

# 50 Keto Recipes for a Healthy Life

## Healthy Cooking, A New Beginning

Welcome to a culinary journey that goes beyond recipes and dives into the heart of what it means to live a full and healthy life. This book is not just a collection of recipes; it's an invitation to transform your relationship with food and your body.

Each recipe included here has been carefully crafted to balance flavor and nutrition, proving that eating healthy doesn't mean giving up the joy of savoring every bite. From low-carb options to protein-packed dishes and wholesome essential fats, you'll find inspiration for breakfasts, lunches, dinners, and snacks tailored to your lifestyle and needs.

Why should you try these recipes? Because each one is designed to energize you, strengthen your health, and make you feel amazing. Cooking can also be a transformative experience: an act of self-love and care for those around you.

I invite you to put on your apron, explore new flavors, and rediscover the joy of cooking with purpose. This is more than preparing food; it's about nourishing your body, mind, and spirit to build the best version of yourself.

Start today! Make these recipes a habit, a lifestyle, and a bridge to a healthier, happier you. Enjoy every bite! 🍴 ✨

## **1. Bacon & Egg Bites**

### **INGREDIENTS:**

6 rashers streaky Bacon  
2 eggs  
⅓ Capsicum  
½ Avocado

### **DIRECTIONS:**

1. Preheat the oven to 350 F.
2. Spray a Texas muffin tin with oil – ideally olive or coconut.
3. Lay 3 slices of bacon in each muffin hole so they form a case.
4. Cook in oven for 5 mins.
5. Crack in an egg and top with diced bell pepper.
6. Return to oven until cooked, about 5-10 minutes.
7. Top with smashed avocado

### **➡ Nutritional Information:**

Calories: 453.40

Carbs: 9.7g (8.33%)

Net Carbs: 4g (3.43%)

Protein: 50.7g (43.52%)

Fat: 56.1g (48.15%)

Total Weight: 116.5g

## **1. Chicken Salad Cups**

### **INGREDIENTS:**

1 Whole Chicken – Brined & Roast  
8 leaves Romaine Lettuce  
1 Cup Mayo  
1 Stalk Celery  
¼ Cup Red Onion  
¼ Cup Green Bell Pepper

1 Tablespoon Dill  
1 Tablespoon Parsley  
2 Teaspoon Lemon Juice  
1 Teaspoon Mustard  
All Chicken Dripping  
2 Cups beef stock  
½ Cup onion

**DIRECTIONS:**

1. Make a saltwater brine by mixing ¼ cup of salt and 4 cups of hot water – let cool.
2. Place a whole chicken in a large freezer bag and add brine. Let it rest for 24 hours in the fridge.
3. Preheat oven to 350 F.
4. Remove chicken from brine and pat skin dry with a paper towel.
5. Rub with skin with salt.
6. Roast in a deep dish pan in the oven for approximately 60 minutes until cooked.
7. Reserve juices, let chicken cool and peel off skin reserving on the side.
8. Shred chicken in a bowl and return skin to oven on a baking sheet until crispy (about 10 mins).
9. Mix mayo, diced celery, red onion, bell pepper, dill, parsley, lemon juice and mustard.
10. Add Salt and Pepper to taste.
11. Refrigerate.
12. In a medium pot, add 1 tablespoon of chicken dripping, onion and cook until browned.
13. Add the rest of the cooking juices and stock. Simmer until thick.
14. Fill lettuce cups with chicken mix, top with chicken skin and gravy.

➡ **Nutritional Information:**

Calories: 608.27

Carbs: 5.7g (7.04%)

Net Carbs: 4g (4.94%)

Protein: 19.2g (23.70%)

Fat: 56.1g (69.26%)

Total Weight: 81g

## **2. Berry & Chia Pudding**

### INGREDIENTS:

1 Cup Chia Seeds  
1 Cup Coconut Cream  
8 oz Coconut Water  
1 Cup Raspberries  
1 T Cocoa Powder  
1 Cup Strawberries  
Freeze Dried Raspberries  
Cocoa Nibs

### DIRECTIONS:

1. On a food processor or blender, puree Raspberries and Strawberries.
2. Add coconut water, coconut cream and cocoa powder and mix.
3. Transfer to a bowl and mix gently with chia seeds.
4. Refrigerate overnight until chia seeds have swelled and doubled in size.

### ➡ Nutritional Information:

Calories: 402.72  
Carbs: 30.8g (44.38%)  
Net Carbs: 8.3g (11.96%)  
Protein: 14.2g (20.46%)  
Fat: 24.4g (35.16%)  
Total Weight: 69.4g

## **3. Salmon Salad**

### INGREDIENTS:

1 Medium Boiled Egg  
1 Cup Spinach  
1 Cup Arugula

6 Basil leaves  
3 oz slices Smoked Salmon or Lox  
½ Avocado  
3 T Avocado Oil  
2 T Lemon Juice  
1 T Mustard

**DIRECTIONS:**

1. Add the avocado oil, lemon juice and mustard in a small jar.
2. Shake until thick and emulsified.
3. Place the spinach, arugula and basil in a bowl.
4. Add dressing and toss to coat all the leaves.
5. Place on a plate and top with salmon, egg and avocado.

➡ **Nutritional Information:**

Calories: 958.41  
Carbs 22.3g (16.08%)  
Net Carbs: 7g (5.05%)  
Protein: 31g (22.35%)  
Fat: 85.4g (61.57%)  
Total Weight: 138.7g

## **4. Peanut Burger**

**INGREDIENTS:**

1lb Ground beef  
3 Cloves garlic  
2 T Paprika  
Cracked pepper  
1 Egg  
1 Cup Arugula  
2 Slices Tomato  
1 Pickle  
4 T Peanut butter  
2 T Olive oil

**DIRECTIONS:**

1. In a large bowl, mix the ground beef, egg, paprika, salt and pepper.
2. Form 4 even patties.
3. Fry in olive oil until browned.
4. Layer the 'burger' starting with the patties as buns then top with salad, pickle, tomato and peanut butter.
5. Wrap in paper and serve.

➡ Nutritional Information:

Calories: 628.35

Carbs: 14.8g (16.02%)

Net Carbs: 9g (9.74%)

Protein: 23.3g (25.22%)

Fat: 54.3g (58.77%)

Total Weight: 92.4g

## 5. Cauliflower Mash

INGREDIENTS:

1 Medium Head Cauliflower

4 TB Chives

1 TSP Garlic powder

4 TB Butter

DIRECTIONS:

1. Chop a medium head of cauliflower into medium sized pieces.
2. Fill a pot with water, bring to a rolling boil and place a steamer on top.
3. Add cauliflower and steam for 10-15 minutes until softened.
4. Add to a food processor with butter, garlic powder and a pinch of salt.
5. Puree and serve with chopped chives.

➡ Nutritional Information:

Calories 281.78

Carbs: 16.5g (35.64%)

Net Carbs: 9g (19.44%)

Protein: 6.4g (13.82%)

Fat: 23.4g (50.54%)

Total Weight: 46.3g

## 6. Chicken Caesar

### INGREDIENTS:

- 1 Chicken breast
- 1 T Olive Oil
- 3 Cups Romaine Lettuce
- 1/4 Cup Mayo
- 1/4 Cup Grated Parmesan
- 1 T Mustard
- 1/4 Lemon incl zest
- 2 Strips Bacon

### DIRECTIONS:

1. In a non stick pan, fry the chicken breast and bacon until browned.
2. Remove from the pan and cool.
3. Chop the bacon into small pieces.
4. In a small bowl, mix mayonnaise, mustard, lemon and finely chopped fried bacon.
5. On a baking paper lined baking sheet place grated parmesan in a ¼ inch thick layer.
6. Bake for 10 minutes until melted and slightly browned.
7. Remove from oven and cool.
8. Roughly chop lettuce, dress with caesar dressing and top with chicken.
9. Break Parmesan into crisps and crumble on top.

### ➡ Nutritional Information:

Calories: 880.02

Carbs: 13.1g (9.87%)

Net Carbs: 9g (6.78%)

Protein: 49.1g (37.00%)

Fat: 70.5g (53.13%)

Total Weight: 132.7g

## 7. Chili

#### INGREDIENTS:

2Lb 70/30 Ground Beef  
1 Jar of low sugar Marinara (like Raos)  
4 Cloves Garlic  
2 Cups Beef stock  
2 Cups Mushrooms  
4T Olive oil  
1/2 Onion  
4 Cloves Garlic  
1t Cayenne  
1 Avocado

#### Directions:

1. In a large pan on a low-medium heat, fry diced onion and garlic until caramelized.
2. Add mushrooms and ground beef and cook until browned.
3. Pour in Marinara sauce, cayenne and beef stock.
4. Reduce heat and cook until reduced and sauce has thickened – about 30 minutes.
5. Serve with sliced avocado.

#### ➡ Nutritional Information:

Calories: 473.23  
Carbs: 17.2g (24.71%)  
Net Carbs: 12g (17.24%)  
Protein: 11.9g (17.10%)  
Fat: 40.5g (58.19%)  
Total Weight: 69.6g

## 8. Oven Baked Salmon

#### INGREDIENTS:

1 Fillet Salmon  
2 tbsp Diced Bell Pepper  
2 Lemon Slice  
1 Ring Red Onion



Sesame Seeds

1 Cup Shredded Cabbage

1 T Sesame Oil

3 T Sesame Oil

1/4 tbsp Wasabi

DIRECTIONS:

1. Preheat the oven to 350 F.
2. Rub the skin of the Salmon with salt.
3. Place on a sheet of baking foil and top with sliced lemon, bell pepper, red onion and sesame seeds
4. Fold up into a parcel and bake in oven for 12-15 minutes.
5. In a small bowl, mix Mayonnaise, wasabi and sesame oil.
6. Mix with cabbage, turn onto a plate and place baked salmon on top.

➡ Nutritional Information:

Calories: 696.94

Carbs: 10.7g (10.60%)

Net Carbs: 7g (6.94%)

Protein: 30.7g (30.43%)

Fat: 59.5g (58.97%)

Total Weight: 100.9g

## 9. Coconut Curry with Cauliflower Rice

INGREDIENTS:

1 Lb boneless Chicken thigh cutlets

2 T Olive Oil

1 Onion

4 cloves garlic

2 T Green Thai Curry paste

1 T fresh grated ginger

2 T Sriracha

1 Can coconut cream

1 Cup Broccoli

1 chopped Zucchini

2 Cups Chicken Stock

### 3 Cups Riced Cauliflower

#### DIRECTIONS:

1. In a large frying pan, add 2 tablespoons of coconut cream and place on a medium-high heat until bubbling.
2. Add the diced onion and garlic and fry until softened, about 10 minutes.
3. Add ginger and diced chicken and cook until browned.
4. Add in curry paste and sriracha and cook for an additional two minutes until fragrant.
5. Pour in the rest of the coconut cream, chicken stock, broccoli and zucchini
6. Reduce to a low-medium heat and leave to simmer for 20-30 minutes.
7. Add salt and extra chilli sauce to taste.
8. Prepare Cauliflower rice according to directions on package. Serve.

#### ➡ Nutritional Information:

Calories: 546.13

Carbs 18.8g 21.01%

Net Carbs: 14g (15.64%)

Protein: 26.5g (29.61%)

Fat: 44.2g (49.39%)

Total Weight: 89.5g

## 10. Breakfast Burrito

#### INGREDIENTS:

- 1 Egg
- 1 Leaf Romaine
- 1 T Cream
- 1 T Olive Oil
- 1 T Butter
- 3 oz Polish Sausage
- 3 T Bell Pepper
- 1 tsp Paprika

#### DIRECTIONS:

1. Place oil in a pan on a medium-high heat.
2. Cook the sausage until browned and place to the side.

3. Beat the egg, cream, minced bell pepper, paprika, salt and pepper.
4. Add the butter to the pan and melt.
5. Scramble the egg mixture.
6. Fill a romaine leaf with the sausage and egg.

➡ Nutritional Information:

Calories: 786.33

Carbs: 6.7g (7.85%)

Net Carbs: 4.5g (5.28%)

Protein: 19.4g (22.74%)

Fat: 59.2g (69.40%)

Total Weight: 85.3g

## 11. Cheese and Bacon Stuffed Mushrooms

### INGREDIENTS:

- 3 Slices Havarti
- 2 Extra Large Portobello Mushrooms
- 4 Rashers Bacon
- 2 T Minced Onion
- 2 T Minced Garlic
- 2 tbsp Paprika
- 2 T Butter

### Directions:

1. Preheat the oven to 350 F.
2. Melt the butter and mix with half the garlic.
3. Using a pastry brush, paint the mushrooms and place on a baking sheet.
4. Pour any remaining butter on top and bake for 15 minutes.
5. Fry the bacon and slice into small pieces.
6. Top mushrooms with bacon, remaining garlic, onion, paprika and Havarti.
7. Return to the oven for 10 minutes until mushrooms are fully cooked and cheese melted

➡ Nutritional Information:

Calories: 631.93

Carbs: 13.3g (11.03%)

Net Carbs: 10g (8.29%)  
Protein: 41.3g (34.25%)  
Fat: 66g (54.73%)  
Total Weight: 120.6g

## 12. Spicy Tuna Rolls

### INGREDIENTS:

1 Cucumber  
10 oz Canned Tuna (Large Can)  
1 Avocado  
1/4 Cup Mayo  
2 T Sriracha  
1 Tsp Sesame Oil  
8t Tobiko

### DIRECTIONS:

1. Mix the drained tuna, mayo, sriracha and sesame oil in a medium bowl.
2. Refrigerate.
3. Slice the avocado thinly.
4. Slice cucumber into ribbons with vegetable peeler or mandolin and pat dry with a paper towel.
5. Top a slice with tuna, thin avocado slices and roll.
6. Top with tobiko and serve with soy sauce and pickled ginger.

### ➡ Nutritional Information:

Calories: 402.01  
Carbs: 15g (21.61%)  
Net Carbs: 10g (14.41%)  
Protein: 30.4g (43.80%)  
Fat: 24g (34.58%)  
Total Weight: 69.4g

## 13. Swedish Meatballs

### INGREDIENTS:

11 oz Ground Beef

11 oz Pork Mince  
1 Egg  
½ Onion  
4 Cloves Garlic  
1 T Nutmeg  
2 Cardamom  
Parsley to garnish  
1 Carton Beef Stock  
½ Cup Sour Cream  
½ Cup Cream

**DIRECTIONS:**

1. Mince Onion, garlic and spices using a food processor.
2. Add to ground beef, pork, egg in a large bowl.
3. Form into balls and fry on a medium heat in olive oil until outsides are browned and crispy.
4. Add beef stock, sour cream and cream to the pan and simmer on a low heat for about 15 minutes until thick.
5. Make sure to keep the heat low as not to curdle the cream.
6. Serve with chopped parsley to garnish.

➡ **Nutritional Information:**

Calories: 686.90

Carbs: 8.3g (8.38%)

Net Carbs: 7.3g (7.37%)

Protein: 34.2g (34.51%)

Fat: 56.6g (57.11%)

Total Weight: 99.1g

## **14. Feta and Spinach Omelette**

**INGREDIENTS:**

2 Whole Eggs  
2 T Heavy cream  
½ Cup Spinach, chopped  
2 T Butter  
2 Cloves of garlic, smashed and minced

¼ Cup Onion, minced  
½ Cup Feta cheese  
½ Avocado

**DIRECTIONS:**

1. Place a wide non-stick pan on medium heat and melt 1 tablespoon of butter.
2. Add the minced garlic and onions.
3. Cook slowly for 10 minutes until browned and softened, then pour into a bowl and place to the side.
4. Lightly beat the eggs, cream and a pinch of salt and pepper in a bowl.
5. Melt the remainder of the butter, add egg mixture and cook over a low heat.
6. When the edges start to set after about two minutes, crumble over the feta, chopped spinach, cooked onion and garlic.
7. Flip in half, cook for a further 2 minutes until brown and slide onto a plate.
8. Top with half a sliced avocado.

➡ **Nutritional Information:**

Calories: 786.33  
Carbs: 6.9g (15.24%)  
Net Carbs: 10.1g (9.11%)  
Protein: 25.9g (23.35%)  
Fat: 68.1g (61.41%)  
Total Weight: 110.9g

## **15. Keto Lasagna**

**INGREDIENTS:**

**Meat Sauce:**

1 LB Ground Beef  
1 Can Tomatoes  
1 Cup Mushrooms  
1 Cup Beef Stock  
4 Cloves garlic  
1 Cup Diced Onion  
1 TBSP Olive Oil

Cheese Sauce:

- 4 OZ Cream Cheese
- 1 Cup Cheddar
- 1 OZ Mozzarella
- 1 Cup Cream
- 2 Large Zucchini

DIRECTIONS:

1. In a small pot add the cream, cream cheese, cheddar and mozzarella. Warm slowly until all the cheese has melted but do not bring to a boil. Set to the side.
2. Heat a medium pan and add the olive oil.  
Add the diced onion and garlic and fry for 5-10 minutes until starting to brown.
3. Add the mushrooms and ground beef and cook until browned. Season with a pinch of salt and pepper.
4. Add the tomatoes and beef stock and simmer for 20-30 minutes until sauce has reduced. Set to the side.
5. Cut the zucchini into thin strips using a mandolin or vegetable peeler. Grease and line a baking tin.
6. Layer the lasagna finishing with a layer of the cheese sauce. Top with some additional shredded cheese.
7. Bake for 30-40 minutes at 350°F.

➡ Nutritional Information:

Net Carbs: 8.2g

Protein: 25.8g

Fat: 23g

Calories: 346

## 16. Cookie Skillet

INGREDIENTS:

- ½ Cup Almond Butter
- ½ Cup Almond Meal
- ¼ Cup Sukrin
- 2 TBSP Vanilla
- 2 Egg Yolks
- 2 TBSP Cacao Nibs

#### DIRECTIONS:

1. Mix all ingredients in a medium bowl.
2. Press into a small, greased skillet.
3. Bake in a 350°F oven for 15 minutes.
4. Remove from the oven and serve with keto ice cream.

#### ➡ Nutritional Information:

Carbs: 13.6g

Net Carbs: 13.6g

Protein: 32.7g

Fat: 66.5g

Calories: 905

## **17. Roasted Cauliflower Dip**

#### INGREDIENTS:

½ Head Cauliflower  
1 TBSP Cumin Seeds  
1 TSP Onion Powder  
1 TSP Garlic Powder  
1 TBSP Olive Oil  
100 G Almond Flour  
50 G Coconut Flour  
1 TSP Xanthan Gum  
1 TSP Salt  
100 G Butter  
50 G Cream Cheese  
1 Egg  
2 TSP Apple Cider  
Vinegar

#### DIRECTIONS:

1. Take the cauliflower and cut into small florets.
2. Toss in a small amount of olive oil and the cumin seeds.
3. Roast for 30 minutes at 375°F until browned and crispy. Let cool for 10 minutes.
4. Add all cracker ingredients into a food processor and pulse until combined.



Wrap in cling film and freeze for 30 minutes.

5. Roll between 2 sheets of parchment paper and slice into crackers. Bake for 25 minutes at 350°F, flipping halfway through.

6. In a food processor, add the cauliflower, onion, garlic

➡ Nutritional Information:

Net Carbs: 15.6g

Protein: 16.1g

Fat: 53.2g

Calories: 618

## 18. Zucchini Fries

INGREDIENTS:

2 Zucchini

2 Large Portobello

Mushrooms

¼ Cup Parmesan

Paprika

Rosemary Sprigs

¼ Cup Almond Flour

2 Eggs

Coconut Oil for  
frying

DIRECTIONS:

1. Slice the zucchini and mushrooms into long strips.

2. In a bowl, beat 2 eggs. In another, mix the parmesan, paprika, rosemary, salt and almond flour.

3. Coat the mushrooms and zucchini in the egg mixture and coat in the dry mix.

4. Fry in coconut oil for 6-8 minutes until crispy on the outside and cooked through.

➡ Nutritional Information:

Fat: 22.1g  
Net Carbs: 8.2g  
Protein: 17.4g  
Calories: 302

## **19. Egg Roll Bowl**

### **INGREDIENTS:**

1 Head Cabbage  
1 TBSP Olive Oil  
1 LB Ground Pork  
½ Onion  
1 TBSP Sesame Oil  
¼ Cup Soy Sauce  
4 Cloves Minced Garlic  
2 TBSP Minced Ginger  
2 TBSP Chicken Stock  
1 Stalk Green Onion  
1 TBSP Sriracha

### **DIRECTIONS:**

1. Heat a medium pan and add olive oil.
2. Once hot, add the onion, cabbage and a pinch of salt.
3. Sauté until the cabbage is tender.
4. Add the garlic, ginger, sesame oil and pork. Cook until the pork has browned. Add the soy sauce, sriracha and chicken stock, simmering for 5 minutes.
5. Serve with chopped green onion and a dash of sriracha if preferred.

### **➡ Nutritional Information:**

Net Carbs: 2g  
Protein: 20g  
Fat: 18.3g  
Calories: 307

## **20. Keto Dinner**

### **INGREDIENTS:**

### Meatloaf:

1 LB Ground Beef  
1 LB Ground Pork  
½ Cup Onion  
1 Egg  
1 TBSP Thyme  
1 TBSP Sage  
1 TBSP Basil  
1 TBSP Paprika  
4 Cloves Garlic  
2 T Olive Oil

### Mashed Cauliflower:

1/2 Head Cauliflower  
3 TBSP Butter  
¼ Cup Parmesan

### Zucchini:

2 Medium Zucchini  
1 TBSP Olive Oil  
2 Cloves Garlic  
1 TSP Turmeric

### DIRECTIONS:

1. For the meatloaf, mix all ingredients in a bowl and transfer to a greased and parchment-lined loaf tin. Bake at 350°F for 45 minutes or until cooked through.
2. For the mashed cauliflower, steam half a head of cauliflower for 20 minutes or until tender. Add to a food processor with the butter and parmesan cheese. Pulse until smooth, adding a splash of water if necessary.
3. For the zucchini, cut the zucchini squash into spears and roast at 350°F for 10 minutes. Add the garlic, oil and turmeric to a bowl.
4. Remove the zucchini from the oven and cover in the oil mix. Return to the oven for 20 minutes or until cooked through.

### ➡ Nutritional Information:

Net Carbs: 7.1g

Protein: 30.2g

Fat: 40.4g  
Calories: 523

## 21. Chicken Tenders

### INGREDIENTS:

4 Boneless Chicken Thighs  
1 Egg  
½ Cup Almond Flour  
2 Cups Pork Panko  
1 T Paprika  
½ Cup Coconut Oil for frying  
¼ Cup Mayo  
1 Pickle  
1 T Diced Red Onion  
1 T Mustard

Optional: Cayenne Pepper

### DIRECTIONS:

1. Take boneless chicken thigh cutlets and cut in half lengthways.
2. Marinade overnight in pickle brine overnight or make your own using the recipe below.
3. Mix Almond flour and 2 teaspoons of salt, pepper and smoked paprika.
4. Dip each tender in almond flour mix, then beaten egg and then pork panko.
5. In a high sided frying pan, heat coconut oil to approximately 325 degrees.
6. Drop breaded tenders into the coconut oil and fry until golden, about 5 minutes each side.
7. Place on paper towels. Coat in a little Cayenne pepper if spicy chicken is preferred.
8. In a small bowl, mix mayo, diced pickle, diced red onion and mustard.
9. Serve on the side.

### ➡ Nutritional Information:

Calories: 926.15  
Carbs: 4.5g (3.05%)

Net Carbs: 3.5g (2.37%)

Protein: 73.8g (50.07%)

Fat: 69.1g (46.88%)

Total Weight: 147.4g

## 22. Chicken Meatballs

### INGREDIENTS:

1 LB Ground Chicken

1 Egg

2 TBSP Almond Flour

1 TBSP Chives

### Filling:

4 OZ Cream Cheese

4 OZ Frozen Spinach

1/2 Cup Monterey Jack

1/2 Cup Cheddar

3 Cloves Garlic

### DIRECTIONS:

1. In a medium bowl, mix the cream cheese, spinach, cheese and garlic.
2. Spoon onto a baking tray into 12 small balls and freeze for 1 hour or until solid.
3. In another bowl, mix the ground chicken, egg, almond flour and chives.
4. Take a frozen filling ball and roll the chicken mixture around it.
5. Repeat and return the chicken balls to the freezer for 20 minutes.
6. Take a hot pan, add coconut oil and fry the Keto Chicken and Spinach meatballs until cooked through.

### ➡ Nutritional Information:

Net Carbs: 4g

Protein: 28.5g

Fat: 28.9g

Calories: 387

## 23. Keto Dumplings

#### INGREDIENTS:

18 Cabbage Leaves  
1 lb Ground Pork  
½ Cup Prawns  
1 TBSP Fennel Seeds  
1 TBSP Soy Sauce  
¼ Cup Green Onions  
4 Cloves Garlic  
1 TBSP Chinese 5 Spice  
1 TBSP Olive Oil

#### DIRECTIONS:

1. Take a small head of green cabbage and remove the core carefully with a sharp knife. Steam the cabbage for 10-15 minutes until tender and pliable. Unpeel the leaves and set to the side.
2. In a bowl, mix the pork, prawns, soy sauce, onions and garlic. Add the 5 spice and fennel seeds and mix until combined.
3. Take a cabbage leaf and wrap about a tablespoon of the pork and prawn mixture. Secure with cooking twine.
4. Place dumplings in the steamer for 10 minutes, then finish in a hot pan with a tablespoon of olive oil for 2-3 minutes on each side or until crispy.
5. Serve with soy sauce and enjoy!

#### ➡ Nutritional Information:

Net Carbs: 6.2g  
Protein: 48.8g  
Fat: 36.2g  
Calories: 571

## **24. Boneless Wings**

#### INGREDIENTS:

1 lb Ground Chicken  
1 Egg  
2 TBSP Almond Flour  
2 TSP Salt  
1 TSP Liquid Smoke  
½ Cup Low Sugar Hot

Sauce

1 Stick Butter

Keto Ranch

Celery

DIRECTIONS:

1. In a medium bowl, mix the chicken, egg, almond flour, salt and liquid smoke.
2. Spoon onto a lined baking tray into 12 wing shapes. Freeze for 30 minutes.
3. In a pot, melt the butter, keeping the heat low. Add the hot sauce in a slow stream until completely combined. Set to the side.
4. Remove the wings from the freezer and fry for 5 minutes on each side until browned and the chicken is fully cooked. Add wings to the bowl with the hot sauce and mix until completely coated.
5. Serve with keto ranch and celery.

➡ Nutritional Information:

Net Carbs: 1g

Protein: 23.1g

Fat: 38.7g

Calories: 439

## 25. No-Grain-Ola

INGREDIENTS:

1 Cup Almonds

1 Cup Peanuts

2 TBSP Peanut Butter

1 TBSP Cinnamon

½ Cup Hemp Seeds

½ Cup Chia Seeds

½ Cup Pumpkin Seeds

2 TBSP Cacao Nibs

¼ Cup Flax Seeds

½ Cup Cashews

2 TBSP Coconut Oil

## Stevia

### DIRECTIONS:

1. Mix 2 tablespoons of peanut butter, 1 tablespoon of ground cinnamon, 2 tablespoons of coconut oil and stevia in a small bowl.
2. In a larger bowl mix the remainder of the ingredients. Combine and mix until all nuts are well coated.
3. Transfer to a parchment paper-lined baking sheet and bake at 325°F for 25 minutes or until nuts are well toasted. Stir every 5-8 minutes to avoid burning.
4. Let cool and serve with a splash of unsweetened almond milk. Store in an airtight container.

### ➡ Nutritional Information:

Net Carbs: 10g

Protein: 35.2g

Fat: 54.9g

Calories: 693

## 26. Chicken and Bacon Sliders

### INGREDIENTS:

1 LB Ground Chicken

1 TBSP Cumin

½ Cup Onion

4 cloves Garlic

8 Strips Bacon

8 Slices Mozzarella

Iceberg Lettuce

1 Egg

### DIRECTIONS:

1. In a large bowl, mix ground chicken, cumin, onion, garlic and egg.
2. Form into 8-10 small burgers.



3. Fry for 6-7 minutes on medium high heat until crispy and cooked through. Fry the bacon until desired crispness is achieved.
4. Layer the sliders in a small iceberg lettuce leaf and secure with a toothpick.

➡ Nutritional Information:

Net Carbs: 3.8g

Protein: 39.6g

Fat: 27.7g

Calories: 415

## **27. Deli Salad**

### INGREDIENTS:

#### Salad:

1/2 Cup Cabbage

1 Cup Baby Spinach

1 Cup Romaine Lettuce

7 oz Pastrami

10 Spears Asparagus

#### Russian Dressing:

1/4 Cup Mayo

1/8 Cup Reduced Sugar

Ketchup

1 TBSP Mustard

1/2 TSP Worcestershire  
Sauce

1/2 TBSP Dill

1 Pickle

### DIRECTIONS:

1. For the Russian dressing, finely slice a dill pickle and add all ingredients to a bowl and mix thoroughly. Transfer to an airtight container or bottle and refrigerate.

2. For the salad, fry the asparagus and let cool. Layer all other ingredients in a bowl and top with the shredded pastrami.
3. Finish with dressing and a low-carb pickle!

➡ Nutritional Information:

Net Carbs: 11.5g

Protein: 20.3g

Fat: 22.9g

Calories: 341

## **28. Chicken and Mushroom Quiche**

### INGREDIENTS:

#### Pastry:

100 G Almond Flour

40 G Coconut Flour

1 TSP Xanthan Gum

1 TSP Salt

2 TBSP Rosemary

150 G Cold Butter

1 Egg

2 TBSP Apple Cider

Vinegar

#### Filling:

6 Eggs

½ Cup Cream

3 Cups Shredded

Chicken

1 Cup Chopped

Mushrooms

2 TBSP Thyme

3 Cloves Garlic

#### DIRECTIONS:

1. Add the almond and coconut flour into a food processor along with the salt and xanthan gum. Pulse briefly to combine.
2. Add 150 grams of cold butter cut into small cubes, the salt and rosemary. Pulse until a breadcrumb texture forms. Form a well and add one egg and the apple cider vinegar. Pull together and knead gently until a dough forms.
3. Refrigerate for 20 minutes. Remove and roll between two sheets of parchment paper. Using the back of a rolling pin, gently transfer to a greased quiche pan and trim off the excess dough.
4. Bake the crust for 10 minutes at 325°F. In a large bowl, combine 6 eggs, ½ cup of cream, garlic and fresh thyme. Pour into the pie crust and top with shredded chicken and mushrooms.
5. Return to the oven for 45 minutes or until a knife inserted into the center comes out clean.

#### ➡ Nutritional Information:

Net Carbs: 7g

Protein: 22.4g

Fat: 40.5g

Calories: 484

## 29. Bacon and Mushroom Pizza

#### INGREDIENTS:

- 1 Cup Mashed Cauliflower
- 1 Cup Mozzarella
- 3 TBSP Flax Meal
- 3 TBSP Almond Flour
- 6 Slices Bacon
- 12 Mushrooms
- 1/2 Cup Mozzarella
- 2 TBSP Tomato Paste

#### DIRECTIONS:

1. In a medium bowl, mix the steamed and mashed cauliflower, mozzarella, flax meal and almond flour.
2. Wrap in plastic and freeze for 40 minutes.

3. Roll between 2 sheets of parchment paper until thin. Bake at 375°F for 10 minutes.
4. Top with tomato paste, mushroom, bacon and mozzarella.
5. Return to the oven for 10 minutes until the bacon is cooked and cheese melted.

➡ Nutritional Information:

Net Carbs: 12.4g

Protein: 45.8g

Fat: 41.4g

Calories: 593

### **30. Vegan Protein Pancakes**

**INGREDIENTS:**

- 1 Cup Almond Flour
- 2 Scoops Soy Protein
- 2 TBSP Sukrin
- 1 TBSP Vanilla
- 3 TBSP Ground Flax Seed
- 6 TBSP Water
- 1 Cup Unsweetened Almond Milk
- 1 TBSP Cinnamon
- 1 TSP Baking Powder
- Strawberries to serve

**DIRECTIONS:**

1. Mix flax seed and water in a small bowl and let sit for 5 minutes.
2. Mix all the dry ingredients in a large bowl.
3. Add the wet ingredients and the flax mixture to the bowl. Stir until well combined.
4. Refrigerate for 10 minutes until pancake mix has thickened slightly. Heat a pan and add a little coconut oil. Fry 1/4 cup of the batter at a time. Be careful not to get the pan too hot otherwise the pancakes will burn before cooked through, They should take about 2-3 minutes each side.
5. Stack, top with berries and enjoy!

➡ Nutritional Information:

Net Carbs: 12.9g

Protein: 39.2g

Fat: 35.2g

Calories: 641

### **31. Mozzarella Sticks**

INGREDIENTS:

10 OZ Block Mozzarella

¼ Cup Psyllium Husk

½ Cup Hemp Seeds

¼ Cup Almond Flour

2 Eggs

Coconut Oil for frying

DIRECTIONS:

1. Cut the block of mozzarella into 12 sticks.
2. In a bowl beat 2 eggs. In another, add psyllium, hemp seeds and almond flour.
3. Coat the sticks in the egg, then the dry mixture. Freeze until solid (about 40 minutes). Repeat and freeze again.
4. Heat 1/4 cup of coconut oil and fry the sticks until crisp and browned.
5. Drain and serve with low-carb ketchup.

➡ Nutritional Information:

Net Carbs: 11.2g

Protein: 48.3g

Fat: 40.3g

Calories: 641

### **32. Low-Carb Cheesecake**

#### INGREDIENTS:

½ Cup Almond Flour  
½ Cup Peanuts  
½ Cup Cashews  
½ Cup Butter  
2 Cup Cream Cheese  
¾ Cup Sour Cream  
1/2 Cup Sukrin  
3 Eggs  
2 TBSP Vanilla Essence  
1 TBSP Lemon Zest  
1 TBSP Lemon Juice  
1 TSP Salt

#### DIRECTIONS:

1. Add the almond flour, peanuts, cashews and butter to a food processor and pulse until smooth.
2. Press into a lined and greased 8-inch springform pan.
3. Bake for 10 minutes at 350°F. Remove and let cool.
4. Add the rest of the ingredients to a blender and blend until smooth. Pour into the tin and bake for 40 minutes at 325°F until a knife inserted into the center comes out clean.
5. Serve with strawberries.

#### ➡ Nutritional Information:

Net Carbs: 12.3g  
Protein: 17.9g  
Fat: 62.2g  
Calories: 662

### **33. Chicken Sandwich**

#### INGREDIENTS:

2 Chicken Thighs  
1 TBSP Salt  
2 TBSP Apple Cider

Vinegar  
1 Cup Water  
2 Small Pickles  
4 Slices Tomato  
2 Slices Cheese  
2 TBSP Mayo  
1 Egg  
½ Cup Almond Flour  
½ Cup Hemp Seeds  
1 TSP salt  
4 Slices Low Carb  
Bread

**DIRECTIONS:**

1. In a resealable bag, add 1 tablespoon of salt, apple cider vinegar and a cup of water.
2. Add 2 boneless chicken thighs and refrigerate overnight. Mix the almond flour, hemp seeds, and salt.
3. Beat 1 egg and crumb the chicken using this mix.
4. Fry in coconut oil until cooked through – about 5-7 minutes each side. Remove and rest on paper towels.
5. Layer the sandwich with low-carb bread and enjoy!

➡ **Nutritional Information:**

Net Carbs: 14g  
Protein: 64g  
Fat: 67.9g  
Calories: 901

### **34. Grilled Chicken Breasts**

**INGREDIENTS:**

1 1/2 pounds boneless skinless chicken breasts or 4 chicken breasts

**For the Marinade:**

2 garlic cloves finely minced  
3 tablespoons olive oil

¼ cup cilantro chopped  
Juice of 1 lime  
1/2 tsp. cumin  
½ tsp paprika  
½ tsp salt or to taste  
¼ tsp black pepper

#### Avocado Salsa:

2 avocados diced  
2 small (or 1 large tomato) chopped  
¼ cup red onion chopped  
1 jalapeno de-seeded and chopped (optional)  
1/4 cup cilantro finely chopped  
Juice of 1 lime  
Fresh cracked pepper & salt to taste

#### DIRECTIONS:

1. In a large bowl, whisk all the ingredients for the marinade and set aside.
2. Pound the breasts to even thickness or slice in half horizontally to get evenly sized breasts and add to the bowl of marinade. Mix through until the chicken is fully coated in the marinade. Use right away if needed or marinate for 30-minutes or up to 12 hours.
3. Grill chicken over medium-high heat or in a large on the stovetop for 5-6 minutes per side or until the inside is cooked through and the outside is charred. Top with fresh avocado salsa and serve immediately.

#### To Make Avocado Salsa

1. While the chicken is grilled, combine all the ingredients for the salsa in a small bowl. Cover with plastic wrap in the fridge until ready to use.

#### ➡ Nutritional Information:

Calories: 468kcal

Protein: 39g

Fat: 29g

Saturated Fat: 4g

## **35. Roasted Cauliflower**



#### INGREDIENTS:

1 large head cauliflower separated into florets  
3-4 cloves minced garlic  
4 tablespoons olive oil  
Salt and pepper to taste

#### DIRECTIONS:

1. Preheat the oven to 400 degrees F. Line a baking sheet with aluminum foil (optional), and set aside.
2. Combine florets, garlic, olive oil and salt & pepper in a large bowl and stir until the Cauliflower is fully coated in oil and garlic. Transfer to a baking sheet or a glass baking dish.
3. Bake uncovered for 25-30 minutes, flipping halfway, or until the cauliflower is tender.
4. To Make the creamy Sriracha Sauce: Whisk 1/2 cup mayo (or ranch dressing), 1/2 cup sour-cream, 2 tablespoons sriracha, 1 teaspoon lime juice.

#### ➡ Nutritional Information:

Calories: 163kcal

Protein: 2g

Fat: 14g

Carbohydrates: 7g

## **36. Creamy Mushroom Chicken**

#### INGREDIENTS:

For the Chicken

1 lb boneless skinless chicken breasts or about 2-3 medium chicken breasts  
1 teaspoon garlic powder  
1 teaspoon oregano or Italian seasoning  
Salt and pepper to taste  
2 tbsp unsalted butter  
1 tablespoon olive oil  
8 oz baby Bella mushrooms  
1/4 cup onion minced  
3-4 cloves garlic minced

1 1/2 cups heavy cream (or light cream, or half & half)  
1/4 cup freshly grated parmesan cheese  
2 tablespoons fresh herb of choice optional

**DIRECTIONS:**

1. Slice chicken breasts in half horizontally to make them thinner. Season both sides of chicken breasts with garlic powder, oregano, and a pinch of salt and pepper.
2. Heat butter and oil in over medium-high heat in a large heavy duty pan or cast iron skillet. Add chicken breasts to the pan and cook 5-6 minutes per side. Remove chicken from pan and set aside.
3. To the same pan, add the mushrooms and onion to the pan and sauté for 2-3 minutes or until tender. Add the garlic and a pinch of salt & pepper; sauté for 1 minute or until fragrant.
4. Reduce heat to low and add the heavy cream, parmesan cheese, and herbs. Simmer for 1-2 minutes or until sauce begins to thicken. Taste and add more salt if needed.
5. Return chicken along with its juices to the pan and cook for another 1-2 minutes. Serve with pasta, rice, salad, or veggies.

➡ **Nutritional Information:**

Calories: 569kcal

Carbohydrates: 7g

Protein: 30g

Fat: 47g

### **37. Parmesan Crusted Chicken Breasts**

**INGREDIENTS:**

1 pound chicken breasts 2-3 chicken breasts  
1 teaspoon Italian seasoning or seasoning of choice  
1/2 teaspoon garlic powder  
Pinch of salt and pepper  
1 cup grated or zested parmesan cheese  
1/2 cup almond flour  
2 eggs  
3 tablespoons olive oil or butter or oil of choice

#### DIRECTIONS:

1. Lay the chicken breasts out on a cutting board and cut in half horizontally. Generously season with Italian seasoning (or seasoning of choice), garlic powder, salt, and pepper; Set aside.
2. Combine the parmesan cheese and almond flour in a medium shallow bowl. In another bowl, whisk the eggs.
3. Dip the chicken breasts into the egg mixture then into the parmesan mixture. shake off the excess breading. Repeat until all the chicken cutlets are covered.
4. Heat oil or butter in a large NON-STICK heavy duty pan. Add chicken cutlets in a single layer and cook for 5-6 minutes on each side, until golden and crispy. Be sure not to flip until the parmesan is golden on the first side or it will slide off. Repeat with remaining chicken cutlets.

#### ➡ Nutritional Information:

Calories: 364kcal

Carbohydrates: 1g

Protein: 36g

Fat: 22g

## **38. Zucchini Fries**

#### INGREDIENTS:

2 medium zucchini

1 large egg beaten

½ cup almond flour or panko/Italian breadcrumbs

½ cup parmesan cheese grated

1 teaspoon Italian seasoning or seasoning of choice

½ teaspoon garlic powder optional

Pinch of salt and pepper

Oil for spraying olive or oil of choice

#### DIRECTIONS:

1. Cut the zucchini in half and into sticks (aka fries) about 1/2 inch thick and 3-4 inches long.
2. In a shallow bowl, combine the almond flour (or bread crumbs), grated parmesan, spices and a pinch of salt and pepper. Mix to combine.
3. Dredge zucchini in egg and then in the almond flour mixture and place on a plate or baking sheet. Generously spray zucchini with cooking spray.
4. Working in batches, place the zucchini fries in a single layer in the air fryer. and Cook for 10 minutes at 400F, or until crispy.

➡ Nutritional Information:

Calories: 147kcal

Carbohydrates: 6g

Protein: 9g

Fat: 10g

### **39. Broccoli With Butter Sauce**

INGREDIENTS:

1/2 cup raw bacon (about 4-6 slices) chopped into small pieces (optional)

1 tablespoon butter

4-5 cloves garlic minced or crushed

3 cups broccoli florets

1/2 teaspoon

1/2 teaspoon crushed red pepper optional

Salt and pepper to taste

1 cup heavy cream or light cream or half & half

1/2 cup shredded mozzarella or cheddar, or your favorite melting cheese

1/4 cup parmesan cheese optional

DIRECTIONS:

Pre-heat oven to 400F. In a large pan over medium-high heat, cook chopped bacon for 2-3 minutes or until almost crispy.

Remove bacon from pan and to the same pan, add the butter, garlic, broccoli, garlic powder, crushed red pepper and a dash of salt and pepper. Sauté for 2-3 minutes or until the garlic is fragrant. Add the heavy cream, cheese, and cooked bacon.

Transfer to preheated oven and cook for 12-15 minutes or until the cheese is bubbly and the broccoli is cooked to desired doneness. Serve as a side or eat as a main meal!

➡ Nutritional Information:

Calories: 341kcal

Carbohydrates: 8g

Protein: 9g

Fat: 31g

## 40. Chicken with Broccoli

### INGREDIENTS:

1 pound chicken breasts cut into 1" pieces

2 tablespoons olive oil

1 teaspoon Italian seasoning

1/4 teaspoon crushed pepper optional

Salt and pepper to taste

3-4 cloves garlic minced

1/2 cup tomatoes chopped

2 cups broccoli florets

2 cups baby spinach

1/2 cup shredded cheese mozzarella, cheddar, parmesan, or favorite melting cheese

4 oz cream cheese

### DIRECTIONS:

1. Heat 2 tablespoons olive oil in a large saucepan over medium-high heat. Add the chopped chicken breasts, season with Italian seasoning, crushed red pepper, and salt & pepper. Sauté for 4-5 minutes or until chicken is golden and cooked through.

2. Add the garlic and sauté for another minute or until fragrant. Add the tomato, broccoli, spinach, shredded cheese, and cream cheese. Cook for another 3-4 minutes or until the broccoli is cooked through.

3. Serve with cooked pasta or rice

➡ Nutritional Information:

Calories: 358kcal

Carbohydrates: 7g

Protein: 30g

Fat: 23g

## 41. Steak Roll

### INGREDIENTS:

1 lb. flank steak butterflied

2 tablespoons oil

½ cup onion chopped

3-4 cloves garlic minced or crushed

4 ounces cream cheese

8 ounces sliced Provolone cheese or mozzarella or your favorite melting cheese

2 cups baby spinach

Salt and pepper to taste

### DIRECTIONS:

1. Preheat oven to 375F degrees. Butterfly Steak by slicing horizontally across and pounding. Season with salt and pepper. Set aside.
2. Heat 2 tablespoons oil to a small saucepan over medium-high heat. Add onion and cook for 2-3 minutes or until tender and almost golden. Add the garlic and sauté for another minute. Remove from and stir in cream cheese until fully combined. Season with salt and pepper.
3. Spread the cream cheese mixture on the steak, then layer the spinach and cheese. Roll up steak and tie with kitchen twine or pierce with toothpicks or short kabob skewers to keep the roll intact. Using a sharp knife, slice roll between pieces of toothpicks or twine. Season pinwheels lightly with salt and black pepper.
4. Heat a large heavy-duty pan to medium-high heat. Add the steak pinwheels and sear for 2-3 minutes per side. Transfer to a baking dish or place the entire pan in the oven if it is oven safe, and bake for 10 minutes. Remove from oven, tent with aluminum foil and let rest for 5 minutes before serving.

➡ Nutritional Information:

Calories: 528kcal

Carbohydrates: 5g

Protein: 41g

Fat: 37g

## **42. Zucchini Pasta**

### INGREDIENTS:

3-4 medium zucchini

1 pound raw shrimp peeled and deveined

1 tablespoon olive oil

2 tablespoons butter

3-4 garlic cloves minced or crushed

1 teaspoon Italian seasoning or oregano optional

1/4 teaspoon of red pepper flakes adjust to taste

Salt and pepper to taste

Freshly grated parmesan or chopped parsley to garnish, optional

### DIRECTIONS:

1. Wash and trim the ends of the zucchini. Make the zucchini noodles using a spiralizer and set aside.
2. Heat 1 tablespoon oil in a large pan over medium-high heat. Add the shrimp to the hot pan, season with salt and pepper cook for 1 minute. Add the garlic, Italian seasoning, and crushed pepper to the pan. Cook for another minute per side or until shrimp is light pink and garlic is golden brown. Transfer to a bowl.
3. Add the Butter and zucchini noodles to the same pan, season with salt and pepper and cook for 2 minutes or until tender.
4. Return the cooked shrimp to the pan and stir through. Garnished with freshly grated parmesan cheese or/and chopped parsley.

### ➡ Nutritional Information:

Calories: 199kcal

Carbohydrates: 5g

Protein: 25g

Fat: 8g

## **43. Pumpkin Cheesecake**

## INGREDIENTS:

### Base:

- 2 Tbsp powdered Erythritol
- 2 Tbsp butter
- 1 cup almond flour or ground walnuts
- 1/2 tsp pumpkin spice

### Filling:

- 2 cups (16 oz) cream cheese at room temperature
- 1 cup
- 1 cup pumpkin puree canned or steamed pumpkin
- 2 large Eggs at room temperature
- 1 tsp
- 1 tsp pumpkin spice mix

## DIRECTIONS:

To make the base:

1. Preheat oven to 325F. Line an 8x8 pan with parchment paper or grease with butter; set aside.
2. In a medium mixing bowl, combine melted butter and erythritol, mix until fully blended. Add almond flour and pumpkin spice; stir until combined.
3. Transfer mixture to 8x8 pan and press evenly mixture on the bottom of the pan. Cook in the oven for 10 mins, then set aside to cool.

To make the filling:

1. In a large mixing bowl, beat cream cheese and Erythritol until smooth. Add pumpkin puree, eggs, vanilla, and spices. Beat together until well combined.
2. Pour into crust. Spread out evenly and bake for 40 minutes or until the edges are firm but the middle still jiggles slightly (it will appear dry completely across the top). Remove from the oven and let sit for 10-15 minutes then cover with plastic wrap or foil and refrigerate for at least 4-6 hours before slicing.

## ➡ Nutritional Information:

Calories: 291kcal

Carbohydrates: 8g

Protein: 7g



Fat: 27g

#### **44. Steak Bites**

**INGREDIENTS:**

2 lbs sirloin steak cut into small 1" cubes  
1 tablespoon oil of choice  
2 tablespoons butter  
3-4 garlic cloves minced or crushed  
Salt and pepper to taste

**DIRECTIONS:**

1. Heat oil in a large heavy-duty skillet or cast iron pan for at least 1 minute. Generously season the steak with salt and pepper. Place the steak in the pan in a single layer without overcrowding the pan (work in batches if needed). Cook for 2 minutes per side or until seared and dark brown.
2. Remove the steak from the pan and add the butter and garlic to the pan. Stir for 30 seconds or until the garlic is light brown. Turn off heat and return the steak to the pan. Stir until the steak is fully coated with the butter garlic mixture.
3. Serve with warm mashed sweet potatoes, grilled or steamed veggies, rice, or a salad.

**Notes**

Sirloin is the best option but if you don't have sirloin, you can use rib eye, strip steak or tenderloin.

#### **45. Tomato Chicken**

**INGREDIENTS:**

4-6 (about 6 oz) boneless skinless chicken breasts pounded thin  
Salt and pepper  
2 tablespoons Butter or olive oil  
3-4 cloves garlic chopped  
1-2 cups chopped spinach optional

1 cup heavy/whipping cream see note for lighter option\*  
1/4 cup oil-packed sun-dried tomatoes chopped  
1/4 cup Parmesan cheese grated

**DIRECTIONS:**

1. Pound the chicken thin using a rolling pin or cut horizontally in half to about ½ inch thickness and season with salt and pepper.
2. Melt 1 tablespoon butter or olive oil in a large pan over medium-high heat, and add chicken and sear on both sides for 4-5 minutes on each side. Remove the chicken from the pan and set aside.
3. Reduce the heat and remaining 1 tablespoon butter to the same pan. Add garlic and sauté for 30 seconds or until garlic begins to brown; Add sundried tomatoes, spinach, heavy cream, parmesan cheese, and mix through.
4. Return chicken to the pan and simmer for another minute and remove from heat. Serve immediately with pasta, zucchini noodles, steamed vegetables, salad or rice.

➡ **Nutritional Information:**

Calories: 301kcal

Carbohydrates: 5g

Protein: 4g

Fat: 30g

## **46. Cauliflower 'Mac' and Cheese**

**INGREDIENTS:**

1 large head cauliflower cut into small florets  
1 teaspoon olive oil  
1 tablespoon butter  
1/4 cup onion diced  
1 clove garlic minced  
3/4 cup milk plus more as needed  
1 Cup Sharp Cheddar shredded  
1 Cup Mozzarella or Italian blend shredded  
1/4 Cup Parmesan cheese  
4 ounces Cream Cheese sour-cream can also be used

1/4 teaspoon black pepper  
1/4 teaspoon salt

**DIRECTIONS:**

1. Cut cauliflower into small florets and place in a large microwave safe bowl. Cover with plastic wrap and steam for 8-10 minutes or until cauliflower is tender. You can also boil the cauliflower in water on the stove top for 5 minutes.
2. While the cauliflower is steaming, Heat a large pan or pot to medium high heat. Add the olive oil, butter, and onions. Cook onions for 3-5 minutes or until they begin to brown. Add the garlic and cook for just 30 seconds. Add the milk and cheeses. Stir mixture until the cheese is fully melted and the texture is smooth.
3. Pour in the steamed cauliflower and mix until fully combined. Boil for 3-5 minutes or until the cauliflower is soft and tender or to your preference.

➡ **Nutritional Information:**

Calories: 210kcal

Carbohydrates: 10.3g

Protein: 11.1g

Fat: 14.8g

## **47. Watermelon Slushy**

**Ingredients:**

4 cups frozen watermelon (1 small seedless watermelon)

1/2 cup frozen pineapple

2 limes, juiced

1/3 cup light coconut milk, chilled

1/2 cup pineapple juice

1/2 cup tart cherry juice

1 tablespoon agave nectar

1 teaspoon camu camu powder

**DIRECTIONS:**

1. Add to a blender or food processor 4 cups frozen watermelon, peeled and cut into chunks.
2. Add 1/2 cup frozen pineapple, peeled and cut into chunks.
3. Add the juice of 2 limes.

4. Add 1/3 cup light coconut milk, chilled.
5. Add 1/2 cup pineapple juice.
6. Add 1/2 cup tart cherry juice.
7. Add 1 tablespoon agave nectar.
8. Add 1 teaspoon camu camu powder.
9. Blend all ingredients together until smooth.
10. Pour into a tall glass.
11. Garnish with a small watermelon wedge.
12. Serve immediately.

## **48. Green Juice**

Ingredients:

- 1/4 pineapple
- 1 Persian cucumber
- 1 green apple
- 3 leaves kale
- 2 stalks celery
- 1 lemon, peels removed
- 1 knob turmeric

DIRECTIONS:

1. Peel 1/4 pineapple and add to blender or juicer.
2. Add 1 Persian cucumber.
3. Remove the core from 1 green apple and add to blender or juicer.
4. Add 3 leaves of kale and 2 stalks of celery.
5. Peel 1 lemon and add to the other ingredients.
6. Finish with 1 knob of turmeric.
7. Juice all ingredients and pour into a glass.
8. Enjoy!

## **49. Green Veggie Smoothie**

Ingredients:

- 1 cup chopped and stemmed kale
- 1/2 cup baby spinach

1/2 cup frozen cauliflower  
1 Persian cucumber, cut into chunks  
1/2 lemon, peeled and cut into chunks  
1/4 cup almonds  
1 1/2 cups chilled green tea  
2 teaspoons chia seeds  
2 teaspoons ground flax seed

**DIRECTIONS:**

1. Pour 1 1/2 cups of chilled green tea into your blender or food processor.
2. Add 1 cup of chopped and stemmed kale.
3. Add 1/2 cup baby spinach.
4. Scoop 1/2 cup frozen cauliflower into the blender or food processor.
5. Cut 1 Persian cucumber into chunks and add to the other ingredients.
6. Peel 1/2 lemon and cut into chunks; then add into the blender or food processor.
7. Scoop 1/4 cup of almonds in with the other ingredients.
8. Finish with 2 teaspoons of chia seeds and 2 teaspoons of ground flax seed.
9. Blend until smooth.
10. Enjoy!

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