 kcal
Fat: 28 g
Saturated Fat: 10 g
Protein: 14 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 320 mg
Cholesterol: 210 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Getting rid of excess moisture from zucchini is essential for that perfect crispiness. Feel free to swap herbs or cheese based on what's in your kitchen — cheddar or gouda make great alternatives. Leftovers reheat nicely in a toaster oven, adding extra crunch.

Egg–Bacon Cups with Bell Pepper and Herbs



Prep Time: 15 min
Cook Time: 20 min
Servings: 2 (4 cups)

Savory baked egg cups wrapped in crispy bacon, filled with colorful bell pepper and fresh herbs — a delicious and portable keto breakfast.

INGREDIENTS:

For the egg cups:

- 4 eggs
- 3.5 oz / 100 g raw bacon slices
- 3.5 oz / 100 g bell pepper, finely diced (red, yellow, or orange)
- 0.3 oz / 8 g fresh parsley or chives, chopped
- Salt and black pepper to taste
- Olive oil or cooking spray for greasing

NUTRITION VALUE (PER SERVING):

Calories: 390 kcal
Fat: 33 g
Saturated Fat: 12 g
Protein: 22 g
Carbohydrates: 3 g
Fiber: 1 g
Net Carbs: 2 g
Sodium: 620 mg
Cholesterol: 435 mg

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C. Lightly grease a standard 4-cup muffin tin with olive oil or cooking spray to prevent sticking.
2. Take a slice of bacon and gently press it along the inside edge of each muffin cup, forming a ring that lines the sides and slightly overlaps at the top. This will create a crispy bacon "cup" to hold the eggs.
3. In a bowl, whisk the eggs thoroughly until the yolks and whites are fully blended. Season with salt and pepper to taste.
4. Fold in the diced bell pepper and chopped herbs, mixing gently to distribute evenly.
5. Carefully pour the egg mixture into each bacon-lined muffin cup, filling about three-quarters full to leave room for the eggs to rise.
6. Bake the muffin tin in the oven for 18–20 minutes, until the eggs are set and the bacon is crispy. The tops should turn lightly golden but remain moist.
7. Remove from the oven and let the egg cups cool slightly before carefully loosening the edges with a butter knife and lifting them out.
8. Serve warm immediately or refrigerate in an airtight container for up to 3 days. Reheat gently before serving.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use thin-cut bacon to make shaping around the muffin cups easier. For added flavor, consider mixing cheese or spices into the egg mixture. These egg cups are perfect for meal prepping and can be enjoyed either cold or reheated.

Breakfast Hash with Homemade Sausage

Prep Time:	Cook Time:	Servings:
15 min	20 min	2

A hearty skillet breakfast featuring homemade keto sausage, crispy turnips, and tender kale — the perfect combination of protein, healthy fats, and veggies for an active morning.



INSTRUCTIONS:

1. In a bowl, combine ground pork, parsley, crushed fennel seeds, smoked paprika, garlic powder, sea salt, and black pepper. Mix thoroughly to evenly distribute the spices. Set aside.
2. Warm olive oil or ghee in a large skillet over medium heat. Add the sausage mixture, breaking it up with a spoon, and cook for 7–8 minutes until browned and fully cooked. Remove from the skillet and set aside.
3. In the same skillet, add diced turnip and cook for about 5 minutes, stirring occasionally, until they start to soften and turn lightly golden.
4. Add chopped onion, red bell pepper, and minced garlic to the turnips. Sauté for another 3–4 minutes until the vegetables are tender and fragrant.
5. Stir in chopped kale and the cooked sausage. Season with salt and pepper to taste. Cook for an additional 3–4 minutes, letting the kale wilt and the flavors combine.
6. If you like, prepare eggs separately — fried or poached — and serve them on top of the hash.
7. Divide the hash evenly between two plates and serve immediately.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Making your own sausage allows control over spices and no fillers. Turnips provide a lower-carb alternative to potatoes, offering crunch and subtle sweetness. Adding eggs on top adds richness and extra protein.

INGREDIENTS:

For the homemade sausage:

- 3.5 oz / 100 g ground pork
- 0.2 oz / 5 g fresh parsley, chopped
- ¼ tsp / 0.5 g crushed fennel seeds
- ¼ tsp / 0.5 g smoked paprika
- ⅛ tsp / 0.25 g garlic powder
- ⅛ tsp / 0.25 g sea salt
- Pinch of ground black pepper

For the hash base:

- 2.8 oz / 80 g turnip, peeled and diced
- 1.8 oz / 50 g kale, stemmed and chopped
- 1.1 oz / 30 g red bell pepper, diced
- 1 oz / 28 g yellow onion, chopped
- 1 tbsp / 15 ml olive oil or ghee
- 1 clove garlic, minced
- Salt and pepper to taste

Optional:

- 1 egg per serving (fried or poached)

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal	Fiber: 3 g
Fat: 34 g	Net Carbs: 4 g
Saturated Fat: 11 g	Sodium: 450 mg
Protein: 25 g	Cholesterol: 280 mg
Carbohydrates: 7 g	

Curried Cauliflower & Bacon Breakfast Skillet



INGREDIENTS:

- 7 oz / 200 g cauliflower florets, chopped small
- 3.5 oz / 100 g raw bacon, chopped
- 2 oz / 60 g onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp / 15 ml olive oil
- ½ tsp / 1 g curry powder (ensure no added sugar)
- ¼ tsp / 0.5 g turmeric powder
- ¼ tsp / 0.5 g ground cumin
- Salt and pepper to taste
- 2 eggs
- Fresh cilantro or parsley for garnish

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal
Fat: 35 g
Saturated Fat: 12 g
Protein: 22 g
Carbohydrates: 6 g
Fiber: 3 g
Net Carbs: 3 g
Sodium: 700 mg
Cholesterol: 370 mg

Prep Time: 10 min
Cook Time: 15 min
Servings: 2

A flavorful breakfast skillet featuring tender cauliflower, crispy bacon, and warming curry spices — a savory, low-carb start to your day.

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add chopped bacon and cook, stirring occasionally, until crisp and browned, about 6–8 minutes. Remove half the bacon and set aside for garnish.
2. To the skillet with remaining bacon fat, add chopped onion and garlic. Sauté for 3–4 minutes until softened and fragrant.
3. Add the chopped cauliflower to the skillet and stir well to coat in the bacon fat and onions. Cook for about 6–8 minutes, stirring occasionally, until the cauliflower is tender and starting to brown.
4. Sprinkle curry powder, turmeric, cumin, salt, and pepper over the cauliflower mixture. Stir thoroughly to evenly distribute the spices. Cook for another 1–2 minutes to bloom the flavors.
5. In a separate pan, fry or poach the eggs to your liking.
6. Divide the curried cauliflower and bacon mixture between two plates. Top each with an egg and sprinkle with the reserved crispy bacon pieces. Garnish with fresh cilantro or parsley.
7. Serve immediately for a warm, flavorful keto breakfast.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Cook bacon slowly for best crispiness and render fat to flavor the skillet. Use fresh spices to maximize aroma and health benefits. Pair with runny eggs to add creaminess and richness.

Cauliflower Breakfast Porridge with Cinnamon and Pecans



Prep Time: 10 min | Cook Time: 10 min | Servings: 2

A warm and creamy breakfast porridge made from riced cauliflower, enriched with spices, coconut milk, and crunchy toasted pecans — a cozy low-carb start to your day.

INGREDIENTS:

For the porridge:

- 7 oz / 200 g cauliflower florets, finely riced
- 2 fl oz / 60 ml full-fat coconut milk
- 3 fl oz / 90 ml unsweetened almond milk
- 0.5 oz / 15 g ground flaxseed
- 0.2 oz / 5 g powdered erythritol or monk fruit
- ½ tsp / 1 g ground cinnamon
- ¼ tsp / 0.5 g ground nutmeg (optional)
- ⅛ tsp / 0.25 g sea salt
- ¼ tsp / 1 ml vanilla extract

For the topping:

- 0.7 oz / 20 g pecan halves, roughly chopped
- 0.2 oz / 5 g unsweetened shredded coconut (optional)
- Extra cinnamon for dusting

INSTRUCTIONS:

1. Finely rice the cauliflower using a food processor or grater until the texture resembles couscous.
2. Place a saucepan over medium heat and combine cauliflower rice with coconut milk and almond milk. Stir well and bring the mixture to a gentle simmer.
3. Lower the heat to a simmer and cook for 5–6 minutes, stirring occasionally, until the cauliflower softens and the porridge thickens slightly.
4. Add ground flaxseed, sweetener, cinnamon, nutmeg (optional), salt, and vanilla extract. Continue cooking for another 2–3 minutes, stirring frequently until the mixture becomes creamy and well blended.
5. In a dry skillet over medium heat, toast the pecans for 2–3 minutes until they release a fragrant aroma and turn lightly golden. Remove from heat and allow to cool.
6. Divide porridge into two bowls and top with toasted pecans, shredded coconut if desired, and a sprinkle of cinnamon. Serve warm.

NUTRITION VALUE (PER SERVING):

Calories: 290 kcal	Fiber: 5 g
Fat: 24 g	Net Carbs: 3 g
Saturated Fat: 10 g	Sodium: 140 mg
Protein: 6 g	Cholesterol: 0 mg
Carbohydrates: 8 g	

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

For extra creaminess, blend cauliflower with the liquids before cooking. Ground flaxseed adds fiber and thickens the porridge; chia seeds can be used as an alternative. Toasted pecans add texture and a warm, nutty flavor.

Egg–Avocado Bowl with Crispy Seeds



Prep Time: 10 min
Cook Time: 10 min
Servings: 2

A nourishing keto bowl with creamy avocado, soft eggs, and crunchy toasted pumpkin seeds — a simple and balanced dish for the perfect start to your day.

INGREDIENTS:

- 2 eggs
- 3.5 oz / 100 g ripe avocado, diced
- 1.4 oz / 40 g cucumber, finely chopped
- 0.5 oz / 15 g red onion, finely chopped
- 1.1 oz / 30 g arugula or baby spinach
- 0.7 oz / 20 g pumpkin seeds, toasted
- 1 tbsp / 15 ml olive oil
- 0.5 fl oz / 15 ml lemon juice
- Salt and pepper to taste

INSTRUCTIONS:

1. Bring a small pot of water to a boil and gently add the eggs. Cook for 7–8 minutes for soft-boiled yolks or longer if you prefer firmer eggs. Once cooked, drain and place eggs in cold water to stop cooking. Peel and set aside.
2. While eggs are cooking, toast the pumpkin seeds in a dry skillet over medium heat for 2–3 minutes until fragrant and lightly browned. Stir frequently to prevent burning. Remove from heat and set aside.
3. In a bowl, combine the diced avocado, finely chopped cucumber, red onion, and arugula or baby spinach. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently to combine.
4. Slice or quarter the peeled eggs and add them on top of the avocado salad. Sprinkle the toasted pumpkin seeds evenly over the bowl for crunch.
5. Serve immediately for a fresh, nutrient-packed breakfast.

NUTRITION VALUE (PER SERVING):

Calories: 360 kcal
Fat: 30 g
Saturated Fat: 5 g
Protein: 13 g
Carbohydrates: 6 g
Fiber: 5 g
Net Carbs: 1 g
Sodium: 150 mg
Cholesterol: 370 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

For the best texture, choose ripe, creamy avocado. Toasting pumpkin seeds boosts their flavor and adds a satisfying crunch. This bowl pairs perfectly with either soft or hard-boiled eggs, based on your preference.

Keto Blueberry Cheesecake Mousse

Prep Time:	Cook Time:	Servings:
10 min	0 min	2

Light and creamy mousse combining rich cream cheese and fresh blueberries — a deliciously smooth, low-carb breakfast treat.



INGREDIENTS:

- 7 oz / 200 g cream cheese, softened
- 3 fl oz / 90 ml heavy cream
- 1 oz / 28 g fresh blueberries (plus extra for garnish)
- 0.3 oz / 8 g powdered erythritol or monk fruit
- ¼ tsp / 1 ml pure vanilla extract
- ⅛ tsp / 0.25 g lemon zest (optional)

INSTRUCTIONS:

1. In a mixing bowl, beat the softened cream cheese with an electric mixer until smooth and fluffy.
2. In a clean bowl, whip the heavy cream until soft peaks form.
3. Carefully fold the whipped cream into the cream cheese until the mixture is smooth and light.
4. In a blender or food processor, pulse the blueberries with sweetener, vanilla, and lemon zest until smooth.
5. Gently fold the blueberry purée into the cream cheese mixture — either swirl slightly for a marbled look or blend completely for a uniform color.
6. Spoon the mousse into two serving dishes or jars and garnish each with fresh blueberries on top.
7. Chill in the refrigerator for at least 30 minutes before serving to set and enhance flavors.

NUTRITION VALUE (PER SERVING):

Calories: 380 kcal
Fat: 36 g
Saturated Fat: 22 g
Protein: 6 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 150 mg
Cholesterol: 115 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use full-fat cream cheese and heavy cream for the richest texture. Adjust sweetness to taste, and freeze leftovers for a frozen dessert variation. Fresh or frozen blueberries can be used.



QUICK KETO MEALS

Zucchini Noodles with Pesto and Pine Nuts

Prep Time:	Cook Time:	Servings:
10 min	0 min	2

Light and refreshing zucchini noodles tossed in a vibrant basil pesto and topped with crunchy pine nuts — a quick and satisfying keto-friendly dish.



INGREDIENTS:

- 7 oz / 200 g zucchini, spiralized into noodles
- 1 oz / 28 g fresh basil leaves
- 0.5 oz / 15 g pine nuts (plus extra for topping)
- 1 fl oz / 30 ml extra virgin olive oil
- 0.3 oz / 8 g grated Parmesan cheese
- 1 clove garlic
- 0.07 oz / 2 g sea salt
- Freshly ground black pepper, to taste

INSTRUCTIONS:

1. Start by thoroughly washing the zucchini. Using a spiralizer or a vegetable peeler, create long, thin zucchini noodles. Place the noodles in a large mixing bowl and set aside.
2. For the pesto, combine fresh basil leaves, pine nuts, garlic clove, grated Parmesan, sea salt, and freshly ground black pepper in a food processor or blender.
3. Slowly drizzle in olive oil while blending, pausing to scrape down the sides as needed, until you achieve a smooth, thick, and fragrant pesto sauce.
4. Pour the pesto over the zucchini noodles in a bowl. Using tongs or two large forks, toss gently but thoroughly to coat each noodle evenly.
5. In a dry skillet over medium heat, toast extra pine nuts for 2–3 minutes until golden and aromatic, stirring frequently to prevent burning. Remove from heat and let cool.
6. Sprinkle the toasted pine nuts over the pesto-coated zucchini noodles for added crunch and nutty flavor. Garnish with fresh basil leaves if desired.
7. Serve immediately to enjoy the fresh, crisp texture of the zucchini noodles combined with the rich, flavorful pesto. This dish is perfect as a light lunch or a quick side.

NUTRITION VALUE (PER SERVING):

Calories: 280 kcal
Fat: 25 g
Saturated Fat: 5 g
Protein: 7 g
Carbohydrates: 6 g
Fiber: 3 g
Net Carbs: 3 g
Sodium: 350 mg
Cholesterol: 15 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh, fragrant basil for the best flavor. Toast pine nuts lightly in a dry skillet before blending and as a topping to enhance nuttiness. Serve immediately to maintain the noodles' fresh texture.

Avocado Tuna Salad Lettuce Wraps



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

A refreshing, protein-packed tuna salad combined with creamy avocado and crisp lettuce leaves — perfect for a quick, no-cook keto meal.

INGREDIENTS:

- 5.3 oz / 150 g canned tuna in water, drained
- 3.5 oz / 100 g ripe avocado, diced
- 1.4 oz / 40 g celery, finely chopped
- 0.7 oz / 20 g red onion, finely chopped
- 0.7 oz / 20 g cucumber, diced
- 1 fl oz / 30 ml mayonnaise (sugar-free)
- 0.5 fl oz / 15 ml lemon juice
- 0.2 oz / 5 g fresh dill, chopped
- Salt and pepper to taste
- 4 large butter lettuce leaves

NUTRITION VALUE (PER SERVING):

Calories: 370 kcal
Fat: 28 g
Saturated Fat: 5 g
Protein: 26 g
Carbohydrates: 5 g
Fiber: 4 g
Net Carbs: 1 g
Sodium: 450 mg
Cholesterol: 40 mg

INSTRUCTIONS:

1. Drain the canned tuna well, pressing gently with a fork or spoon to remove excess liquid. Transfer the tuna to a medium mixing bowl.
2. Cut the ripe avocado into small cubes, keeping some texture to maintain a creamy yet chunky salad. Add the avocado to the bowl with the tuna.
3. Finely dice the celery stalks, red onion, and cucumber into uniform small pieces for balanced flavor. Add all the chopped vegetables to the bowl.
4. Stir in sugar-free mayonnaise, freshly squeezed lemon juice, and chopped fresh dill. Gently fold everything together with a spatula or spoon, being careful not to mash the avocado.
5. Taste and season with salt and freshly ground black pepper as desired. Add more lemon juice if you want a brighter acidity.
6. Separate the butter lettuce leaves, rinse them under cold water, and pat dry thoroughly with paper towels or a clean cloth to prevent sogginess.
7. Spoon a generous portion of the tuna avocado salad into the center of each lettuce leaf, dividing it evenly among the four leaves.
8. Fold the lettuce leaves around the filling to create wrap-like parcels. Serve immediately to enjoy the crispness of the lettuce combined with the creamy, flavorful filling.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Choose high-quality canned tuna packed in water without additives to keep the flavor clean and protein high. Use ripe but firm avocado for creaminess without turning mushy. Butter lettuce provides a sturdy, mild-flavored base that holds fillings well without adding carbs or bitterness. Serve immediately to retain freshness and crisp texture.

Garlic Butter Shrimp Skillet



Prep Time:	Cook Time:	Servings:
5 min	10 min	2

A quick and flavorful shrimp dish cooked in garlic butter with a touch of lemon — perfect for a fast, satisfying keto meal.

INGREDIENTS:

- 7 oz / 200 g raw shrimp, peeled and deveined
- 2 tbsp / 30 ml unsalted butter
- 3 cloves garlic, minced
- 0.5 fl oz / 15 ml lemon juice
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper
- 1 tbsp / 15 ml fresh parsley, chopped

INSTRUCTIONS:

1. Start by preparing the shrimp: if frozen, thaw thoroughly under cold running water, then pat dry with paper towels to remove excess moisture for better searing.
2. Melt unsalted butter in a large skillet over medium heat until it bubbles gently and releases a rich aroma.
3. Add minced garlic to the skillet and sauté for 1–2 minutes, stirring often to avoid burning. Cook until fragrant and lightly golden, but not browned.
4. Place the shrimp in a single layer in the skillet, making sure not to overcrowd them to ensure even cooking and browning.
5. Let the shrimp cook undisturbed for 2–3 minutes until they start turning pink and curling at the edges.
6. Flip the shrimp with tongs or a spatula and cook for another 2 minutes until fully opaque and firm, being careful not to overcook to avoid rubberiness.
7. Season evenly with sea salt and freshly ground black pepper, then drizzle lemon juice over the shrimp. Gently toss to coat them in the tangy, buttery sauce.
8. Remove from heat and sprinkle with freshly chopped parsley for a fresh burst of color and flavor.
9. Serve immediately while hot, either on its own or with a keto-friendly side like steamed greens or cauliflower rice.

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal
Fat: 25 g
Saturated Fat: 15 g
Protein: 22 g
Carbohydrates: 1 g
Fiber: 0 g
Net Carbs: 1 g
Sodium: 400 mg
Cholesterol: 220 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh or properly thawed shrimp to ensure tenderness and optimal texture. Keep the garlic sauté brief to avoid bitterness. Adding lemon juice at the end brightens the rich butter sauce and balances the flavors beautifully.

Bacon and Egg Cloud Bread Sandwiches



INGREDIENTS:

- 5 eggs (separated)
- 1 oz / 28 g cream cheese, softened
- ¼ tsp / 1 g cream of tartar
- 3.5 oz / 100 g slices bacon
- Salt and pepper, to taste
- Butter or olive oil for cooking

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal
Fat: 35 g
Saturated Fat: 15 g
Protein: 28 g
Carbohydrates: 3 g
Fiber: 1 g
Net Carbs: 2 g
Sodium: 600 mg
Cholesterol: 470 mg

Prep Time:	Cook Time:	Servings:
10 min	10 min	2

Light and fluffy cloud bread sandwiches filled with crispy bacon and soft scrambled eggs — a perfect low-carb breakfast or snack.

INSTRUCTIONS:

1. Preheat oven to 300°F / 150°C and line a baking sheet with parchment paper.
2. Separate the 3 eggs into yolks and whites, placing whites in a large clean bowl.
3. Add the cream cheese and cream of tartar to the egg yolks and whisk until smooth and creamy.
4. Using an electric mixer, beat the egg whites on high speed until stiff peaks form. This will give the cloud bread its light texture.
5. Gently fold the yolk mixture into the beaten whites, taking care not to deflate the whites. Fold until just combined and smooth.
6. Spoon the batter onto the baking sheet in 4 equal rounds, spreading each to about 4 inches (10 cm) diameter.
7. Bake for 25–30 minutes or until golden and firm to the touch. Remove and let cool slightly.
8. While the cloud bread bakes, cook the bacon in a skillet over medium heat until crispy. Drain on paper towels.
9. In the same skillet, melt butter or heat olive oil and scramble the 2 eggs gently with salt and pepper until just set but still creamy.
10. Assemble the sandwiches by placing scrambled eggs and bacon slices between two cloud bread rounds. Serve immediately.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Whip egg whites to stiff peaks to achieve maximum fluffiness. Bake at a low temperature to dry and firm up the cloud bread perfectly. For creamy scrambled eggs, avoid overcooking. This sandwich makes an excellent make-ahead breakfast option.

Stuffed Mini Bell Peppers with Cream Cheese and Herbs

Prep Time:	Cook Time:	Servings:
10 min	0 min	2

A colorful and creamy snack of mini bell peppers filled with herbed cream cheese — quick to assemble and perfect for keto-friendly appetizers or light meals.



INGREDIENTS:

- 7 oz / 200 g mini bell peppers, halved and deseeded
- 3.5 oz / 100 g cream cheese, softened
- 0.2 oz / 5 g fresh parsley, finely chopped
- 0.2 oz / 5 g fresh chives, finely chopped
- 0.07 oz / 2 g garlic powder
- 0.07 oz / 2 g lemon zest
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Begin by washing the mini bell peppers thoroughly under cold water. Slice each pepper in half lengthwise and carefully remove the seeds and membranes to create small cups. Pat dry with a clean towel to remove excess moisture.
2. In a medium mixing bowl, combine the softened cream cheese with finely chopped parsley, chives, garlic powder, and lemon zest. Mix well until all the herbs and seasonings are evenly incorporated into the cream cheese.
3. Season the mixture with salt and freshly ground black pepper according to your taste preferences. Stir again to combine.
4. Using a small spoon or piping bag, fill each pepper half generously with the herbed cream cheese mixture. Smooth the tops for a neat presentation.
5. Arrange the stuffed peppers on a serving plate. Optionally, garnish with additional chopped herbs or a light drizzle of olive oil.
6. Serve immediately for a fresh, creamy snack or refrigerate for 15–20 minutes to allow flavors to meld and the filling to firm up slightly.

NUTRITION VALUE (PER SERVING):

Calories: 280 kcal
Fat: 25 g
Saturated Fat: 15 g
Protein: 6 g
Carbohydrates: 5 g
Fiber: 2 g
Net Carbs: 3 g
Sodium: 250 mg
Cholesterol: 50 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use full-fat cream cheese for richness and better texture. Fresh herbs brighten the filling and add freshness. Removing moisture from peppers helps keep the filling firm. These are perfect as grab-and-go snacks or party appetizers.

Caprese Salad with Balsamic Glaze



Prep Time: 10 min

Cook Time: 5 min (for glaze)

Servings: 2

A classic Italian salad featuring fresh mozzarella, ripe tomatoes, and basil leaves drizzled with a tangy balsamic reduction — a fresh, keto-friendly starter or side.

INGREDIENTS:

- 3.5 oz / 100 g fresh mozzarella, sliced
- 5 oz / 140 g ripe tomatoes, sliced
- 0.7 oz / 20 g fresh basil leaves
- 1 fl oz / 30 ml extra virgin olive oil
- 0.5 fl oz / 15 ml balsamic vinegar
- 0.07 oz / 2 g powdered erythritol or monk fruit (optional)
- Sea salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Start by preparing the balsamic glaze. In a small saucepan, pour the balsamic vinegar and add the sweetener if using.
2. Bring the mixture to a gentle simmer over medium heat. Stir occasionally and let it reduce for about 5 minutes until it thickens to a syrupy consistency. Remove from heat and allow to cool slightly.
3. While the glaze is reducing, slice the fresh mozzarella and ripe tomatoes into even rounds, about ¼ inch thick.
4. Arrange the tomato and mozzarella slices alternately on a serving plate, slightly overlapping each slice.
5. Scatter fresh basil leaves evenly over the arranged slices for vibrant color and aroma.
6. Drizzle the olive oil generously over the salad, followed by a light drizzle of the cooled balsamic glaze.
7. Season with sea salt and freshly ground black pepper to taste.
8. Serve immediately as a refreshing appetizer or side dish.

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal
Fat: 26 g
Saturated Fat: 14 g
Protein: 18 g
Carbohydrates: 4 g
Fiber: 1 g
Net Carbs: 3 g
Sodium: 280 mg
Cholesterol: 60 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

For optimal flavor, choose fresh, high-quality mozzarella and ripe, in-season tomatoes. The balsamic glaze provides a subtle sweetness without extra carbs — be sure to reduce it gently to prevent any bitterness. Serve right away to savor the fresh, creamy textures at their best.

Quick Keto Chicken Salad Lettuce Wraps

Prep Time:	Cook Time:	Servings:
10 min	10 min	2

A light and protein-packed chicken salad mixed with crunchy celery and creamy mayo, wrapped in crisp lettuce — perfect for a fast keto meal.



INGREDIENTS:

- 7 oz / 200 g raw chicken breast
- 1.4 oz / 40 g celery, finely chopped
- 0.7 oz / 20 g red onion, finely chopped
- 2 fl oz / 60 ml mayonnaise (sugar-free)
- 0.5 fl oz / 15 ml lemon juice
- 0.2 oz / 5 g fresh parsley, chopped
- Salt and pepper to taste
- 4 large butter lettuce leaves
- 1 tbsp / 15 ml olive oil

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Season the raw chicken breast with salt and pepper, then cook for about 5–7 minutes per side, or until fully cooked and no longer pink inside. Remove from heat and let rest for a few minutes.
2. Once cooled slightly, shred the chicken using two forks or chop finely.
3. In a medium bowl, mix together shredded chicken, chopped celery, and red onion.
4. Stir in mayonnaise, lemon juice, and fresh parsley until the mixture is creamy and well combined.
5. Season with salt and freshly ground black pepper to taste, adjusting as needed.
6. Gently separate the butter lettuce leaves, rinse under cold water, and pat completely dry to prevent sogginess.
7. Spoon the chicken salad evenly onto each lettuce leaf, distributing it into four wraps.
8. Fold the lettuce leaves around the filling to form neat wraps. Serve immediately for a fresh, crunchy meal.

NUTRITION VALUE (PER SERVING):

Calories: 400 kcal
Fat: 32 g
Saturated Fat: 6 g
Protein: 28 g
Carbohydrates: 3 g
Fiber: 1 g
Net Carbs: 2 g
Sodium: 420 mg
Cholesterol: 90 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Cooking fresh chicken breast adds great flavor and texture. Ensure lettuce leaves are dry to maintain crispness. This meal is great freshly made but can also be prepared ahead and stored for quick serving.

Cucumber and Smoked Salmon Bites with Dill Cream



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

Elegant and easy-to-make cucumber rounds topped with rich smoked salmon and a light dill cream — a refreshing keto appetizer or snack.

INGREDIENTS:

- 7 oz / 200 g cucumber, sliced into ¼-inch thick rounds
- 3.5 oz / 100 g smoked salmon, sliced into bite-sized pieces
- 3 oz / 85 g cream cheese, softened
- 0.2 oz / 5 g fresh dill, finely chopped
- 0.5 fl oz / 15 ml lemon juice
- 0.07 oz / 2 g garlic powder
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Slice the cucumber into even rounds about ¼ inch thick. Pat them dry with paper towels to remove excess moisture and keep them crisp.
2. In a small bowl, mix softened cream cheese with chopped dill, lemon juice, garlic powder, salt, and pepper until smooth and creamy.
3. Spread a small dollop of the dill cream onto each cucumber slice using the back of a spoon or a piping bag for a tidy finish.
4. Top each cucumber round with a piece of smoked salmon, folding or rolling the salmon as needed for a neat fit.
5. Arrange the bites on a serving platter and optionally garnish with extra dill sprigs or a light drizzle of lemon juice.
6. Serve immediately as a light, refreshing snack or appetizer.

NUTRITION VALUE (PER SERVING):

Calories: 270 kcal
Fat: 22 g
Saturated Fat: 13 g
Protein: 12 g
Carbohydrates: 3 g
Fiber: 1 g
Net Carbs: 2 g
Sodium: 420 mg
Cholesterol: 60 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Ensure cucumbers are dry to prevent sogginess. Use high-quality smoked salmon for rich flavor. The dill cream adds fresh herbal notes that complement the smoky fish perfectly.

Spicy Avocado Egg Salad

Prep Time:	Cook Time:	Servings:
10 min	10 min (for boiling eggs)	2

Creamy avocado blended with hard-boiled eggs and a touch of spice — a quick, satisfying keto salad perfect for any meal.



INGREDIENTS:

- 4 eggs
- 3.5 oz / 100 g ripe avocado
- 1 fl oz / 30 ml mayonnaise (sugar-free)
- 0.2 oz / 5 g green onion, finely chopped
- 0.07 oz / 2 g cayenne pepper (adjust to taste)
- 0.07 oz / 2 g smoked paprika
- 0.07 oz / 2 g Dijon mustard
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Place eggs in a saucepan and cover with cold water by about an inch. Bring to a rolling boil over medium-high heat. Once boiling, turn off heat and cover the pan. Let eggs sit for 10 minutes for hard boiling.
2. Drain hot water and place eggs in ice water to cool completely, about 5 minutes. Peel the eggs carefully and chop roughly.
3. In a mixing bowl, mash the ripe avocado until smooth but still slightly chunky.
4. Add mayonnaise, chopped green onions, Dijon mustard, smoked paprika, cayenne pepper, salt, and black pepper. Mix well until all ingredients are fully combined.
5. Gently fold in the chopped hard-boiled eggs, taking care not to overly mash them, keeping some texture.
6. Adjust seasoning as needed, adding more cayenne or salt if desired.
7. Serve chilled or at room temperature, as a salad or as a filling for keto-friendly wraps or lettuce cups.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

For best texture, avoid over-mashing eggs and avocado. Adjust the heat level by varying cayenne pepper quantity. This salad can be made ahead and refrigerated for flavors to meld.

NUTRITION VALUE (PER SERVING):

Calories: 360 kcal
Fat: 30 g
Saturated Fat: 6 g
Protein: 18 g
Carbohydrates: 4 g
Fiber: 3 g
Net Carbs: 1 g
Sodium: 320 mg
Cholesterol: 375 mg

Creamy Garlic Spinach with Poached Eggs



INGREDIENTS:

- 5.3 oz / 150 g fresh spinach leaves
- 2 tbsp / 30 ml heavy cream
- 1 clove garlic, minced
- 1 tbsp / 15 ml olive oil
- 2 large eggs
- Salt and freshly ground black pepper, to taste

NUTRITION VALUE (PER SERVING):

Calories: 310 kcal
Fat: 27 g
Saturated Fat: 14 g
Protein: 17 g
Carbohydrates: 3 g
Fiber: 2 g
Net Carbs: 1 g
Sodium: 220 mg
Cholesterol: 370 mg

Prep Time:	Cook Time:	Servings:
5 min	10 min	2

A rich and creamy sautéed spinach dish flavored with garlic, topped with perfectly poached eggs — a simple, nourishing keto breakfast.

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add minced garlic and sauté for 1–2 minutes until fragrant but not browned.
2. Add fresh spinach leaves to the skillet and cook, stirring frequently, until wilted and tender, about 3–4 minutes.
3. Pour in the heavy cream and stir to combine with the spinach. Cook for an additional 2 minutes, allowing the cream to thicken slightly and coat the spinach. Season with salt and pepper to taste.
4. Meanwhile, bring a pot of water to a gentle simmer and add a splash of vinegar (optional) to aid poaching. Crack each egg into a small bowl.
5. Create a gentle whirlpool in the simmering water and carefully slide in each egg. Poach for 3–4 minutes until whites are set but yolks remain soft. Remove with a slotted spoon and drain on paper towels.
6. Divide the creamy spinach between two plates. Top each portion with a poached egg.
7. Serve immediately, garnished with extra black pepper or fresh herbs if desired.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh spinach to ensure the best flavor and texture. Cook eggs just enough to keep the yolks creamy, enhancing the dish's richness. The cream adds a smooth, rich balance that mellows the slight bitterness of the spinach.

Cauliflower Rice Stir-Fry with Eggs and Green Beans

Prep Time:	Cook Time:	Servings:
10 min	10 min	2

A quick and easy keto-friendly stir-fry combining cauliflower rice, crisp green beans, and fluffy scrambled eggs — packed with fiber and protein.



INGREDIENTS:

- 7 oz / 200 g cauliflower, riced
- 4.2 oz / 120 g green beans, trimmed and cut into 1-inch pieces
- 2 large eggs
- 1 tbsp / 15 ml olive oil or avocado oil
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g green onion, sliced
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper
- 1 tbsp / 15 ml soy sauce or coconut aminos (optional)

INSTRUCTIONS:

1. Heat olive oil in a large skillet or wok over medium-high heat until shimmering.
2. Add the minced garlic and green onion, stirring for about 30 seconds until fragrant but not browned.
3. Toss in the trimmed green beans and sauté for 3–4 minutes until they become bright green and slightly tender but still crisp.
4. Add the riced cauliflower to the skillet and stir-fry for 4–5 minutes, mixing well to combine with the green beans. The cauliflower should soften slightly but retain some bite.
5. Push the vegetables to one side of the pan. Crack the eggs into the empty side and scramble gently, stirring until just cooked but still moist.
6. Mix the scrambled eggs with the vegetables, then season with salt, pepper, and soy sauce or coconut aminos if using. Stir well to distribute flavors evenly.
7. Cook for another minute, taste, and adjust seasoning if necessary.
8. Serve hot, garnished with extra sliced green onions if desired.

NUTRITION VALUE (PER SERVING):

Calories: 300 kcal
Fat: 22 g
Saturated Fat: 4 g
Protein: 18 g
Carbohydrates: 8 g
Fiber: 4 g
Net Carbs: 4 g
Sodium: 350 mg
Cholesterol: 370 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use freshly riced cauliflower for best texture. Avoid overcooking eggs to keep them tender and moist. Green beans add a satisfying crunch and fiber to balance the dish.

Keto Shrimp Avocado Salad



Prep Time: 10 min | Cook Time: 5 min | Servings: 2

A crisp, light keto salad blending creamy avocado, succulent shrimp, and fresh greens — perfect for a quick, refreshing meal.

INGREDIENTS:

- 7 oz / 200 g raw shrimp, peeled and deveined
- 3.5 oz / 100 g ripe avocado, diced
- 2.8 oz / 80 g mixed leafy greens (arugula, spinach, etc.)
- 1 fl oz / 30 ml olive oil
- 0.5 fl oz / 15 ml fresh lemon juice
- 0.2 oz / 5 g fresh cilantro, chopped
- 0.2 oz / 5 g red onion, finely chopped
- Salt and freshly ground black pepper, to taste

NUTRITION VALUE (PER SERVING):

Calories: 350 kcal
Fat: 28 g
Saturated Fat: 5 g
Protein: 22 g
Carbohydrates: 5 g
Fiber: 3 g
Net Carbs: 2 g
Sodium: 320 mg
Cholesterol: 180 mg

INSTRUCTIONS:

1. Heat ½ fl oz / 15 ml olive oil in a skillet over medium heat. Add shrimp and cook for 2–3 minutes per side until pink and opaque. Remove from heat and let cool slightly.
2. In a large bowl, combine mixed greens, diced avocado, chopped cilantro, and red onion.
3. Add cooked shrimp to the salad mixture.
4. In a small bowl, whisk remaining olive oil and lemon juice, seasoning with salt and pepper.
5. Drizzle the dressing over the salad and toss gently to coat all ingredients evenly.
6. Serve immediately as a light lunch or dinner.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh shrimp for best taste and texture. Avoid overcooking shrimp to keep them tender. The avocado adds creaminess while greens provide freshness and crunch.

Avocado and Bacon Lettuce Cups

Prep Time:	Cook Time:	Servings:
10 min	10 min	2

Crunchy lettuce cups filled with creamy avocado and crispy bacon — a simple, satisfying keto snack or light meal.



INGREDIENTS:

- 4 lettuce leaves (butter or romaine)
- 3.5 oz / 100 g ripe avocado, diced
- 3.5 oz / 100 g bacon, cooked and crumbled
- 0.5 oz / 15 g red onion, finely chopped
- 1 fl oz / 30 ml mayonnaise (sugar-free)
- 0.5 fl oz / 15 ml fresh lime juice
- Salt and freshly ground black pepper, to taste

INSTRUCTIONS:

1. Cook the bacon in a skillet over medium heat until crispy, about 7–10 minutes. Drain on paper towels and crumble once cool.
2. While bacon cooks, wash and dry lettuce leaves thoroughly, keeping them whole and intact for cups.
3. In a mixing bowl, combine diced avocado, crumbled bacon, finely chopped red onion, mayonnaise, and lime juice. Mix gently to combine without mashing the avocado too much.
4. Season with salt and pepper according to taste.
5. Spoon the avocado and bacon mixture evenly into each lettuce leaf, forming cups.
6. Serve immediately for maximum freshness and crunch.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use ripe but firm avocado for best texture. Ensure lettuce leaves are dry to avoid sogginess. Crisp bacon adds great texture and salty contrast to creamy avocado.

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal
Fat: 36 g
Saturated Fat: 12 g
Protein: 14 g
Carbohydrates: 6 g
Fiber: 5 g
Net Carbs: 1 g
Sodium: 500 mg
Cholesterol: 30 mg

Creamy Garlic Mushrooms with Parmesan



Prep Time: 5 min
Cook Time: 10 min
Servings: 2

A quick sauté of mushrooms in garlic butter and cream, finished with Parmesan — rich, savory, and keto-friendly.

INGREDIENTS:

- 7 oz / 200 g cremini or button mushrooms, sliced
- 2 tbsp / 30 ml unsalted butter
- 3 cloves garlic, minced
- 2 fl oz / 60 ml heavy cream
- 1 oz / 28 g grated Parmesan cheese
- Salt and freshly ground black pepper, to taste
- 1 tbsp / 15 ml fresh parsley, chopped (optional)

INSTRUCTIONS:

1. Heat the unsalted butter in a large skillet over medium heat until melted and foaming.
2. Add minced garlic to the skillet and sauté for about 1 minute until fragrant but not browned.
3. Stir in sliced mushrooms and cook for 6–8 minutes, stirring occasionally, until they release their moisture and start to brown.
4. Pour in heavy cream and stir to combine. Let the mixture simmer for 2–3 minutes until it thickens slightly.
5. Mix in grated Parmesan cheese and season with salt and pepper to taste. Cook for another minute to let the cheese melt and further thicken the sauce.
6. Remove from heat and, if desired, sprinkle fresh parsley over the mushrooms before serving.
7. Serve immediately as a side dish or light meal.

NUTRITION VALUE (PER SERVING):

Calories: 360 kcal
Fat: 34 g
Saturated Fat: 20 g
Protein: 10 g
Carbohydrates: 5 g
Fiber: 2 g
Net Carbs: 3 g
Sodium: 400 mg
Cholesterol: 115 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh mushrooms for the best flavor and texture. Cook garlic gently to avoid bitterness. Parmesan adds richness and depth without extra carbs.

Zucchini Noodles with Pesto and Grilled Chicken

Prep Time:	Cook Time:	Servings:
10 min	10 min	2

A light and fresh keto meal featuring tender grilled chicken served over zucchini noodles tossed in fragrant basil pesto.



INGREDIENTS:

- 7 oz / 200 g boneless, skinless chicken breast
- 7 oz / 200 g zucchini, spiralized into noodles
- 1 fl oz / 30 ml olive oil (divided)
- 0.7 oz / 20 g fresh basil leaves
- 0.3 oz / 8 g pine nuts
- 1 oz / 28 g grated Parmesan cheese
- 1 clove garlic
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat a grill pan or skillet over medium-high heat and brush with 0.5 fl oz / 15 ml olive oil. Season chicken breast with salt and pepper.
2. Grill the chicken for 5–6 minutes on each side until fully cooked and juices run clear. Remove from heat, let rest for 5 minutes, then slice thinly.
3. While the chicken cooks, prepare the pesto by blending basil leaves, pine nuts, Parmesan, garlic, and 15 ml (0.5 fl oz) olive oil in a food processor until smooth, adding more oil as needed for the right consistency.
4. In a large skillet over medium heat, warm the zucchini noodles for 2–3 minutes, stirring gently to avoid sogginess. Remove from heat.
5. Toss the warm zucchini noodles with the pesto, coating them evenly.
6. Divide the pesto zucchini noodles between two plates and top with sliced grilled chicken.
7. Serve immediately, garnished with extra Parmesan or pine nuts if desired.

NUTRITION VALUE (PER SERVING):

Calories: 400 kcal
Fat: 28 g
Saturated Fat: 8 g
Protein: 34 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 320 mg
Cholesterol: 80 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh basil and good-quality Parmesan for authentic pesto flavor. Avoid overcooking zucchini noodles to keep them crisp and fresh. Grilled chicken adds a lean protein boost, balancing the richness of pesto.



KETO LUNCHES

Creamy Garlic Chicken with Spinach & Olives



Prep Time: 10 min | Cook Time: 15 min | Servings: 2

Juicy chicken in a garlicky cream sauce with wilted spinach and briny olives — a rich, comforting keto lunch made in one pan

INGREDIENTS:

For the chicken:

- 10 oz / 280 g boneless, skinless chicken thighs
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper
- ½ tsp / 1 g garlic powder

For the sauce:

- 1 tbsp / 15 g unsalted butter
- 0.2 oz / 5 g garlic, minced
- 2.5 oz / 70 g fresh spinach leaves
- 1.7 fl oz / 50 ml heavy cream
- 0.9 oz / 25 g cream cheese
- 1 oz / 28 g green or black olives, sliced
- ¼ tsp / 0.5 g dried oregano (optional)

INSTRUCTIONS:

1. Cut the chicken thighs into bite-sized pieces. Season them with salt, pepper, and garlic powder.
2. Heat olive oil in a skillet over medium-high heat. Add the chicken and cook for 6–7 minutes until golden and cooked through. Remove the chicken and set aside.
3. Reduce heat to medium, add butter and minced garlic to the same pan, stirring until fragrant, about 30 seconds.
4. Add spinach and cook for 1–2 minutes until just wilted. Pour in cream and stir in cream cheese until melted and smooth.
5. Return the chicken to the skillet, add olives, and stir to combine. Let everything simmer for 2–3 minutes.
6. Sprinkle with oregano if desired.

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal
Fat: 33 g
Saturated Fat: 12 g
Protein: 28 g
Carbohydrates: 4 g
Fiber: 1 g
Net Carbs: 3 g
Sodium: 510 mg
Cholesterol: 130 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Let the sauce simmer gently to keep it creamy and smooth. For extra texture, lightly crisp the chicken before removing it from the pan. This one-pan meal makes cleanup fast and beginner-friendly.

Spicy Eggplant Boats with Ground Lamb & Tahini Drizzle



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Roasted eggplant halves filled with warm, spiced lamb and topped with a creamy tahini-lemon sauce — rich, satisfying, and naturally low in carbs.

INGREDIENTS:

For the eggplants:

- 10.5 oz / 300 g eggplant (1 medium), halved lengthwise
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh parsley, chopped
- ¼ tsp / 1 g sea salt

For the lamb filling:

- 5 oz / 140 g ground lamb
- 0.3 oz / 8 g onion, finely chopped
- 0.5 tsp / 1 g ground cumin
- ¼ tsp / 0.5 g ground paprika
- ¼ tsp / 0.5 g chili flakes (or to taste)
- Salt and black pepper to taste

For the tahini drizzle:

- 1 tbsp / 15 g tahini
- 0.5 tbsp / 7 ml lemon juice
- 1 tbsp / 15 ml water
- ⅛ tsp / 0.25 g ground cumin
- Pinch of salt

NUTRITION VALUE (PER SERVING):

Calories: 480 kcal
Fat: 39 g
Saturated Fat: 9 g
Protein: 20 g
Carbohydrates: 8 g
Fiber: 4 g
Net Carbs: 4 g
Sodium: 350 mg
Cholesterol: 55 mg

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C. Brush the cut sides of the eggplant with olive oil and place cut-side up on a baking tray. Sprinkle with salt and roast for 15–18 minutes, until tender.
2. While the eggplants roast, heat a skillet over medium heat. Add the ground lamb and chopped onion. Cook for 6–7 minutes, breaking up the meat, until browned.
3. Stir in garlic, cumin, paprika, chili flakes, salt, and pepper. Cook for another 2 minutes, then remove from heat.
4. In a small bowl, whisk together tahini, lemon juice, water, cumin, and a pinch of salt until smooth, adding more water if needed to reach desired consistency.
5. Once the eggplants are soft and golden, gently press down their centers with a spoon to create space for the filling. Fill each half with the lamb mixture.
6. Drizzle generously with the tahini sauce and sprinkle with fresh parsley before serving.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Roasting eggplant until fully soft creates a buttery texture that pairs perfectly with rich lamb. The tahini sauce adds creaminess without dairy — great for variety in your keto meals.

Keto Chicken Alfredo with Broccoli

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

A creamy skillet Alfredo with juicy chicken and tender broccoli — pure comfort, low in carbs, and rich in flavor.



INGREDIENTS:

For the base:

- 7 oz / 200 g boneless, skinless chicken breast or thighs, cut into strips
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g garlic, minced
- 4.2 oz / 120 g broccoli florets
- Salt and black pepper to taste

For the Alfredo sauce:

- 2.5 fl oz / 75 ml heavy cream
- 1 oz / 28 g cream cheese
- 0.7 oz / 20 g grated Parmesan
- ¼ tsp / 0.5 g ground nutmeg (optional)
- 0.3 oz / 8 g fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add chicken strips, season with salt and pepper, and sauté for 5–6 minutes until golden and cooked through. Remove and set aside.
2. In the same pan, add minced garlic and cook for 30 seconds. Add broccoli florets with 1 tablespoon of water, cover, and steam for 3–4 minutes until just tender.
3. Lower heat to low, then pour in heavy cream and add cream cheese. Stir gently until melted and smooth.
4. Stir in grated Parmesan and a pinch of nutmeg, cooking until the sauce thickens.
5. Return the chicken to the pan and toss to coat everything evenly. Simmer for 2–3 minutes to heat through.
6. Finish by sprinkling with chopped parsley before serving.

NUTRITION VALUE (PER SERVING):

Calories: 520 kcal
Fat: 40 g
Saturated Fat: 16 g
Protein: 32 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 470 mg
Cholesterol: 130 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Opt for chicken thighs if you want extra richness, or choose breast for a leaner option — both work great. Lightly steaming the broccoli right in the same pan saves time and keeps it perfectly tender-crisp.

Zucchini Lasagna Skillet (No Pasta, All Flavor)



Prep Time: 10 min | Cook Time: 15 min | Servings: 2

A one-pan keto lasagna featuring tender zucchini layers, savory meat sauce, and gooey melted cheese — completely noodle-free.

INGREDIENTS:

For the base:

- 7 oz / 200 g zucchini, sliced lengthwise into thin strips
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt

For the meat sauce:

- 6 oz / 170 g ground beef (80/20)
- 0.2 oz / 5 g garlic, minced
- 1.8 oz / 50 g chopped tomatoes (no sugar added)
- 1 tbsp / 15 g tomato paste
- ¼ tsp / 0.5 g dried oregano
- ¼ tsp / 0.5 g smoked paprika
- Salt and black pepper to taste

For the topping:

- 1.8 oz / 50 g shredded mozzarella cheese
- 0.7 oz / 20 g ricotta cheese (optional)
- Fresh basil to garnish (optional)

NUTRITION VALUE (PER SERVING):

Calories: 430 kcal	Fiber: 1.5 g
Fat: 32 g	Net Carbs: 4.5 g
Saturated Fat: 12 g	Sodium: 540 mg
Protein: 27 g	Cholesterol: 90 mg
Carbohydrates: 6 g	

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add zucchini slices in batches and cook for 1–2 minutes on each side until softened. Set aside on a plate.
2. In the same skillet, add ground beef and cook for 4–5 minutes until browned. Add garlic, chopped tomatoes, tomato paste, oregano, paprika, salt, and pepper. Simmer for 3–4 minutes until thickened.
3. Reduce heat to low. Layer the softened zucchini back into the skillet over the meat sauce like lasagna noodles.
4. Spoon ricotta (if using) and sprinkle mozzarella over the top. Cover with a lid and let it cook for 2–3 minutes until the cheese melts.
5. Garnish with fresh basil and serve hot directly from the skillet.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Slice zucchini thinly and lightly pre-cook it to reduce moisture, helping your lasagna stay firm and not soggy. Cooking everything in one pan makes this an easy, beginner-friendly comfort meal.

Beef & Mushroom Stroganoff Bowl (over Cabbage)

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Creamy beef stroganoff with sautéed mushrooms, served over tender shredded cabbage instead of noodles — full flavor, no carbs.



INGREDIENTS:

For the base:

- 4.2 oz / 120 g white cabbage, thinly shredded
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt

For the stroganoff:

- 6 oz / 170 g beef sirloin or flank steak, sliced into strips
- 2 oz / 60 g white or cremini mushrooms, sliced
- 0.5 oz / 15 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 1.7 fl oz / 50 ml heavy cream
- 0.9 oz / 25 g sour cream
- 0.5 tsp / 1 g Dijon mustard
- ¼ tsp / 0.5 g smoked paprika
- Salt and black pepper to taste
- 0.2 oz / 5 g fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add shredded cabbage and salt. Sauté for 5–6 minutes until soft and slightly golden. Remove and keep warm.
2. In the same skillet, increase heat to medium-high. Add beef strips and cook for 3–4 minutes until browned but still tender. Remove and set aside.
3. Add onion and mushrooms to the pan. Cook for 3–4 minutes until softened and slightly browned. Add garlic and stir for 30 seconds.
4. Reduce heat to medium-low. Return beef to the pan, then stir in heavy cream, sour cream, Dijon mustard, and paprika. Simmer for 2–3 minutes until the sauce is creamy and slightly thickened.
5. Season with salt and pepper. Serve the stroganoff mixture over the sautéed cabbage and garnish with fresh parsley.

NUTRITION VALUE (PER SERVING):

Calories: 490 kcal	Fiber: 2 g
Fat: 38 g	Net Carbs: 4 g
Saturated Fat: 15 g	Sodium: 420 mg
Protein: 30 g	Cholesterol: 125 mg
Carbohydrates: 6 g	

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

For tender beef, don't overcook the strips — sear quickly and finish in the sauce. Sautéed cabbage makes a warm, mildly sweet base that complements the richness of stroganoff perfectly.

Cauliflower Hash with Bacon and Poached Egg



Prep Time: 10 min | Cook Time: 15 min | Servings: 2

A golden cauliflower hash with crispy bacon and a soft poached egg on top — a keto-friendly comfort plate with texture and richness in every bite.

INGREDIENTS:

For the hash:

- 5.3 oz / 150 g cauliflower florets, finely chopped or grated
- 2 oz / 60 g raw bacon, chopped
- 0.5 oz / 15 g white onion, finely chopped
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper

For the eggs:

- 2 large eggs
- 2 tbsp / 30 ml white vinegar (for poaching water)

To serve:

- 0.2 oz / 5 g fresh parsley or chives, chopped (optional)

NUTRITION VALUE (PER SERVING):

Calories: 390 kcal
Fat: 31 g
Saturated Fat: 8 g
Protein: 18 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 460 mg
Cholesterol: 210 mg

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add chopped bacon and cook for 3–4 minutes until it starts to brown.
2. Add the chopped onion and cook for 1 more minute. Then stir in the chopped cauliflower, salt, and pepper. Sauté everything together for 5–6 minutes until the hash is golden and the cauliflower is tender.
3. Meanwhile, bring a small saucepan of water to a gentle simmer. Add vinegar. Crack each egg into a small bowl, then gently slide into the water. Poach for 3 minutes for a soft center. Remove with a slotted spoon.
4. Divide the hash between two plates. Place a poached egg on top of each. Garnish with herbs if using. Serve immediately.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Grating the cauliflower instead of blending keeps the texture more like hash browns. Poaching eggs might seem intimidating at first, but with a little practice, it becomes a simple, reliable technique — perfect for adding richness to your favorite keto meals.

Salmon & Avocado Lettuce Wraps

Prep Time:	Cook Time:	Servings:
10 min	8 min	2

Freshly seared salmon, creamy avocado, and crisp lettuce make these wraps a light, energizing keto lunch prepared from scratch.



INGREDIENTS:

For the salmon filling:

- 4 oz / 115 g raw salmon fillet, skinless
- 0.5 tbsp / 7 ml olive oil
- 0.2 oz / 5 g red onion, finely chopped
- 2.1 oz / 60 g ripe avocado, diced
- 0.3 oz / 8 g fresh dill, chopped
- 1.5 tbsp / 22 ml mayonnaise (sugar-free)
- 0.5 tbsp / 7 ml lemon juice
- 0.1 oz / 2 g Dijon mustard
- Salt and pepper to taste

For the wraps:

- 2.1 oz / 60 g butter lettuce leaves (≈ 4–6 large leaves)
- 0.5 oz / 15 g cucumber, sliced thinly
- 0.35 oz / 10 g radish, thinly sliced (optional)

INSTRUCTIONS:

1. Heat olive oil in a small skillet over medium heat. Season the salmon with salt and pepper and cook for 3–4 minutes on each side, until fully cooked and lightly golden. Let it cool slightly, then flake with a fork.
2. In a bowl, combine the flaked salmon with avocado, red onion, dill, mayonnaise, lemon juice, and mustard. Mix gently to combine.
3. Taste and adjust seasoning if needed.
4. Lay out the lettuce leaves and spoon the salmon mixture into each one. Add cucumber and radish slices for extra crunch.
5. Serve immediately while the filling is still warm, or enjoy chilled later.

NUTRITION VALUE (PER SERVING):

Calories: 410 kcal
Fat: 34 g
Saturated Fat: 5.2 g
Protein: 22 g
Carbohydrates: 5 g
Fiber: 2.5 g
Net Carbs: 2.5 g
Sodium: 380 mg
Cholesterol: 60 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Lightly searing the salmon adds flavor and keeps the filling warm and tender. Serve while freshly made or cool it down for a refreshing contrast with crisp lettuce.

Grilled Halloumi & Avocado Salad with Pesto



Prep Time: 10 min | Cook Time: 10 min | Servings: 2

Warm grilled halloumi pairs beautifully with creamy avocado and crisp greens, all brought together by a rich, homemade pesto — a fresh, satisfying keto lunch that's both flavorful and filling.

INGREDIENTS:

For the salad base:

- 2.8 oz / 80 g mixed leafy greens (arugula, baby spinach, etc.)
- 2.1 oz / 60 g ripe avocado, sliced
- 0.7 oz / 20 g cucumber, sliced thinly
- 0.2 oz / 5 g red onion, sliced (optional)

For the grilled cheese:

- 3.5 oz / 100 g halloumi cheese, sliced
- 0.5 tbsp / 7 ml olive oil (for grilling)

For the pesto dressing:

- 0.7 oz / 20 g fresh basil leaves
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g pine nuts or walnuts
- 0.2 oz / 5 g grated Parmesan
- 0.5 clove (0.1 oz / 3 g) garlic
- 0.5 tbsp / 7 ml lemon juice
- Salt to taste

NUTRITION VALUE (PER SERVING):

Calories: 470 kcal
Fat: 40 g
Saturated Fat: 12 g
Protein: 18 g
Carbohydrates: 6 g
Fiber: 3 g
Net Carbs: 3 g
Sodium: 500 mg
Cholesterol: 45 mg

INSTRUCTIONS:

1. Prepare the pesto: In a blender or small food processor, combine basil, olive oil, pine nuts, Parmesan, garlic, lemon juice, and a pinch of salt. Blend until smooth. Set aside.
2. Grill the halloumi: Heat a non-stick skillet over medium heat with a little olive oil. Grill the halloumi slices for 1–2 minutes per side, until golden and crispy.
3. Assemble the salad: In a bowl or on a serving plate, layer leafy greens, avocado, cucumber, and red onion if using.
4. Finish and serve: Top with the warm grilled halloumi and drizzle generously with the prepared pesto. Serve immediately for the best texture and flavor.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Cook halloumi just until it develops a golden crust — crispy outside yet tender within. Avoid overcooking to maintain its soft texture. The warm cheese against cool greens and creamy avocado creates a perfect contrast in textures.

Thai Coconut Shrimp Bowl with Zucchini Noodles

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Juicy shrimp in a fragrant coconut-lime sauce served over fresh zucchini noodles — a vibrant, low-carb Thai-style lunch made in one pan.



INGREDIENTS:

For the base:

- 5.3 oz / 150 g zucchini, spiralized into noodles
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt

For the shrimp curry:

- 7 oz / 200 g raw shrimp, peeled and deveined
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh ginger, grated
- ½ tsp / 1 g red curry paste (sugar-free)
- 3.4 fl oz / 100 ml full-fat coconut milk
- 0.5 tbsp / 7 ml lime juice
- ½ tsp / 1 g fish sauce or tamari (optional)
- 0.2 oz / 5 g fresh cilantro, chopped

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add spiralized zucchini and a pinch of salt. Sauté for 2–3 minutes until just softened. Transfer to plates or bowls and set aside.
2. In the same skillet, add a little more oil if needed. Sauté garlic and ginger for 30 seconds until fragrant.
3. Add shrimp and cook for 2–3 minutes per side until pink and opaque.
4. Stir in red curry paste, then pour in coconut milk. Add lime juice and fish sauce (if using). Let simmer for 2–3 minutes until slightly thickened.
5. Spoon the curry shrimp over the zucchini noodles. Garnish with chopped cilantro and serve immediately.

NUTRITION VALUE (PER SERVING):

Calories: 430 kcal
Fat: 34 g
Saturated Fat: 18 g
Protein: 24 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 520 mg
Cholesterol: 160 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use spiralized zucchini fresh or lightly sautéed — don't overcook or it will become soggy. Full-fat coconut milk keeps the sauce creamy and keto-friendly while adding Thai flavor.

Keto Chicken Shawarma Plate with Garlic Dip



INGREDIENTS:

For the chicken:

- 7 oz / 200 g boneless, skinless chicken thighs, cut into strips
- 1 tbsp / 15 ml olive oil
- ½ tsp / 1 g ground cumin
- ½ tsp / 1 g ground paprika
- ¼ tsp / 0.5 g ground coriander
- ¼ tsp / 0.5 g turmeric
- ¼ tsp / 0.5 g garlic powder
- 0.2 oz / 5 g lemon juice
- Salt and pepper to taste

For the slaw:

- 4.2 oz / 120 g green cabbage, shredded
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g red onion, thinly sliced
- 0.2 oz / 5 g parsley, chopped
- 0.5 tbsp / 7 ml lemon juice
- Salt to taste

For the garlic dip:

- 1.5 tbsp / 22 ml mayonnaise (sugar-free)
- 1 tbsp / 15 ml Greek yogurt or sour cream
- 0.2 oz / 5 g garlic, finely minced
- 0.5 tbsp / 7 ml lemon juice
- Pinch of salt

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Tender spiced chicken strips served with warm cabbage slaw and a creamy garlic sauce — bold Middle Eastern flavor in a fully keto form.

INSTRUCTIONS:

1. In a bowl, toss chicken strips with oil, spices, garlic powder, lemon juice, salt, and pepper. Let marinate for 5 minutes.
2. Heat a skillet over medium-high heat. Add chicken and cook for 5–6 minutes, turning occasionally, until browned and cooked through. Set aside.
3. Reduce heat to medium in the same pan. Add cabbage, onion, olive oil, lemon juice, and salt. Sauté for 3–4 minutes until softened. Take off heat and fold in chopped parsley.
4. In a small bowl, whisk together all ingredients for the garlic dip until smooth.
5. Plate the chicken shawarma strips over the warm cabbage slaw and either drizzle with the garlic dip or serve it alongside.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Opt for chicken thighs to keep the meat juicy and better soak up the spices. Lightly sautéed cabbage stands in for pita or rice, maintaining a satisfying texture. The garlic dip ties all the flavors together perfectly.

NUTRITION VALUE (PER SERVING):

Calories: 490 kcal	Fiber: 2 g
Fat: 38 g	Net Carbs: 4 g
Saturated Fat: 7 g	Sodium: 510 mg
Protein: 27 g	Cholesterol: 105 mg
Carbohydrates: 6 g	

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Vibrant bell peppers stuffed with seasoned ground turkey and creamy cheese, baked to tender perfection with a golden finish — a cozy low-carb favorite reimagined for keto.

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C. Place the bell pepper halves on a baking tray, brush with olive oil, sprinkle with salt, and bake for 10 minutes to soften slightly.
2. Meanwhile, heat a skillet over medium heat. Add ground turkey and onion. Cook for 5–6 minutes until the turkey is browned.
3. Add garlic, thyme, salt, and pepper. Stir in cream cheese and cook for 1–2 minutes until fully combined and creamy. Remove from heat and mix in chopped herbs.
4. Spoon the filling into the pre-baked bell pepper halves. Sprinkle with shredded cheese if using.
5. Return to the oven and bake for 10 more minutes, or until the tops are golden and the peppers are tender.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Pre-baking the peppers softens them while preventing sogginess. Cream cheese adds moisture and richness to the turkey filling — ideal for beginners seeking maximum flavor with minimal fuss.

Stuffed Bell Peppers with Creamy Ground Turkey



INGREDIENTS:

For the peppers:

- 9 oz / 250 g bell peppers (2 medium), halved and deseeded
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt

For the filling:

- 7 oz / 200 g ground turkey
- 0.5 oz / 15 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 1 oz / 28 g cream cheese
- 0.2 oz / 5 g fresh parsley or dill, chopped
- ¼ tsp / 0.5 g dried thyme
- Salt and black pepper to taste

For the topping (optional):

- 0.5 oz / 15 g shredded mozzarella or cheddar cheese

NUTRITION VALUE (PER SERVING):

Calories: 460 kcal
Fat: 34 g
Saturated Fat: 12 g
Protein: 28 g
Carbohydrates: 7 g
Fiber: 2 g
Net Carbs: 5 g
Sodium: 480 mg
Cholesterol: 95 mg

Sausage & Cabbage Skillet with Dijon Cream Sauce



INGREDIENTS:

For the base:

- 6 oz / 170 g uncooked sausage (pork or chicken, no fillers), sliced
- 1 tbsp / 15 ml olive oil or ghee
- 5.3 oz / 150 g green cabbage, thinly sliced
- 0.2 oz / 5 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- Salt and black pepper to taste

For the cream sauce:

- 2 fl oz / 60 ml heavy cream
- 0.5 tbsp / 7 ml Dijon mustard
- 0.4 oz / 12 g cream cheese
- ¼ tsp / 0.5 g paprika
- 0.2 oz / 5 g fresh parsley, chopped (for garnish)

NUTRITION VALUE (PER SERVING):

Calories: 520 kcal
Fat: 42 g
Saturated Fat: 17 g
Protein: 24 g
Carbohydrates: 7 g
Fiber: 2 g
Net Carbs: 5 g
Sodium: 600 mg
Cholesterol: 110 mg

Prep Time: 10 min
Cook Time: 15 min
Servings: 2

Sautéed sausage and tender cabbage tossed in a sharp, creamy Dijon sauce — a one-pan keto lunch that's big on comfort and low on carbs.

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add sausage slices and cook for 4–5 minutes until browned and cooked through. Remove and set aside.
2. In the same pan, add cabbage, onion, and garlic. Season with salt and pepper and cook for 5–6 minutes until the cabbage is soft and slightly caramelized.
3. Return the sausage to the skillet. Lower heat to medium-low.
4. Stir in the heavy cream, cream cheese, Dijon mustard, and paprika. Mix until smooth and everything is well coated. Simmer for 2–3 minutes to thicken slightly.
5. Sprinkle with chopped parsley and serve hot.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

To achieve a crispier texture, brown the sausage thoroughly before taking it off the heat. Choose high-quality sausage free from added sugars or starches to ensure the recipe stays fully keto-friendly.

Keto Fish Cakes with Lemon Herb Mayo



Prep Time: 10 min | Cook Time: 15 min | Servings: 2

Golden fish patties made with fresh herbs and almond flour, served with a zesty lemon mayo — light, satisfying, and low in carbs.

INGREDIENTS:

For the fish cakes:

- 6 oz / 170 g white fish fillet (e.g. cod or haddock), skinless
- 1.1 oz /30 g almond flour
- 1 large egg (≈ 1.8 oz / 50 g)
- 0.3 oz / 8 g fresh parsley or dill, finely chopped
- 0.2 oz / 5 g garlic, minced
- 0.5 oz / 15 g onion, finely grated
- 1 tbsp / 15 ml lemon juice
- 1 tbsp / 15 ml olive oil (for frying)
- Salt and black pepper to taste

For the lemon mayo:

- 1.5 tbsp / 22 ml mayonnaise (sugar-free)
- 0.5 tbsp / 7 ml lemon juice
- 0.2 oz / 5 g chopped herbs (parsley or chives)

INSTRUCTIONS:

1. Finely chop or pulse the fish in a food processor until minced, but not puréed. Transfer to a bowl.
2. Add almond flour, egg, parsley, garlic, onion, lemon juice, salt, and pepper. Mix well until a soft mixture forms. Let sit for 2 minutes to firm up.
3. Heat olive oil in a skillet over medium heat. Shape the fish mixture into 4 small patties and cook for 3–4 minutes per side until golden brown and cooked through.
4. In a small bowl, combine mayonnaise, lemon juice, and herbs. Stir until smooth.
5. Serve the fish cakes warm with a spoonful of lemon herb mayo on the side.

NUTRITION VALUE (PER SERVING):

Calories: 410 kcal
Fat: 32 g
Saturated Fat: 5 g
Protein: 26 g
Carbohydrates: 5 g
Fiber: 2 g
Net Carbs: 3 g
Sodium: 450 mg
Cholesterol: 110 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Make sure the fish is finely chopped but not mushy for best texture. Almond flour holds the patties together without carbs — let the mixture rest briefly to absorb excess moisture.

Crispy Chicken Skin Tacos with Avocado Slaw



INGREDIENTS:

For the crispy shells:

- 4.2 oz / 120 g raw chicken skin (from thighs or drumsticks)
- 1 tbsp / 15 ml olive oil or melted chicken fat
- ¼ tsp / 1 g sea salt
- ¼ tsp / 0.5 g smoked paprika

For the avocado slaw:

- 2.1 oz / 60 g white cabbage, finely shredded
- 2.1 oz / 60 g ripe avocado, mashed
- 0.5 oz / 15 g cucumber, finely chopped
- 0.2 oz / 5 g lime juice
- 0.2 oz / 5 g fresh cilantro, chopped
- Salt and pepper to taste

NUTRITION VALUE (PER SERVING):

Calories: 460 kcal
Fat: 40 g
Saturated Fat: 10 g
Protein: 18 g
Carbohydrates: 4 g
Fiber: 2 g
Net Carbs: 2 g
Sodium: 480 mg
Cholesterol: 90 mg

Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Homemade crispy chicken skins used as taco shells, filled with creamy avocado slaw — crunchy, rich, and keto to the core.

INSTRUCTIONS:

1. Preheat oven to 375°F / 190°C. Stretch the chicken skin pieces flat on a parchment-lined baking tray. Brush with olive oil, sprinkle with salt and paprika.
2. Cover the chicken skins with another sheet of parchment and place a second baking tray on top to keep them flat. Bake for 15–18 minutes, then remove the top tray and parchment and continue baking uncovered for 3–5 minutes until crispy. Let cool.
3. Meanwhile, combine cabbage, mashed avocado, cucumber, lime juice, cilantro, salt, and pepper in a bowl. Mix until creamy and well blended.
4. Once the chicken skins have cooled and crisped, carefully shape them into tacos or serve flat as tostadas.
5. Fill with the avocado slaw and serve immediately for full crunch.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Bake the skins between trays for the best crunch without curling. Serve the slaw cold against warm or room-temp skins for texture contrast and maximum freshness.

Keto Eggplant Parm Skillet with Ricotta and Herbs

Prep Time:	Cook Time:	Servings:
10 min	20 min	2

A rich, cheesy eggplant skillet bursting with herbs, inspired by traditional parmigiana — completely breadcrumb-free, guiltless, and perfectly keto-friendly.



INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a non-stick skillet over medium heat. Add eggplant slices, season with salt, and cook for 2–3 minutes per side until golden and soft. Remove and set aside.
2. In the same skillet, warm 0.5 tbsp olive oil over medium heat. Add chopped onion and garlic, sautéing for 2 minutes until fragrant. Stir in tomatoes, oregano, salt, and pepper, then simmer for 4–5 minutes until the sauce thickens slightly.
3. Arrange the eggplant slices back into the skillet atop the sauce. Dollop spoonfuls of ricotta over the eggplant, then sprinkle evenly with mozzarella and Parmesan.
4. Cover the skillet with a lid and cook on low heat for 5–6 minutes, allowing the cheese to melt and bubble.
5. Finish with a garnish of fresh herbs and serve warm straight from the skillet.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Slice the eggplant evenly and sauté until fully soft for the best melt-in-your-mouth texture. Ricotta adds creaminess without making it too heavy, while the tomato sauce gives brightness without excess carbs.

INGREDIENTS:

For the eggplant base:

- 7 oz / 200 g eggplant, sliced into rounds
- 1 tbsp / 15 ml olive oil
- 0.25 tsp / 1 g sea salt

For the skillet sauce:

- 1.8 oz / 50 g chopped fresh tomato or no-sugar-added canned
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g onion, finely chopped
- 0.5 tbsp / 7 ml olive oil
- ¼ tsp / 0.5 g dried oregano
- Salt and black pepper to taste

For the cheesy topping:

- 1.1 oz /30 g ricotta cheese
- 1.1 oz /30 g grated mozzarella
- 0.5 oz / 15 g grated Parmesan
- 0.3 oz / 8 g fresh basil or parsley, chopped

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal
Fat: 34 g
Saturated Fat: 13 g
Protein: 18 g
Carbohydrates: 7 g
Fiber: 3 g
Net Carbs: 4 g
Sodium: 460 mg
Cholesterol: 65 mg

Tuna Melt Casserole (Zucchini Base)



INGREDIENTS:

For the base:

- 4.2 oz / 120 g zucchini, grated and squeezed of moisture
- 0.5 oz / 15 g red onion, finely chopped
- ¼ tsp / 1 g sea salt

For the filling:

- 4 oz / 115 g raw tuna steak, finely chopped
- 1 tbsp / 15 ml olive oil
- 1.5 tbsp / 22 ml mayonnaise (sugar-free)
- ½ tsp / 1 g Dijon mustard
- ⅛ tsp / 0.25 g garlic powder
- Black pepper to taste

For the topping:

- 1.8 oz / 50 g shredded cheddar cheese
- 0.9 oz / 25 g mozzarella cheese
- 0.2 oz / 5 g fresh parsley, chopped (optional)

NUTRITION VALUE (PER SERVING):

Calories: 460 kcal	Fiber: 1.5 g
Fat: 38 g	Net Carbs: 3.5 g
Saturated Fat: 13 g	Sodium: 480 mg
Protein: 28 g	Cholesterol: 95 mg
Carbohydrates: 5 g	

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

This warm, cheesy tuna casserole skips the pasta and swaps in fresh zucchini for a low-carb comfort lunch that delivers all the flavor of a classic tuna melt — without the carbs.

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C.
2. In a skillet, heat olive oil over medium heat. Add the finely chopped tuna and sauté for 3–4 minutes until fully cooked. Remove from heat and set aside.
3. In a mixing bowl, combine the grated (and well-drained) zucchini, red onion, cooked tuna, mayonnaise, mustard, garlic powder, salt, and pepper. Mix until fully combined.
4. Transfer the mixture to a small baking dish or oven-safe skillet, spreading it out evenly. Top with shredded cheddar and mozzarella.
5. Bake for 10–12 minutes, until the cheese is melted and bubbling. For a golden top, optionally broil for 1–2 minutes.
6. Let rest for a few minutes, garnish with parsley.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Make sure to squeeze out the zucchini thoroughly to prevent a watery casserole and ensure a firm texture. While canned tuna works in a pinch, using fresh tuna provides a richer flavor and better texture overall.

Crustless Quiche with Smoked Salmon and Leeks

Prep Time:	Cook Time:	Servings:
10 min	20 min	2

A light, fluffy crustless quiche packed with savory smoked salmon and tender sautéed leeks — low in carbs, high in elegance.



INGREDIENTS:

- 3.5 oz / 100 g smoked salmon, chopped
- 2.1 oz / 60 g leek, white part only, thinly sliced
- 3 large eggs
- 2.5 fl oz / 75 ml heavy cream
- 1 oz / 28 g grated cheese (e.g. Gruyère or mozzarella)
- 0.2 oz / 5 g butter or olive oil (for sautéing)
- Salt and pepper to taste
- 0.2 oz / 5 g fresh dill or chives, chopped (for garnish)

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C.
2. Melt butter or warm oil in a skillet over medium heat. Add sliced leek and sauté for 4–5 minutes until tender and translucent. Remove from heat and allow to cool slightly.
3. In a bowl, whisk together eggs, cream, grated cheese, salt, and pepper. Fold in the cooled leeks and chopped smoked salmon.
4. Transfer the mixture into a lightly greased small baking dish or oven-safe skillet, ready for baking.
5. Bake for 18–20 minutes, or until the quiche is set in the center and slightly golden at the edges.
6. Let cool for a few minutes before slicing. Garnish with dill or chives before serving.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

To achieve extra fluffiness, allow the quiche to rest for 5 minutes after baking before slicing. The smoked salmon brings a rich, savory depth that perfectly complements the tender, subtly sweet leeks in this crustless classic.

NUTRITION VALUE (PER SERVING):

Calories: 440 kcal
Fat: 36 g
Saturated Fat: 14 g
Protein: 24 g
Carbohydrates: 4 g
Fiber: 1 g
Net Carbs: 3 g
Sodium: 620 mg
Cholesterol: 270 mg

Turkey Meatballs in Creamy Paprika Sauce



Prep Time: 10 min | Cook Time: 20 min | Servings: 2

Juicy turkey meatballs simmered in a velvety paprika cream sauce — a flavorful and comforting keto lunch without the carbs.

INGREDIENTS:

For the meatballs:

- 7 oz / 200 g ground turkey
- 1 oz / 28 g almond flour
- 1 large egg
- 0.3 oz / 8 g onion, finely grated
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g parsley, chopped
- Salt and black pepper to taste
- 1 tbsp / 15 ml olive oil (for frying)

For the sauce:

- 2 fl oz / 60 ml heavy cream
- 0.4 oz / 12 g cream cheese
- ½ tsp / 1 g smoked paprika
- ¼ tsp / 0.5 g ground cumin (optional)
- Salt to taste
- 0.2 oz / 5 g fresh herbs to garnish (parsley or dill)

NUTRITION VALUE (PER SERVING):

Calories: 490 kcal	Fiber: 2 g
Fat: 39 g	Net Carbs: 3 g
Saturated Fat: 13 g	Sodium: 480 mg
Protein: 27 g	Cholesterol: 140 mg
Carbohydrates: 5 g	

INSTRUCTIONS:

1. In a bowl, combine ground turkey, almond flour, egg, onion, garlic, parsley, salt, and pepper. Mix well and shape into small meatballs (about 10).
2. Warm olive oil in a skillet over medium heat. Add meatballs and cook for 6–7 minutes, turning occasionally until evenly browned and fully cooked. Remove from the pan and set aside.
3. Reduce heat in the same skillet and stir in cream, cream cheese, paprika, cumin (optional), and salt. Cook gently until the sauce is smooth and begins to bubble.
4. Return the meatballs to the skillet, simmering for 3–4 minutes while spooning the sauce over them to coat thoroughly.
5. Garnish with fresh herbs and serve hot.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Grating the onion into the turkey helps keep the meatballs moist. Let the sauce simmer gently after adding the meatballs so they stay tender while absorbing the creamy, smoky flavor.

Avocado Chicken Salad with Toasted Almonds



Prep Time: 10 min | Cook Time: 10 min | Servings: 2

A luscious chicken salad blending creamy avocado, crisp toasted almonds, and a touch of lemon zest — packed with healthy fats, low in carbs, and delightfully textured.

INSTRUCTIONS:

1. Season the chicken breast with salt and pepper. Heat olive oil in a skillet over medium heat and cook the chicken for 4–5 minutes per side, until fully cooked. Let rest for 2–3 minutes, then dice or shred.
2. In a large bowl, combine diced avocado, chopped celery or cucumber, herbs, and toasted almonds. Add the cooked chicken.
3. Whisk together mayonnaise, lemon juice, and mustard (optional) in a small bowl to make the dressing.
4. Drizzle the dressing over the salad and gently toss to coat all ingredients evenly.
5. Serve immediately or chill for 15 minutes before eating for a refreshing cold lunch.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Lightly toasting the almonds enhances crunch and brings out flavor. Let the chicken rest before cutting to keep it juicy, and mix gently to preserve the avocado's shape.

INGREDIENTS:

For the salad:

- 7 oz / 200 g boneless, skinless chicken breast
- 1 tbsp / 15 ml olive oil (for cooking)
- 2.5 oz / 70 g ripe avocado, diced
- 0.5 oz / 15 g celery or cucumber, finely chopped
- 0.2 oz / 5 g fresh parsley or dill, chopped
- 0.5 oz / 15 g toasted almond flakes or slivers
- Salt and black pepper to taste

For the dressing:

- 1.5 tbsp / 22 ml mayonnaise (sugar-free)
- 0.5 tbsp / 7 ml lemon juice
- 0.1 oz / 2 g Dijon mustard (optional)

NUTRITION VALUE (PER SERVING):

Calories: 480 kcal	Fiber: 3 g
Fat: 38 g	Net Carbs: 2 g
Saturated Fat: 6 g	Sodium: 420 mg
Protein: 28 g	Cholesterol: 95 mg
Carbohydrates: 5 g	

Cabbage & Ham Creamy Stir-Fry



Prep Time: 10 min | Cook Time: 15 min | Servings: 2

A quick stir-fry with tender cabbage, smoky ham, and a light cream sauce — a comforting keto lunch ready in minutes.

INGREDIENTS:

For the stir-fry:

- 6.3 oz / 180 g green cabbage, finely shredded
- 3.5 oz / 100 g cooked ham, cut into small strips
- 0.5 oz / 15 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 1 tbsp / 15 ml olive oil or butter
- 0.25 tsp / 1 g sea salt
- 0.25 tsp / 0.5 g ground black pepper

For the cream sauce:

- 2 fl oz / 60 ml heavy cream
- 0.4 oz / 12 g cream cheese
- 0.25 tsp / 0.5 g Dijon mustard
- 0.2 oz / 5 g fresh parsley, chopped (for garnish)

NUTRITION VALUE (PER SERVING):

Calories: 430 kcal
Fat: 35 g
Saturated Fat: 14 g
Protein: 20 g
Carbohydrates: 6 g
Fiber: 2 g
Net Carbs: 4 g
Sodium: 670 mg
Cholesterol: 90 mg

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add onion and garlic, sauté for 1 minute until fragrant.
2. Add the shredded cabbage and ham. Season with salt and pepper, and cook for 5–6 minutes, stirring often, until the cabbage softens and slightly browns.
3. Reduce the heat to low. Stir in the cream, cream cheese, and Dijon mustard. Cook for 2–3 minutes, stirring until the sauce is smooth and coats the cabbage evenly.
4. Remove from heat and sprinkle with chopped parsley before serving.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use naturally smoked ham without added sugars. Let the cabbage brown slightly for extra flavor and stir the sauce gently to maintain creaminess without curdling.


KETO DINNERS

Herb-Crusted Salmon with Zucchini Cream



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Tender salmon fillet baked under a fragrant herb crust and served over a warm, silky zucchini cream — rich in flavor, light in carbs.

INGREDIENTS:

For the salmon:

- 7 oz / 200 g salmon fillet (skin-on or skinless)
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g garlic, minced
- 0.3 oz / 8 g fresh parsley, finely chopped
- 0.2 oz / 5 g fresh dill or basil, finely chopped
- ½ oz / 15 g almond flour
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper

For the zucchini cream:

- 5.3 oz / 150 g zucchini, chopped
- 1.5 fl oz / 45 ml heavy cream
- 0.4 oz / 12 g cream cheese
- ⅛ tsp / 0.25 g nutmeg (optional)
- Salt to taste

NUTRITION VALUE (PER SERVING):

Calories: 520 kcal
Fat: 42 g
Saturated Fat: 14 g
Protein: 29 g
Carbohydrates: 5 g
Fiber: 1.5 g
Net Carbs: 3.5 g
Sodium: 420 mg
Cholesterol: 110 mg

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C. Place salmon on a lined baking tray, skin-side down.
2. In a small bowl, mix almond flour, olive oil, garlic, parsley, dill, salt, and pepper. Press the mixture evenly over the top of the salmon to form a crust.
3. Bake for 15–18 minutes, until the salmon is opaque and the crust is lightly golden.
4. Meanwhile, steam or sauté chopped zucchini for 5–6 minutes until soft. Transfer to a blender and add cream, cream cheese, salt, and nutmeg. Blend until smooth and creamy.
5. Warm the zucchini cream gently in a small saucepan over low heat if needed.
6. Plate the cream as a base and top with the herb-crusted salmon. Serve immediately.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Press the herb crust firmly onto the salmon to help it brown evenly. Blending zucchini into cream gives a rich, velvety sauce without extra carbs — a great alternative to mashed sides.

Stuffed Portobello Mushrooms with Creamy Sausage Filling

Prep Time:	Cook Time:	Servings:
10 min	20 min	2

Large mushrooms filled with a savory sausage and cream cheese mixture, then baked until golden — a rich and hearty keto dinner with bold flavor.



INGREDIENTS:

For the mushrooms:

- 6.3 oz / 180 g large Portobello mushrooms (2 caps)
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt

For the filling:

- 5.3 oz / 150 g ground pork sausage (no sugar added)
- 0.2 oz / 5 g garlic, minced
- 0.5 oz / 15 g onion, finely chopped
- 1 oz / 28 g cream cheese
- 0.5 oz / 15 g grated mozzarella
- 0.2 oz / 5 g fresh parsley, chopped
- Black pepper to taste

Optional topping:

- 0.3 oz / 8 g grated Parmesan (optional, for extra crust)

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C. Clean the mushrooms and remove stems. Brush with olive oil and sprinkle with salt. Place them on a baking tray, gill-side up.
2. In a skillet over medium heat, cook sausage for 4–5 minutes until browned. Add onion and garlic and cook another 2 minutes.
3. Take the skillet off the heat, then stir in cream cheese, mozzarella, parsley, and pepper until the mixture is smooth and creamy.
4. Fill each mushroom cap generously with the sausage mixture. Optionally, sprinkle Parmesan on top before serving.
5. Bake for 15–18 minutes, until the mushrooms are tender and the tops are golden and bubbly. Let rest 2 minutes before serving.

NUTRITION VALUE (PER SERVING):

Calories: 480 kcal
Fat: 38 g
Saturated Fat: 15 g
Protein: 25 g
Carbohydrates: 6 g
Fiber: 1.5 g
Net Carbs: 4.5 g
Sodium: 530 mg
Cholesterol: 90 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Don't skip baking the mushrooms long enough — they should be fully tender but still hold their shape. Let the filling cool slightly before stuffing so it thickens and stays in place.

Garlic Butter Chicken Thighs with Roasted Broccoli



Prep Time: 10 min | Cook Time: 20 min | Servings: 2

Golden-seared chicken thighs basted in garlic butter, paired with crispy roasted broccoli — a simple, reliable keto dinner full of flavor and fats.

INGREDIENTS:

For the chicken:

- 10.5 oz / 300 g boneless, skin-on chicken thighs (2 large pieces)
- 1 tbsp / 15 ml olive oil
- 1.2 oz / 35 g unsalted butter
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh parsley or thyme, chopped
- ½ tsp / 1 g sea salt
- ¼ tsp / 0.5 g ground black pepper

For the roasted broccoli:

- 5.3 oz / 150 g broccoli florets
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g chili flakes (optional)

NUTRITION VALUE (PER SERVING):

Calories: 540 kcal
Fat: 43 g
Saturated Fat: 15 g
Protein: 31 g
Carbohydrates: 6 g
Fiber: 2.5 g
Net Carbs: 3.5 g
Sodium: 460 mg
Cholesterol: 130 mg

INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. Spread broccoli on a baking tray, drizzle with olive oil, sprinkle with salt (and chili flakes if using). Roast for 15–18 minutes until crisp and browned at edges.
2. Meanwhile, pat the chicken thighs dry and season with salt and pepper. Heat olive oil in a skillet over medium-high heat. Place the thighs skin-side down and sear for 5–6 minutes until golden. Flip and reduce heat to medium.
3. Add butter and garlic to the pan. As it melts, spoon the garlic butter over the chicken while it finishes cooking for another 6–7 minutes, until juices run clear.
4. Sprinkle with fresh parsley and serve the chicken hot with roasted broccoli on the side.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

For deeper flavor, opt for bone-in thighs when time allows — boneless work well too and stay juicy when basted with garlic butter. Roasting broccoli at high heat creates perfectly crisp edges without adding carbs.

Beef Zoodle Stir-Fry with Sesame-Ginger Sauce

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Juicy strips of beef stir-fried with zucchini noodles and coated in a savory sesame-ginger sauce — a fast, flavorful keto dinner with a takeout vibe.



INGREDIENTS:

For the stir-fry:

- 7 oz / 200 g beef sirloin or flank steak, sliced into thin strips
- 1 tbsp / 15 ml olive oil or avocado oil
- 5.3 oz / 150 g zucchini, spiralized into noodles
- 0.5 oz / 15 g red bell pepper, sliced thinly (optional, for color)
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh ginger, grated
- 0.2 oz / 5 g green onion, sliced
- Salt and pepper to taste

For the sauce:

- 1 tbsp / 15 ml coconut aminos or tamari
- 1 tsp / 5 ml sesame oil
- 1 tsp / 5 ml rice vinegar
- ¼ tsp / 0.5 g chili flakes (optional)
- 1 tbsp / 10 g toasted sesame seeds (for garnish)

INSTRUCTIONS:

1. Heat oil in a large skillet or wok over medium-high heat. Add beef strips and cook for 3–4 minutes, stirring until browned and nearly cooked through. Remove and set aside.
2. In the same pan, add garlic, ginger, and red pepper (if using). Sauté for 1 minute until fragrant.
3. Add zucchini noodles and stir-fry for 2–3 minutes until just softened. Return beef to the pan.
4. In a small bowl, whisk together coconut aminos, sesame oil, rice vinegar, and chili flakes. Pour the sauce into the pan and toss everything to coat.
5. Cook for 1–2 minutes more, then sprinkle with green onions and sesame seeds. Serve immediately.

NUTRITION VALUE (PER SERVING):

Calories: 470 kcal	Fiber: 2 g
Fat: 34 g	Net Carbs: 5 g
Saturated Fat: 9 g	Sodium: 510 mg
Protein: 30 g	Cholesterol: 85 mg
Carbohydrates: 7 g	

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Don't overcook the zoodles — they should stay slightly firm to mimic real noodles. For best results, pat them dry before cooking to avoid excess moisture in the pan.

Baked Cod in Coconut Lime Sauce



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Tender cod fillets baked in a silky coconut-lime sauce with fragrant herbs — a light yet satisfying keto dinner with tropical flair.

INGREDIENTS:

For the cod:

- 7 oz / 200 g cod fillets, skinless
- 1 tbsp / 15 ml olive oil
- 0.5 tsp / 1 g sea salt
- ¼ tsp / 0.5 g ground black pepper

For the coconut lime sauce:

- 3.4 fl oz / 100 ml full-fat coconut milk
- 0.5 oz / 15 g shallot or onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 0.5 tbsp / 7 ml lime juice
- ¼ tsp / 0.5 g lime zest
- 0.2 oz / 5 g fresh cilantro or basil, chopped
- 1 tsp / 5 ml olive oil (for sautéing)

NUTRITION VALUE (PER SERVING):

Calories: 420 kcal
Fat: 32 g
Saturated Fat: 20 g
Protein: 27 g
Carbohydrates: 5 g
Fiber: 1 g
Net Carbs: 4 g
Sodium: 350 mg
Cholesterol: 65 mg

INSTRUCTIONS:

1. Preheat the oven to 375°F / 190°C. Pat the cod fillets dry, brush with olive oil, and season with salt and pepper. Place in a small baking dish.
2. In a skillet over medium heat, add 1 tsp olive oil. Sauté shallot and garlic for 1–2 minutes until soft. Add coconut milk, lime juice, and zest. Simmer for 2–3 minutes to thicken slightly.
3. Pour the warm coconut sauce over the cod in the baking dish. Bake uncovered for 15–18 minutes, until the fish flakes easily with a fork.
4. Sprinkle with fresh herbs before serving. Spoon extra sauce from the pan over each portion.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Choose full-fat coconut milk to create a rich, creamy sauce — lighter varieties can separate and affect texture. Avoid overbaking the cod by checking it around 15 minutes to ensure it stays tender and moist.

Spicy Turkey Lettuce Wraps with Avocado Cream

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Ground turkey seasoned with warm spices, wrapped in crisp lettuce leaves and topped with a smooth avocado cream — a fresh and flavorful keto dinner.



INGREDIENTS:

For the turkey filling:

- 7 oz / 200 g ground turkey
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- ½ tsp / 1 g chili powder
- ¼ tsp / 0.5 g ground cumin
- ¼ tsp / 0.5 g smoked paprika
- Salt and pepper to taste

For the avocado cream:

- 2.1 oz / 60 g ripe avocado
- 1 tbsp / 15 ml sour cream
- 0.5 tbsp / 7 ml lime juice
- 0.1 oz / 2 g fresh cilantro, chopped
- Salt to taste

For the wraps:

- 2.1 oz / 60 g butter lettuce leaves (≈ 4–6 large leaves)

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add onion and garlic and sauté for 2 minutes until fragrant.
2. Add ground turkey, chili powder, cumin, paprika, salt, and pepper. Cook, breaking up the meat, for 8–10 minutes until fully cooked and browned.
3. While turkey cooks, blend avocado, sour cream, lime juice, cilantro, and salt in a small bowl until smooth and creamy.
4. To serve, spoon turkey filling onto lettuce leaves and top with a dollop of avocado cream. Wrap and enjoy immediately.

NUTRITION VALUE (PER SERVING):

Calories: 520 kcal	Fiber: 1.5 g
Fat: 42 g	Net Carbs: 3.5 g
Saturated Fat: 14 g	Sodium: 420 mg
Protein: 29 g	Cholesterol: 110 mg
Carbohydrates: 5 g	

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Sautéing turkey with aromatic spices boosts its richness, while a smooth avocado topping cools the palate. Fresh butter lettuce provides crisp, keto-friendly wraps that hold everything together.

Duck Breast with Red Cabbage and Thyme Butter



Prep Time: 10 min
Cook Time: 25 min
Servings: 2

Crispy seared duck breast paired with tender braised red cabbage and a delicate thyme-infused butter sauce — a luxurious, keto-friendly dish full of bold flavors.

INGREDIENTS:

For the duck:

- 10.5 oz / 300 g duck breast (2 small breasts), skin on
- ¼ tsp / 1 g sea salt
- ¼ tsp / 0.5 g black pepper

For the red cabbage:

- 7 oz / 200 g red cabbage, thinly sliced
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt
- ¼ tsp / 0.5 g ground black pepper
- ½ tsp / 1 g ground allspice (optional)
- ½ tbsp / 7 ml apple cider vinegar

For the thyme butter:

- 1.2 oz / 35 g unsalted butter
- 1 tsp / 5 g fresh thyme leaves

NUTRITION VALUE (PER SERVING):

Calories: 620 kcal
Fat: 52 g
Saturated Fat: 20 g
Protein: 36 g
Carbohydrates: 7 g
Fiber: 3 g
Net Carbs: 4 g
Sodium: 480 mg
Cholesterol: 140 mg

INSTRUCTIONS:

1. Score the duck breast skin in a crisscross pattern, being careful not to cut into the meat. Season with salt and pepper.
2. Start by placing the duck breasts skin-side down in a cold skillet. Turn the heat to medium and cook for 8–10 minutes until the skin turns crisp and golden. Flip the breasts and cook for another 4–5 minutes for medium doneness. Remove and let rest.
3. While the duck is cooking, heat olive oil in a separate pan over medium heat. Add sliced red cabbage along with salt, pepper, and allspice. Sauté for about 10 minutes, stirring often.
4. Pour in apple cider vinegar and continue cooking for 5 more minutes until the cabbage is tender and slightly caramelized.
5. In a small saucepan, melt butter with fresh thyme on low heat to infuse the flavor. Take off the heat before the butter browns.
6. Slice the duck breast and serve over the braised cabbage, drizzling with thyme butter.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Cooking duck skin slowly in a cold pan renders fat and crisps it perfectly. The tangy red cabbage balances the richness, while thyme butter adds an aromatic finish.

Eggplant Involtini with Ricotta and Pesto

Prep Time:	Cook Time:	Servings:
15 min	25 min	2

Thin slices of roasted eggplant rolled around a creamy ricotta filling, topped with fresh basil pesto — a flavorful, low-carb Italian-inspired dinner.



INGREDIENTS:

For the eggplant:

- 7 oz / 200 g eggplant, sliced lengthwise into ¼-inch strips
- 1 tbsp / 15 ml olive oil
- ¼ tsp / 1 g sea salt

For the ricotta filling:

- 4 oz / 115 g ricotta cheese
- 0.3 oz / 8 g grated Parmesan cheese
- 0.2 oz / 5 g fresh basil, chopped
- 0.1 oz / 3 g garlic, minced
- Salt and pepper to taste

For the pesto:

- 0.7 oz / 20 g fresh basil leaves
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g pine nuts or walnuts
- 0.2 oz / 5 g grated Parmesan cheese
- 0.5 clove (0.1 oz / 3 g) garlic
- Salt to taste

INSTRUCTIONS:

1. Preheat oven to 400°F / 200°C. Brush eggplant slices with olive oil and sprinkle with salt. Roast on a baking sheet for 12–15 minutes until tender and slightly browned.
2. As the eggplant roasts, blend together ricotta, Parmesan, basil, garlic, salt, and pepper until creamy and well combined.
3. For the pesto, process basil, olive oil, nuts, Parmesan, garlic, and salt until smooth and vibrant.
4. Dollop the ricotta mixture onto each roasted eggplant slice, then roll them snugly.
5. Place the rolls in a baking dish, drizzle generously with pesto, and bake for 8–10 minutes until heated through and aromatic.
6. Serve immediately, garnished with extra basil if desired.

NUTRITION VALUE (PER SERVING):

Calories: 480 kcal	Fiber: 3 g
Fat: 40 g	Net Carbs: 4 g
Saturated Fat: 14 g	Sodium: 420 mg
Protein: 22 g	Cholesterol: 65 mg
Carbohydrates: 7 g	

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Roasting the eggplant softens its texture and brings out a deeper sweetness. Rolling the slices while still warm ensures easy handling and allows the flavors to blend perfectly.

Keto Shepherd's Pie with Cauliflower Mash



Prep Time: 10 min
Cook Time: 30 min
Servings: 2

Savory ground beef and vegetable filling topped with creamy mashed cauliflower — a comforting keto twist on a classic favorite.

INGREDIENTS:

For the filling:

- 7 oz / 200 g ground beef (80/20)
- 0.5 oz / 15 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 0.5 oz / 15 g celery, finely chopped
- 0.3 oz / 8 g carrot, finely chopped (optional, small amount for sweetness)
- 2 fl oz / 60 ml beef broth (unsalted)
- 1 tbsp / 15 ml tomato paste (no sugar added)
- ¼ tsp / 0.5 g dried thyme
- Salt and pepper to taste

For the cauliflower mash:

- 10.5 oz / 300 g cauliflower florets
- 1 oz / 28 g cream cheese
- 1.5 fl oz / 45 ml heavy cream
- 1 tbsp / 15 g unsalted butter
- Salt and pepper to taste

NUTRITION VALUE (PER SERVING):

Calories: 530 kcal	Fiber: 3 g
Fat: 40 g	Net Carbs: 5 g
Saturated Fat: 18 g	Sodium: 480 mg
Protein: 32 g	Cholesterol: 120 mg
Carbohydrates: 8 g	

INSTRUCTIONS:

1. Preheat oven to 375°F / 190°C.
2. Steam or boil cauliflower florets until very tender, about 10–12 minutes. Drain thoroughly.
3. In a skillet over medium heat, cook ground beef with onion, garlic, celery, and carrot (optional) until the beef is browned and the vegetables are softened. Drain any excess fat if needed.
4. Add beef broth, tomato paste, thyme, salt, and pepper. Let simmer for 5 minutes until the sauce thickens slightly.
5. Meanwhile, mash the cauliflower with cream cheese, heavy cream, butter, salt, and pepper until smooth and creamy.
6. Pour the beef mixture into a small baking dish and spread the cauliflower mash evenly over the top.
7. Bake for 15–20 minutes until the top is lightly golden. Let cool slightly before serving.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Make sure to drain cauliflower thoroughly before mashing to avoid watery topping. Use full-fat dairy for the creamiest texture and richest flavor.

Creamy Shrimp and Spinach Skillet

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Juicy shrimp simmered in a luscious garlic cream sauce, paired with tender fresh spinach — an effortless, flavorful keto dinner that delights the palate.



INGREDIENTS:

- 7 oz / 200 g raw shrimp, peeled and deveined
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g shallot or onion, finely chopped
- 4.2 oz / 120 g fresh spinach leaves
- 2.5 fl oz / 75 ml heavy cream
- 0.7 oz / 20 g cream cheese
- Salt and pepper to taste
- 0.2 oz / 5 g fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Add garlic and shallot, sauté for 1–2 minutes until fragrant.
2. Add the shrimp to the skillet and cook for 3–4 minutes until they turn pink and opaque. Remove the shrimp and set aside.
3. Toss the spinach into the skillet and cook for about 2 minutes until wilted.
4. Reduce the heat to medium-low, then stir in the heavy cream and cream cheese. Cook gently until the sauce is smooth and slightly thickened.
5. Return the shrimp to the skillet, tossing them to coat evenly in the creamy sauce. Warm through for another 1–2 minutes.
6. Sprinkle with chopped parsley and serve right away for a fresh, flavorful meal.

NUTRITION VALUE (PER SERVING):

Calories: 470 kcal
Fat: 39 g
Saturated Fat: 15 g
Protein: 32 g
Carbohydrates: 5 g
Fiber: 2 g
Net Carbs: 3 g
Sodium: 460 mg
Cholesterol: 210 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Cook shrimp just until pink to avoid rubbery texture. Cream cheese adds richness and helps thicken the sauce without extra carbs.

Bacon-Wrapped Meatloaf Minis with Dijon Glaze



Prep Time: 15 min
Cook Time: 25 min
Servings: 2

Individual meatloaves wrapped snugly in crispy bacon, finished with a zesty Dijon glaze — a hearty, flavorful keto-friendly dinner that's sure to satisfy.

INGREDIENTS:

For the meatloaf minis:

- 7 oz / 200 g ground beef (80/20)
- 1 large egg
- 1 oz / 28 g almond flour
- 0.3 oz / 8 g onion, finely chopped
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh parsley, chopped
- Salt and pepper to taste
- 4 slices (approx. 3.5 oz / 100 g) bacon

For the Dijon glaze:

- 1 tbsp / 15 ml Dijon mustard
- 1 tbsp / 15 ml sugar-free ketchup or tomato paste
- ½ tsp / 1 g smoked paprika

NUTRITION VALUE (PER SERVING):

Calories: 610 kcal
Fat: 48 g
Saturated Fat: 18 g
Protein: 35 g
Carbohydrates: 4 g
Fiber: 1 g
Net Carbs: 3 g
Sodium: 720 mg
Cholesterol: 150 mg

INSTRUCTIONS:

1. Preheat oven to 375°F / 190°C.
2. In a mixing bowl, thoroughly blend ground beef, egg, almond flour, finely chopped onion, minced garlic, parsley, salt, and pepper.
3. Shape the mixture into four equal-sized mini loaves.
4. Wrap each mini loaf with a bacon slice, tucking the ends underneath to secure.
5. Arrange the bacon-wrapped loaves on a parchment-lined baking sheet. Combine Dijon mustard, sugar-free ketchup, and smoked paprika to create a tangy glaze, then brush it liberally over each meatloaf before baking.
6. Bake for 20–25 minutes until cooked through and bacon is crispy. Let rest for 5 minutes before serving.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Almond flour locks in moisture for tender, juicy meatloaves without the carbs. Allowing them to rest after baking lets the juices redistribute, making each slice perfectly moist and easier to cut.

Pork Chops in Mustard-Cream Sauce with Wilted Greens



Prep Time:	Cook Time:	Servings:
10 min	20 min	2

Juicy pork chops simmered in a tangy mustard cream sauce, served alongside tender wilted greens — a comforting and elegant keto dinner.

INGREDIENTS:

For the pork chops:

- 10 oz / 280 g boneless pork chops (2 pieces)
- 1 tbsp / 15 ml olive oil
- Salt and pepper to taste

For the sauce:

- 2 fl oz / 60 ml heavy cream
- 1 tbsp / 15 ml Dijon mustard
- 0.2 oz / 5 g garlic, minced
- ¼ tsp / 0.5 g dried thyme
- Salt and pepper to taste

For the greens:

- 5 oz / 140 g spinach or kale
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g garlic, minced
- Salt to taste

INSTRUCTIONS:

1. Season pork chops with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear pork chops for 4–5 minutes per side until golden and cooked through. Remove and keep warm.
2. In the same skillet, add garlic and cook for 30 seconds. Stir in heavy cream, Dijon mustard, thyme, salt, and pepper. Simmer for 3–4 minutes until sauce thickens slightly.
3. Add pork chops back to the skillet and coat with sauce. Heat through for 1–2 minutes.
4. Meanwhile, heat olive oil in a separate pan. Add garlic and sauté for 1 minute. Add spinach or kale and cook until wilted, about 3–4 minutes. Season with salt.
5. Serve pork chops topped with sauce alongside the wilted greens.

NUTRITION VALUE (PER SERVING):

Calories: 520 kcal
Fat: 40 g
Saturated Fat: 17 g
Protein: 35 g
Carbohydrates: 4 g
Fiber: 2 g
Net Carbs: 2 g
Sodium: 500 mg
Cholesterol: 120 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Searing pork chops at high heat locks in juices and creates a flavorful crust. Wilt greens just until tender to preserve their nutrients and bright color.

Pan-Seared Tuna Steaks with Olive Tapenade



INGREDIENTS:

For the tuna:

- 8.8 oz / 250 g fresh tuna steaks (2 small)
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g lemon juice
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g ground black pepper

For the olive tapenade:

- 1.4 oz / 40 g pitted green olives, finely chopped
- 0.7 oz / 20 g pitted black olives, finely chopped
- 0.5 oz / 15 g capers, drained and chopped
- 0.1 oz / 2 g garlic, minced
- 0.1 oz / 2 g fresh parsley, chopped
- 0.5 tbsp / 7 ml lemon juice
- 1 tbsp / 15 ml olive oil

NUTRITION VALUE (PER SERVING):

Calories 520 kcal	Fiber 1.5 g
Fat 36 g	Net Carbs 2.5 g
Saturated Fat 5 g	Sodium 600 mg
Protein 48 g	Cholesterol 70 mg
Carbohydrates 4 g	

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Meaty tuna steaks get a quick high-heat sear, then are finished with a lush olive-capers tapenade for a bright, briny keto supper.

INSTRUCTIONS:

1. Dry the tuna steaks thoroughly, then coat them with olive oil, lemon juice, salt, and pepper. Let them rest at room temperature while preparing the tapenade.
2. In a small bowl, mix all tapenade ingredients together until well combined, adjusting seasoning to taste. Set aside.
3. Heat a heavy skillet over medium-high heat until very hot. Place the tuna steaks in the pan and sear undisturbed for 2 minutes on one side. Flip and cook for another 1–2 minutes for medium-rare or to your preferred doneness.
4. Remove the tuna from the skillet and let it rest on a cutting board for 2 minutes. Slice against the grain if desired, or serve whole.
5. Generously spoon the olive tapenade over the tuna steaks and serve immediately.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Sear the tuna in a pre-heated, very hot pan for a well-browned crust while keeping the center tender. The olive-capers tapenade adds healthy fats and bright acidity, elevating lean tuna into a perfectly balanced keto entrée.

Keto Beef & Kale Stir-Fry with Garlic-Soy Glaze

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Tender strips of beef, crisp kale ribbons, and a glossy, umami-rich glaze come together in minutes for a bold, week-night keto dinner.



INSTRUCTIONS:

1. Heat avocado oil in a large skillet or wok over medium-high heat until shimmering.
2. Add beef strips, season with salt and pepper, and stir-fry for 3–4 minutes until browned but still tender. Remove beef and set aside.
3. In the same pan, sauté garlic, ginger, and bell pepper for 1 minute until fragrant.
4. Add kale ribbons and stir-fry for 2–3 minutes until bright green and slightly tender.
5. Return beef to the pan. Whisk coconut aminos, sesame oil, vinegar, and chili flakes together, then pour over the mixture. Toss for 1–2 minutes until everything is hot and glossy.
6. Plate the stir-fry, garnish with sesame seeds and sliced green onions, and serve immediately.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Pat beef dry before searing for the best caramelization. Toss kale only until vibrant to retain crunch and nutrients and add glaze at the end so the flavors stay bright without over-reducing.

INGREDIENTS:

For the stir-fry:

- 7 oz / 200 g beef sirloin, sliced into thin strips
- 1 tbsp / 15 ml avocado oil (or olive oil)
- 4.2 oz / 120 g kale, stems removed, sliced into ribbons
- 0.5 oz / 15 g red bell pepper, julienned (optional, adds color)
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh ginger, grated
- 0.2 oz / 5 g green onion, sliced
- ¼ tsp / 1 g sea salt
- ⅛ tsp / 0.5 g black pepper

For the garlic-soy glaze:

- 1 tbsp / 15 ml coconut aminos (or tamari, low-sodium)
- 1 tbsp / 15 ml sesame oil
- 1 tsp / 5 ml rice-wine vinegar
- ¼ tsp / 0.5 g chili flakes (optional)
- 1 tbsp / 10 g toasted sesame seeds (garnish)

NUTRITION VALUE (PER SERVING):

Calories 480 kcal	Fiber 2 g
Fat 38 g	Net Carbs 4 g
Saturated Fat 9 g	Sodium 540 mg
Protein 29 g	Cholesterol 85 mg
Carbohydrates 6 g	

Roasted Chicken Drumsticks with Cauliflower Wedges



Prep Time: 10 min | Cook Time: 30 min | Servings: 2

Tender drumsticks roasted to crispy perfection, served alongside buttery cauliflower wedges that caramelize beautifully in the same skillet.

INGREDIENTS:

For the chicken:

- 14 oz / 400 g chicken drumsticks (4 small)
- 1 tbsp / 15 ml olive oil
- 0.2 oz / 5 g garlic, minced
- 0.2 oz / 5 g fresh rosemary, chopped
- ½ tsp / 1 g sea salt
- ¼ tsp / 0.5 g black pepper

For the cauliflower wedges:

- 10.5 oz / 300 g cauliflower, cut into 6 wedges
- 1.2 oz / 35 g unsalted butter, melted
- ½ tsp / 1 g smoked paprika
- ¼ tsp / 0.5 g sea salt
- ⅛ tsp / 0.5 g ground black pepper

NUTRITION VALUE (PER SERVING):

Calories 610 kcal
Fat 48 g
Saturated Fat 18 g
Protein 41 g
Carbohydrates 7 g
Fiber 3 g
Net Carbs 4 g
Sodium 580 mg
Cholesterol 190 mg

INSTRUCTIONS:

1. Preheat the oven to 400 °F / 200 °C. Pat drumsticks dry; toss with olive oil, garlic, rosemary, salt, and pepper.
2. Arrange chicken on a parchment-lined baking sheet. Place cauliflower wedges around them; brush each wedge with melted butter, then sprinkle with smoked paprika, salt, and pepper.
3. Roast for 25–30 minutes, turning the drumsticks and cauliflower once halfway, until the chicken skin is crisp and an internal temperature of 165 °F / 74 °C is reached.
4. Transfer to plates, spooning buttery pan juices over the cauliflower wedges. Serve hot.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Roasting cauliflower together with the chicken allows it to absorb flavorful drippings for a richer taste. Arrange the drumsticks with space between them to ensure the skin crisps up, and use a high oven temperature to caramelize the edges of the cauliflower without drying out the inside.

Savory Ricotta Pancakes with Smoked Salmon and Dill Sauce

Prep Time:	Cook Time:	Servings:
10 min	15 min	2

Light and fluffy keto ricotta pancakes served with slices of smoked salmon and a fresh dill sauce — perfect for breakfast or a light dinner.



INGREDIENTS:

For the pancakes:

- 3.5 oz / 100 g ricotta cheese
- 2 large eggs
- 1 oz / 30 g almond flour
- 0.5 oz / 15 g grated Parmesan cheese
- 0.1 oz / 3 g baking powder
- 0.1 oz / 3 g fresh dill, chopped
- Salt and black pepper, to taste

For the sauce:

- 1.7 oz / 50 g sour cream (full fat)
- 0.1 oz / 3 g fresh dill, chopped
- 0.1 oz / 3 g lemon juice
- Salt and black pepper, to taste

For serving:

- 2.1 oz / 60 g smoked salmon, sliced
- Fresh dill sprigs (optional)

INSTRUCTIONS:

1. In a bowl, combine ricotta cheese, eggs, almond flour, Parmesan, baking powder, chopped dill, salt, and pepper. Mix until smooth and thick.
2. Warm a non-stick skillet over medium heat and grease it lightly. Spoon roughly 2 tablespoons of batter per pancake into the pan. Cook each side for about 3 minutes until golden brown and fully cooked. Remove and keep warm.
3. In a small bowl, stir together sour cream, dill, lemon juice, salt, and pepper until smooth to create the dill sauce.
4. Serve the pancakes warm, topped with smoked salmon and a generous spoonful of dill sauce. Garnish with fresh dill sprigs if you like.

NUTRITION VALUE (PER SERVING):

Calories 380 kcal
Fat 30 g
Saturated Fat 7 g
Protein 25 g
Carbohydrates 5 g
Fiber 2 g
Net Carbs 3 g
Sodium 400 mg
Cholesterol 160 mg

KETO TIPS:

PREP & SERVING SUGGESTIONS

Gently cook the pancakes over medium heat to develop a golden crust while maintaining a soft, fluffy interior. The smoked salmon brings rich, healthy fats and a savory depth, complemented by the fresh, vibrant dill sauce — creating a perfectly balanced keto-friendly dish.

Grilled Lamb Chops with Rosemary Ghee and Zucchini Ribbons



Prep Time: 10 min | Cook Time: 15 min | Servings: 2

Juicy grilled lamb chops glazed with aromatic rosemary-infused ghee, paired with tender zucchini ribbons — a luxurious and flavorful keto feast.

INGREDIENTS:

For the lamb chops:

- 10 oz / 280 g lamb chops
- 1 fl oz / 30 ml ghee
- 0.07 oz / 2 g fresh rosemary, finely chopped
- Salt and black pepper, to taste

For the zucchini ribbons:

- 7 oz / 200 g zucchini, sliced into thin ribbons
- 1 fl oz / 30 ml olive oil
- 0.07 oz / 2 g lemon juice
- Salt and black pepper, to taste

NUTRITION VALUE (PER SERVING):

Calories 620 kcal
Fat 48 g
Saturated Fat 18 g
Protein 40 g
Carbohydrates 4 g
Fiber 1.5 g
Net Carbs 2.5 g
Sodium 350 mg
Cholesterol 120 mg

INSTRUCTIONS:

1. Preheat grill or grill pan to medium-high heat. Pat lamb chops dry and season both sides with salt, pepper, and chopped rosemary.
2. Generously brush the lamb chops with ghee.
3. Grill the chops for 4–5 minutes per side for medium-rare, or cook longer to your preferred doneness. Remove from the grill and let them rest for 5 minutes.
4. Meanwhile, toss the zucchini ribbons with olive oil, lemon juice, salt, and pepper.
5. Sauté the zucchini ribbons quickly in a hot skillet for 1–2 minutes, just enough to soften them without losing their shape.
6. Serve the grilled lamb chops with the zucchini ribbons, drizzling any resting juices over the meat for extra flavor.

KETO TIPS:
PREP & SERVING SUGGESTIONS

Infusing ghee with rosemary imparts a deep, herbaceous aroma that perfectly complements the lamb's richness. Quickly cooking the zucchini ribbons preserves their tender crunch and fresh flavor, providing a bright contrast to the hearty meat.

Creamy Mushroom Chicken Bake with Fresh Thyme

Prep Time:	Cook Time:	Servings:
10 min	30 min	2

Tender chicken breasts baked in a creamy mushroom sauce infused with fresh thyme, creating a comforting and keto-friendly one-pan dinner.



INGREDIENTS:

For the chicken bake:

- 10 oz / 280 g chicken breasts, skinless and boneless
- 3.5 oz / 100 g mushrooms, sliced
- 1 fl oz / 30 ml olive oil
- 3.5 fl oz / 100 ml heavy cream
- 0.14 oz / 4 g fresh thyme leaves
- 1 clove garlic (0.07 oz / 2 g), minced
- Salt and black pepper, to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add minced garlic and sliced mushrooms, sauté until mushrooms are tender and lightly browned (about 5 minutes).
3. Season chicken breasts with salt and pepper, then place them in a baking dish.
4. Pour sautéed mushrooms over the chicken.
5. Mix heavy cream with fresh thyme leaves, then pour over chicken and mushrooms evenly.
6. Bake uncovered for 25–30 minutes, or until chicken is cooked through and sauce is bubbly and creamy.
7. Remove from oven and let rest for a few minutes before serving.

KETO TIPS:
PREP & SERVING SUGGESTIONS

Use fresh thyme to enhance earthy mushroom flavors without adding carbs. Baking in cream keeps chicken juicy and sauce rich — perfect for comforting keto dinners.

NUTRITION VALUE (PER SERVING):

Calories 520 kcal
Fat 40 g
Saturated Fat 22 g
Protein 38 g
Carbohydrates 3 g
Fiber 1 g
Net Carbs 2 g
Sodium 350 mg
Cholesterol 140 mg

Seafood Casserole with Spinach and Cheese Crust



INGREDIENTS:

- 7 oz / 200 g mixed seafood (shrimp, scallops, white fish), cleaned and chopped if needed
- 3.5 oz / 100 g fresh spinach, chopped
- 3.5 fl oz / 100 ml heavy cream
- 1 fl oz / 30 ml olive oil
- 1 oz / 30 g shredded mozzarella cheese
- 0.5 oz / 15 g grated Parmesan cheese
- 0.07 oz / 2 g garlic, minced
- Salt and black pepper, to taste
- 0.07 oz / 2 g fresh parsley, chopped

NUTRITION VALUE (PER SERVING):

Calories 540 kcal
Fat 38 g
Saturated Fat 20 g
Protein 45 g
Carbohydrates 3 g
Fiber 1 g
Net Carbs 2 g
Sodium 550 mg
Cholesterol 220 mg

Prep Time:	Cook Time:	Servings:
15 min	35 min	2

A rich and satisfying seafood casserole layered with tender spinach and topped with a golden, cheesy crust — perfect for a keto-friendly dinner packed with protein and healthy fats.

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet over medium heat. Add minced garlic and sauté until fragrant (about 1 minute).
3. Add chopped spinach and cook until wilted, about 2–3 minutes. Season with salt and pepper.
4. In a mixing bowl, combine seafood with heavy cream, cooked spinach, and half of the Parmesan cheese. Mix gently to combine.
5. Transfer the mixture to a small baking dish and spread evenly.
6. Sprinkle mozzarella and remaining Parmesan cheese evenly on top.
7. Bake uncovered for 30–35 minutes, until the seafood is cooked through and the cheese crust is golden and bubbling.
8. Remove from oven, sprinkle with fresh parsley, and serve warm.

KETO TIPS:

PREP & SERVING SUGGESTIONS

Use mixed seafood for a variety of flavors and textures. The creamy spinach base keeps the casserole moist, while the cheese crust adds satisfying richness and crunch.

Zucchini-Stuffed Beef Rolls with Tomato Basil Sauce

Prep Time:	Cook Time:	Servings:
10 min	40 min	2

Tender beef rolls stuffed with seasoned zucchini, baked in a rich tomato basil sauce — a hearty and flavorful keto dinner option.



INGREDIENTS:

For the beef rolls:

- 7 oz / 200 g ground beef
- 7 oz / 200 g zucchini, grated and lightly squeezed to remove excess moisture
- 0.07 oz / 2 g garlic, minced
- 0.14 oz / 4 g fresh basil, chopped
- Salt and black pepper, to taste

For the tomato basil sauce:

- 7 fl oz / 200 ml crushed tomatoes (no sugar added)
- 0.14 oz / 4 g fresh basil, chopped
- 1 fl oz / 30 ml olive oil
- 0.07 oz / 2 g garlic (1 clove), minced
- Salt and black pepper, to taste

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine ground beef, grated zucchini, minced garlic, chopped basil, salt, and pepper. Mix thoroughly.
3. Shape the mixture into small oval rolls and arrange them in a baking dish.
4. Heat olive oil in a skillet over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
5. Stir in crushed tomatoes and chopped basil. Season with salt and pepper, then simmer for 5 minutes to deepen the flavors.
6. Pour the tomato basil sauce evenly over the beef rolls in the baking dish.
7. Cover with foil and bake for 35–40 minutes until the beef is cooked through. Remove the foil and bake for an additional 5 minutes to brown the tops slightly.
8. Remove from oven and let rest for 5 minutes before serving.

NUTRITION VALUE (PER SERVING):

Calories 560 kcal
Fat 42 g
Saturated Fat 15 g
Protein 45 g
Carbohydrates 6 g
Fiber 2 g
Net Carbs 4 g
Sodium 500 mg
Cholesterol 150 mg

KETO TIPS:

PREP & SERVING SUGGESTIONS

Grating and squeezing zucchini removes excess moisture to keep beef rolls firm. The tomato basil sauce adds a fresh, tangy flavor that complements the rich beef perfectly.



KETO SNACKS & LIGHT BITES

Mini Caprese Skewers

Prep Time:	Cook Time:	Servings:
10 min	0 min	4

Simple and fresh bites of mozzarella, cherry tomatoes, and basil drizzled with olive oil and balsamic vinegar — perfect light keto snack or appetizer.



INGREDIENTS:

- 3.5 oz / 100 g cherry tomatoes
- 3.5 oz / 100 g fresh mozzarella balls (bocconcini)
- 0.07 oz / 2 g fresh basil leaves
- 1 fl oz / 30 ml extra virgin olive oil
- 0.07 fl oz / 2 ml balsamic vinegar
- Salt and pepper, to taste

INSTRUCTIONS:

1. Thread cherry tomatoes, basil leaves, and mozzarella balls onto small skewers or toothpicks, alternating each ingredient.
2. Arrange the skewers on a serving platter.
3. Drizzle extra virgin olive oil and balsamic vinegar evenly over the skewers.
4. Season with salt and pepper to taste.
5. Serve immediately or chill briefly before serving.

NUTRITION VALUE (PER SERVING):

Calories 150 kcal
Fat 12 g
Saturated Fat 7 g
Protein 8 g
Carbohydrates 3 g
Fiber 1 g
Net Carbs 2 g
Sodium 250 mg
Cholesterol 30 mg

KETO TIPS:

PREP & SERVING SUGGESTIONS

Use ripe cherry tomatoes and fresh basil for the best flavor. These skewers are great as elegant finger food for parties or a light snack.

Bacon-Wrapped Asparagus Bundles



Prep Time: 10 min
Cook Time: 20 min
Servings: 2

Savory bacon crisps wrapped around tender asparagus spears, creating a crunchy, flavorful keto snack or appetizer.

INGREDIENTS:

- 7 oz / 200 g asparagus spears, trimmed
- 3.5 oz / 100 g bacon slices
- 0.17 fl oz / 5 ml olive oil
- Salt and black pepper, to taste

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C). Wash and trim 7 oz / 200 g asparagus by snapping off the woody ends. Pat dry.
2. Toss asparagus lightly with 0.17 fl oz / 5 ml olive oil, salt, and black pepper to season evenly.
3. Divide the asparagus into two equal bundles (about 4 spears each). Wrap each bundle tightly with a slice of bacon, slightly overlapping to hold it in place.
4. Arrange the bundles on a baking sheet lined with parchment paper or on a wire rack to catch the drippings.
5. Roast in the preheated oven for 15–20 minutes, until the bacon is crispy and the asparagus is tender yet still firm. Turn the bundles halfway through for even crisping.
6. Remove from the oven and let cool for a few minutes before serving as a tasty finger food or snack.

NUTRITION VALUE (PER SERVING):

Calories 300 kcal
Fat 25 g
Saturated Fat 8 g
Protein 15 g
Carbohydrates 3 g
Fiber 2 g
Net Carbs 1 g
Sodium 500 mg
Cholesterol 50 mg

KETO TIPS:
PREP & SERVING SUGGESTIONS

Use thick-cut bacon for maximum crispness and flavor. These bundles are great served warm or at room temperature and can be prepped ahead and reheated lightly.

Zucchini Chips with Herbed Aioli

Prep Time:	Cook Time:	Servings:
15 min	25 min	2

Thinly sliced zucchini baked until crisp, served with a flavorful herbed aioli dip.



INGREDIENTS:

For the chips:

- 14 oz / 400 g zucchini, thinly sliced
- 1 fl oz / 30 ml olive oil
- Salt and pepper, to taste

For the aioli:

- 2 oz / 60 g mayonnaise
- 0.07 oz / 2 g garlic powder
- 0.07 oz / 2 g fresh parsley, chopped
- 0.07 oz / 2 g lemon juice
- Salt, to taste

INSTRUCTIONS:

1. Preheat the oven to 425°F (220°C). Using a mandoline or sharp knife, slice the zucchini as thinly as possible for maximum crispness.
2. Toss the zucchini slices gently with olive oil, salt, and pepper until evenly coated. Arrange the slices in a single layer on baking sheets lined with parchment paper, avoiding overlap.
3. Bake the zucchini slices for about 20–25 minutes, flipping them halfway through, until they become golden and crisp. Keep a close eye near the end to prevent burning.
4. While the chips bake, prepare the aioli by combining mayonnaise, garlic powder, chopped parsley, lemon juice, and salt in a small bowl. Mix until smooth and well blended.
5. Once the zucchini chips are done, remove them from the oven and allow them to cool slightly so they become fully crisp.
6. Serve the crispy zucchini chips alongside the herbed aioli dip for a flavorful keto snack.

NUTRITION VALUE (PER SERVING):

Calories 150 kcal
Fat 14 g
Saturated Fat 2 g
Protein 1 g
Carbohydrates 6 g
Fiber 2 g
Net Carbs 4 g
Sodium 250 mg
Cholesterol 0 mg

KETO TIPS:
PREP & SERVING SUGGESTIONS

For optimal crispiness, slice the zucchini very thin and bake in a single layer. The herbed aioli brings a creamy, tangy kick that perfectly complements the crunchy chips — without adding any extra carbs.

Spicy Jalapeño Popper Bites



INGREDIENTS:

- 4 jalapeños, halved and seeded (0.7 oz / 20 g)
- 3.5 oz / 100 g cream cheese, softened
- 1 oz / 30 g shredded cheddar cheese
- 0.07 oz / 2 g garlic powder
- 1 oz / 30 g crushed pork rinds (optional, for topping)

NUTRITION VALUE (PER SERVING):

Calories 200 kcal
Fat 18 g
Saturated Fat 10 g
Protein 8 g
Carbohydrates 2 g
Fiber 1 g
Net Carbs 1 g
Sodium 400 mg
Cholesterol 50 mg

Prep Time: 10 min
Cook Time: 20 min
Servings: 4

Keto-friendly mini jalapeño poppers filled with creamy cheese and topped with a crunchy crust — an ideal spicy snack or appetizer.

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). Prepare a baking sheet lined with parchment paper.
2. Carefully halve the jalapeños lengthwise and remove all seeds and membranes to reduce heat.
3. In a bowl, mix 3.5 oz / 100 g softened cream cheese, 1 oz / 30 g shredded cheddar cheese, and 0.07 oz / 2 g garlic powder until well combined.
4. Spoon the cheese mixture evenly into each jalapeño half, filling generously.
5. If desired, sprinkle crushed pork rinds over the stuffed jalapeños for an extra crunchy topping.
6. Arrange the jalapeños on a baking sheet and bake for 15–20 minutes until the cheese is bubbly and the tops turn golden brown.
7. Remove from oven and let cool slightly before serving.

KETO TIPS:

PREP & SERVING SUGGESTIONS

Adjust the heat by leaving some seeds for extra spice or removing them all for milder bites. These poppers are great for parties or quick snacks, and you can substitute crushed pork rinds with almond flour for a vegetarian option.

Cucumber and Smoked Salmon Rolls

Prep Time:	Cook Time:	Servings:
10 min	0 min	2

Refreshing cucumber slices wrapped around smoked salmon and cream cheese for a light, keto-friendly bite.



INGREDIENTS:

- 7 oz / 200 g cucumber, thinly sliced lengthwise
- 3.5 oz / 100 g smoked salmon, sliced
- 2 oz / 60 g cream cheese, softened
- 0.07 oz / 2 g fresh dill, chopped
- Salt and pepper, to taste

INSTRUCTIONS:

1. Using a mandoline or a sharp knife, slice 7 oz / 200 g cucumber lengthwise into thin, even strips. Pat dry with a paper towel to remove excess moisture.
2. Spread a thin layer of 2 oz / 60 g softened cream cheese evenly over each cucumber slice.
3. Lightly sprinkle chopped fresh dill (0.07 oz / 2 g), salt, and pepper over the cream cheese layer.
4. Place a slice of smoked salmon (3.5 oz / 100 g total, divided) at one end of each cucumber strip.
5. Carefully roll the cucumber slices tightly around the salmon and cream cheese to form bite-sized rolls. Secure with toothpicks if needed.
6. Chill in the refrigerator for at least 15 minutes before serving to firm up and meld flavors.

NUTRITION VALUE (PER SERVING):

Calories 220 kcal
Fat 16 g
Saturated Fat 9 g
Protein 14 g
Carbohydrates 3 g
Fiber 1 g
Net Carbs 2 g
Sodium 500 mg
Cholesterol 45 mg

KETO TIPS:

PREP & SERVING SUGGESTIONS

Chilling the rolls helps them hold their shape and enhances the flavors. Fresh dill adds a bright, herbal note, and swapping cream cheese for mascarpone gives a richer, creamier twist.

Almond-Crusted Mozzarella Sticks



INGREDIENTS:

- 3.5 oz / 100 g mozzarella cheese, cut into sticks
- 1 large egg
- 0.7 oz / 20 g almond flour
- 0.07 oz / 2 g Italian seasoning
- Salt and pepper, to taste
- Avocado or coconut oil for frying

NUTRITION VALUE (PER SERVING):

Calories 300 kcal
Fat 24 g
Saturated Fat 10 g
Protein 20 g
Carbohydrates 3 g
Fiber 1.5 g
Net Carbs 1.5 g
Sodium 400 mg
Cholesterol 70 mg

Prep Time: 15 min
Cook Time: 15 min
Servings: 2

Crispy, golden mozzarella sticks coated with almond flour for a delicious low-carb, keto-friendly snack.

INSTRUCTIONS:

1. Cut the mozzarella into sticks about three inches long and half an inch thick. Set aside.
2. Beat the egg in a shallow bowl. In a separate bowl, combine almond flour with Italian seasoning, salt, and pepper.
3. Dip each mozzarella stick into the egg, then coat thoroughly with the almond flour mixture. Repeat dipping and coating for a thicker crust.
4. Arrange the coated sticks on a tray and freeze to set the coating and prevent cheese from melting too quickly during frying.
5. Heat oil in a skillet over medium heat. Fry the sticks in batches, turning gently until golden brown and the cheese is melted inside.
6. Remove from oil and drain on paper towels before serving.

KETO TIPS:

PREP & SERVING SUGGESTIONS

Freezing the coated sticks before frying prevents cheese leakage. Serve with sugar-free marinara or low-carb ranch dip for extra flavor.

Avocado Deviled Eggs

Prep Time:	Cook Time:	Servings:
10 min	10 min	2

Classic deviled eggs with creamy avocado for added healthy fats and a fresh twist.



INGREDIENTS:

- 4 large eggs
- 3.5 oz / 100 g ripe avocado
- 0.5 fl oz / 15 ml mayonnaise
- 0.07 oz / 2 g Dijon mustard
- Salt and pepper, to taste
- Paprika, for garnish

INSTRUCTIONS:

1. Place 4 large eggs in a pot and cover with cold water by about 1 inch. Bring to a boil over medium-high heat. Once boiling, remove from heat, cover, and let sit for 10 minutes.
2. Drain the hot water and transfer the eggs to ice water for 5 minutes to cool and stop cooking. Peel the eggs carefully.
3. Slice the eggs lengthwise and scoop the yolks into a bowl.
4. Add 3.5 oz (100 g) ripe avocado, 0.5 fl oz (15 ml) mayonnaise, 0.07 oz (2 g) Dijon mustard, salt, and pepper to the yolks. Mash until smooth and creamy.
5. Spoon or pipe the mixture evenly back into the egg white halves.
6. Sprinkle paprika over the filled eggs for added color and flavor.
7. Chill in the fridge for at least 10 minutes before serving to let the flavors meld.

NUTRITION VALUE (PER SERVING):

Calories 160 kcal
Fat 14 g
Saturated Fat 2 g
Protein 7 g
Carbohydrates 2 g
Fiber 1.5 g
Net Carbs 0.5 g
Sodium 180 mg
Cholesterol 180 mg

KETO TIPS:

PREP & SERVING SUGGESTIONS

Avocado adds rich creaminess and healthy fats, turning these deviled eggs into a nutrient-packed, satisfying keto snack. They store well chilled, making them ideal for prepping in advance.

Guacamole-Stuffed Mini Bell Peppers



INGREDIENTS:

- 7 oz / 200 g mini bell peppers, halved and seeded
- 3.5 oz / 100 g ripe avocado
- 0.5 fl oz / 15 ml lime juice
- 0.07 oz / 2 g cilantro, chopped
- Salt and pepper, to taste

NUTRITION VALUE (PER SERVING):

Calories 180 kcal
Fat 16 g
Saturated Fat 2.5 g
Protein 2 g
Carbohydrates 6 g
Fiber 4 g
Net Carbs 2 g
Sodium 200 mg
Cholesterol 0 mg

Prep Time: 10 min
Cook Time: 0 min
Servings: 2

Sweet mini bell peppers filled with creamy guacamole for a crunchy and satisfying keto snack.

INSTRUCTIONS:

1. Rinse the mini bell peppers under cold water and pat dry with a clean towel. Slice each pepper in half lengthwise and carefully remove seeds and membranes to create a cavity for filling.
2. In a medium bowl, scoop out the ripe avocado flesh and mash it with a fork until smooth but still slightly chunky for texture.
3. Mix in lime juice, chopped cilantro, salt, and pepper until well combined.
4. Spoon the guacamole mixture generously into each mini bell pepper half, smoothing the tops gently.
5. Place the stuffed peppers on a serving plate. For best flavor and texture, refrigerate for at least 10 minutes before serving to allow the flavors to meld and the peppers to chill.

KETO TIPS:

PREP & SERVING SUGGESTIONS

Choose firm but ripe mini bell peppers for a good balance of sweetness and crunch. Chilling the stuffed peppers enhances the refreshing quality of this snack.

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Crispy, cheesy cauliflower tots that make a perfect low-carb, keto-friendly snack with a satisfying crunch and savory flavor.

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Steam 7 oz / 200 g cauliflower florets until tender, about 5–7 minutes. Drain and finely chop or pulse in a food processor until rice-like texture.
2. In a large bowl, combine the chopped cauliflower, 1 oz / 30 g shredded cheddar, 1 large egg, 0.5 oz / 15 g almond flour, minced garlic, salt, and pepper. Mix well until a sticky mixture forms.
3. Using your hands or a spoon, form the mixture into small, bite-sized tot shapes and place them spaced evenly on a baking sheet lined with parchment paper.
4. Bake for 20–25 minutes, flipping halfway through, until tots are golden brown and crispy on the outside.
5. Remove from the oven and let cool slightly before serving.

KETO TIPS:

PREP & SERVING SUGGESTIONS

These tots pair well with a low-carb dipping sauce such as sour cream or sugar-free ketchup. Make sure to press out excess moisture from the cauliflower for best texture.

Cheesy Cauliflower Tots



INGREDIENTS:

- 7 oz / 200 g cauliflower florets, steamed and finely chopped
- 1 oz / 30 g shredded cheddar cheese
- 1 large egg
- 0.5 oz / 15 g almond flour
- 0.07 oz / 2 g garlic, minced
- Salt and pepper, to taste

NUTRITION VALUE (PER SERVING):

Calories 180 kcal
Fat 12 g
Saturated Fat 5 g
Protein 10 g
Carbohydrates 4 g
Fiber 2 g
Net Carbs 2 g
Sodium 300 mg
Cholesterol 60 mg

Prosciutto-Wrapped Mozzarella Balls



INGREDIENTS:

- 3.5 oz / 100 g fresh mozzarella balls (bocconcini)
- 3.5 oz / 100 g prosciutto slices
- Fresh basil leaves (optional)

NUTRITION VALUE (PER SERVING):

Calories 210 kcal
Fat 16 g
Saturated Fat 8 g
Protein 16 g
Carbohydrates 1 g
Fiber 0 g
Net Carbs 1 g
Sodium 600 mg
Cholesterol 50 mg

Prep Time: 10 min
Cook Time: 20 min
Servings: 4

Creamy mozzarella balls wrapped in thin prosciutto slices for a salty, savory keto bite.

INSTRUCTIONS:

1. Pat the fresh mozzarella balls dry with a paper towel to remove excess moisture.
2. Lay out the prosciutto slices on a clean surface and cut them into strips wide enough to wrap around each mozzarella ball.
3. Wrap each mozzarella ball tightly with a strip of prosciutto, ensuring it is fully covered. Secure with a toothpick if needed.
4. Optionally, place a fresh basil leaf between the prosciutto and mozzarella for added flavor and aroma.
5. Arrange the wrapped mozzarella balls on a serving platter. Serve immediately or chill briefly before serving.

KETO TIPS:

PREP & SERVING SUGGESTIONS

Use high-quality prosciutto for the best taste and texture. These bites are perfect for entertaining or quick snacks and can be served chilled or at room temperature.



KETO DESSERTS & DRINKS +WARM BEVERAGES

Bulletproof Coffee



INGREDIENTS:

- 8 fl oz / 240 ml freshly brewed hot coffee
- 0.5 fl oz / 15 ml grass-fed unsalted butter
- 0.5 fl oz / 15 ml MCT oil or coconut oil

NUTRITION VALUE (PER SERVING):

Calories: 230 kcal
Fat: 25 g
Saturated Fat: 16 g
Protein: 0 g
Carbohydrates: 0 g
Fiber: 0 g
Net Carbs: 0 g
Sodium: 5 mg
Cholesterol: 45 mg

Prep Time:	Cook Time:	Servings:
10 min	5 min	1

A creamy, energizing coffee blend with grass-fed butter and MCT oil — a popular keto morning pick-me-up.

INSTRUCTIONS:

1. Start by brewing a fresh cup of coffee using your preferred brewing method, such as a drip coffee maker, French press, or espresso machine. Use high-quality, freshly ground coffee beans for the best flavor and aroma.
2. While the coffee is still hot, carefully pour it into a blender or a tall, heatproof container if using an immersion blender. This will help create a smooth and creamy texture.
3. Add the grass-fed unsalted butter and MCT oil (or coconut oil) directly into the coffee. These fats are essential for sustained energy and help keep you satiated on keto.
4. Blend the mixture on high speed for about 20 to 30 seconds. The goal is to emulsify the fats into the coffee, creating a frothy, creamy beverage without any oil separation.
5. Pour the blended coffee into your favorite mug. Optionally, you can sprinkle a little cinnamon or cocoa powder on top for extra flavor and antioxidants.
6. Serve immediately while hot to enjoy the full creamy texture and robust flavor.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use grass-fed butter for superior flavor and nutritional quality. MCT oil is preferred for quick ketone production, but coconut oil can be used as an alternative. Blending is key to avoid oily separation and to achieve a latte-like texture. Avoid overheating the coffee to preserve its delicate flavors.

Almond Flour Lemon Bars



Prep Time: 10 min | Cook Time: 12 min | Servings: 8 bars

Zesty and delicate lemon bars crafted with almond flour — a bright, low-carb dessert ideal for keto-friendly treats.

INGREDIENTS:

For the crust:

- 7 oz / 200 g almond flour
- 1 fl oz/ 30 ml melted unsalted butter
- 1 fl oz / 30 ml powdered erythritol or monk fruit sweetener
- ¼ tsp / 1 g sea salt

For the lemon filling:

- 3 eggs
- 4 fl oz / 120 ml freshly squeezed lemon juice
- 0.5 fl oz / 15 ml lemon zest
- 4 fl oz / 120 ml powdered erythritol or monk fruit sweetener
- 1 fl oz / 30 ml almond flour
- ¼ tsp / 1 g sea salt

INSTRUCTIONS:

1. Preheat the oven to 350°F / 175°C. Line an 8x8 inch (20x20 cm) baking pan with parchment paper, leaving an overhang for easy removal.
2. In a medium bowl, combine almond flour, melted butter, sweetener, and salt. Stir until a crumbly dough forms.
3. Press the dough evenly into the prepared pan to form the crust. Bake for 10–12 minutes, or until the edges are lightly golden. Remove from the oven and set aside.
4. While the crust bakes, whisk together the eggs, lemon juice, lemon zest, sweetener, almond flour, and salt in a bowl until smooth and well combined.
5. Pour the lemon filling over the warm crust, spreading evenly.
6. Return to the oven and bake for an additional 12–15 minutes until the filling is set but still slightly jiggly in the center.
7. Remove from oven and let cool completely in the pan on a wire rack. Refrigerate for at least 1 hour before slicing into bars.
8. Slice into 8 bars and serve chilled or at room temperature.

NUTRITION VALUE (PER SERVING):

Calories: 190 kcal
Fat: 16 g
Saturated Fat: 3 g
Protein: 5 g
Carbohydrates: 5 g
Fiber: 2 g
Net Carbs: 3 g
Sodium: 90 mg
Cholesterol: 110 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Use fresh lemons to maximize flavor. Press the crust firmly for an even, sturdy base. These bars taste best after chilling, which helps deepen the texture and tang. Store leftovers refrigerated for up to 4 days.

Coconut Chia Pudding with Berries



INGREDIENTS:

- 3.4 fl oz / 100 ml full-fat coconut milk
- 3.4 fl oz / 100 ml unsweetened almond milk
- 1 oz / 28 g chia seeds
- 0.7 oz / 20 g unsweetened shredded coconut
- 0.3 oz / 8 g powdered erythritol or monk fruit sweetener (optional)
- 0.05 fl oz/ 1 ml pure vanilla extract
- 1.8 oz / 50 g fresh mixed berries (raspberries, blueberries, or blackberries)

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal
Fat: 28 g
Saturated Fat: 20 g
Protein: 6 g
Carbohydrates: 9 g
Fiber: 7 g
Net Carbs: 2 g
Sodium: 30 mg
Cholesterol: 0 mg

Prep Time: 10 min (plus chilling)
Cook Time: 0 min
Servings: 2

A creamy, fiber-rich chia pudding made with coconut milk and fresh berries — a refreshing and satisfying keto dessert.

INSTRUCTIONS:

1. In a mixing bowl or jar, combine coconut milk, almond milk, chia seeds, shredded coconut, sweetener (if using), and vanilla extract. Stir well to avoid clumps.
2. Cover and refrigerate for at least 4 hours or overnight to let the chia seeds absorb the liquid and thicken into a pudding-like texture.
3. Before serving, gently stir the pudding to evenly redistribute any settled chia seeds.
4. Divide the pudding into two bowls or jars and top each with fresh mixed berries.
5. Serve chilled for a refreshing, creamy dessert.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh or frozen berries low in carbs for topping. Stir pudding before serving for even texture. For more creaminess, add a tablespoon of coconut cream. Store leftovers refrigerated up to 3 days.

Vanilla Almond Pudding

Prep Time:	Cook Time:	Servings:
10 min	5 min	2

A silky, smooth pudding made from almond milk and enriched with vanilla — a comforting and creamy keto dessert.



INGREDIENTS:

- 1 ½ fl oz / 45 ml unsweetened almond milk
- 1 ½ fl oz / 45 ml heavy cream
- 1 oz / 28 g almond flour
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener
- ½ tsp / 2 ml pure vanilla extract
- 0.5 fl oz / 15 ml chia seeds
- Pinch of sea salt

INSTRUCTIONS:

1. In a small saucepan, combine almond milk, heavy cream, and almond flour. Whisk together over medium heat until the mixture begins to warm and thicken slightly, about 3 minutes.
2. Remove from heat and stir in the sweetener, vanilla extract, chia seeds, and a pinch of salt. Mix well to combine all ingredients evenly.
3. Transfer the mixture into two small serving jars or bowls.
4. Allow the pudding to cool to room temperature, then cover and refrigerate for at least 2 hours or overnight. The chia seeds will absorb liquid, thickening the pudding to a creamy consistency.
5. Before serving, give the pudding a gentle stir to smooth out any lumps. Optionally, garnish with a few sliced almonds or a sprinkle of cinnamon.

NUTRITION VALUE (PER SERVING):

Calories: 270 kcal
Fat: 24 g
Saturated Fat: 10 g
Protein: 6 g
Carbohydrates: 6 g
Fiber: 4 g
Net Carbs: 2 g
Sodium: 50 mg
Cholesterol: 50 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Stir the pudding occasionally while cooling to prevent clumps. For a creamier texture, add a bit more heavy cream. You can also enhance the flavor by adding a dash of cinnamon or nutmeg for a cozy twist.

Raspberry Coconut Bars



INGREDIENTS:

- 7 oz / 200 g unsweetened shredded coconut
- 3.5 oz / 100 g almond flour
- 3 oz / 85 g fresh raspberries
- 2 eggs
- 0.7 oz / 20 g powdered erythritol or monk fruit sweetener
- ¼ tsp / 1 g sea salt
- 1 tsp / 5 ml pure vanilla extract
- 0.5 fl oz / 15 ml melted coconut oil

NUTRITION VALUE (PER SERVING):

Calories: 210 kcal
Fat: 18 g
Saturated Fat: 8 g
Protein: 5 g
Carbohydrates: 6 g
Fiber: 3 g
Net Carbs: 3 g
Sodium: 90 mg
Cholesterol: 75 mg

Prep Time: 15 min
Cook Time: 15 min
Servings: 8 bars

A tasty, chewy keto-friendly bar combining tart raspberries with rich coconut — perfect for a quick dessert or snack.

INSTRUCTIONS:

1. Preheat the oven to 350°F / 175°C. Line an 8x8 inch (20x20 cm) baking pan with parchment paper.
2. In a large bowl, mix shredded coconut, almond flour, powdered sweetener, and salt.
3. In a separate bowl, whisk eggs with vanilla extract and melted coconut oil until combined.
4. Pour the wet ingredients into the dry and stir until just mixed.
5. Gently fold in the fresh raspberries, being careful not to crush them.
6. Spread the batter evenly into the prepared pan, pressing lightly to compact.
7. Bake for 12–15 minutes until the edges are golden and the center is set.
8. Let cool completely in the pan before cutting into bars. Store refrigerated.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use fresh or frozen raspberries thawed and drained to avoid excess moisture. Press the batter firmly for chewy texture. Bars keep well refrigerated for up to 5 days.

Lemon Coconut Energy Balls



Prep Time:	Cook Time:	Servings:
15 min	0 min	10 balls

Bright and zesty energy balls blending coconut, almond flour, and lemon zest — a fresh, no-bake keto dessert.

INGREDIENTS:

- 7 oz / 200 g almond flour
- 3.5 oz / 100 g unsweetened shredded coconut
- 1 fl pz / 30 ml melted coconut oil
- 0.5 fl oz / 15 ml fresh lemon juice
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener
- 1 tsp / 5 ml lemon zest
- ¼ tsp / 1 g sea salt

INSTRUCTIONS:

1. In a large mixing bowl, combine the almond flour and shredded coconut thoroughly.
2. Add the melted coconut oil, fresh lemon juice, powdered sweetener, lemon zest, and sea salt. Mix everything together using a spoon or your hands until the mixture comes together and is sticky enough to form balls.
3. If too dry, add more coconut oil or lemon juice, one teaspoon at a time, until it holds together.
4. Roll the mixture into 10 evenly sized balls, about 1 inch (2.5 cm) each.
5. Place the balls on a parchment-lined tray or plate and refrigerate for at least 30 minutes to firm up.
6. Once set, transfer the energy balls to an airtight container and keep refrigerated. They can also be frozen for longer storage.

NUTRITION VALUE (PER SERVING):

Calories: 150 kcal
Fat: 13 g
Saturated Fat: 6 g
Protein: 3 g
Carbohydrates: 4 g
Fiber: 2 g
Net Carbs: 2 g
Sodium: 40 mg
Cholesterol: 0 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Ensure the lemon zest is fresh for the best citrus flavor. These no-bake balls are great as a grab-and-go snack and can be customized with a sprinkle of cinnamon or chopped nuts mixed in for variety. Keep refrigerated to maintain firmness.

Keto Hot Chocolate



INGREDIENTS:

- 6 fl oz / 180 ml unsweetened almond milk
- 2 fl oz / 60 ml heavy cream
- 1 tbsp / 7 g unsweetened cocoa powder
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener
- ¼ tsp / 0.5 g pure vanilla extract
- Pinch of sea salt

NUTRITION VALUE (PER SERVING):

Calories: 220 kcal
Fat: 20 g
Saturated Fat: 12 g
Protein: 4 g
Carbohydrates: 3 g
Fiber: 2 g
Net Carbs: 1 g
Sodium: 50 mg
Cholesterol: 70 mg

Prep Time:	Cook Time:	Servings:
5 min	5 min	1

A rich and creamy low-carb hot chocolate made with unsweetened cocoa powder and heavy cream — a comforting treat for chilly days.

INSTRUCTIONS:

1. In a small saucepan over medium heat, whisk together almond milk, heavy cream, cocoa powder, sweetener, vanilla extract, and salt.
2. Warm the mixture over medium heat, whisking often, until steaming hot but not boiling — roughly 4–5 minutes.
3. When smooth and heated through, transfer into a mug.
4. If desired, finish with a dollop of whipped cream or a light dusting of cinnamon for extra flavor.
5. Serve right away and savor the comforting chocolate richness.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use high-quality unsweetened cocoa powder for best flavor. Whisking constantly avoids lumps and creates a smooth drink. For a dairy-free option, replace heavy cream with coconut cream.

Coconut Lime Fat Bombs

Prep Time:	Cook Time:	Servings:
10 min	0 min	8

Refreshing, creamy fat bombs with zesty lime and smooth coconut — a perfect quick keto treat to brighten your day.



INGREDIENTS:

- 4 oz / 115 g coconut oil, melted
- 3.5 oz / 100 g unsweetened shredded coconut
- 1.5 fl oz / 45 ml heavy cream
- 0.5 fl oz / 15 ml lime juice (freshly squeezed)
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener
- ½ tsp / 1 ml lime zest
- Pinch of sea salt

INSTRUCTIONS:

1. In a mixing bowl, combine melted coconut oil, shredded coconut, heavy cream, lime juice, sweetener, lime zest, and salt. Stir well until fully incorporated and smooth.
2. Spoon the mixture into silicone molds or mini muffin cups, filling each about three-quarters full.
3. Place the molds in the freezer and chill for at least 1 hour or until firm.
4. Remove the fat bombs from the molds and store them in an airtight container in the refrigerator or freezer to keep firm.
5. Serve chilled as a refreshing and energizing keto dessert or snack.

NUTRITION VALUE (PER SERVING):

Calories: 190 kcal
Fat: 20 g
Saturated Fat: 17 g
Protein: 1 g
Carbohydrates: 2 g
Fiber: 1 g
Net Carbs: 1 g
Sodium: 10 mg
Cholesterol: 10 mg

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Use fresh lime juice and zest to get the brightest citrus flavor. These fat bombs set quickly and store well in the freezer for longer freshness. For a twist, try adding a few drops of vanilla extract for sweetness or a pinch of cayenne pepper to give them a subtle spicy kick.

Chocolate Avocado Mousse



Prep Time: 10 min
Cook Time: 0 min
Servings: 2

A rich, creamy mousse made from ripe avocado and unsweetened cocoa — a luscious keto dessert that's both healthy and satisfying.

INGREDIENTS:

- 7 oz / 200 g ripe avocado
- 1.4 oz / 40 g unsweetened cocoa powder
- 1 fl oz / 30 ml unsweetened almond milk
- 0.7 oz / 20 g powdered erythritol or monk fruit sweetener (adjust to taste)
- ¼ tsp / 1 ml pure vanilla extract
- Pinch of sea salt

INSTRUCTIONS:

1. Cut the avocado in half, remove the pit, and scoop the flesh into a blender or food processor.
2. Add unsweetened cocoa powder, almond milk, powdered sweetener, vanilla extract, and a pinch of salt to the blender.
3. Blend on high until smooth and creamy, scraping down the sides as needed for even mixing.
4. Taste and adjust sweetness by adding more sweetener if desired; blend briefly again to combine.
5. Divide the mousse into two serving dishes or jars.
6. Chill in the refrigerator for at least 30 minutes to let the flavors meld and the texture firm up slightly.
7. Serve chilled, optionally garnished with a few cocoa nibs or a sprinkle of unsweetened shredded coconut (optional, keto-friendly).

NUTRITION VALUE (PER SERVING):

Calories: 320 kcal
Fat: 26 g
Saturated Fat: 4 g
Protein: 4 g
Carbohydrates: 9 g
Fiber: 7 g
Net Carbs: 2 g
Sodium: 70 mg
Cholesterol: 0 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use ripe but firm avocados for the creamiest texture. Adjust sweetener to your preference. For extra richness, add a tablespoon of coconut cream (unsweetened). This mousse is best served chilled and can be prepared ahead of time for convenience.

Vanilla Cinnamon Keto Latte



Prep Time: 5 min | Cook Time: 5 min | Servings: 1

A warm, comforting latte infused with vanilla and cinnamon, made with unsweetened almond milk and heavy cream — a cozy low-carb treat.

INGREDIENTS:

- 6 fl oz / 180 ml unsweetened almond milk
- 2 fl oz / 60 ml heavy cream
- 1 fl oz / 30 ml freshly brewed espresso or strong coffee
- ½ tsp / 2.5 ml pure vanilla extract
- ¼ tsp / 0.5 g ground cinnamon
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener (optional)

INSTRUCTIONS:

1. In a small saucepan over low heat, combine almond milk, heavy cream, vanilla extract, ground cinnamon, and sweetener if using. Stir gently and warm the mixture, avoiding boiling, until hot but not scalding.
2. Meanwhile, prepare your espresso or strong brewed coffee.
3. Pour the hot coffee into a large mug. Slowly add the warmed milk mixture, stirring gently to combine.
4. For a frothy finish, whisk the milk mixture vigorously before pouring or use a handheld milk frother.
5. Sprinkle a pinch of cinnamon on top for garnish if desired.
6. Serve immediately, savoring the creamy texture and warming spices.

NUTRITION VALUE (PER SERVING):

Calories: 180 kcal
Fat: 16 g
Saturated Fat: 9 g
Protein: 3 g
Carbohydrates: 2 g
Fiber: 1 g
Net Carbs: 1 g
Sodium: 55 mg
Cholesterol: 60 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use unsweetened almond milk to keep carbs low. Heavy cream adds richness and creaminess. Adjust sweetness to taste, or omit for a plain latte. Whisking or frothing enhances mouthfeel and appearance.

Iced Matcha Almond Milk Latte



Prep Time: 5 min
Cook Time: 0 min
Servings: 1

A refreshing, lightly sweetened iced latte blending antioxidant-packed matcha with creamy almond milk — an ideal keto-friendly pick-me-up.

INGREDIENTS:

- 1 tsp / 2 g matcha green tea powder
- 2 fl oz / 60 ml hot water (just below boiling)
- 6 fl oz / 180 ml unsweetened almond milk
- 0.5 fl oz / 15 ml heavy cream (optional, for extra creaminess)
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener (optional)
- Ice cubes

INSTRUCTIONS:

1. Sift the matcha powder into a small bowl to remove clumps for a smooth drink.
2. Pour the hot water over the matcha and whisk vigorously with a bamboo whisk or small regular whisk until the tea is frothy and well dissolved.
3. In a glass filled with ice cubes, pour the almond milk and heavy cream (if using).
4. Add the sweetener to the milk mixture and stir until dissolved.
5. Slowly pour the prepared matcha over the milk and ice. Stir gently to combine layers or serve layered for a visual effect.
6. Serve immediately with a straw and enjoy a refreshing, antioxidant-rich keto beverage.

NUTRITION VALUE (PER SERVING):

Calories: 80 kcal
Fat: 6 g
Saturated Fat: 3 g
Protein: 1 g
Carbohydrates: 2 g
Fiber: 1 g
Net Carbs: 1 g
Sodium: 20 mg
Cholesterol: 15 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use ceremonial-grade matcha for the best flavor and health benefits. Adjust sweetness to your preference or omit for a purer taste. Adding heavy cream boosts fat content and creaminess without many carbs.

Ginger Turmeric Detox Tea

Prep Time:	Cook Time:	Servings:
5 min	10 min	2

A warming, anti-inflammatory herbal tea combining fresh ginger and turmeric with a hint of lemon — perfect for cleansing and soothing.



INGREDIENTS:

- 1 oz / 28 g fresh ginger root, sliced thin
- 1 oz / 28 g fresh turmeric root, sliced thin (or 1 tsp / 3 g turmeric powder)
- 4 fl oz / 120 ml water
- 4 fl oz / 120 ml boiling water
- 0.5 fl oz / 15 ml lemon juice
- 0.5 fl oz / 15 ml raw honey or keto-friendly sweetener (optional)

INSTRUCTIONS:

1. In a small saucepan, combine the sliced ginger, turmeric root (or powder), and 4 fl oz of water. Bring to a gentle boil over medium heat.
2. Reduce heat and let simmer for 8 minutes to allow the flavors and beneficial compounds to infuse fully.
3. Remove from heat and strain the tea into a teapot or heatproof container.
4. Add 4 fl oz of boiling water to the strained tea to reach the desired volume and temperature.
5. Stir in fresh lemon juice and sweetener if using.
6. Pour into mugs and enjoy warm for a soothing detox experience.

KETO TIPS:
PREP & TEXTURE SUGGESTIONS

Use fresh turmeric root for optimal flavor and health benefits, but powder is fine as a convenient alternative. Adjust sweetness with keto-friendly sweeteners to keep carbs low. This tea is great for digestion and inflammation support.

NUTRITION VALUE (PER SERVING):

Calories: 25 kcal (without sweetener)
Fat: 0 g
Protein: 0 g
Carbohydrates: 6 g
Fiber: 1 g
Net Carbs: 5 g
Sodium: 10 mg
Cholesterol: 0 mg

Creamy Coconut Vanilla Smoothie



Prep Time: 5 min
Cook Time: 0 min
Servings: 2

This velvety smoothie combines coconut milk with a touch of vanilla and wholesome fats, creating a satisfying keto beverage that's perfect for breakfast or a nourishing treat anytime.

INGREDIENTS:

- 8 fl oz / 240 ml full-fat coconut milk
- 4 fl oz / 120 ml unsweetened almond milk
- 0.05 fl oz / 15 ml coconut oil, melted
- ½ tsp / 2.5 ml pure vanilla extract
- 0.05 fl oz / 15 ml powdered erythritol or monk fruit sweetener (optional)
- Ice cubes (optional, for thickness)

INSTRUCTIONS:

1. Place the coconut milk, almond milk, melted coconut oil, vanilla extract, and sweetener (if desired) into a high-powered blender.
2. For a frostier, thicker texture, add a handful of ice cubes.
3. Blend on high speed until silky and well combined, about 30 seconds.
4. Divide into two glasses and enjoy right away.

NUTRITION VALUE (PER SERVING):

Calories: 280 kcal
Fat: 28 g
Saturated Fat: 24 g
Protein: 2 g
Carbohydrates: 3 g
Fiber: 0 g
Net Carbs: 3 g
Sodium: 20 mg
Cholesterol: 0 mg

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Use full-fat coconut milk for richness. Adjust sweetness to taste or omit for a natural flavor. Ice cubes add refreshing thickness without adding carbs. Perfect as a quick keto breakfast or snack.

Peppermint Herbal Tea

Prep Time:	Cook Time:	Servings:
2 min	5 min	1

A light, soothing peppermint infusion — ideal for easing digestion and bringing gentle warmth on a keto lifestyle.



INGREDIENTS:

- 1 tbsp / 2 g dried peppermint leaves or 5 fresh peppermint sprigs
- 8 fl oz / 240 ml boiling water
- 1 tsp / 5 ml powdered erythritol or monk fruit sweetener (optional)

INSTRUCTIONS:

1. Place the dried peppermint leaves or fresh sprigs into a tea infuser or directly into your mug.
2. Pour boiling water over the peppermint and cover to steep for 5 minutes.
3. Remove the infuser or strain out the leaves.
4. Stir in sweetener if desired and enjoy warm.

KETO TIPS:

PREP & TEXTURE SUGGESTIONS

Peppermint tea contains no caffeine and gently supports digestion, making it a perfect choice for nighttime. Sweeten sparingly, or enjoy it plain for a clean herbal taste.

NUTRITION VALUE (PER SERVING):

Calories: 0 kcal
Fat: 0 g
Protein: 0 g
Carbohydrates: 0 g
Fiber: 0 g
Net Carbs: 0 g
Sodium: 0 mg
Cholesterol: 0 mg

Keto Cheesecake Bites



INGREDIENTS:

For the crust:

- 7 oz / 200 g almond flour
- 1 fl oz / 30 ml melted unsalted butter
- 0.5 fl oz / 15 ml powdered erythritol or monk fruit sweetener
- ¼ tsp / 1 g sea salt

For the cheesecake filling:

- 8 oz / 225 g full-fat cream cheese, softened
- 2 eggs
- 0.7 oz / 20 g powdered erythritol or monk fruit sweetener
- 1 tsp / 5 ml pure vanilla extract
- 0.5 fl oz / 15 ml heavy cream

NUTRITION VALUE (PER SERVING):

Calories: 190 kcal
Fat: 17 g
Saturated Fat: 10 g
Protein: 5 g
Carbohydrates: 3 g
Fiber: 1 g
Net Carbs: 2 g
Sodium: 100 mg
Cholesterol: 75 mg

Prep Time: 15 min
Cook Time: 15 min
Servings: 8 bites

Creamy, bite-sized cheesecake treats made with full-fat cream cheese and almond flour crust — perfect for a sweet keto dessert.

INSTRUCTIONS:

1. Preheat your oven to 325°F / 160°C. Prepare a mini muffin tin by lining it with paper liners or greasing each cup thoroughly to prevent sticking.
2. In a medium bowl, mix the almond flour, melted butter, powdered sweetener, and salt. Stir until the mixture becomes crumbly but holds together when pressed between your fingers.
3. Using about a teaspoon, firmly press the crust mixture into the bottom of each muffin cup, forming an even and compact base layer. This ensures the crust will hold during baking.
4. In a large bowl, beat softened cream cheese until smooth and lump-free.
5. Add eggs one at a time, mixing well after each to fully combine.
6. Stir in powdered sweetener, vanilla extract, and heavy cream until the batter is smooth and uniform — avoid overmixing to prevent air bubbles.
7. Pour the cheesecake filling evenly over the crusts, filling each cup nearly to the top without overflowing.
8. Bake for 12–15 minutes, until edges are set and slightly firm while centers remain a bit jiggly to keep the filling creamy.
9. Remove from oven and cool to room temperature on a wire rack to prevent cracking.
10. Refrigerate for at least 2 hours, preferably longer, to let the bites fully set and develop richness.
11. After chilling, gently remove the bites from the muffin tin and paper liners. Serve chilled, and store leftovers in an airtight container in the fridge for up to 4 days or freeze for extended storage.

KETO TIPS:

PREP & SERVING SUGGESTIONS

Ensure the cream cheese is well softened before mixing for the smoothest texture. Press the crust firmly to avoid crumbling when baking. Avoid overbaking to maintain creamy centers. These bites can be easily frozen and thawed for a convenient dessert option.

30-DAY MEAL PLAN

How to Use This Daily Meal Plan (16:8 Keto Intermittent Fasting)

This plan is built to complement a **keto lifestyle alongside the 16:8 intermittent fasting method**, where meals are enjoyed within an 8-hour eating window (commonly 12:00 PM to 8:00 PM), followed by a 16-hour fast. Its structure provides balance, flexibility, and variety while helping the body remain in ketosis.
Each day includes up to **three meal windows**. Here's how to navigate them:

First Meal of the Day (≈12:00 PM): Choose One
You begin your eating window with a nourishing first meal. You can choose either:
A **Keto Breakfast** (lighter, energizing)
Or a **Keto Lunch** (more filling and savory)
You can also pair this with a keto-friendly beverage. These additions are optional and can be adjusted according to your appetite and daily routine..

Second Meal of the Day (≈4:00 PM): Light Bites or Quick Meals
This is a flexible meal — perfect as a small snack or quick plate.
You can enjoy:
A **Keto Snack or Light Bite**
Or a **Quick Keto Meal** (prepared in under 15 minutes) for a more satisfying mini-meal
This meal helps bridge the gap between lunch and dinner, especially on active or busy days.

Third Meal of the Day (≈7:00 PM): Dinner and Optional Dessert
Your final meal of the day should be light but filling, helping you stay satisfied through the fasting hours.
A **Keto Dinner** usually includes a quality protein source, healthy fats, and a small portion of vegetables
A **Keto Dessert** is completely optional and can be added occasionally — examples include sugar-free mousse, coconut truffles, or baked almond treats

Feel free to combine dishes from any section of the cookbook based on what you're craving, how much time you have, and your own preferences. With so many options available, you'll be able to keep your meals fresh and enjoyable all week long.

That said, it's important to talk with your healthcare professional before starting a new diet, especially one that includes ketosis or intermittent fasting. This style of eating isn't suitable for everyone, particularly if you have health conditions, diabetes, or are on certain medications. Always put your health and safety first.

WEEK 1

First Meal Options: Breakfast or Lunch (≈12.00 PM)

Day	Keto Breakfasts	Keto Lunches	Keto Drinks & Warm Beverages (Optional)
1	Coconut Chia Breakfast Pudding with Walnuts p. 14	Creamy Garlic Chicken with Spinach & Olives p. 51	Bulletproof Coffee p. 104
2	Keto Scrambled Egg Muffins with Spinach and Feta p. 15	Salmon & Avocado Lettuce Wraps p. 57	Vanilla Cinnamon Keto Latte p. 113
3	Curd & Flaxseed Pudding with Vanilla and Coconut Milk p. 21	Crustless Quiche with Smoked Salmon and Leeks p. 67	Iced Matcha Almond Milk Latte p. 114
4	Zucchini–Cheese Waffles with Sour Cream Dip p. 24	Cauliflower Hash with Bacon and Poached Egg p. 56	Ginger Turmeric Detox Tea p. 115
5	Cauliflower Breakfast Porridge with Cinnamon and Pecans p. 31	Cabbage & Ham Creamy Stir-Fry p. 70	Keto Hot Chocolate p. 110
6	Keto "Granola" with Seeds, Nuts & Coconut Chips p. 25	Beef & Mushroom Stroganoff Bowl (over Cabbage) p. 55	Peppermint Herbal Tea p. 117
7	Keto Poached Eggs on Savory Almond Biscuit p. 19	Grilled Halloumi & Avocado Salad with Pesto p. 58	Creamy Coconut Vanilla Smoothie p. 116

Second Meal of the Day = (≈4.00 PM)		Third Meal of the Day (≈7.00 PM)	
Keto Snacks & Light Bites	Quick Meals	Keto Dinners	Desserts (Optional)
Cheesy Cauliflower Tots p. 101	Bacon and Egg Cloud Bread Sandwiches p. 38	Herb-Crusted Salmon with Zucchini Cream p. 72	Chocolate Avocado Mousse p. 112
Spicy Jalapeño Popper Bites p. 96	Zucchini Noodles with Pesto and Pine Nuts p. 35	Keto Beef & Kale Stir-Fry with Garlic-Soy Glaze p. 85	Coconut Chia Pudding with Berries p. 106
Avocado Deviled Eggs p. 99	Zucchini Noodles with Pesto and Grilled Chicken p. 49	Stuffed Portobello Mushrooms with Creamy Sausage Filling p. 73	Almond Flour Lemon Bars p. 105
Mini Caprese Skewers p. 93	Cucumber and Smoked Salmon Bites with Dill Cream p. 42	Pork Chops in Mustard-Cream Sauce with Wilted Greens p. 83	Vanilla Almond Pudding p. 107
Cucumber and Smoked Salmon Rolls p. 97	Caprese Salad with Balsamic Glaze p. 40	Garlic Butter Chicken Thighs with Roasted Broccoli p. 74	Lemon Coconut Energy Balls p. 109
Prosciutto-Wrapped Mozzarella Balls p. 102	Keto Shrimp Avocado Salad p. 46	Pan-Seared Tuna Steaks with Olive Tapenade p. 84	Raspberry Coconut Bars p. 108
Almond-Crusted Mozzarella Sticks p. 98	Creamy Garlic Mushrooms with Parmesan p. 48	Beef Zoodle Stir-Fry with Sesame-Ginger Sauce p. 75	Coconut Lime Fat Bombs p. 111

WEEK 2

First Meal Options: Breakfast or Lunch (≈12.00 PM)

Day	Keto Breakfasts	Keto Lunches	Keto Drinks & Warm Beverages (Optional)
1	Zucchini–Cheese Waffles with Sour Cream Dip p. 24	Salmon & Avocado Lettuce Wraps p. 57	Bulletproof Coffee p. 104
2	Savory Egg Crepes with Mushroom–Herb Filling p. 16	Spicy Eggplant Boats with Ground Lamb & Tahini Drizzle p. 52	Iced Matcha Almond Milk Latte p. 114
3	Coconut Chia Breakfast Pudding with Walnuts p. 14	Creamy Garlic Chicken with Spinach & Olives p. 51	Keto Hot Chocolate p. 110
4	Cauliflower Breakfast Porridge with Cinnamon and Pecans p. 31	Keto Eggplant Parm Skillet with Ricotta and Herbs p. 65	Ginger Turmeric Detox Tea p. 115
5	Avocado–Coconut Smoothie Bowl with Chia and Hemp p. 26	Thai Coconut Shrimp Bowl with Zucchini Noodles p. 59	Peppermint Herbal Tea p. 117
6	Curd & Flaxseed Pudding with Vanilla and Coconut Milk p. 21	Keto Fish Cakes with Lemon Herb Mayo p. 63	Creamy Coconut Vanilla Smoothie p. 116
7	Cheesy Omelet with Sun-Dried Tomatoes and Arugula p. 24	Keto Chicken Shawarma Plate with Garlic Dip p. 60	Vanilla Cinnamon Keto Latte p. 113

Second Meal of the Day = (≈4.00 PM)

Third Meal of the Day (≈7.00 PM)

Keto Snacks & Light Bites	Quick Meals	Keto Dinners	Desserts (Optional)
Almond-Crusted Mozzarella Sticks p. 98	Creamy Garlic Mushrooms with Parmesan p. 48	Roasted Chicken Drumsticks with Cauliflower Wedges p. 86	Keto Cheesecake Bites p. 118
Avocado Deviled Eggs p. 99	Zucchini Noodles with Pesto and Pine Nuts p. 35	Baked Cod in Coconut Lime Sauce p.76	Raspberry Coconut Bars p. 108
Spicy Jalapeño Popper Bites p. 96	Avocado Tuna Salad Lettuce Wraps p.36	Savory Ricotta Pancakes with Smoked Salmon and Dill Sauce p. 87	Chocolate Avocado Mousse p. 112
Bacon-Wrapped Asparagus Bundles p. 94	Cucumber and Smoked Salmon Bites with Dill Cream p. 42	Keto Shepherd's Pie with Cauliflower Mash p. 80	Coconut Chia Pudding with Berries p. 106
Prosciutto-Wrapped Mozzarella Balls p. 102	Bacon and Egg Cloud Bread Sandwiches p. 38	Creamy Mushroom Chicken Bake with Fresh Thyme p. 89	Vanilla Almond Pudding p. 107
Cheesy Cauliflower Tots p. 101	Stuffed Mini Bell Peppers with Cream Cheese and Herbs p. 39	Duck Breast with Red Cabbage and Thyme Butter p. 78	Lemon Coconut Energy Balls p. 109
Mini Caprese Skewers p. 93	Avocado and Bacon Lettuce Cups p. 47	Grilled Lamb Chops with Rosemary Ghee and Zucchini Ribbons p. 88	Coconut Lime Fat Bombs p. 111

WEEK 3

First Meal Options: Breakfast or Lunch (≈12.00 PM)

Day	Keto Breakfasts	Keto Lunches	Keto Drinks & Warm Beverages (Optional)
1	Breakfast Egg Roll-Ups with Turkey and Spinach p. 22	Avocado Chicken Salad with Toasted Almonds p. 69	Bulletproof Coffee p. 104
2	Zucchini Fritters with Lemon–Yogurt Dip p. 23	Stuffed Bell Peppers with Creamy Ground Turkey p. 61	Vanilla Cinnamon Keto Latte p. 113
3	Keto Scrambled Egg Muffins with Spinach and Feta p. 15	Crispy Chicken Skin Tacos with Avocado Slaw p. 64	Iced Matcha Almond Milk Latte p. 114
4	Egg–Bacon Cups with Bell Pepper and Herbs p. 28	Sausage & Cabbage Skillet with Dijon Cream Sauce p. 62	Ginger Turmeric Detox Tea p. 115
5	Keto Smoked Mackerel Salad with Pickled Onion p. 20	Turkey Meatballs in Creamy Paprika Sauce p. 68	Keto Hot Chocolate p. 110
6	Keto Breakfast Tacos with Egg, Avocado & Lime Crema p. 18	Keto Fish Cakes with Lemon Herb Mayo p. 63	Peppermint Herbal Tea p. 117
7	Keto Blueberry Cheesecake Mousse p. 33	Turkey Meatballs in Creamy Paprika Sauce p. 68	Creamy Coconut Vanilla Smoothie p. 116

Second Meal of the Day = (≈4.00 PM)		Third Meal of the Day (≈7.00 PM)	
Keto Snacks & Light Bites	**Quick Meals**	**Keto Dinners**	**Desserts (Optional)**
Mini Caprese Skewers p. 93	Creamy Garlic Spinach with Poached Eggs p. 44	Savory Ricotta Pancakes with Smoked Salmon and Dill Sauce p. 87	Almond Flour Lemon Bars p. 105
Bacon-Wrapped Asparagus Bundles p. 94	Avocado Tuna Salad Lettuce Wraps p.36	Eggplant Involtini with Ricotta and Pesto p. 79	Raspberry Coconut Bars p. 108
Spicy Jalapeño Popper Bites p. 96	Cauliflower Rice Stir-Fry with Eggs and Green Beans p. 45	Seafood Casserole with Spinach and Cheese Crust p. 90	Keto Cheesecake Bites p. 118
Cheesy Cauliflower Tots p. 101	Stuffed Mini Bell Peppers with Cream Cheese and Herbs p. 39	Spicy Turkey Lettuce Wraps with Avocado Cream p. 77	Lemon Coconut Energy Balls p. 109
Zucchini Chips with Herbed Aioli p. 95	Spicy Avocado Egg Salad p. 43	Bacon-Wrapped Meatloaf Minis with Dijon Glaze p. 82	Chocolate Avocado Mousse p. 112
Cucumber and Smoked Salmon Rolls p. 97	Quick Keto Chicken Salad Lettuce Wraps p. 41	Zucchini-Stuffed Beef Rolls with Tomato Basil Sauce p. 91	Coconut Lime Fat Bombs p. 111
Guacamole-Stuffed Mini Bell Peppers p. 100	Zucchini Noodles with Pesto and Grilled Chicken p. 49	Creamy Shrimp and Spinach Skillet p. 81	Vanilla Almond Pudding p. 107

WEEK 4

First Meal Options: Breakfast or Lunch (≈12.00 PM)

Day	Keto Breakfasts	Keto Lunches	Keto Drinks & Warm Beverages (Optional)
1	Keto Breakfast Tacos with Egg, Avocado & Lime Crema p. 18	Zucchini Lasagna Skillet (No Pasta, All Flavor) p. 54	Bulletproof Coffee p. 104
2	Curried Cauliflower & Bacon Breakfast Skillet p. 30	Creamy Garlic Chicken with Spinach & Olives p. 51	Iced Matcha Almond Milk Latte p. 114
3	Almond–Coconut Pancakes with Berry Coulis p. 17	Keto Chicken Alfredo with Broccoli p. 53	Keto Hot Chocolate p. 110
4	Breakfast Egg Roll-Ups with Turkey and Spinach p. 22	Cabbage & Ham Creamy Stir-Fry p. 70	Ginger Turmeric Detox Tea p. 115
5	Keto Smoked Mackerel Salad with Pickled Onion p. 20	Keto Eggplant Parm Skillet with Ricotta and Herbs p. 65	Peppermint Herbal Tea p. 117
6	Egg–Avocado Bowl with Crispy Seeds p. 32	Spicy Eggplant Boats with Ground Lamb & Tahini Drizzle p. 52	Creamy Coconut Vanilla Smoothie p. 116
7	Breakfast Hash with Homemade Sausage p. 29	Crustless Quiche with Smoked Salmon and Leeks p. 67	Vanilla Cinnamon Keto Latte p. 113

Second Meal of the Day = (≈4.00 PM)		Third Meal of the Day (≈7.00 PM)	
Keto Snacks & Light Bites	Quick Meals	Keto Dinners	Desserts (Optional)
Bacon-Wrapped Asparagus Bundles p. 94	Creamy Garlic Spinach with Poached Eggs p. 44	Creamy Mushroom Chicken Bake with Fresh Thyme p. 89	Coconut Lime Fat Bombs p. 111
Guacamole-Stuffed Mini Bell Peppers p. 100	Caprese Salad with Balsamic Glaze p. 40	Pork Chops in Mustard-Cream Sauce with Wilted Greens p. 83	Coconut Chia Pudding with Berries p. 106
Avocado Deviled Eggs p. 99	Cauliflower Rice Stir-Fry with Eggs and Green Beans p. 45	Seafood Casserole with Spinach and Cheese Crust p. 90	Almond Flour Lemon Bars p. 105
Almond-Crusted Mozzarella Sticks p. 98	Garlic Butter Shrimp Skillet p. 37	Pan-Seared Tuna Steaks with Olive Tapenade p. 84	Keto Cheesecake Bites p. 118
Cucumber and Smoked Salmon Rolls p. 97	Quick Keto Chicken Salad Lettuce Wraps p. 41	Creamy Mushroom Chicken Bake with Fresh Thyme p. 89	Vanilla Almond Pudding p. 107
Zucchini Chips with Herbed Aioli p. 95	Keto Shrimp Avocado Salad p. 46	Keto Beef & Kale Stir-Fry with Garlic-Soy Glaze p. 85	Raspberry Coconut Bars p. 108
Prosciutto-Wrapped Mozzarella Balls p. 102	Spicy Avocado Egg Salad p. 43	Grilled Lamb Chops with Rosemary Ghee and Zucchini Ribbons p. 88	Lemon Coconut Energy Balls p. 109

WEEK 5

First Meal Options: Breakfast or Lunch (≈12.00 PM)

Day	Keto Breakfasts	Keto Lunches	Keto Drinks & Warm Beverages (Optional)
1	Savory Egg Crepes with Mushroom–Herb Filling p. 16	Zucchini Lasagna Skillet (No Pasta, All Flavor) p. 54	Ginger Turmeric Detox Tea p. 115
2	Almond–Coconut Pancakes with Berry Coulis p. 17	Tuna Melt Casserole (Zucchini Base) p. 66	Peppermint Herbal Tea p. 117

Second Meal of the Day = (≈4.00 PM)

Third Meal of the Day (≈7.00 PM)

Keto Snacks & Light Bites	Quick Meals	Keto Dinners	Desserts (Optional)
Almond-Crusted Mozzarella Sticks p. 98	Garlic Butter Shrimp Skillet p. 37	Roasted Chicken Drumsticks with Cauliflower Wedges p. 86	Keto Cheesecake Bites p. 118
Guacamole-Stuffed Mini Bell Peppers p. 100	Caprese Salad with Balsamic Glaze p. 40	Savory Ricotta Pancakes with Smoked Salmon and Dill Sauce p. 87	Coconut Chia Pudding with Berries p. 106

SHOPPING LIST

WEEK 1

Protein Sources

- Eggs – 4 dozens (≈ 96 oz / 2722 g)
- Chicken thighs (boneless, skinless) – 2 packs (≈ 20 oz / 567 g)
- Chicken breast – 1 medium pack (≈ 14 oz / 397 g)
- Pork chops – 2 pieces (≈ 10 oz / 284 g)
- Bacon – 2 packs (≈ 14 oz / 397 g)
- Ground beef (80/20) – 2 small packs (≈ 14 oz / 397 g)
- Ground pork sausage – 1 small pack (≈ 5.3 oz / 150 g)
- Ground turkey – 2 small packs (≈ 14 oz / 397 g)
- Raw salmon fillet – 1 fillet (≈ 4 oz / 113 g)
- Tuna steaks – 2 small (≈ 8.8 oz / 250 g)
- Cod fillet – 1 piece (≈ 7 oz / 198 g)
- Shrimp (raw, peeled) – 1 pack (≈ 14 oz / 397 g)
- Mixed seafood (shrimp, scallops, fish) – 1 pack (≈ 7 oz / 198 g)
- Smoked salmon – 2 small packs (≈ 6 oz / 170 g)
- Cooked ham – 1 pack (≈ 3.5 oz / 99 g)
- Ground lamb – 1 small pack (≈ 5 oz / 142 g)
- Lamb chops – 1 pack (≈ 10 oz / 284 g)
- Halloumi cheese – 1 block (≈ 3.5 oz / 99 g)
- Mozzarella (fresh balls and block) – 2 packs (≈ 7 oz / 198 g)
- Cheddar cheese (shredded) – 1 small pack (≈ 2 oz / 57 g)
- Parmesan cheese – 1 wedge (≈ 2 oz / 57 g)
- Feta cheese – 1 small piece (≈ 1.1 oz / 31 g)
- Walnut halves – 1 small pack (≈ 0.7 oz / 20 g)
- Full-fat cottage cheese – 1 medium container (≈ 7 oz / 198 g)
- Smoked mackerel fillet – 1 fillet (≈ 4.2 oz / 119 g)

Dairy Alternatives

- Cream cheese – 1 pack (≈ 8 oz / 227 g)
- Heavy cream – 1 carton (≈ 35 oz / 992 g)
- Sour cream – 1 container (≈ 10 oz / 284 g)
- Ricotta cheese – 1 tub (≈ 5 oz / 142 g)
- Mayonnaise (sugar-free) – 1 jar (≈ 4 oz / 113 g)
- Greek yogurt or sour cream – 1 small container (≈ 2 oz / 57 g)
- Unsalted butter – 1 pack (≈ 4 oz / 113 g)
- Unsweetened almond milk – 1 small carton (≈ 4 oz / 113 g)
- Full-fat coconut milk – 1 small carton (≈ 2 oz / 57 g)

Vegetables

- Zucchini – 4 medium (≈ 20 oz / 567 g)
- Cauliflower – 2 medium heads (≈ 24 oz / 680 g)
- Broccoli florets – 1 head or bag (≈ 5.3 oz / 150 g)
- Bell peppers (red and mini) – 4 total (≈ 12 oz / 340 g)
- Portobello mushrooms – 4 large caps (≈ 12 oz / 340 g)
- White or cremini mushrooms – 1 pack (≈ 3.5 oz / 99 g)
- Asparagus – 1 bunch (≈ 7 oz / 198 g)
- Avocados – 3 medium (≈ 18 oz / 510 g)
- Cucumber – 2 medium (≈ 15.1 oz / 428 g)
- Cherry tomatoes – 1 pack (≈ 3.5 oz / 99 g)
- Leek (white part only) – 1 piece (≈ 2 oz / 57 g)
- Onion (red, white, shallot) – 4 total (≈ 8.8 oz / 250 g)
- Garlic – 2 heads (≈ 2.7 oz / 77 g)
- Spinach – 2 bunches or bags (≈ 11.4 oz / 323 g)
- Kale – 1 bunch (≈ 4.2 oz / 119 g)
- Green cabbage – 1 small head (≈ 12 oz / 340 g)
- Red cabbage – 1 small head (≈ 7 oz / 198 g)
- Butter lettuce – 1 pack (≈ 2.1 oz / 60 g)
- Mixed salad greens – 1 bag (≈ 2.8 oz / 80 g)
- Radish – 1 small bunch (≈ 3.5 oz / 99 g)
- Fresh herbs (parsley, dill, basil, cilantro, chives) – 1 bunch each

Fruits

- Lemon – 2 medium (≈ 4 oz / 120 g)
- Lime – 2 small (≈ 2 oz / 60 g)
- Fresh blueberries – 1 small pack (≈ 1 oz / 28 g)
- Mixed berries (raspberries, blueberries, or blackberries) – 1 small pack (≈ 1.8 oz / 51 g)
- Fresh raspberries – 1 small pack (≈ 3 oz / 85 g)

Grains & Flour

- Almond flour – 1 pack (≈ 10.5 oz / 298 g)
- Baking powder – 1 tin (≈ 1 oz / 28 g)
- Pine nuts or walnuts – 1 small pack (≈ 2.1 oz / 60 g)
- Toasted almond flakes/slivers – 1 small pack (≈ 0.5 oz / 14 g)
- Toasted sesame seeds – 1 small pack (≈ 1 oz / 28 g)
- Chia seeds – 1 pack (≈ 2 oz / 57 g)
- Ground golden flaxseed – 1 small pack (≈ 0.7 oz / 20 g)
- Unsweetened shredded coconut – 1 medium pack (≈ 5.8 oz / 165 g)
- Hemp seeds – 1 small pack (≈ 0.7 oz / 20 g)
- Pumpkin seeds – 1 small pack (≈ 0.7 oz / 20 g)
- Sunflower seeds – 1 small pack (≈ 0.7 oz / 20 g)
- Chopped almonds – 1 small pack (≈ 1.1 oz / 31 g)
- Chopped pecans or walnuts – 1 small pack (≈ 1.1 oz / 31 g)

Oils & Cooking Essentials

- Olive oil – 1 bottle (≈ 19 oz / 539 g)
- Avocado oil – 1 bottle (≈ 8 oz / 227 g)
- Coconut oil (optional) – 1 small jar (≈ 10 oz / 284 g)
- Unsalted butter – 1 pack (≈ 6 oz / 170 g)
- Ghee – 1 jar (≈ 4 oz / 113 g)

Condiments & Spices

- Dijon mustard – 1 small jar (≈ 2 oz / 57 g)
- Tomato paste (no sugar added) – 1 small can (≈ 3 oz / 85 g)
- Crushed tomatoes (no sugar added) – 1 can (≈ 7 oz / 198 g)
- Balsamic vinegar – 1 small bottle (≈ 2 oz / 57 g)
- Fish sauce or tamari – 1 small bottle (≈ 2 oz / 57 g)
- Coconut aminos – 1 small bottle (≈ 5 oz / 142 g)
- Apple cider vinegar – 1 bottle (≈ 9 oz / 255 g)
- Garlic powder – 1 jar (≈ 1.1 oz / 31 g)
- Onion powder (optional) – 1 jar (≈ 1 oz / 28 g)
- Smoked paprika – 1 jar (≈ 1.1 oz / 31 g)
- Ground cumin – 1 jar (≈ 1 oz / 28 g)
- Dried oregano – 1 jar (≈ 0.5 oz / 14 g)
- Dried thyme – 1 jar (≈ 0.5 oz / 14 g)
- Black pepper – 1 grinder or jar (≈ 1 oz / 28 g)
- Sea salt – 1 pack
- Chili flakes – 1 jar (≈ 0.5 oz / 14 g)
- Nutmeg (optional) – 1 jar (≈ 0.8 oz / 23 g)
- Allspice (optional) – 1 jar (≈ 0.5 oz / 14 g)
- White vinegar – 1 bottle (≈ 8 oz / 227 g)
- Capers – 1 small jar (≈ 1.5 oz / 43 g)
- Pure vanilla extract – 1 small bottle (≈ 0.75 oz / 21 g)

Sweeteners & Treats

- Powdered erythritol or monk fruit sweetener – 1 medium pack (≈ 2.8 oz / 79 g)
- Sugar-free ketchup or tomato paste – 1 small jar

WEEK 2

Protein Sources

- Eggs – 1.5 dozen (≈ 41 oz / 1 160 g)
- Chicken thighs (boneless, skinless) – 2 packs (≈ 17 oz / 480 g)
- Chicken breasts – 1 pack (≈ 10 oz / 280 g)
- Ground beef (80/20) – 1 small pack (≈ 7 oz / 200 g)
- Ground lamb – 1 small pack (≈ 5 oz / 140 g)
- Ground cod or white fish fillet – 1 small pack (≈ 6 oz / 170 g)
- Tuna fillet – 1 fillet (≈ 7 oz / 200 g)
- Shrimp (raw, peeled) – 1 pack (≈ 7 oz / 200 g)
- Duck breast (skin on) – 2 small (≈ 10.5 oz / 300 g)
- Lamb chops – 1 pack (≈ 10 oz / 280 g)
- Salmon fillet (raw) – 1 fillet (≈ 4 oz / 115 g)
- Smoked salmon – 1 pack (≈ 2.1 oz / 60 g)
- Bacon slices – 1 small pack (≈ 3.5 oz / 100 g)
- Prosciutto slices – 1 small pack (≈ 3.5 oz / 100 g)
- Mozzarella cheese – 2 packs + 1 add-on (≈ 8 oz / 228 g total)
- Cheddar cheese – 1 small pack (≈ 2 oz / 60 g shredded)
- Parmesan cheese – 1 wedge + extras (≈ 3.5 oz / 100 g grated total)
- Halloumi cheese – 1 block (≈ 3.5 oz / 100 g)
- Ricotta cheese – 1 tub (≈ 5 oz / 140 g)

Dairy Alternatives

- Cream cheese – 1 pack (≈ 6 oz / 170 g)
- Heavy cream – 1 carton + recipe use (≈ 15.5 fl oz / 455 ml total)
- Sour cream – 1 container + recipe use (≈ 6 fl oz / 180 ml total)
- Mayonnaise (sugar-free) – 1 small jar (≈ 4 fl oz / 120 ml)
- Greek yogurt or sour cream – 1 small cup (≈ 2 oz / 60 g)
- Butter – 1 pack + recipe use (≈ 5.5 oz / 155 g total)
- Ghee – 1 small jar (≈ 1 fl oz / 30 ml)
- Almond milk (unsweetened) – used in multiple recipes (≈ 13 fl oz / 390 ml total)
- Coconut milk (full-fat) – 1 can + additional (≈ 10 fl oz / 300 ml total)

Fruits

- Lemon – 2 medium + for juice and zest (≈ 6 oz / 170 g total)
- Lime – 2 small + for juice and zest (≈ 3.5 oz / 100 g total)
- Raspberries – 1 small pack (≈ 3 oz / 85 g)
- Mixed berries (raspberries, blueberries, or blackberries) – 1 small pack (≈ 1.8 oz / 50 g)
- Avocado – for mousse, smoothie, salad, and wraps (≈ 18 oz / 500 g total; ~3 medium)

Vegetables

- Zucchini – 4 medium (≈ 21 oz / 600 g)
- Cauliflower – 1 large head + extra (≈ 27 oz / 770 g florets total)
- Eggplants – 2 medium (≈ 17.5 oz / 500 g)
- Red cabbage – 1 small head (≈ 7 oz / 200 g)
- Green cabbage – 1 small head (≈ 4.2 oz / 120 g shredded)
- Cherry tomatoes – 1 pack (≈ 3.5 oz / 100 g)
- Radishes – 1 small bunch (≈ 3.5 oz / 100 g, optional)
- Red onion – 2 small + extras (≈ 3.5 oz / 100 g total)
- White or yellow onion – 2 small + extras (≈ 3 oz / 85 g total)
- Shallot (or substitute with mild onion) – 1 small (≈ 0.5 oz / 15 g)
- Garlic – 2 heads + minced (≈ 3 oz / 85 g total)
- Leek (white part) – 1 stalk (≈ 2 oz / 60 g)
- Celery – 1 stalk (≈ 0.5 oz / 15 g, optional)
- Carrot – 1 small (≈ 0.3 oz / 8 g, optional)
- Bell peppers – 2 medium (1 red, 1 green) + extra (≈ 13.5 oz / 385 g total)
- Jalapeños – 4 medium (≈ 0.7 oz / 20 g)
- Cucumber – 1 medium + slices (≈ 8 oz / 230 g total)
- Asparagus – 1 bunch (≈ 7 oz / 200 g)
- Spinach – 1 bag + chopped (≈ 7 oz / 200 g total)
- Butter lettuce – 1 head or pack (≈ 2.1 oz / 60 g)
- Fresh herbs (parsley, dill, basil, cilantro, thyme) – 1 bunch each + recipe extras (≈ 1 oz / 30 g each)

Grains & Flour

- Almond flour – 1 pack + extra (≈ 10 oz / 285 g total)
- Baking powder – 1 tin (≈ 1 oz / 28 g)
- Ground flaxseed – 1 small pack (≈ 0.5 oz / 15 g)

Nuts & Seeds

- Pine nuts – 1 small pack (≈ 0.5 oz / 15 g)
- Walnuts – 1 small pack (≈ 0.7 oz / 20 g)
- Pecans – 1 small pack (≈ 0.7 oz / 20 g)
- Chia seeds – 1 small pack (≈ 1.2 oz / 33 g)
- Hemp seeds – 1 small pack (≈ 0.7 oz / 20 g)
- Unsweetened shredded coconut – 1 pack (≈ 2.3 oz / 65 g)
- Coconut chips – 1 small pack (≈ 0.7 oz / 20 g)
- Almonds (sliced or chopped) – 1 small pack (≈ 1 oz / 28 g)
- Sesame seeds (toasted) – 1 small pack (≈ 1 oz / 30 g)

Oils & Cooking Essentials

- Olive oil – 1 bottle (≈ 17 fl oz / 500 ml)
- Avocado oil – 1 bottle (≈ 8 fl oz / 240 ml)
- Coconut oil – 1 small jar (≈ 9 oz / 255 g)
- MCT oil – optional, substitute with coconut oil (≈ 0.5 fl oz / 15 ml)

Condiments & Spices

- Dijon mustard – 1 small jar (≈ 2 oz / 60 g)
- Tomato paste (no sugar added) – 1 small can (≈ 3 oz / 85 g)
- Crushed or chopped tomatoes (no sugar added) – 1 small can or 2 fresh (≈ 3.5 oz / 100 g)
- Coconut milk (full fat) – 1 can + extra use (≈ 10 fl oz / 300 ml total)
- Fish sauce or tamari – 1 small bottle (≈ 2 fl oz / 60 ml, optional)
- Balsamic vinegar – 1 bottle (≈ 2 fl oz / 60 ml)
- Apple cider vinegar – 1 bottle (≈ 8 fl oz / 240 ml)
- Lemon juice – from fresh lemons or 1 small bottle (≈ 2 fl oz / 60 ml)
- Garlic powder – 1 jar (≈ 1 oz / 30 g)
- Smoked paprika – 1 jar (≈ 1 oz / 30 g)
- Ground cumin – 1 jar (≈ 1 oz / 30 g)
- Dried oregano – 1 jar (≈ 0.5 oz / 15 g)
- Dried thyme – 1 jar (≈ 0.5 oz / 15 g)
- Chili flakes – 1 jar (≈ 0.5 oz / 15 g)
- Ground coriander – 1 jar (≈ 0.5 oz / 15 g)
- Red curry paste (sugar-free) – 1 small jar (≈ 1 oz / 30 g)
- Ground black pepper – 1 grinder or jar
- Sea salt – 1 pack
- Allspice – 1 small jar (optional)
- Nutmeg – 1 jar (optional)
- White vinegar – 1 bottle (≈ 8 fl oz / 240 ml)
- Capers – 1 small jar (≈ 1.5 oz / 40 g)
- Vanilla extract – 1 small bottle (≈ 1 fl oz / 30 ml)
- Erythritol or monk fruit sweetener – 1 pack (≈ 3 oz / 90 g total across recipes)
- Cinnamon (ground) – 1 jar (≈ 1 oz / 30 g)

Other

- Toothpicks or skewers – 1 small pack
- Ice cubes – as needed (optional, not for purchase)
- Water – for tea or blending (not for purchase)

WEEK 3

Protein Sources

- Eggs – 1.5 dozen (≈ 36 oz / 1020 g)
- Bacon – 2 packs (≈ 7 oz / 200 g)
- Ground turkey – 2 packs (≈ 14 oz / 400 g)
- Chicken breast – 1 pack (≈ 7 oz / 200 g)
- Cream cheese – 1 pack (≈ 6 oz / 170 g)
- Feta cheese – 1 pack (≈ 1.1 oz / 30 g)
- Mozzarella cheese – 2 packs (≈ 7 oz / 200 g)
- Cheddar – 1 pack (≈ 2 oz / 60 g)
- Parmesan – 1 wedge (≈ 2 oz / 60 g)
- Ricotta cheese – 2 tubs (≈ 8 oz / 230 g total)
- Smoked salmon – 1 pack (≈ 2.1 oz / 60 g)
- Mackerel (smoked) – 1 fillet (≈ 4.2 oz / 120 g)

Dairy Alternatives

- Heavy cream – 1 carton (≈ 12 fl oz / 360 ml)
- Almond milk – 1 small carton (≈ 6 fl oz / 180 ml)
- Sour cream – 1 container (≈ 3 oz / 90 g)
- Butter – 1 stick (≈ 3 oz / 85 g)
- Mayonnaise (sugar-free) – 1 jar (≈ 4 fl oz / 120 ml)
- Ghee or clarified butter – 1 small jar (≈ 2 fl oz / 60 ml)

Vegetables

- Zucchini – 3 medium (≈ 21 oz / 600 g)
- Cauliflower – 1 head (≈ 14 oz / 400 g)
- Bell peppers – 2 medium (≈ 7 oz / 200 g)
- Mini bell peppers – 1 pack (≈ 7 oz / 200 g)
- Spinach – 2 bags (≈ 10.6 oz / 300 g)
- Basil – 1 bunch (≈ 1.2 oz / 35 g)
- Cucumber – 2 medium (≈ 14 oz / 400 g)
- Celery – 1 bunch (≈ 2.8 oz / 80 g)
- Garlic – 2 heads (≈ 2 oz / 60 g)
- Onion (red + yellow) – 3 small (≈ 5 oz / 140 g)
- Green onion – 1 bunch (≈ 0.4 oz / 10 g)
- Lettuce (butter or romaine) – 1 head or pack (≈ 2.5 oz / 70 g)
- Green beans – 1 small pack (≈ 4.2 oz / 120 g)
- Fresh herbs (parsley, dill, cilantro, chives) – 1 bunch each (≈ 1 oz / 30 g total)

Grains & Flour

- Almond flour – 1 large pack (≈ 11 oz / 312 g)
- Baking powder – 1 tin (≈ 1 oz / 28 g)

Fruits

- Avocados – 3 medium (≈ 36 oz / 1010 g)
- Lemons – 2 medium (≈ 6 oz / 170 g)
- Limes – 2 small (≈ 3.5 oz / 100 g)
- Blueberries – 1 small pack (≈ 1 oz / 28 g)
- Raspberries – 1 small pack (≈ 3 oz / 85 g)

Nuts & Seeds

- Chia seeds – 1 small pack (≈ 1 oz / 28 g)
- Pine nuts – 1 small pack (≈ 0.5 oz / 15 g)
- Toasted almond flakes/slivers – 1 small pack (≈ 0.5 oz / 15 g)

Oils & Cooking Essentials

- Olive oil – 1 bottle (≈ 17 fl oz / 500 ml)
- Avocado oil – 1 bottle (≈ 8 fl oz / 240 ml)
- Coconut oil – 1 jar (≈ 8 oz / 225 g)
- MCT oil – 1 bottle (≈ 0.5 fl oz / 15 ml)

Condiments & Spices

- Sea salt – 1 pack
- Ground black pepper – 1 jar or grinder
- Garlic powder – 1 jar (≈ 1 oz / 30 g)
- Onion powder – 1 jar (≈ 1 oz / 30 g)
- Smoked paprika – 1 jar (≈ 1 oz / 30 g)
- Ground cumin – 1 jar (≈ 1 oz / 30 g)
- Chili powder – 1 jar (≈ 1 oz / 30 g)
- Dried thyme – 1 jar (≈ 0.5 oz / 15 g)
- Cinnamon – 1 jar (≈ 0.5 oz / 15 g)
- Cocoa powder – 1 jar (≈ 2 oz / 14 g)
- Erythritol or monk fruit sweetener – 1 small pack (≈ 1.5 oz / 45 g)
- Dijon mustard – 1 jar (≈ 2 oz / 60 g)
- Vanilla extract – 1 bottle (≈ 1 fl oz / 30 ml)

Other

- Apple cider vinegar – 1 bottle (≈ 2 fl oz / 60 ml)
- Soy sauce or coconut aminos (optional) – 1 bottle (≈ 1 fl oz / 30 ml)
- Espresso or coffee – 1 small portion (≈ 1 fl oz / 30 ml)
- Matcha powder – 1 tin (≈ 2 g)
- Toothpicks or skewers – 1 small pack
- Parchment paper or foil – 1 roll (optional)

WEEK 4

Protein Sources

- Eggs – 1.5 dozen (≈ 36 oz / 1020 g)
- Chicken thighs – 1 pack (≈ 10 oz / 280 g)
- Chicken breasts – 2 packs (≈ 20 oz / 560 g)
- Ground beef – 1 pack (≈ 7 oz / 200 g)
- Ground lamb – 1 small pack (≈ 5 oz / 140 g)
- Pork chops – 1 pack (≈ 10 oz / 280 g)
- Ham (sliced, cooked) – 1 small pack (≈ 3.5 oz / 100 g)
- Tuna steaks – 2 steaks (≈ 8.8 oz / 250 g)
- Lamb chops – 1 pack (≈ 10 oz / 280 g)
- Smoked salmon – 2 small packs (≈ 6.6 oz / 190 g)
- Mixed seafood – 1 pack (≈ 7 oz / 200 g)
- Bacon – 2 packs (≈ 7 oz / 200 g)
- Prosciutto – 1 small pack (≈ 3.5 oz / 100 g)
- Mozzarella cheese – 2 packs (≈ 7 oz / 200 g)
- Cheddar cheese – 1 pack (≈ 2 oz / 60 g)
- Parmesan cheese – 1 wedge (≈ 3 oz / 85 g)
- Ricotta cheese – 2 tubs (≈ 9 oz / 260 g)
- Gruyère (or extra mozzarella) – 1 small pack (≈ 1 oz / 28 g)
- Cream cheese – 2 packs (≈ 5 oz / 140 g)

Vegetables

- Zucchini – 4 medium (≈ 28 oz / 800 g)
- Cauliflower – 1 head (≈ 10.5 oz / 300 g)
- Eggplant – 2 large (≈ 18 oz / 500 g)
- Bell peppers – 3 medium (≈ 13 oz / 370 g)
- Mini bell peppers – 1 pack (≈ 7 oz / 200 g)
- Broccoli florets – 1 head (≈ 2.8 oz / 80 g)
- Mushrooms – 2 packs (≈ 7 oz / 200 g)
- Spinach – 2 small bags (≈ 8.5 oz / 240 g)
- Kale (or spinach sub) – 1 small bag (≈ 4.2 oz / 120 g)
- Green cabbage – 1 small head (≈ 6.3 oz / 180 g)
- Leek (white part) – 1 stalk (≈ 2.1 oz / 60 g)
- Red bell pepper – 1 small (≈ 0.5 oz / 15 g)
- Asparagus – 1 bunch (≈ 7 oz / 200 g)
- Cucumber – 2 medium (≈ 14 oz / 400 g)
- Garlic – 2 heads (≈ 2.5 oz / 70 g)
- Onion (red or white) – 2 small (≈ 3 oz / 85 g)
- Shallot – 1 small (≈ 0.5 oz / 15 g)
- Green onion – 1 bunch (≈ 0.2 oz / 5 g)
- Fresh herbs (dill, parsley, basil, cilantro, thyme, chives) – 1 bunch each (≈ 1 oz / 30 g total)

Dairy Alternatives

- Heavy cream – 1 medium carton (≈ 16 fl oz / 475 ml)
- Sour cream – 1 container (≈ 3 oz / 90 g)
- Mayonnaise (sugar-free) – 1 jar (≈ 4 fl oz / 120 ml)
- Butter – 1 pack (≈ 5 oz / 140 g)
- Ghee – 1 small jar (≈ 2 fl oz / 60 ml)

Fruits

- Avocados – 3 medium (≈ 18 oz / 510 g)
- Lemons – 2 medium (≈ 4 oz / 120 g)
- Limes – 2 small (≈ 2 oz / 60 g)
- Mixed berries – 2 small packs (≈ 10 oz / 280 g)
- Raspberries – 2 small packs (≈ 6 oz / 170 g)

Condiments & Spices

- Dijon mustard – 1 jar (≈ 2 oz / 60 g)
- Tomato paste (no sugar) – 1 can (≈ 3 oz / 85 g)
- Crushed or chopped tomatoes – 1 can (≈ 3.5 oz / 100 g)
- Coconut aminos or tamari – 1 bottle (≈ 2 fl oz / 60 ml)
- Sesame oil – 1 bottle (≈ 2 fl oz / 60 ml)
- Rice vinegar – 1 bottle (≈ 1 fl oz / 30 ml)
- Apple cider vinegar – 1 bottle (≈ 8 fl oz / 240 ml)
- Lemon juice – from lemons above or 1 bottle (≈ 2 fl oz / 60 ml)
- Lime juice – from limes above or 1 bottle (≈ 1.5 fl oz / 45 ml)
- Garlic powder – 1 jar (≈ 1 oz / 30 g)
- Smoked paprika – 1 jar (≈ 1 oz / 30 g)
- Ground cumin – 1 jar (≈ 1 oz / 30 g)
- Chili flakes – 1 jar (≈ 0.5 oz / 15 g)
- Italian seasoning – 1 jar (≈ 0.5 oz / 15 g)
- Dried oregano – 1 jar (≈ 0.5 oz / 15 g)
- Dried thyme – 1 jar (≈ 0.5 oz / 15 g)
- Ground black pepper – 1 grinder or jar
- Sea salt – 1 pack

Nuts & Seeds

- Sesame seeds – 1 pack (≈ 1 oz / 30 g)
- Pine nuts or walnuts – 1 small pack (≈ 1.4 oz / 40 g)
- Chia seeds – 1 small pack (≈ 1 oz / 28 g)
- Capers – 1 jar (≈ 1.5 oz / 40 g)

Grains & Flour

- Almond flour – 1 large pack (≈ 17.8 oz / 506 g)
- Baking powder – 1 tin (≈ 1 oz / 28 g)

Oils & Cooking Essentials

- Olive oil – 1 bottle (≈ 17 fl oz / 500 ml)
- Avocado oil – 1 bottle (≈ 8 fl oz / 240 ml)
- Coconut oil – 1 jar (≈ 8 oz / 225 g)
- MCT oil – 1 small bottle (≈ 0.5 fl oz / 15 ml)

Other

- Toothpicks or skewers – 1 small pack
- Parchment paper or foil – 1 roll

WEEK 5

Protein Sources

- Chicken drumsticks – 1 pack (≈ 14 oz / 400 g)
- Ground beef – 1 pack (≈ 6 oz / 170 g)
- Tuna steak – 1 fillet (≈ 4 oz / 115 g)
- Smoked salmon – 1 small pack (≈ 2.1 oz / 60 g)
- Eggs – ½ dozen (≈ 6 oz / 170 g)
- Mozzarella cheese (shredded and balls) – 2 small packs (≈ 5.3 oz / 150 g total)
- Cheddar cheese (shredded) – 1 small pack (≈ 1.8 oz / 50 g)
- Parmesan cheese – 1 small wedge (≈ 0.5 oz / 15 g)
- Ricotta cheese – 1 small tub (≈ 3.5 oz / 100 g)
- Cream cheese – 1 pack (≈ 2 oz / 60 g)

Vegetables

- Zucchini – 3 medium (≈ 18 oz / 500 g total)
- Cauliflower – 1 small head (≈ 10.5 oz / 300 g)
- Mini bell peppers – 1 pack (≈ 7 oz / 200 g)
- Garlic – 1 head (≈ 1 oz / 30 g)
- Red onion – 1 small (≈ 0.5 oz / 15 g)
- Onion (white or yellow) – 1 small (≈ 1 oz / 30 g)
- Fresh dill – 1 bunch (≈ 0.2 oz / 5 g)
- Fresh parsley – 1 small bunch (≈ 0.2 oz / 5 g)
- Rosemary – 1 small bunch (≈ 0.2 oz / 5 g)
- Basil (fresh) – 1 small bunch (optional garnish)

Dairy Alternatives

- Sour cream – 1 small container (≈ 1.7 oz / 50 g)
- Mayonnaise (sugar-free) – 1 small jar (≈ 1.5 fl oz / 45 ml)
- Butter – 1 stick (≈ 1.2 oz / 35 g)

Fruits

- Avocados – 1 medium (≈ 3.5 oz / 100 g)
- Limes – 1 small (≈ 1 oz / 30 g)
- Lemons – 1 small (≈ 1 oz / 30 g)
- Berries – 2.5 oz / 70 g
- Mixed berries – included in berries
- Raspberries – 3.0 oz / 85 g (from recipes, add if needed)

Grains & Flour

- Almond flour – 1 small pack (≈ 1.8 oz / 50 g)
- Baking powder – 1 tin (≈ 0.1 oz / 3 g)

Oils & Cooking Essentials

- Olive oil – 1 small bottle (≈ 4 tbsp / 60 ml)
- Avocado oil – 1 bottle (≈ 2 tbsp / 30 ml, for frying sticks)

Condiments & Spices

- Italian seasoning – 1 jar (≈ 0.07 oz / 2 g)
- Dijon mustard – 1 small jar (≈ 0.5 tsp / 2.5 ml)
- Garlic powder – 1 small jar (≈ 0.25 tsp / 1 g)
- Smoked paprika – 1 jar (≈ 0.5 tsp / 1 g)
- Dried oregano – 1 jar (≈ 0.5 g)
- Sea salt – 1 pack
- Black pepper – 1 grinder or jar
- Tomato paste (no sugar added) – 1 small can (≈ 1 oz / 30 g)
- Chopped tomatoes (no sugar added) – 1 small can (≈ 1.8 oz / 50 g)

Other

- Tomato paste (no sugar added) – 1 small can (≈ 1 oz / 30 g)
- Chopped tomatoes (no sugar added) – 1 small can (≈ 1.8 oz / 50 g)
- Toothpicks or skewers – 1 small pack (for snacks, optional)

CONCLUSION

Congratulations on finishing this book — but remember, this is just the start of your journey toward better health, sustained energy, and a healthier lifestyle. The keto diet isn't a temporary solution; it's a conscious way of living that supports efficient body function, weight management, reduced inflammation, and balanced blood sugar.

Through these recipes, you've seen that keto can be both delicious and diverse. From quick breakfasts to hearty dinners, light snacks, and indulgent treats, you now have plenty of ideas to help you stay confidently on track.

Practical Tips for a Sustainable Keto Lifestyle

Transitioning to a keto diet isn't just about changing what you eat — it's about building a new mindset. To keep yourself motivated and on track, focus on creating small, daily habits that reinforce your progress. Here are some simple, effective tips to help you integrate keto into your daily life with confidence:

Plan your meals ahead of time

Set aside some time each week to map out a basic meal plan and shopping list. Doing so reduces impulsive decisions and ensures you're always ready. With a plan in place, your week flows easier and your eating stays on track.

Keep keto staples on hand

Keep your fridge and pantry stocked with keto staples such as eggs, cheese, leafy greens, avocados, cream, butter, almond flour, nuts, and high-quality meats or fish. With the right ingredients always available, quick breakfasts or emergency snacks are easy to pull together.

Be ready for the keto plateau

If you notice that weight loss slows down or stalls — don't worry. It's completely normal to encounter this. You might try modifying your macros, moving more throughout the day, or shifting your meal schedule. The key is to stay calm and committed.

Prepare for travel and social situations

Keep keto-friendly snacks within reach — such as cheese sticks, hard-boiled eggs, nuts, or meat snacks — particularly when you're on the move. When eating out or attending social events, feel free to ask about ingredients or bring a suitable option. It's both practical and empowering.

Stay flexible and realistic

Perfection isn't required daily. Long-term results come from staying consistent, not being rigid. Focus on balance — if something goes off track, just keep moving forward without guilt.

Invitation to Experiment and Evolve

A key strength of the keto lifestyle is how flexible it can be. It's not about rigid rules, but about understanding your body and adjusting as you progress. Don't be afraid to make the journey your own.

Create your own favorite versions

Use the recipes in this book as inspiration, but don't hesitate to modify ingredients, spices, or textures to match your preferences. Over time, you'll naturally start crafting meals that reflect your preferences and fit seamlessly into your routine.

Pay attention to how your body responds

Metabolism varies from person to person. Track your meals, either in a journal or mentally, noting which leave you energized, satisfied, or tired. This insight will guide you in tailoring a plan that works best for you.

Break the template if it helps you thrive

There is no one "perfect" way to do keto. Experimenting with timing, ingredient substitutions, or even a slightly higher-carb day is perfectly okay if it supports your overall health and well-being. Sustainability comes from enjoyment and adaptability.

Stay curious, not rigid

Approach this lifestyle as an ongoing journey rather than a fixed endpoint. Stay open to learning, adjusting, and experimenting in the kitchen. True transformation comes not from pressure, but from curiosity and self-care.

It's important to remember that every body is unique. Pay attention to your body's needs, adapt recipes to your preferences, and adjust ingredients or meal timing as necessary. Over time, you may notice not only physical improvements but also enhanced mental clarity, emotional balance, and a general sense of lightness.

It's perfectly normal to run into obstacles along the way. Real, lasting change doesn't happen overnight. What matters most is to keep going and not be too hard on yourself. Allow for flexibility, rest, and maintain your motivation: your health is truly in your hands.

We hope this book will be a reliable companion at every stage — from your first steps to confident, long-term commitment to the keto lifestyle. Return to your favorite recipes, explore new combinations, share meals with loved ones, and continue discovering the flavorful world of ketogenic eating.

Stay healthy, energized, and inspired — always.

Until we meet again, in the kitchen and beyond.

Thank You

Thank You for Your Purchase!

I truly appreciate you choosing my book — I hope it brought you value, inspiration, or simply some joy.

Your feedback means the world!
If you enjoyed the book, please consider leaving a quick review on Amazon. It helps other readers discover it and supports my work as an author.

Stay connected!
Follow my Amazon Author Page to be the first to know about new releases, updates, and special content.

Thank you again for your support!