

THE ONLY

100


KETO DIET


RECIPES
YOU WILL EVER NEED

BREAKFAST

KETO PANCAKES

 Corina Nielsen

 10 pancakes

 10 minutes

Sugar-free, gluten-free, and low-carb — these are best keto pancakes for a low-carb or keto diet. Made with almond flour and coconut flour and topped with sugar-free syrup.

INGREDIENTS

- 1 cup almond flour
- 1 tablespoon coconut flour
- 3 eggs
- 1/3 cup unsweetened milk of choice
- 1 ½ teaspoon baking powder
- 1 tablespoon monk fruit or stevia
- 1/2 teaspoon cinnamon (optional)
- Butter or nonstick spray to grease the pan



INSTRUCTIONS

- 1.- Whisk all ingredients in a large bowl. Let sit for 5 minutes.
- 2.- Preheat a large nonstick skillet or pan under low-medium heat and coat with butter or nonstick spray.
- 3.- Pour ¼ cup portion of pancake batter onto pan and cook for 2-3 minutes on each side until golden brown.
- 4.- Serve with sugar-free maple syrup, butter, or coconut butter.

NUTRITION

Serving Size: 1 pancake

Calories: 96

Fat: 8g

Carbohydrates: 3g (2g net)


Fiber: 1g

Protein: 5g

CARAMELIZED ONION AND KALE FRITTATA

 Corina Nielsen

 4 large slices

 25 minutes

This onion and kale frittata is perfect for any weekend brunch or meal prep. Make it ahead on a Sunday night so you'll have breakfast ready all week!

INGREDIENTS

- 1 large yellow onion (thinly sliced)
- 2 tablespoons grass-fed butter
- 1 cup kale of choice
- 1/4 cup water
- 3/4 teaspoons salt
- 1/4 teaspoon ground pepper
- 8 large eggs
- 1/2 cup unsweetened milk or cream of choice



INSTRUCTIONS

- 1.- Heat a large pan over medium heat and melt butter. Add sliced onions, 1/2 teaspoon salt, and a pinch of pepper.
- 2.- Cook onions for 7-10 minutes until caramelized and golden brown. Add a few tablespoons of water at a time if pan gets dry to prevent burning.
- 3.- Add kale and cook with onions for 2-3 minutes until wilted. Remove pan from heat and let cool
- 4.- Preheat oven to 350°F and coat a 9-inch pie pan with non-stick spray or butter.
- 5.- Add eggs, milk, 1/4 teaspoon of salt, and a pinch of pepper to a high-speed blender or large bowl. Mix well until light and fluffy.
- 6.- Add onions and kale to prepared pan in an even layer. Pour egg mixture onto onions. Bake for 25-30 minutes until top is golden brown and eggs are just set.
- 7.- Option to add shredded cheese for even more flavor.

NUTRITION

Serving Size: 1 slice

Calories: 173


Fat: 12g

Carbohydrates: 3g (2g net)

Fiber: 1g

Protein: 13g

CHEESY KETO HAMBURGER BUNS

 Stephanie Lodge

 6 Buns

 20 minutes

These keto hamburger buns made with almond flour, cream cheese, and sesame seeds are low-carb, gluten-free, and only 2.4 net carbs.

INGREDIENTS

- 2 cups mozzarella cheese (shredded)
- 4 oz. cream cheese
- 4 large eggs
- 3 cups almond flour
- 4 tbsp. melted grass-fed butter
- Sesame seeds (each)



INSTRUCTIONS

- 1.- Preheat oven to 400° Fahrenheit.
- 2.- Line a baking sheet with parchment paper.
- 3.- In a large bowl, melt together mozzarella and cream cheese.
- 4.- Add 3 eggs and stir to combine then add almond flour.
- 5.- Form dough into 6 bun-shaped balls then place on prepared baking sheet.
- 6.- Brush with butter and the last egg and sprinkle with sesame seeds.
- 7.- Bake until golden, 10-12 minutes.

NUTRITION

Serving Size: 1 roll


Calories: 287


Fat: 25.8g


Carbohydrates: 2.4g

Protein: 14.7g

KETO BERRY PANCAKES

 Stephanie Lodge

 4 pancakes

 20 minutes

Almond flour, coconut flour, monk fruit, and berries make these low-carb pancakes a healthy and satisfying twist on an American classic.

INGREDIENTS

- 1/2 cup almond flour
- 1/2 cup coconut flour
- 2 tbsp monk fruit Sweetener
- 4 large eggs
- 1/4 cup unsweetened almond milk or coconut milk
- 1/4 cup fresh raspberries
- Pinch of salt



INSTRUCTIONS

- 1.- In a large mixing bowl, add in all your ingredients and mix until a thick batter forms.
- 2.- Let it sit for 5 minutes to thicken.
- 3.- Preheat a large non-stick pan over low-medium heat.
- 4.- Once hot, pour 1/4 cup portions of the pancake batter onto the pan.
- 5.- Allow the pancakes to cook for 2-3 minutes, until the edges turn a golden brown, before flipping and repeating for the next three pancakes.

NUTRITION

Serving Size: 1 pancake


Calories: 219

Fat: 13.9g


Carbohydrates: 12.7g (5.9g net)

Protein: 11.4g

COMFORTING KETO GRITS

 Corina Nielsen

 2 cups

 15 minutes

Cheesy grits are the perfect comfort food. And cauliflower rice smothered in heavy cream and cheddar cheese means you can enjoy these low-carb grits on a keto diet.

INGREDIENTS

- 2 cups riced cauliflower
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter
- 2 oz. shredded cheddar cheese
- 1/4 cup heavy cream
- 1 cup unsweetened milk of choice



INSTRUCTIONS

- 1.- Melt butter in a cast iron skillet set to low-medium heat.
- 2.- Add riced cauliflower, hemp hearts, and saute for 2 minutes.
- 3.- Add heavy cream, milk, garlic powder, salt, and pepper. Stir well and simmer until mixture has thickened and cauliflower is tender. Add more milk or water as needed to prevent mixture from burning.
- 4.- Remove from heat and stir in cheddar cheese. Adjust seasoning if needed.

NUTRITION

Serving Size: ½ cup

Calories: 212


Fat: 19g


Carbohydrates: 3g (1g net)


Fiber: 2g

Protein: 7g

LOW CARB CAULIFLOWER BREAD

 Stephanie Lodge

 12 (slices)

 1 hour and 10 minutes

 American

Low-carb cauliflower bread made with psyllium, almond flour and eggs is a perfect substitute for sandwiches and toast. Keto-friendly and sugar-free.

INGREDIENTS

- 2 cups almond flour
- 5 eggs
- 1/4 cup psyllium husk
- 1 cup cauliflower rice



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees Fahrenheit.
- 2.- Line a loaf pan with parchment paper or coconut oil cooking spray. Set aside.
- 3.- In a large bowl or food processor, mix the almond flour and psyllium husk.
- 4.- Beat in the eggs on high for up to two minutes.
- 5.- Mix in the cauliflower rice and blend well.
- 6.- Pour the mix into the loaf pan.
- 7.- Bake for up to 55 minutes.

NUTRITION

Serving Size: 1 slice





Calories: 142

Protein: 7.1g

Carbohydrates: 6.5g

Fiber: 3.7g

90-SECOND BREAD

-  Corina Nielsen
-  1 slice
-  5 minutes
-  American

90-second keto bread is quick and ready in the microwave in just seconds. Using just a few simple ingredients — almond flour, eggs, and butter — you'll be enjoying your grilled cheese and morning toast in no time. Stovetop instructions included.

INGREDIENTS

- 2 tablespoons almond flour
- 1/2 tablespoon coconut flour
- 1/4 teaspoon baking powder
- 1 egg
- 1/2 tablespoon melted butter or ghee
- 1 tablespoon unsweetened milk of choice



INSTRUCTIONS

- 1.- Mix all ingredients in a small bowl and whisk until smooth.
- 2.- Grease a 3×3-inch glass microwave-safe bowl or mold with butter, ghee, or coconut oil
- 3.- Pour your mixture into your well-greased bowl or mold and microwave on high for 90 seconds.
- 4.- Carefully remove your bread from the glass dish or mold.
- 5.- Slice, toast, and melt butter on top, if desired.

NOTES

If you don't have a microwave, try frying the dough in a little butter, ghee, or coconut oil. Same prep time, same easy recipe — just a slightly different texture.

NUTRITION

Serving Size: 1 Slice

Calories: 217

Fat: 18g


Carbohydrates: 5g (2g net carbs)


Fiber: 3g

Protein: 10g

FLUFFY KETO WAFFLES

 Corina Nielsen

 Eight 4" waffles

 10 minutes

 American

Never miss a traditional Sunday breakfast beat with these light and fluffy keto waffles that are rich in flavor, but low in carbs.

INGREDIENTS

- 1 1/2 cup almond flour
- 2 tablespoons coconut flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 2 large whole eggs
- 1 tablespoon maple extract
- 2 tablespoons stevia or zero calorie sweetener of choice
- 2 tablespoons melted butter
- 1 1/4 cup milk of choice



INSTRUCTIONS

- 1.-** Add all ingredients to a large bowl or stand mixer. Mix well until smooth. Let sit for 5 minutes.
- 2.-** Preheat waffle iron and coat with non stick spray, butter, or coconut oil.
- 3.-** Pour batter into waffle iron and cook for 3-4 minutes until golden brown on each side. Place in the oven to crisp while you repeat cooking remaining waffles.

NUTRITION

Serving Size: 1 waffle


Calories: 150

Fat: 13g


Carbohydrates: Net Carbs: 2g

Protein: 6g

DELISH ZUCCHINI PANCAKES

 Corina Nielsen

 6 pancakes

 10 minutes

INGREDIENTS

- 1 Large zucchini (finely shredded and drained)
- 1 cup chopped spinach
- 1/4 cup coconut flour
- 1/4 cup almond flour
- 3 tablespoons chia seeds
- 3 Large eggs
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon onion powder
- 1/2 cup milk of choice
- 2-3 tablespoons butter, ghee, or coconut oil for frying



INSTRUCTIONS

- 1.- Add coconut flour, almond flour, baking soda, salt, pepper, onion powder, and chia seeds to a large bowl. Stir to combine. Add in eggs and milk. Whisk batter until smooth. Stir in shredded zucchini and chopped spinach.
- 2.- Preheat a cast iron griddle or large pan and coat with butter. Pour in batter, cover, and cook for 3-4 minutes until golden brown on both sides.

NUTRITION

Serving Size: 1 pancake

Calories: 146

Fat: 6g


Carbohydrates: Net Carbs: 1g


Protein: 5g

Protein: 7g

SAVORY CRUSTLESS BREAKFAST KETO QUICHE

 Corina Nielsen

 8 slices

 50 minutes

INGREDIENTS

- 6 large whole eggs
- 1/2 cup heavy cream
- 1/2 cup unsweetened milk of choice
- 3 tablespoons coconut flour
- 1/4 cup parmesan cheese
- 3/4 teaspoons salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 small onion (sliced thin)
- 8 oz mushrooms (sliced thin)
- 1 cup asparagus (chopped into small pieces)
- 1/4 cup sundried tomatoes (sliced thin)
- 1/2 cup goat cheese
- 1 cup mozzarella cheese



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees and grease a pie dish with butter.
- 2.- Combine eggs, heavy cream, coconut milk, salt, pepper, parmesan cheese, and coconut flour in a large bowl. Mix well until smooth. Set aside.
- 3.- Heat a large skillet under medium heat. Add olive oil, onions, mushrooms, sun dried tomatoes and asparagus. Cook for 3-4 minutes until slightly tender. Remove from heat and let cool.
- 4.- Stir vegetables and goat cheese into egg mixture. Pour contents into prepared baking dish. Top with mozzarella cheese.
- 5.- Bake for 40-45 minutes until top is golden brown.

NUTRITION

Serving Size: 1 slice





Calories: 214

Fat: 16g

Carbohydrates: Net Carbs: 4g

Protein: 12g

SAVORY BREAKFAST KETO SAUSAGE BALLS

-  Corina Nielsen
-  28 balls
-  20 minutes
-  Southern

These Savory Breakfast Keto Sausage Balls are the perfect accompaniment – or even the main star! – for your next breakfast.

INGREDIENTS

- 1 lb ground turkey or pork
- 3 large eggs
- 3 tablespoons melted butter
- 1/3 cup coconut flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 tablespoon onion flakes
- 1 tablespoon breakfast seasoning blend (1/2 tsp each sage, thyme, parsley, nutmeg)
- 1/4 teaspoon red pepper flakes
- 8 oz cheddar cheese



INSTRUCTIONS

- 1.- Preheat oven to 375 degrees and line a baking sheet with parchment paper. Brown ground meat in a large pan under medium heat. Let cool.
- 2.- Add all dry ingredients to a small bowl, mix well, set aside.
- 3.- Add eggs to a bowl or stand mixer fitted with a paddle attachment. Beat eggs on high for 1 minute until light and fluffy. Drizzle in melted butter. Turn mixer to low and slowly add dry ingredients to wet ingredients
- 4.- Stir in cooked ground meat and cheddar cheese. Mix well until evenly distributed.
- 5.- Using a small cookie scoop, divide and portion sausage balls and place onto prepared baking sheet. Cook for 15-18 minutes until golden brown.

NUTRITION

Serving Size: 1 ball

Calories: 80

Fat: 6g


Carbohydrates: Net Carbs: 1g


Protein: 6g

CHEESY, LOW CARB STUFFED MUSHROOMS WITH BACON

 Corina Nielsen

 14 stuffed mushrooms

 25 minutes

 American

This recipe for low carb stuffed mushrooms is a quick and easy crowd-pleasing appetizer that will have your guests running back for more.

INGREDIENTS

- 4 thick slices bacon
- 3oz spinach (frozen, thawed, and drained)
- 1 garlic clove (finely chopped)
- 4oz cream cheese
- 1 large whole egg
- 2 tablespoons coconut flour
- 1 cup mozzarella cheese
- 3/4 teaspoons salt
- 1/4 teaspoon pepper
- 16oz baby bella mushrooms (stems removed, washed, and dried well)



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees.
- 2.- Add bacon to a pan and cook until browned and crispy. Remove from pan and crumble into small pieces. Reserve fat.
- 3.- Add cooled bacon fat and all ingredients except mushrooms and bacon to a large bowl. Mix well until smooth. Stir in 3/4 of the crumbled bacon.
- 4.- Fill each mushroom cap with the mixture and place in a shallow baking dish. Sprinkle the extra crumbled bacon on top.
- 5.- Bake 18-20 minutes until golden brown and bubbly.

NUTRITION

Serving Size: 1 stuffed mushroom

Calories: 178

Fat: 6g


Carbohydrates: Net Carbs: 1g

Protein: 6g

BACON, EGG, & CHEESE BREAKFAST CASSEROLE

 Sara Blackburn

 8

 1 hour 15 minutes

 British

Make meal prep easy with this simple keto breakfast casserole with bacon. This delicious recipe will last you for a week of low carb breakfasts.

INGREDIENTS

- 6 bacon slices
- 12 large eggs
- 4 oz. sour cream
- 4 oz. heavy whipping cream
- Salt & pepper to taste
- Avocado oil cooking spray
- 10 oz. shredded cheddar cheese
- 1/3 cup green onions, chopped (optional garnish)



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees.
- 2.- Cook bacon on stovetop. Once cooked and cooled, crumble into bite-sized pieces.
- 3.- Crack eggs into medium-sized bowl. Add sour cream, heavy whipping cream, salt, and pepper and mix with a hand mixer or in a blender until well-combined.
- 4.- Spray a 9×13 pan with avocado oil cooking spray. To pan, arrange single layer of cheddar cheese. On top of cheese, pour egg mixture then top with crumbled bacon.
- 5.- Bake for 35 minutes, checking after 30 minutes. Remove from oven once edges of casserole are golden brown.
- 6.- Allow to cool before cutting and serving. Garnish with green onions.

NUTRITION

Carbohydrates: 2g

Calories: 437

Fat: 38g


Saturated Fat: 17g


Protein: 43g

KETO POWER BREAKFAST WITH GREEN SAUCE

 Cristina Curp

 2

 30 minutes

 American

This keto power breakfast with green sauce takes bacon and eggs to a whole new level while giving you a taste of your favorite flavorful pesto.

INGREDIENTS

- 1 cup baby spinach (baby kale)
- 1 cup arugula
- 1 cup parsley (or cilantro or basil etc)
- 5 medium garlic cloves
- 5 tbsp of hemp hearts
- 1 cup olive oil
- 5 slices bacon
- 2 eggs
- 20 asparagus tips
- Salt and pepper to taste



INSTRUCTIONS

- 1.- Green Sauce: Combine baby spinach, arugula, parsley, garlic cloves, hemp hearts and olive oil in a blender or food processor and blend on low until well combined and almost smooth. Set aside.
- 2.- On a sheet pan arrange your bacon slices into rings, arrange the rings in a circle.
- 3.- Pop the sheet pan in the oven and set it to 350F. When the oven comes to temperature, remove the sheet pan from the oven (don't turn it off). Tuck 4 asparagus tips into each bacon ring
- 4.- Move your bacon rings closer together if needed, and then crack two eggs in between them.
- 5.- Add your green sauce, sprinkle a little salt and pepper and pop back in the oven for 20 minutes.
- 6.- Remove from the oven, and dig in! No need for plates. Makes enough for two!

NUTRITION

Serving Size: 2


Calories: 305

Fat: 27.4g

Carbohydrates: 7g

Protein: 10.6

DAIRY FREE KETO QUICHE

 Steph Lodge

 8

 30 minutes-40 minutes

 French

This tasty, dairy free keto quiche is the perfect breakfast, packed with all the healthy fats you need to start your day off right.

INGREDIENTS

- 1 cup nut flour (crust)
- 1/4 cup coconut oil (crust)
- 1/2 tsp salt (crust)
- 1 large egg (crust)
- 8 large eggs (filling)
- 1 cup full fat coconut milk (filling)
- 1/4 cup nutritional yeast (filling)
- 1/2 teaspoon salt (filling)
- Greens, onios and bacon (optional)



INSTRUCTIONS

- 1.- Pre-heat the oven to 400F.
- 2.- Lightly grease a 8" springform pan.
- 3.- Mix the nut flour with the coconut oil, salt and eggs until a loose dough forms. Press this into the springform pan, bringing the crust up an inch on the sides.
- 4.- Poke holes in the crust with a fork. Place the spring form pan on a sheet pan. Bake for 10 minutes.
- 5.- In a blender combine all of the filling ingredients and blend until frothy.
- 6.- Open the oven and slowly pour the egg filling in to the crust. It might leak a little out of the spring form pan, that's what the sheet pan is for.
- 7.- Add in cooked bacon or a handful of greens if you want.
- 8.- Lower the oven temp to 350F. and bake for 30-40 minutes until the center is set.
- 9.- Remove from the oven. Let it cool and slice!

NUTRITION

Carbohydrates: 4g

Calories: 285

Fat: 24g

Fiber: 2g

Protein: 12g




LUNCH

BBQ PULLED BEEF SANDO

 Cristina Curp

 4

 232 minutes

 American

This slow cooked bbq pulled beef sando is made with a homemade sauce that has all the flavor and none of the junk – perfect for a hearty afternoon sandwich.

INGREDIENTS

- 3lbs Boneless Chuck Roast
- 2 tsp Pink Himalayan Salt
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tbsp. smoked paprika
- 2 tbsp. tomato paste
- 1/4 cup apple cider vinegar
- 2 tbsp. coconut aminos
- 1/2 cup bone broth
- 1/4 cup melted Kerrygold Butter



INSTRUCTIONS

- 1.- Trim the fat off of the beef and cut in to two large pieces.
- 2.- In a small bowl mix together the salt, garlic, onion, paprika and black pepper. Then rub it all over the beef. Place the beef in your slow cooker.
- 3.- In another bowl melt the butter, whisk in the tomato paste, vinegar and coconut aminos. Pour it all over the beef. Then add the bone broth to the slow cooker, pouring it around the beef.
- 4.- Set on low and cook for 10-12 hours. When done, remove the beef, set the slow cooker to high and let the sauce thicken. Shred the beef then add it back in to the slow cooker and toss with sauce. Serve!

NUTRITION

Calories: 184

Fat: 15.1g


Carbohydrates: 3.6

Protein: 5.1

LOADED CAULIFLOWER BAKE

 Sara Blackburn

 4

 1 hour

INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 tbsp. butter
- 1 cup heavy cream
- 2 oz. cream cheese
- 1 1/4 cup shredded sharp cheddar cheese, separated
- Salt and pepper to taste
- 6 slices bacon, cooked and crumbled
- 1/4 cup chopped green onions



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees.
- 2.- In a large pot of boiling water, blanch cauliflower florets for 2 minutes. Drain cauliflower.
- 3.- In a medium pot, melt together butter, heavy cream, cream cheese, 1 cup of shredded cheddar cheese, salt, and pepper until well-combined.
- 4.- In a baking dish, add cauliflower florets, cheese sauce, all but 1 tbsp. crumbled bacon, and all but 1 tbsp. green onions. Stir together
- 5.- Top with remaining shredded cheddar cheese, crumbled bacon, and green onions.
- 6.- Bake until cheese is bubbly and golden and cauliflower is soft, about 30 minutes.
- 6.- Serve immediately and enjoy.

NUTRITION

Calories: 498

Fat: 45


Carbohydrates: 5.8 (Net: 4.1)

Protein: 13.9

TURKEY SAUSAGE FRITTATA

 Cristina Curp

 8

 40 minutes

INGREDIENTS

- 12 oz ground breakfast sausage, turkey
- 2 bell peppers
- 12 eggs
- 1 large egg (crust)
- 1 cup lactose free sour cream
- 1 tsp pink Himalayan salt
- 1 tsp black pepper
- 2 tsp Kerry Gold butter
- *optional 2oz shredded Tillamook cheddar



INSTRUCTIONS

- 1.- Preheat your oven to 350F.
- 2.- Crack all your eggs into a blender, add in the sour cream, salt and pepper. Blend on high for 30 seconds. Set aside.
- 3.- Heat a large skillet on medium heat. When it comes to temperature add in the butter.
- 4.- Slice your bell peppers into strips. Add it to the skillet. Sauté until browned and tender about 6 minutes. Remove the peppers from the skillet.
- 5.- Quickly add in the turkey sausage and stir, breaking up the meat until browned, about 8 minutes. Flatten the turkey to the bottom of the skillet. Add the peppers over it, evenly distributed. Pour the egg mix over everything.
- 6.- Place the skillet in the oven and bake for 30 minutes. If you want to add the cheese, sprinkle it over the frittata as soon as you take it out of the oven so it melts.

NUTRITION

Calories: 240

Fat: 16.7


Carbohydrates: 5.5


Protein: 16.7


A top-down view of various chocolate desserts on a blue, distressed wooden surface. In the center, a silver spoon is coated in thick, glossy chocolate. To its right, several rectangular brownies are arranged, each topped with a decorative drizzle of chocolate and a small sprig of fresh green mint. In the bottom left corner, a square piece of chocolate is embossed with a cocoa bean design. Scattered around the main items are small chocolate shavings and crumbs, adding to the rich, indulgent theme of the composition.

DESSERT

LOW-CARB KETO FLAN

 Corina Nielsen

 4 flans

 3-4 Hours

Made with egg yolk, heavy cream, and healthy sugar substitutes, this keto flan is gluten free, and sugar-free. It's the perfect low-carb dessert, complete with keto caramel sauce.

INGREDIENTS

- 1/4 cup monk fruit or other keto maple syrup
- 1/2 teaspoon blackstrap molasses
- 1 cup heavy whipping cream
- 3 tablespoons monk fruit or another granulated sweetener
- 1 teaspoon vanilla
- 1 large egg
- 2 large egg yolks
- 1/8 teaspoon salt



INSTRUCTIONS

- 1.- Preheat oven to 350°F. Boil a kettle or pot of water on the stove. Place a casserole or baking dish in the oven and pour hot water to fill 1-inch.
- 2.- Mix syrup and molasses in a small bowl. Divide and pour into the bottom of 4 small ramekins.
- 3.- Heat heavy cream, salt, sweetener, vanilla, eggs, and egg yolk in a small pot set to low heat. Whisk until very smooth and well combined.
- 4.- Cook for 2-3 minutes just until the sweetener is dissolved. Spoon mixture on top of the syrup/molasses mixture.
- 5.- Carefully place the ramekins into the casserole dish and bake for 40-45 minutes until the surface is firm, but soft.
- 6.- Remove from oven and let ramekins cool for 20 minutes. Chill in the fridge for 3-4 hours until completely firm.

NUTRITION

Serving Size: 1 flan

Calories: 153

Fat: 15g

Carbohydrates: 2g


Fiber: 0g

Protein: 12g

COCONUT CHEESECAKE FAT BOMBS

 Corina Nielsen

 16 pieces

 5 minutes plus freezing time

When the sweet tooth hits its time for 3 ingredient coconut cheesecake fat bombs. Rich in healthy fats this keto fat bomb recipe is sure to satisfy and delight.

INGREDIENTS

- 8 ounces softened cream cheese
- 1 cup softened coconut butter
- 2 tablespoons stevia or monk fruit sweetener



INSTRUCTIONS

- 1.- Add softened cream cheese, softened coconut butter, and sweetener to a medium sized bowl. Mix well until smooth.
- 2.- Divide and portion mixture into small silicone molds. Scrape any excess off of the top. Place in the freezer to set for 2-3 hours until firm.
- 3.- Cover and store in the fridge or freezer. Let thaw for 10-15 minutes before serving.

NUTRITION

Serving Size: 1 piece

Calories: 128

Fat: 27.4g

Carbohydrates: 4g (1g net)


Fiber: 3g

Protein: 2g

STRAWBERRY CHEESECAKE FAT BOMBS

 Corina Nielsen

 10

 1 hour

These strawberry cheesecake fat bombs are low-carb and packed with healthy fats and antioxidants. Crush your sweet cravings with these real-fruit fat bombs.

INGREDIENTS

- 8 oz cream cheese, room temperature
- 1/3 cup fresh or frozen strawberries
- 4 tbsp unsalted butter
- 2 tbsp monk fruit (or another low carb sweetener)
- Splash of vanilla extract or the paste of 1/2 vanilla bean (optional)



INSTRUCTIONS

- 1.- Puree the strawberries in a small blender. Add a small splash of vanilla.
- 2.- Prepare a muffin tray with muffin liners.
- 3.- Melt the cream cheese and butter together.
- 4.- In a medium-sized mixing bowl, combine the dairy mixture and the strawberry mixture. Mix well.
- 5.- Pour evenly in muffin tins or a silicone mold and place in the freezer to chill for no less than 40 minutes.

NUTRITION

Serving Size: 1 fat bomb

Calories: 121

Fat: 12.8g

Carbohydrates: 1.2g (net)

Protein: 1.4g

HOW TO MAKE SUGAR-FREE CARAMEL

 Corina Nielsen

 4 tablespoons

 10 minutes

This keto caramel sauce contains butter, heavy cream, and monk fruit for a low-carb, sugar-free addition to your keto dessert. Add it to ice cream or pecan pie.

INGREDIENTS

- 4 tablespoons grass-fed butter
- 1/4 cup heavy cream or unsweetened whipping cream
- 2 teaspoons golden monk fruit sweetener
- Pinch salt



INSTRUCTIONS

- 1.- Melt the butter in a small pan over low to medium heat and let it cook until it reaches a deep golden brown color.
- 2.- Pour in heavy cream and whisk until combined.
- 3.- Lower the heat and simmer for 1-2 minutes.
- 4.- Add in monk fruit and salt.
- 5.- Cook caramel under low heat until you reach the desired consistency.
- 6.- Feel free to store your caramel sauce in the fridge and lightly reheat when you use it.

NUTRITION

Serving Size: 1 tablespoon

Calories: 153

Fat: 17g


Carbohydrates: 1g


Fiber: 0g

Protein: 0g

RASPBERRY KETO CHRISTMAS COOKIES

 Corina Nielsen

 12 cookies

 15 minutes

These low-carb, gluten-free keto cookies are buttery, delicious, and perfectly sweet without any added sugar

INGREDIENTS

- 1 3/4 cup almond flour
- 1/4 teaspoon xanthan gum
- 1/2 teaspoon baking powder
- 1 pinch salt
- 1/2 cup softened butter
- 1/3 cup powdered Stevia, Lakanto, or keto friendly sweetener
- 1 teaspoon vanilla extract
- 1 egg
- 3 tablespoons sugar-free raspberry jam or homemade sugar-free preserves



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees and line a cookie sheet with parchment paper.
- 2.- Combine flour, xanthan gum, baking powder, and salt in a small bowl. Set aside.
- 3.- In a medium-sized bowl or stand mixer, whip butter and sweetener together until light and fluffy.
- 4.- Add egg and vanilla extract.
- 5.- Beat in flour mixture and mix just until combined.
- 6.- Divide and portion dough and place onto a prepared cookie sheet.
- 7.- Press the center of each cookie dough ball. Spoon 1/2 teaspoon of jam into the center of each cookie.
- 8.- Bake cookies for 10-12 minutes just until edges have slightly turned golden brown.
- 9.- Let cool until jam is set.

NUTRITION

Serving Size: 1 cookie

Calories: 168


Fat: 16g

Carbohydrates: 2g

Fiber: 3g

Protein: 4g

SPINACH, MUSHROOM, AND GOAT CHEESE QUICHE

 Corina Nielsen

 4 slices

Love quiche but don't love the carbs that come with it? Look no further, because this crustless Spinach, Mushroom, and Goat Cheese Quiche is everything you've been dreaming of, and more

INGREDIENTS

- 6 Large whole eggs
- 1/2 cup unsweetened milk of choice
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 oz frozen spinach (thawed and drained)
- 1 cup sliced mushrooms
- 1 Large garlic clove
- 2oz herbed cherve cheese
- 1 tablespoon olive oil



INSTRUCTIONS

- 1.-** Preheat the oven to 350°F. Squeeze the excess water from the thawed spinach, set aside. In a medium bowl or blender, whisk together the eggs, milk, thyme, 1/4 teaspoon of salt, and a pinch of pepper. Set aside.
- 2.-** Add 1 tablespoon of olive oil to a large pan and set to low heat. Add the mushrooms, garlic, and 1/4 teaspoon of salt and a pinch of pepper. Sauté until the mushrooms are soft, add water as needed if pan begins to burn (about 5 to 7 minutes).
- 3.-** Coat a 9 inch pie dish with non stick spray. Place the spinach and mushrooms in the bottom of the pie dish. Pour the egg mixture over the vegetables. Top with small pieces of herbed cherve.
- 4.-** Bake for 20 to 22 minutes or until the top is golden brown (ovens may vary). Cut into six slices and serve.

NUTRITION

Serving Size: 1 large slice

Calories: 177 kcal

Fat: 10g

Carbohydrates: 4g

Fiber: 1g

Protein: 14g

ENERGY-BOOSTING NUTS & SEEDS BARS

 Corina Nielsen

 8 bars

 30 minutes

These decadent chocolate nut and seed bars are full of energizing healthy fats, protein packed ingredients, easy to make, and absolutely delicious.

INGREDIENTS

- 2 tablespoons butter or coconut oil
- 1/4 cup Lakanto syrup or sugar free syrup of choice
- 1 teaspoon vanilla extract
- 1 cup sliced almonds
- 1 cup raw macadamia nuts (finely chopped)
- 1/2 cup pumpkin seeds
- 2 tablespoons hemp hearts
- 1-2 teaspoon stevia, lakanto, or granulated sweetener of choice (if needed)
- 4 oz sugar free chocolate chips
- 1/2 teaspoon coconut oil, butter, or ghee



INSTRUCTIONS

- 1.- Preheat the oven to 350 degrees F, and line an 9×9 inch baking dish with parchment paper. Add all nuts and seeds to a large bowl and stir to combine.
- 2.- Melt butter/coconut oil with vanilla extract and syrup in a small pan set over low heat. Pour mixture over nuts and seeds and toss to coat. Taste mixture and adjust sweetness to taste if needed.
- 3.- Pour the nut mixture out into prepared baking dish. Use a piece of wax paper to press the mixture firmly together.
- 4.- Bake the nut bars for approximately 22-25 minutes until the top is golden brown. Allow the nut bars to cool for at least 45 minutes in the pan.
- 5.- Melt chocolate and 1/2 teaspoon of coconut oil in the microwave or stovetop. Drizzle onto bars. Place in the freezer for 10-15 minutes. Lift bars out of pan and cut into pieces.

NUTRITION

Serving Size: 1 bar

Calories: 303

Fat: 29g


Carbohydrates: 7g

Fiber: 4g

Protein: 8g

3-STEP KETO PEPPERMINT PATTIES

 Corina Nielsen

 20 serving

 20 minutes + setting time

These Keto Peppermint Patties are such an easy treat to make that will leave you feeling satiated, healthy, and fueled.

INGREDIENTS

- 1/2 cup powdered stevia, monk fruit, or any keto-friendly sweetener (must be powdered form)
- 1/2 cup coconut oil (melted)
- 10 drops liquid stevia
- 1 teaspoon peppermint extract
- 1 heaped tablespoon unsweetened milk of choice
- 1/2 cup sugar free chocolate chips
- 2 teaspoon coconut oil



INSTRUCTIONS

- 1.- Combine 1/2 cup coconut oil, milk, stevia drops, peppermint extract and powdered sweetener to a medium sized bowl. Whisk until smooth and mixture begins to thicken.
- 2.- Drop mixture by the spoonful onto a parchment lined baking sheet and press into desired shape. Freeze for 10 minutes to harden. Melt chocolate chips and 2 teaspoons of coconut oil in the microwave in 15 second increments until smooth or in a pot under low heat on the stove.
- 2.- Coat peppermints with chocolate, shake off excess and place back onto cookie sheet. Place in fridge to set for 20-30 minutes.

NUTRITION

Serving Size: 1 serving

Calories: 73

Fat: 8g

Carbohydrates: 5g


Fiber: 2g

Protein: 0g

DECADENT PECAN PIE FUDGE BOMBS

 Corina Nielsen

 12

 5 minutes + 1 to 2 hours
setting time

Get healthy fats into your diet and put those chocolate cravings to rest once and for all with these butter pecan fudge bombs.

INGREDIENTS

- 1/2 cup coconut butter
- 1/2 cup cacao butter
- 2 pieces 100% cacao (or 1/4 cup sugar free chocolate chips)
- 2 tablespoons grass fed butter
- 2 tablespoons stevia, golden Lakanto, or keto friendly sweetener of choice
- 1 tablespoon cacao powder
- 1/2 cup chopped pecans



INSTRUCTIONS

- 1.- Add pecans to a small pot and toast under low heat for 3-5 minutes, just until lightly golden brown and fragrant. Remove from heat, let cool, and roughly chop. Set aside.
- 2.- Add remaining ingredients to pot and melt on low heat until smooth. Stir in chopped pecans. Adjust sweetener if needed. Remove from heat and pour into silicone molds. Place them in the freezer for 1-2 hours or until firm.

NUTRITION

Serving Size: 1

Calories: 163

Fat: 18g

Carbohydrates: 2g

Protein: 3g

INSANELY DELICIOUS ALMOND JOY FAT BOMBS

 Corina Nielsen

 12 candies

 10 minutes + setting time

We're pretty sure you will literally feel joy after eating one of these gluten free, paleo Almond Joy Fat Bombs, and we don't blame you. They tend to have that effect on people.

INGREDIENTS

- 1 cup unsweetened shredded coconut
- 3 tablespoons coconut milk (full fat)
- 2 tablespoons+2 teaspoons coconut oil (melted)
- 1/2 teaspoon vanilla extract
- 4oz sugar free chocolate chips
- 1 pinch salt
- 1/4 cup Stevia, Lakanto
- 24 almonds



INSTRUCTIONS

- 1.- Add 2 tablespoons melted coconut oil, coconut milk, sweetener, shredded coconut, vanilla extract, and salt into a small bowl.
- 2.- Portion and divide mixture into 12 even mounds or logs on a baking sheet lined with parchment paper. Place in the freezer to set for 5 minutes. Press 1-2 almonds onto the tops of each mound.
- 3.- Melt chocolate chips with 2 teaspoon of coconut oil in the microwave in 15 second increments until smooth. Remove coconut mounds from freezer. Coat each with chocolate. Refrigerate or freeze until set.

NUTRITION

Serving Size: 1 candy

Calories: 96

Fat: 9g


Carbohydrates: 3g

Fiber: 1g

Protein: 2g

EASIEST CHOCOLATE KETO MOUSSE

 Steph Lodge

 8 servings

 5 minutes

INGREDIENTS

- 2 cans full fat coconut cream
- 2 tbsp Monk's sweetener
- 2 tbsp unsweetened cacao powder
- 1 oz Lily's dark chocolate chips



INSTRUCTIONS

- 1.- Chill cans of coconut cream.
- 2.- Open carefully and transfer hard cream to a bowl and discard the water/liquid at bottom of cans.
- 3.- Use hand mixer to mix cream to a froth.
- 4.- Add sweetener and beat on high with the hand mixer until thick and creamy.
- 5.- Mix in cacao powder by hand and whisk until smooth.
- 5.- Melt dark chocolate chips in the microwave for about 30 seconds and add to cream mixture.
- 6.- Add in and whisk lightly until mousse texture forms.

NUTRITION

Serving Size: 1 serving

Calories: 211

Fat: 20g


Carbohydrates: Net Carbs: 5g


Fiber: 1.5g

Protein: 2g

4-INGREDIENT COCONUT LEMON FAT BOMBS

 Steph Lodge

 5 fat bombs

 75 minutes

INGREDIENTS

- 1 scoop Perfect Keto Greens Powder Lemon
- 1/3 cup coconut butter (softened)
- 1/3 cup coconut oil
- 1 tsp granulated monk fruit sweetene



INSTRUCTIONS

- 1.- Mix all the ingredients in a bowl until dissolved
- 2.- Pour into muffin trays and place in the freezer
- 3.- Keep in the freezer for no less than an hour

NUTRITION

Serving Size: 1 serving


Calories: 211

Fat: 23.6

Carbohydrates: Net Carbs: 0g

Protein: 0.2g

CREAMY TOASTED COCONUT KETO PUDDING

 Corina Nielsen

 2 cups

 2 hours 10 minutes

INGREDIENTS

- 1 cup full fat coconut milk
- 4 tablespoons coconut cream or heavy cream
- 1 cup unsweetened cashew milk
- 2 tablespoons Pyure or keto sweetener of choice
- 1 large whole egg
- 1 pinch salt
- 1/4 heaped teaspoon coconut extract
- 1/4 cup toasted unsweetened coconut flakes
- 3 tablespoons butter or ghee
- 1/2 teaspoon xanthan gum



INSTRUCTIONS

- 1.- In a medium-sized saucepan add the xanthan gum, sweetener, and salt. In a separate bowl, beat the egg for 2-3 minutes until pale in color. Add in the milk, coconut milk, and coconut cream and whisk to combine. Pour liquid into saucepan.
- 2.- Cook mixture over low-medium heat, whisking often, until bubbles form and mixture thickens. Remove from heat and stir in butter and coconut extract. Allow to cool slightly on stove top, stirring occasionally to prevent film.
- 3.- Pour mixture through a fine sieve and refrigerate until ready to serve. Sprinkle on toasted coconut to serve.

NUTRITION

Serving Size: 1/3 cup


Calories: 290

Fat: 29g


Carbohydrates: Net Carbs: 2g

Protein: 4g

VANILLA KETO BUTTER FUDGE

 Steph Lodge

 36 pieces

 1 hour

INGREDIENTS

- 8 oz cream cheese
- 1 cup unsalted butter
- 1 cup monk fruit or other sweetener
- 1 scoop vanilla protein
- 1/2 cup Perfect butter
- 1 tsp himalayan sea salt



INSTRUCTIONS

- 1.- Line a square pan with parchment paper.
- 2.- In saucepan over medium heat, melt cream cheese and butter together.
- 3.- Add butter and mix.
- 4.- Remove from heat and pour into large mixing bowl. Blend with electric mixer until well combined. Add in ¼ cup of heavy cream if not mixing properly.
- 5.- Pour fudge into prepared pan and spread out evenly.
- 6.- Chill in refrigerator until set.

NUTRITION

Serving Size: 1 piece

Calories: 107


Fat: 9.6

Carbohydrates: Net Carbs: 4.5g

Fiber: 0.5

Protein: 1.5

CREAMY CHOCOLATE NO CHURN KETO ICE CREAM

 Corina Nielsen

 2 cups

 2 hours 10 minutes

INGREDIENTS

- 4 large eggs
- 1/2 cup Stevia sweetener
- 1/4 tsp cream of tartar
- 1 oz lily's dark chocolate chips
- 1 1/4 organic coconut cream
- 1 tbsp vanilla



INSTRUCTIONS

- 1.- Separate the egg whites from the egg yolks.
- 2.- Whisk the egg whites and add the cream of tartar.
- 3.- As the egg whites thicken, add in Stevia.
- 4.- Whisk until they create stiff bumps. In another bowl, whisk in the coconut cream.
- 5.- In a third bowl, mix the egg yolks with the vanilla extract.
- 6.- Melt the chocolate chips and mix in with the egg whites.
- 7.- Slowly fold the whisked egg whites into the whipped cream. Then add the egg yolk mixture and gently fold in using a spatula until well combined.
- 8.- Place the mixture in a loaf pan or a freezer-friendly container and freeze for at least 4 hours.

NUTRITION

Serving Size: 1 cup (about 2-3 scoops)

Calories: 178

Fat: 15g


Carbohydrates: Net Carbs: 4g

Fiber: 17g

Protein: 5g

BLUEBERRY MUFFIN KETO MUG CAKE

 Corina Nielsen

 1 mug cake

 5 minutes

INGREDIENTS

- 2 tablespoons almond flour
- 1/2 tablespoon coconut flour
- 1 scoop Perfect Keto 'Vanilla' Collagen
- 1/4 teaspoon baking powder
- 1 large whole egg
- 1 tablespoon melted butter or ghee
- 1 tablespoon frozen wild blueberries



INSTRUCTIONS

- 1.- Grease a mug or ramekin with butter or non stick spray.
- 2.- Add all ingredients to a mug or separate small bowl and mix until smooth. Stir in blueberries. Pour into prepare mug or ramekin if you used a separate bowl.
- 3.- Cook in microwave on high for 2 minutes and 30 seconds. Top with fresh whipped cream, chopped nuts, or desired toppings. Enjoy hot.

NUTRITION

Serving Size: 1 mug cake

Calories: 352

Fat: 27


Carbohydrates: Net Carbs: 3g

Protein: 20g

BRAIN-BOOSTING CHOCOLATE COCONUT FAT BOMBS

 Steph Lodge

 14

 1 hour and 5 minutes

INGREDIENTS

- 2 cups of Lily's Chocolate Chips
- 2 cups of coconut butter
- 2 tbsp coconut oil
- 1 scoop Perfect Keto Nootropics
- 1/2 cup shredded coconut
- 1 cup coconut whipping cream
- 1/2 cup Monk Fruit Sweetener



INSTRUCTIONS

- 1.- Set out a muffin sheet — place paper muffin liners in a tray and set aside.
- 2.- In a large bowl, add the coconut whipping cream and Monk Fruit Sweetener.
- 3.- Mix with a hand mixer on high for 30 seconds.
- 4.- Add in the melted coconut, melted coconut butter, and melted chocolate chips. Mix.
- 5.- Add in Perfect Keto Nootropics and shredded coconut. Continue mixing.
- 6.- When fully blended, pour mixture evenly into the muffin tray.
- 7.- Place in the refrigerator to chill for an hour or more.

NUTRITION

Carbohydrates: 21.1g (Net Carbs: 9.6g)

Calories: 371


Fat: 31.1g

Protein: 8.8g


Fiber: 11.3

Protein: 8.8g

CHOCOLATEY KETO NUT BUTTER CUPS

 Steph Lodge

 6

 30 minutes

Featuring Perfect Keto Nut Butter, this tasty dessert is a nutritional powerhouse, packed with macadamia nut butter, coconut butter, and MCT oil.

INGREDIENTS

- 1 stick unsalted butter
- 1 oz cube unsweetened chocolate
- 1/3 cup stevia
- 12 tbsp heavy cream
- 4 tbsp Perfect Keto Nut Butter



INSTRUCTIONS

- 1.- Melt chocolate with unsalted butter in the microwave, checking every 30 seconds.
- 2.- Add in the stevia.
- 3.- Stir in cream and keto nut butter.
- 4.- Line muffin tins with cupcake papers.
- 5.- Divide chocolate mixture between the tins.
- 6.- Freeze until firm (30 minutes to an hour).

NUTRITION

Serving Size: 1 cup


Carbohydrates: 4g (Net Carbs: 1g)

Fiber: 3g


Protein: 2g


Fat: 26g

THICK & RICH KETO WHIPPED CREAM

 Corina Nielsen

 1 cup

 5 minutes

 American

Enjoy this luscious topping on any and all of your desserts or have a serving of this keto whipped cream completely on its own.

INGREDIENTS

- 1/2 cup heavy cream
- 1 tablespoon stevia or keto-friendly sweetener of choice
- 1/2 teaspoon vanilla extract (optional)
- 1 tablespoon cacao powder (optional)
- 1 tablespoon Perfect Keto Chocolate Collagen (optional)



INSTRUCTIONS

- 1.- Add heavy cream to a very clean & dry bowl or stand mixer.
- 2.- Mix on high for 1-2 minutes until soft peaks form.
- 3.- With mixer on medium speed, slowly add sweetener and whip until stiff peaks form. Taste and adjust sweetener if desired.
- 4.- If using extracts, cacao powder or other flavorings, add slowly immediately following sweetener.

NUTRITION

Serving Size: 1 tablespoon

Calories: 60g

Fat: 6g


Carbohydrates: Net Carbs: 0g

Protein: 0g




SOUP AND STEWES

RICH AND CREAMY KETO BROCCOLI CHEESE SOUP

 Corina Nielsen

 4

 25 minutes

 French

The most delicious nutrient boosted version of a classic soup, this keto broccoli cheese soup is loaded with vitamins, minerals, and antioxidants.

INGREDIENTS

- 2 cups broccoli (frozen, thawed, and roughly chopped)
- 1 medium carrot (finely chopped)
- 1 small onion (finely chopped)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 3/4 teaspoons salt
- 1/2 teaspoon pepper
- 1/8 teaspoon nutmeg
- 2 cups chicken or beef bone broth
- 1 handful spinach
- 1/2 cup heavy cream
- 4oz cheddar cheese
- 4oz gouda cheese



INSTRUCTIONS

- 1.- Add olive oil to a large pot and turn on heat to medium. Add chopped carrots and onion. Stir for 1-2 minutes. Add garlic, broccoli, seasoning, and spices. Mix and let cook for an additional 1 minute.
- 2.- Add bone broth, stir, and cook for 8-10 minutes until veggies are softened. Turn off heat. Stir in heavy cream.
- 3.- Add 1/2 of soup mixture to a high speed blender, add spinach. Blend on high until smooth. You can blend all of the soup if you prefer a completely smooth consistency.
- 4.- Return contents in blender to large pot, stir in cheddar and gouda cheese until completely melted. Adjust seasoning to taste. Add additional broccoli and cheese if desired to top of soup.

NUTRITION

Serving Size: 1 cup


Calories: 277


Fat: 21g

Carbohydrates: Net Carbs: 4g

Protein: 15g

INSTANT POT SPICY KETO BUFFALO CHICKEN SOUP

 Corina Nielsen

 4-5 cups

 30 minutes

Get all the flavor of buffalo chicken wings in this low-carb keto Instant Pot keto buffalo chicken soup. Packed with nutrients and great for your gut

INGREDIENTS

- 3/4 cups Frank's buffalo sauce
- 4-6 chicken breasts (option to use frozen chicken or rotisserie chicken)
- 1 tablespoon olive oil
- 3/4 cups carrots (roughly sliced)
- 2 cups celery (roughly chopped)
- 2 frozen cauliflower florets
- 1 small onion (thinly sliced)
- 3 cups chicken broth
- 1/2 cup heavy cream or coconut cream
- 3/4 teaspoons sea salt
- 1/4 teaspoon black pepper



INSTRUCTIONS

- 1.- Add oil to coat the bottom of the Instant Pot.
- 2.- Press SAUTE function + 5 minutes. Add in onion, celery, and carrots, saute for 2-3 minutes.
- 3.- Select cancel then press MANUAL +15 minutes (+25 if using frozen chicken).
- 4.- Add chicken breasts and frozen cauliflower florets, chicken broth, salt, pepper, and buffalo sauce. Close lid and seal valve.
- 5.-When the timer goes off, carefully release pressure and remove the lid. Stir in heavy cream/coconut cream.
- 6.- Serve and top with crumbled blue cheese and extra sliced celery if desired.

NUTRITION

Serving Size: 1 cup

Calories: 255


Fat: 12g

Carbohydrates: 6g (net)


Fiber: 2g

Protein: 27g

EASY KETO CREAM OF CHICKEN SOUP

 Corina Nielsen

 6 cups

 25 minutes

This low-carb keto cream of chicken soup recipe will satisfy all your cravings for a hearty, cold-weather meal. Plus, it takes under 30 minutes to make.

INGREDIENTS

- 4 cups chicken broth or bone broth
- 4 chicken breasts or organic rotisserie chicken (boneless, cooked, and shredded)
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/4 teaspoon xanthan gum
- 3 tablespoons butter
- 2 carrots (roughly chopped)
- 1 cup celery (roughly chopped)
- 1 onion (roughly chopped)
- 2 cups heavy whipping cream or coconut cream



INSTRUCTIONS

- 1.- Melt butter in a large saucepan set to medium heat.
- 2.- Add carrots, celery, onion, salt, and pepper. Saute for 5-6 minutes until vegetables are slightly softened.
- 3.- Stir in shredded chicken, then pour in the chicken stock or broth and cream.
- 4.- Cook for 12-15 minutes under low-medium heat.
- 5.- Sprinkle in xanthan gum while continually stirring. Simmer soup for an additional 5-6 minutes. Add more xanthan gum for a thicker consistency, if you want.
- 6.- Serve!

NUTRITION

Serving Size: 1 cup

Calories: 433

Fat: 35g


Carbohydrates: 8g


Fiber: 2g

Protein: 20g

ZESTY CHICKEN ENCHILADA CASSEROLE

 Corina Nielsen

 4-6 servings

 65 minutes

Spice up any weeknight dinner with this quick and easy chicken enchilada casserole that is full of Tex-Mex flavors, but low in carbs.

INGREDIENTS

- 1 lb cooked chicken (cooked, shredded, or cut into small pieces or shredded)
- 4 cups cauliflower (cut into small florets)
- 1 1/2 cup enchilada sauce
- 1/4 cup mayonnaise
- 1 large egg
- 1 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon onion powder
- 1/2 tablespoon garlic powder
- 1 1/2 cups shredded monterey jack cheese
- 1/2 cup sliced olives (optional)



INSTRUCTIONS

- 1.- Preheat oven to 375 degrees F and coat a baking dish or 8×8 deep dish with non stick spray or butter.
- 2.- Add enchilada sauce, egg, seasoning, spices, and mayonnaise to a large bowl. Whisk well until smooth. Add in pre-cooked chicken and cauliflower. Toss to coat. Stir in Monterrey jack cheese. Top with additional cheese, olives, green onion, and extra sauce if desired.
- 3.- Bake for 55-60 minutes until top is bubbly, golden brown, and cauliflower is tender.

NUTRITION

Serving Size: 1 cup

Calories: 379


Fat: 28g


Carbohydrates: 4g


Fiber: 2g

Protein: 31g

SOOTHING KETO CHICKEN SOUP

 Corina Nielsen

 4-5 cups

 30 minutes

Cozy up with a bowl of this Keto Chicken Soup any night of the week and nourish your body, inside and out! This comfort food is great for anyone following a ketogenic diet and can be easily prepped ahead to accommodate your meal plans.

INGREDIENTS

- 1 1/2 lb chicken thighs
- 3/4 teaspoons salt
- 1/2 teaspoon pepper
- 1 tablespoon butter
- 6 finely chopped garlic
- 4 cups chicken bone broth
- 1 cup baby carrots
- 2 cups radishes (cut in half)
- 2 cups kale
- 1 bay leaf
- 1 Medium onion (sliced thin)



INSTRUCTIONS

- 1.- Turn Instant Pot ON and set to SAUTE function +10 minutes, melt butter. Lightly season chopped chicken thighs with 1/4 teaspoon salt and a few pinches of pepper. Add chicken to Instant Pot and brown for 3-5 minutes.
- 2.- Add all remaining ingredients (EXCEPT kale) to pot. Turn Instant Pot OFF, then back ON, set to STEW function +25 minutes. Replace lid and close valve.
- 3.- When timer goes off, release pressure manually. Shred chicken, stir kale into soup, and adjust salt and pepper to taste

NUTRITION

Serving Size: 1 cup

Calories: 267


Fat: 17g


Carbohydrates: 12g

Fiber: 3g

Protein: 17g

WEEKNIGHT KETO BEEF STEW

 Corina Nielsen

 5-6 cups

 50 minutes

INGREDIENTS

- 1lb grass fed stew meat
- 1 tablespoon butter
- 4 tablespoons tomato paste
- 1 cup baby carrots
- 4 stalks celery (roughly chopped)
- 1 Large onion (sliced)
- 4 cloves garlic (roughly chopped)
- 1lb radishes (cut in half)
- 6 cups beef bone broth
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/4 teaspoon xanthan gum



INSTRUCTIONS

- 1.- Press SAUTE function +10 minutes on Instant Pot. Melt butter. Add meat and brown for 3-4 minutes. Its best to brown meat in a few small batches to get the best color. Stir in egetables and batches of meat that were previously browned. Stir in tomato paste.
- 2.- Add broth, salt, pepper, and xanthan gum to pot. Stir well to combine ingredients. Turn Instant Pot OFF, then press STEW function + 40 minutes.
- 3.- When timer goes off, manually release steam. Sprinkle and stir in very small amounts of xanthan gum to desired consistency. Garnish with fresh parsley to serve if desired.
- 3.- If you don't have an Instant Pot have no fear, you can do this in a slow cooker as well. Simply add all the ingredients in to the slow cooker, stirring until well-combined, and then cook on low for 8 hours.

NUTRITION

Serving Size: 1 cup

Calories: 275

Fat: 16g

Carbohydrates: 9g (Net Carbs: 6g)

Fiber: 3g

Protein: 24g

CREAMY TOMATO SOUP

 Corina Nielsen

 4-5 servings

 20 minutes

This creamy tomato soup is made with garlic cloves, diced tomatoes, yellow onion, and heavy cream. Keto grilled cheese sandwich and soup, anyone?

INGREDIENTS

- 16 ounces crushed tomatoes
- 4 tablespoons tomato paste
- 3 cloves garlic (roughly chopped)
- 1 small yellow onion (thinly sliced)
- 3 cups of chicken bone broth
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup heavy cream



INSTRUCTIONS

- 1.- Heat olive oil in a large pot set to medium-high heat. Add onions to pot and saute for 2-3 minutes. Add garlic and stir for 1 minute.
- 2.- Stir in tomato paste and coat onions/garlic.
- 3.- Pour in chicken broth, tomatoes, salt, pepper, and heavy cream. Simmer for 15 minutes.
- 4.- Add contents to a high-speed blender and mix on high until smooth. Adjust seasoning to taste. Garnish with fresh basil or parsley if desired.

NUTRITION

Serving Size: approximately 1 cup

Calories: 163


Fat: 6g

Carbohydrates: 17g (12g net)

Fiber: 5g

Protein: 10g

SPRING KETO STEW WITH VENISON

 Corina Nielsen

 4

 6 hours 20 minutes

 American

Is it springtime yet? I think our Spring Keto Stew with Venison qualifies. This Perfect Keto favorite will keep you warm and ready to dominate.

INGREDIENTS

- 1lb stew meat, venison
- 2 tbsp. olive oil or butter
- 1 bulb elephant garlic
- 1 cup shredded purple cabbage
- 1 cup sliced celery
- 1 tsp salt, 1 tsp pepper
- 4 cups bone broth
- 2 cups chopped thin asparagus
- 2 bay leaves



INSTRUCTIONS

- 1.- Peel the elephant garlic and slice into 1/8 inch thin slices.
- 2.- Slice the cabbage and the celery.
- 3.- In a large skillet heat the olive oil or butter.
- 4.- Add in the garlic, celery, bay leaves and cabbage. Sauté until tender, about 6 minutes.
- 5.- Add in the venison, salt and pepper. Stir until the meat is browned.
- 6.- Transfer everything to a slow cooker.
- 7.- Add in the bone broth and set to cook on low for 6 hours.
- 8.- When done, add in the chopped up asparagus and stir well.
- 9.- Serve with a healthy olive oil drizzle and lime!

NUTRITION

Calories: 310

Fat: 16


Carbohydrates: 8

Protein: 32

PERFECT KETO BONE BROTH

 Cristina Curp

 12

 24 hours

 American

Know the difference between bone broth and just regular chicken stock? Our Perfect Keto bone broth is just what your body needs to crush inflammation.

INGREDIENTS

- 3 Pastured Chicken Carcasses (or 4 lbs pastured animal bones)
- 10 cups of filtered water
- 2 tbsp. peppercorns
- 1 lemon
- 3 tsp. turmeric
- 1 tsp salt
- 2 tbsp. apple cider vinegar
- 3 bay leaves



INSTRUCTIONS

- 1.- Pre-heat oven to 400F. Place bones on a sheet pan and sprinkle with salt. Roast for 45 minutes.
- 2.- Next, transfer them to the bowl of your slow cooker (or electric pressure cooker).
- 3.- Add in the peppercorns, bay leaves, apple cider vinegar and water.
- 4.- Cook on low for 24-48 hours.
- 5.- *For pressure cooking, cook on high for 2 hours, then change the pressure cooker function to slow cook and cook on low for 12 hours.
- 6.- When done, place a fine mesh sieve or strainer over a large bowl or pitcher. Carefully strain broth.
- 7.- Discard the bones, bay leaves and peppercorns.
- 8.- Distribute the broth between three mason jars, about 2 cups each.
- 9.- Mix in 1 tsp of turmeric to each jar and add 1-2 slices of lemon.
- 10.- Store in the fridge for up to 5 days.
- 11.- To heat, gently simmer stove top with a lemon slice.

NUTRITION

Serving Size: 1 cup

Calories: 70

Fat: 4

Carbohydrates: 1


Sugar: 0

Protein: 6

RESTORATIVE KETO EGG DROP SOUP

 Cristina Curp

 2

 25 minutes

 Chinese

This nutritional low carb egg drop soup is the perfect soup to have on a cool, winter day!

INGREDIENTS

- 1 quart bone broth
- 1 inch piece of lemon rind
- 2-inch nub of peeled ginger root
- 1 tablespoon coconut aminos
- 1 tablespoon sesame oil
- 1 tablespoon fish sauce
- 4 large eggs
- green onion
- cilantro



INSTRUCTIONS

- 1.- Heat the broth with the lemon rind and ginger over medium heat.
- 2.- Bring to a simmer for 15 minutes then remove the ginger root and lemon peel.
- 3.- Stir in the coconut aminos, sesame oil and fish sauce.
- 4.- Whisk together the eggs.
- 5.- Slowly pour them into the simmering broth in a fine stream while you gently stir the broth.
- 6.- Serve immediately, garnish with green onion, cilantro and more sesame oil.

NUTRITION

Calories: 259

Fiber: 0g

Fat: 17


Carbohydrates: 4g


Protein: 23

EASY WHITE TURKEY CHILI

 Cristina Curp

 5

 20 minutes

 American

This crazy easy white turkey chili has saved me \$1000's in therapy sessions I would have needed to work through my glaring "dry white turkey meat" issues.

INGREDIENTS

- 1 lb Organic ground turkey (or ground beef, lamb or pork)
- 2 cups riced cauliflower
- 2 tbsp. coconut oil
- 1/2 a Vidalia onion
- 2 garlic cloves
- 2 cups full fat coconut milk (or heavy cream)
- 1 tbsp. mustard
- 1 tsp of: salt, black pepper, thyme, celery salt, garlic powder



INSTRUCTIONS

- 1.- In a large pot, heat the coconut oil.
- 2.- In the meantime mince the onion and garlic. Add it to the hot oil.
- 3.- Stir for 2-3 minutes then add in the ground turkey.
- 4.- Break up with the spatula and stir constantly until crumbled.
- 5- Add in the seasoning mix and riced cauliflower and stir well.
- 6- Once the meat is browned add in the coconut milk, bring to a simmer and reduce for 5-8 minutes, stirring often.
- 7- At this point it's ready to serve. Or you can let it reduce by half until thick and serve as a dip.
- 8.- Mix in shredded cheese for an extra thick sauce.

NUTRITION

Calories: 388

Fat: 30.5

Carbohydrates: 5.5


Protein: 28.8



DINNER

KETO GARLIC AND HERB PORK LOIN ROAST

 Corina Nielsen

 16 slices

 1 hour 30 minutes

Pork loin roast makes the perfect weeknight meal or main course at a holiday dinner. Learn to cook pork tenderloin correctly with fresh rosemary and garlic and you might never go back to pork chops.

INGREDIENTS

- 3 lb boneless pork loin roast
- 5 cloves garlic (finely chopped)
- 1 teaspoon sea salt or kosher salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon dijon mustard
- 1 teaspoon dried rosemary
- 2 teaspoons garlic powder



INSTRUCTIONS

- 1.- Set your oven temperature to 375°F and allow it to preheat. Add pork loin to baking dish.
- 2.- Mix mustard, salt, pepper, rosemary, garlic powder, and garlic in a small bowl. Coat pork with mixture.
- 3.- Cook pork for 60-75 minutes or until it has reached a temperature of 150-160 degrees when using a meat thermometer. The pork should be golden brown.

NUTRITION

Serving Size: 2 slices

Calories: 202

Fat: 6g

Carbohydrates: 1g

Fiber: 0g

Protein: 34g

GARLIC PARMESAN ZUCCHINI PASTA

 Corina Nielsen

 4 cups

How to cook a simple zucchini pasta dish with zucchini noodles, olive oil, parmesan cheese, and more. Gluten-free and low-carb, this Italian dish is perfect for the whole family.

INGREDIENTS

- 4 medium zucchini (spiralized into noodles)
- 2 tablespoons extra virgin olive oil
- 4 cloves garlic
- 1/2 cup chopped tomatoes
- 1/2 cup shredded parmesan cheese
- 1 cup fresh basil leaves
- 2 teaspoons lemon juice



INSTRUCTIONS

- 1.- Add olive oil, garlic, and the red pepper flakes to a large pan or skillet. Turn to low-medium heat. When the oil begins to bubble around the garlic, add the zucchini noodles. Toss the noodles and cook for 3-4 minutes. Turn off heat.
- 2.- Stir in the tomatoes, basil, lemon juice, and parmesan cheese. Toss to coat.
- 3.- Serve with grilled chicken, steak, or fish of choice.
- 4.- Garnish with extra parmesan cheese if desired.

NUTRITION

Serving Size: 1 cup

Carbohydrates: 5g

Calories: 83 kcal


Fiber: 2g


Fat: 7g

Protein: 1g

CHEESEBURGER CASSEROLE

 Sara Blackburn

 12 pieces

 40 minutes

This cheeseburger casserole is the ultimate low-carb meal! It's easy to make, ready in under an hour, and a keto-friendly dish the whole family will enjoy!

INGREDIENTS

- 1 tbsp minced garlic
- 2 lbs lean ground beef (or ground turkey to mix things up)
- 3 oz cream cheese, cubed
- 1/2 tsp salt
- 1 tsp onion powder
- 1/4 tsp pepper
- 4 eggs
- 1/2 cup heavy cream
- 1 1/2 cup shredded cheddar cheese, divided
- 2 tbsp mustard (or dijon mustard)



INSTRUCTIONS

- 1.- Preheat oven to 375°F then spray the casserole dish with non-stick cooking spray or grease with butter.
- 2.- In a large pan over medium heat, saute garlic until fragrant
- 3.- Add ground beef and cook until browned. Drain excess grease before adding cream cheese, salt, and pepper to pan. Stir until combined and cream cheese has melted – transfer meat mixture to prepared casserole dish.
- 4.- To a mixing bowl, add eggs, heavy whipping cream, 1 cup shredded cheddar cheese, and mustard and mix with electric mixer until thoroughly combined.
- 5.- Pour egg mixture on top of beef in the casserole dish – top with remaining 1/2 cup shredded cheddar cheese.
- 6.- Bake until edges are golden brown – about 15-18 minutes, then turn on oven broil for 2 minutes. Remove dish from oven and allow to cool before cutting and serving.

NUTRITION

Serving Size: 1 piece

Calories: 234

Fat: 14.8g


Carbohydrates: 1.4g

Protein: 22.4

LOW-CARB ROMANESCO WITH CABBAGE NOODLES

 Cristina Curp

 4

 30 minutes

This tasty low-carb romesco sauce is the perfect gluten-free, dairy-free, and keto answer to your Spanish food cravings.

INGREDIENTS

- 1 head green cabbage
- 1/2 tablespoon avocado oil (per cup of shredded cabbage)
- 1/4 teaspoon fine salt (per cup of shredded cabbage)
- 1/4 cup shelled hemp seeds
- 1/4 cup avocado oil
- 1/2 small Vidalia onion, sliced.
- 1/2 teaspoon salt
- 1 teaspoon garlic powder or 1-2 large garlic cloves, smashed
- 2 tablespoons chopped green olives



INSTRUCTIONS

- 1.- Preheat oven to 400°F.
- 2.- Halve and core your cabbage. Place one half cabbage flat side down and begin to slice it in very thin slices starting on the round side. The sliced cabbage should look like confetti. Yield will depend on the size of the cabbage.
- 3.- Using the oil and salt suggestions above, toss the cabbage with oil and salt, and flatten it out over the sheet pan — no more than 5 cups of shredded cabbage per sheet pan.
- 4.- Roast for 10-15 minutes until tender and lightly browned at the tips.
- 5.- To make the sauce, heat a small skillet over high heat. Add the seeds and heat until lightly browned. Remove from the skillet.
- 6.- Add in the oil and onions. Fry the onions until golden.
- 7.- Transfer the fried onions, toasted seeds and the rest of the ingredients to a blender or food processor, and blend until chunky sauce forms. Spoon the sauce over the noodles and dig in.

NUTRITION

Serving Size: 1

Calories: 244


Fat: 22.6

Carbohydrates: 7.3

Fiber: 2.3

Protein: 4.8

SIMPLE KETO STIR FRY WITH CABBAGE NOODLES RECIPE

 Stephanie Lodge

 15 minutes

Quick and easy keto stir fry with cabbage noodles — just cut cabbage noodles and toss in a frying pan for a sweet and slightly crunchy low-carb alternative to pasta.

INGREDIENTS

- 1 pound of grass-fed ground beef or pastured chicken breast
- 1 head of green cabbage
- 1 clove of garlic (chopped)
- 1/2 white onion (diced)
- 2 tablespoons extra virgin olive oil or coconut oil
- Optional addition: chopped green onions and sesame seeds or sesame oil sprinkled on top



INSTRUCTIONS

- 1.- Heat a tablespoon of olive oil in a large frying pan over medium-high heat.
- 2.- Add chopped garlic and cook for 30 seconds to a minute.
- 3.- Add diced onion. Cook for 5-7 minutes or until translucent.
- 4.- Increase heat to medium-high. Add the remaining olive oil and the ground beef or chopped chicken breast.
- 5.- Stir fry for 3-5 minutes, until the chicken is just golden or the ground beef is no longer pink. (Don't overcook the chicken — you want it to be about 80%-90% done.)
- 6.- While that's cooking, chop up the head of cabbage into long strings like noodles.
- 7.- Add the cabbage, bell pepper, and coconut aminos. Season with ground ginger, sea salt, and black pepper. Stir for 3-5 minutes until the cabbage is tender.
- 8.- Top with your favorite dressing and seasoning; option to serve over cauliflower rice.

NUTRITION


Serving Size: 4


Carbohydrates: 4.8g


Calories: 251

Fat: 14.8g

ONE-PAN CHEESY BROCCOLI CHICKEN CASSEROLE

 Corina Nielsen

 6-8 servings

 30 minutes

Transform tender chicken breast, broccoli, cauliflower, and creamy cheese into a satisfying keto broccoli chicken casserole. Skip the long cook time and clean up with this one-pan recipe everyone in your family will love.

INGREDIENTS

- 2 cups chicken (cooked and cubed chicken breast or thighs, or purchase a rotisserie chicken)
- 2 cups broccoli florets
- 1 cup riced cauliflower
- 1 large whole egg
- 1/2 cup mayonnaise
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 1/2 cup shredded cheddar cheese
- 1 teaspoons salt
- 1/2 teaspoon pepper



INSTRUCTIONS

- 1.- Preheat oven to 375°F and coat a 3-quart baking dish with butter or nonstick coconut cooking spray.
- 2.- Add mayonnaise, egg, spices, salt, and pepper to a large bowl and mix until smooth.
- 3.- Stir in cheddar cheese, chicken, broccoli and riced cauliflower. Toss well until all the ingredients are well-coated. Transfer to your baking dish.
- 4.- Bake for 25 minutes until the top is golden brown.
- 5.- Let cool for 10 minutes before serving.
- 6.- Add a dollop of full-fat, organic sour cream for an extra pop of flavor.

NUTRITION

Serving Size: 1 serving


Calories: 179

Fat: 14g

Carbohydrates: 2g

Protein: 13g

SIMPLE SHRIMP CEVICHE

 Corina Nielsen

 4 ceviche

This keto-friendly, super simple shrimp ceviche is packed with flavor from fresh shrimp and a citrus marinade with lime, tomato, cucumber, and creamy avocado. Add some chili for a bit of heat and drizzle MCTs or olive oil for even more healthy fats to support your keto diet.

INGREDIENTS

- 1 lb fresh raw shrimp, cooked, peeled, deveined, and chopped
- large chopped avocado
- 1/4 cup roughly chopped fresh cilantro
- 1 cup chopped cucumber
- 1/3 cup fresh citrus juice from limes, or a lemon-lime mixture
- 1/2 cup sliced red onion
- 1/2 cup chopped tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- MCT oil or olive oil for drizzling (optional)



INSTRUCTIONS

- 1.- Prep all of your ingredients one by one, making sure to clean, devein, and chop your shrimp into 1/2 to 1-inch pieces.
- 2.- Add all ingredients to a large bowl and stir well to combine.
- 3.- Option to let the dish sit in the fridge to marinate for 1-4 hours before you serve or serve immediately.

NOTES

Always make sure to purchase sustainably-raised, wild-caught shrimp. You can also check and see if a fishery is managed correctly by confirming through a separate entity, such as the Marine Stewardship Council or Wild American Shrimp.

NUTRITION

Serving Size: 1 serving

Calories: 143 kcal

Fat: 5g

Carbohydrates: 7g


Fiber: 3g

Protein: 29g

KETO BEEF BULGOGI

 Cristina Curp

 5

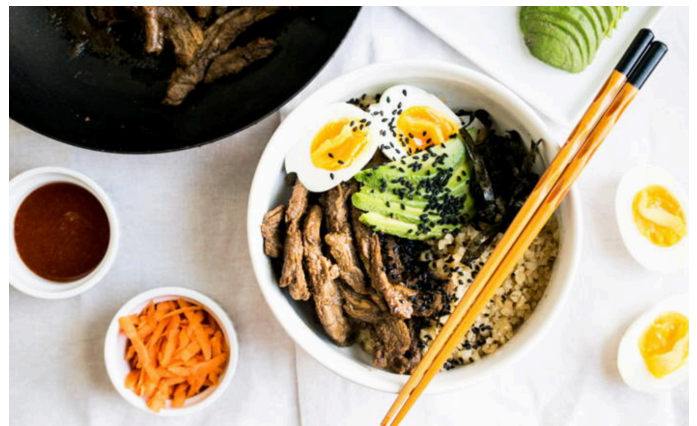
 30 minutes

 Korean

This keto beef bulgogi is our twist on the Korean staple of marinated beef. Enjoy the nourishing health benefits of beef with this keto-friendly recipe.

INGREDIENTS

- 1lb skirt steak
- 3 tbsp. coconut oil
- 2 tbsp. coconut aminos
- 1 tbsp. apple cider vinegar
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp salt
- 1 tsp coconut flour



INSTRUCTIONS

- 1.- Tenderize your steak with a kitchen mallet (or heavy bottomed pot). That's right, beat up your steak.
- 2.- Next slice it into thin strips. Toss in a bowl with coconut aminos and apple cider vinegar. Marinate for 10 minutes.
- 3.- Heat a wok or large cast iron skillet. When it comes to temperature, use tongs to add the strips of steak to the wok. Cook in batches so the meat browns quickly, 3-4 minutes each batch, should be about 3 batches. Once all the strips are browned, add it all back into the wok and toss with the coconut flour.
- 4.- Then add the vinegar and coconut aminos from the marinating bowl in and sauté for a few minutes until the meat is glazed with a brown sauce.
- 5.- If you're making cauliflower rice, cook it up right in the same hot wok! Serve your bowl, garnish and dig in!

NUTRITION

Calories: 242

Protein: 24.9g


Fat: 18


Carbohydrates: 3

Saturated Fat: 18

SIMPLE KETO MEATBALLS

 Sara Blackburn

 8-10 meatballs

 25 minutes

 European

Take it back to basics with these keto meatballs. They're the perfect addition to your meal whether you're making them for yourself or hosting a dinner party!

INGREDIENTS

- 1 lb. ground beef
- 1 large egg
- 1/2 cup grated parmesan
- 1/2 cup shredded mozzarella
- 1 tbsp minced garlic
- 1 tsp black pepper
- 1/2 tsp salt



INSTRUCTIONS

- 1.- Preheat oven to 400 degrees. Line baking sheet with parchment paper.
- 2.- In a mixing bowl, using hands, combine all ingredients and knead together until well-incorporated.
- 3.- Form mixture into equal-sized meatballs and place on prepared baking sheet.
- 4.- Bake for 18-20 minutes.
- 5.- Allow to cool slightly and serve warm.

NUTRITION

Serving Size: 1 meatball


Calories: 153

Fat: 10.9g

Carbohydrates: 0.9g (Net Carbs: 0.7g)

Protein: 12.2g

ULTIMATE LOW CARB KETO POT ROAST

 Ayla Sadler

 8-10 servings

INGREDIENTS

- One 5-pound Grass-fed beef chuck roast
- 1 tablespoon oregano
- Fresh rosemary sprigs
- 4-6 cups bone broth
- 1 stick Grass-fed butter
- 1 onion, sliced
- 2 turnips, peeled and cut into 1 inch pieces
- 6 stalks Celery, chopped
- Salt and pepper to taste



INSTRUCTIONS

- 1.- Add everything to a slow cooker on low for 8 hours.
- 2.- Serve and enjoy.

If making in an Instant Pot or pressure cooker:

- 1.- Place roast and all other ingredients to the Instant Pot or pressure cooker.
- 2.- Close the lid and make sure the pressure release is sealed and not on venting.
- 3.- Set timer for 80 minutes on high pressure.
- 4.- Allow pressure to naturally disperse for 20 minutes, then set the pressure release to venting.
- 5.- Once pressure has been release, serve as the main dish with a side of cauliflower mash and enjoy.

NUTRITION

Carbohydrates: 9g (Net Carbs: 6g)

Calories: 627

Fat: 28.7g

Fiber: 3g

Protein: 79.9g

TENDER KETO PORK CHOPS

 Steph Lodge

INGREDIENTS

- Two 4 oz pork chops
- 2 TBSP balsamic vinegar
- 2 garlic cloves, minced
- 1/ 2 tsp basil
- 1/ 2 tsp thyme
- Sea salt



INSTRUCTIONS

- 1.- Preheat oven to 400 degrees Fahrenheit.
- 2.- In a small saucepan, mix the balsamic vinegar, garlic, basil and thyme.
- 3.- Bring to a boil and reduce heat to simmer until it becomes a paste-like substance.
- 4.- Sear the pork chops on both sides in an oven-safe skillet (preferably iron).
- 5.- Brush the pork chops with the glaze and set in the oven to roast for up to 8 minutes.

NUTRITION

Serving Size: 2


Calories: 185

Fat: 7.6g


Carbohydrates: Net Carbs: 6.7g

Protein: 23.6

SPICY LOW CARB SALMON PATTIES

 Corina Nielsen

 4 salmon cakes

 10 minutes

INGREDIENTS

- 1 heaped tablespoon chipotle mayo
- 1-2 teaspoons Sriracha sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg
- 2 tablespoons chopped green onion (finely chopped)
- 1/2 tablespoon coconut flour
- 2 tablespoons almond flour
- 1 canned salmon or 1/2 lb cooked salmon (preferably wild caught sockeye salmon)
- 1 tablespoon avocado oil or olive oil
- 1/4 teaspoon smoked paprika
- 4 tablespoons green onion



INSTRUCTIONS

- 1.-** Add mayo, Sriracha, smoked paprika, egg, and green onion to a large bowl. Adjust salt/pepper to taste. Add in canned salmon, almond flour, and coconut flour. Carefully stir to coat. Divide and form patties.
- 2.-** Coat a large skillet or non-stick pan with avocado oil and set to high heat. Place patties into hot oil and cook for 3-4 minutes, flip, and cook on other side until golden brown under medium heat. Garnish with green onion if desired and serve with more chipotle mayo as your dipping sauce.

NUTRITION

Serving Size: 2 salmon cakes

Calories: 333


Fat: 26g


Carbohydrates: 3g (Net Carbs: 2g)


Fiber: 1g

Protein: 17g

ZESTY CHIPOTLE LIME BUNLESS TURKEY BURGERS

 Corina Nielsen

 4 burgers

 10 minutes

INGREDIENTS

- 1 lb ground turkey
- 1/2 cup cilantro
- 1 teaspoon lime zest
- 1 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder
- 1 chipotle pepper in adobo sauce (finely chopped)
- lettuce cups
- 4 heaped tablespoons chipotle lime mayo
- sliced tomato
- red onion
- 1 large avocado



INSTRUCTIONS

- 1.-** Combine chopped chipotle, salt, pepper, lime juice, cilantro, and garlic powder in a large bowl. Stir well. Add ground turkey and mix well with hands. Portion and divide burgers.
- 2.-** Turn on grill or grill pan and coat with non-stick spray. Cook turkey burgers on each side for 2-3 minutes until cooked through.
- 3.-** Assemble burgers by adding mayo, avocado, sliced tomato, and red onion.

NUTRITION

Serving Size: 1 burger


Calories: 333

Fat: 25g


Carbohydrates: Net Carbs: 4g

Protein: 23g

CRISPY KETO CHICKEN TENDERS

 Corina Nielsen

 5 servings

 10 minutes

INGREDIENTS

- 1 lb chicken breasts (cut into thin 3" slices)
- 3/4 cups almond flour
- 2 1/2 tablespoons coconut flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1/4 cup grated parmesan cheese
- 1/2 cup full fat coconut milk
- 1/4 cup avocado oil
- 2 tablespoons coconut oil



INSTRUCTIONS

- 1.-** Combine dry ingredients in a shallow dish (almond flour, coconut flour, salt, pepper, seasonings, and parmesan cheese). Whisk well. Add coconut milk to another shallow dish and season with 1/2 tsp of salt and a pinch of pepper. Set both dishes aside.
- 2.-** Cut chicken into small pieces. Add chicken to coconut milk and coat well.
- 3.-** Add oils to a large cast iron skillet and place over medium heat. Once oil is hot, drop chicken pieces into pan. Fry on all sides until golden brown. Remove chicken from oil and place on a paper towel.
- 4.-** Serve with low carb ketchup, BBQ sauce, or dip of choice.

NUTRITION

Serving Size: 1

Calories: 395


Fat: 34g

Carbohydrates: Net Carbs: 3g

Protein: 24g

BAKED KETO SPAGHETTI SQUASH

 Steph Lodge

 45 minutes

 Italian

This baked keto spaghetti squash recipe is low-carb, healthy and delicious (and may just satisfy that pasta craving).

INGREDIENTS

- 1 spaghetti squash
- 1 tbsp olive oil
- 1 tsp himalayan sea salt
- 1 tsp pepper



INSTRUCTIONS

- 1.- Preheat oven to 400 degrees. Spread parchment paper on top of sheet pan.
- 2.- Cut spaghetti squash either way down the middle.
- 3.- Drizzle olive oil, salt and pepper on spaghetti squash.
- 4.- Put on pan and place in oven for 40 minutes
- 5.- Once the spaghetti squash is baked, pull out and allow to cool.
- 6.- Scrape the squash out with a fork in a bowl.

NUTRITION

Serving Size: 1 cup

Calories: 31


Fat: 0.6g


Carbohydrates: 7g (Net Carbs: 5.5g)

Protein: 0.6g

CRISPY PARMESAN CRUSTED CHICKEN

 Corina Nielsen

 4 servings

 20 minutes

INGREDIENTS

- 1/3 cup almond flour
- 1/3 cup grated parmesan cheese
- 1 teaspoon Italian Seasoning mix
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 heaped teaspoon garlic powder
- 1 Large eggs
- 1 tablespoon olive oil
- 1 tablespoon butter
- 4 large thinly sliced boneless chicken breasts or 1 lb of chicken cutlets



INSTRUCTIONS

- 1.-** Combine almond flour, parmesan cheese, 1/2 teaspoon of salt, 1/4 teaspoon of pepper, Italian seasoning mix, and garlic powder in a small shallow dish. Whisk well. Add egg to a separate shallow dish and whisk until frothy.
- 2.-** Lightly season chicken with remaining salt and pepper. Coat each chicken breast in egg mixture, then coat in flour mixture, shake off excess.
- 3.-** Preheat a cast iron pan or large skillet and coat with olive oil and butter. Set to medium-high heat. Add chicken to pan and cook on each side for 4-5 minutes until golden brown. Garnish with freshly chopped parsley, fresh herbs, sliced mozzarella cheese, and low carb marinara sauce.

NUTRITION

Serving Size: 1 serving

Calories: 335


Fat: 18g


Carbohydrates: 6g

Protein: 33g

Fiber: 0g

MOUTH-WATERING MIRACLE NOODLE STUFFED CHICKEN

 Steph Lodge

 45 minutes

INGREDIENTS

- 1 pack miracle noodle angel hair pasta
- 1 tbsp avocado oil
- 2 cups spinach
- 2 oz mozzarella cheese
- 1 lb boneless skinless chicken breast
- 1 tsp salt
- 1 tsp pepper
- 1 tsp white pepper



INSTRUCTIONS

- 1.- Preheat oven to 400 degrees.
- 2.- While oven is heating up, prepare the miracle noodles by draining them and adding them to a pot of boiling water. Let simmer in water for 10 minutes.
- 3.- While the miracle noodles are simmering, sautee sauté spinach and avocado oil in pan on medium heat.
- 4.- Place chicken on cutting board and cut slices in them hasselback style, enough room to stuff with pasta and spinach.
- 5.- Drain the miracle noodles and add to the spinach pan. Mix in cheese. Mix all together.
- 6.- Add spoonfuls of miracle noodles, spinach and cheese to the pockets cut in the chicken breasts.
- 7.- Once all the pockets are stuffed, place the chicken on baking sheet covered with parchment paper.
- 8.- Place in the oven to bake for 25-35 minutes or until fully cooked.

NUTRITION

Serving Size: 1 chicken breast (6 oz)

Calories: 363

Fat: 13g

Carbohydrates: Net Carbs: 2.3g


Protein: 60g

Fiber: 1.7g

EASY HOMEMADE KETO MOZZARELLA STICKS

 Corina Nielsen

 2 servings

 10 minutes cooking time +
overnight freezing

INGREDIENTS

- 3 sticks mozzarella cheese (cut in half)
- 1/2 cup almond flour
- 2 1/2 teaspoons Italian seasoning blend
- 2 tbsp grated parmesan cheese
- 1 large whole egg
- 1 heaped teaspoon garlic powder
- 1 Large eggs
- 1/2 teaspoon salt
- 1/4 cup coconut oil
- 1 tablespoon chopped parsley



INSTRUCTIONS

- 1.- Place cheese in the freezer overnight to harden.
- 2.- When you are ready to make your mozzarella sticks, add coconut oil to a small to medium sized cast iron skillet and heat under low-medium heat. Add egg to a small shallow bowl and beat well. Add almond flour, parmesan cheese, and seasonings to a separate shallow dish.
- 3.- Coat cheese in egg, then evenly coat in dry mixture. Place on a wire rack or plate and repeat with remaining sticks of cheese. Cook mozzarella sticks until golden brown on all sides, about 1-2 minutes. Remove from oil and place on paper towels. Sprinkle with parsley if desired.
- 3.- Serve with keto friendly marinara sauce.

NUTRITION

Serving Size: 3 sticks

Calories: 436

Fat: 39g


Carbohydrates: Net Carbs: 5g

Protein: 20g

QUICK KETO EGG ROLL IN A BOWL

 Corina Nielsen

 4

 15 minutes

 American-Chinese

Skip the take out and have a delicious dinner on the table in less than 10 minutes with this quick and easy, flavorful keto egg roll in a bowl.

INGREDIENTS

- 1 tablespoon coconut oil, butter, or ghee
- 1 small sliced onion
- 2 cloves garlic (finely minced)
- 4 cups cabbage slaw
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon chili paste
- 1/4 cup soy sauce or coconut aminos
- 4 cooked chicken breasts (shredded)
- 1/2 tablespoon sesame seeds
- 1/4 cup green onion



INSTRUCTIONS

- 1.-** Heat a large wok or pan under medium heat. Add coconut oil, onions, and garlic. Cook for 2-3 minutes.
- 2.-** Add cabbage slaw, cooked chicken, salt, pepper, chili paste, and soy sauce. Cook for 5-6 minutes until veggies are softened.
- 3.-** Re-adjust seasoning as desired. Top with sesame seeds and chopped green onion.

NUTRITION

Serving Size: 1 cup

Calories: 163

Fat: 7g

Carbohydrates: Net Carbs: 3g

Protein: 23g

COCONUT FLOUR PIZZA CRUST

 Sara Blackburn

 4

 30 minutes

 Neapolitan

This coconut flour pizza crust is the perfect satiating, keto-friendly treat sure to satisfy your pizza craving.

INGREDIENTS

- 1/4 cup coconut flour
- 1/4 cup parmesan cheese
- 2 tbsp avocado oil
- 2 tbsp ground flax seeds
- 4 large eggs
- 2 tsp Italian seasoning
- 1/2 tsp cream of tartar
- 1/4 tsp baking soda
- 3/4 cup shredded mozzarella
- 2 oz cream cheese



INSTRUCTIONS

- 1.- Preheat oven to 400 degrees and line baking sheet with parchment paper. Liberally spray parchment paper with nonstick cooking spray.
- 2.- In a large mixing bowl, add coconut flour, parmesan cheese, avocado oil, flax seeds, eggs, Italian seasoning, cream of tartar, and baking soda, and mix together with electric mixer until fully incorporated.
- 3.- To bowl, add shredded mozzarella and cream cheese. Mix with electric mixer until well-combined.
- 4.- Spread mixture into an even layer onto prepared baking sheet. Shape into pizza dough.
- 5.- Bake dough for 18-20 minutes, until lightly golden brown.

NUTRITION

Calories: 161

Fat: 12.8g


Carbohydrates: 3.4g (Net Carbs: 1.8g)

Protein: 9g

OVEN-BAKED KETO NAAN

 Cristina Curp

 4

 15 minutes

 Asian

This tasty keto naan is a great low carb substitute to your favorite flatbread, packing all the healthy fats without the abundant amount of carbs your typical bread provides.

INGREDIENTS

- 1/3 cup fine ground coconut flour
- 1 tsp golden flax meal
- 1 tsp garlic powder
- 1/4 tsp pink Himalayan salt
- 1 tsp baking powder
- 1 cup full fat canned coconut milk
- 1 large egg
- 1 tsp apple cider vinegar



INSTRUCTIONS

- 1.- Pre-heat oven to 425F
- 2.- In a large bowl, whisk together the milk, egg, and vinegar..
- 3.- Sift in the dry ingredients as you whisk the mix.
- 4.- Then set the bowl aside for 10 minutes while the batter thickens to a dough.
- 5.- Line a sheet pan with parchment paper.
- 6.- Shape 4 naan breads. About 1/4 inch thick, 4 inches long and 2-3 inches wide.
- 7.- Bake for 15-20 minutes, until light golden with browned edges.
- 8.- Remove from the oven, drizzle with olive oil, and serve! Store leftovers in an airtight container
- 9.- At room temp for up to 2 days. Toast to heat.

NUTRITION

Fiber: 3.6g


Calories: 223

Fat: 18.8g


Carbohydrates: 12.1g (Net Carbs: 8.5g)


Protein: 3.1g

LOW CARB CAULIFLOWER MAC AND CHEESE

 Corina Nielsen

 3 cups

 30 minutes

 American

This baked keto cauliflower mac and cheese casserole is filled to the brim with cheesy goodness but without all the carbs.

INGREDIENTS

- 8 oz heavy cream
- 4 oz sharp cheddar (shredded)
- 4 oz fontina (shredded)
- 2 oz cream cheese
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/4 teaspoon paprika
- 1 large head of cauliflower



INSTRUCTIONS

- 1.- Preheat oven to 375 degrees and coat an 8×8 baking dish with butter or non stick spray.
- 2.- Cut cauliflower into small 1/2 to 1 pieces. Steam for 4-5 minutes until barely tender. Remove from heat and drain well. Pat dry with paper towels. Set aside.
- 3.- In a small pot, combine heavy cream, cheeses, cream cheese, salt, pepper, and paprika. Heat under medium fire until smooth. Stir well.
- 4.- Add cauliflower to cheese mixture and toss to coat.
- 5.- Pour into baking dish and bake for 25-30 minutes until the top is golden brown and bubbly.

NUTRITION

Serving Size: 1/2 cup

Calories: 393

Fat: 33g

Carbohydrates: 10g

Protein: 14g

Fiber: 4g

STUFFED KETO PORK LOIN

 Sara Blackburn

 6

 1 hour 30 minutes

 American

This delicious Stuffed Keto Pork Loin is the perfect way to gain all the savory health components of a high fat, high protein diet without any unwanted carbs.

INGREDIENTS

- 1 lb pork tenderloin
- 2 tsp minced garlic
- 1 tbsp avocado oil
- 4 oz cream cheese
- 2 oz fresh spinach
- 1 tsp liquid smoke
- 1/4 tsp salt
- 1/4 tsp pepper



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees. Line casserole dish with foil.
- 2.- Wrap pork tenderloin in saran wrap and, using a meat tenderizer, pound meat until flat. Cut edges off to make tenderloin into a rectangle. Set aside.
- 3.- Over medium heat in a large pan, add avocado oil and minced garlic. Cook garlic until fragrant.
- 4.- Add cream cheese, spinach, liquid smoke, salt, and pepper. Cook until cream cheese is melted and spinach is wilted.
- 5.- Spoon cream cheese and spinach mixture onto pork and, using the back of a large spoon, spread mixture to about 1/2 inch from the edge of meat.
- 6.- Carefully roll tenderloin into a log and place tenderloin seam-side down in prepared casserole dish.
- 7.- Bake for 1 hour, 15 minutes.
- 8.- Allow to cool slightly before cutting and serving.

NUTRITION


Calories: 167

Fat: 10g


Carbohydrates: 2g (Net Carbs: 1.8g)


Protein: 17.5g

PREP-AHEAD LOW CARB CASSEROLE

 Sara Blackburn

 8

 45 minutes

 American

This nutritional low carb casserole is the perfect dinner to help you get the most out of your meal prepping.

INGREDIENTS

- 1 lb. chicken breast, cooked, cubed
- 4 strips bacon, cooked, crumbled (Optional: 2 additional strips, cooked, crumbled, for garnish)
- 2 cups cauliflower rice
- 1/2 cup celery, chopped
- 3 large eggs, whisked
- 1/2 cup grated parmesan
- 1/4 cup heavy whipping cream
- 1 tbsp Italian seasoning
- 1/3 cup mozzarella cheese



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees. Spray casserole dish with non-stick cooking spray.
- 2.- In a large mixing bowl, combine all ingredients except mozzarella. Mix until well-combined.
- 3.- Pour mixture into prepared casserole dish. Top with mozzarella.
- 4.- Bake for 30 minutes. After 30 minutes, increase heat to broil and broil until mozzarella turns golden brown, about 3 minutes.
- 5.- Allow to cool slightly before serving. Enjoy!

NUTRITION

Calories: 234


Carbohydrates: 6.3g (Net Carbs: 4.3g)


Fat: 13.8g


Protein: 21.8g

CRISPY KETO BACON WRAPPED ASPARAGUS

 Corina Nielsen

 12 bundles

 25 minutes

 American

A delicious starter course for any special gathering, these crispy keto bacon wrapped asparagus bundles are great for dinner parties or easy weeknight meals.

INGREDIENTS

- 36 asparagus spears
- 12 slices bacon
- 1 tablespoon olive oil
- Salt & Pepper to taste



INSTRUCTIONS

- 1.- Preheat oven to 425 degrees and line a baking sheet with parchment paper.
- 2.- Wrap 3 asparagus spears with a single slice of bacon in one even spiral layer. Place on prepared baking sheet. Repeat with remaining ingredients.
- 3.- Drizzle with olive oil and sprinkle on salt and pepper to taste. Bake for 20-25 minutes until desired crispiness of bacon is achieved.

NUTRITION

Calories: 46

Fat: 4g

Carbohydrates: Net Carbs: 0g

Protein: 3g

DAIRY FREE CAULIFLOWER KETO PIZZA CRUST

 Cristina Curp

 2

 50 minutes

 Neapolitan

Craving pizza? This dairy-free cauliflower pizza crust is keto-friendly and is a great alternative to the high-carb pizza you might be used to.

INGREDIENTS

- 2 cups riced cauliflower
- 2 large eggs
- 3 tablespoons coconut flour
- 1/2 cup celery, chopped
- 2 tablespoons avocado oil
- 1 teaspoon fine salt
- 1 teaspoon dried Italian herbs



INSTRUCTIONS

- 1.- Preheat oven to 405F.
- 2.- Microwave the riced cauliflower for 5 minutes then transfer it to a nut milk bag or clean kitchen towel. Carefully squeeze out as much water as you can. Let it rest a few minutes then squeeze out even more water.
- 3.- You should have about a cup of this cauliflower paste. Add that to a large bowl and mix in the rest of the ingredients until a soft dough forms
- 4.- Line a sheet pan with parchment paper and shape your pizza crust on it. Do not spread it thinner than 1/4 inch or it will tear.
- 5.- Roast for 25-30 minutes until the cauliflower crust is golden in color and lightly browned on the edges.
- 6.- Add your favorite toppings and pop it in the oven for an extra 5 minutes.

NUTRITION

Calories: 278

Fiber: 7g

Fat: 21g


Carbohydrates: 12g

Protein: 11g

BALSAMIC ROASTED TURNIPS

 Steph Lodge

 3

 40 minutes

 Italian

These roasted turnips are a great low carb alternative to potatoes and make the perfect side dish for your favorite keto meal.

INGREDIENTS

- 3 turnips
- 2 tbsp balsamic vinaigrette
- 1 tbsp garlic



INSTRUCTIONS

- 1.- Preheat oven to 400.
- 2.- Peel turnips and cut into cubes.
- 3.- In a bowl, combine turnips, 2 tbsp balsamic vinaigrette and garlic.
- 4.- Spread the turnips on a baking sheet lined with parchment paper.
- 5.- Bake at 400 for 30 minutes or until turnips start to brown.

NUTRITION

Serving Size: 1 cup

Calories: 32

Fat: 0g

Carbohydrates: Net Carbs: 7g


Protein: 1g

Fiber: 3g

SHEET PAN BRUSSELS SPROUTS WITH BACON

 Sara Blackburn

 6 servings

 35 minutes

 American

This Brussels Sprouts with Bacon recipe is a perfectly keto-friendly dish, easy enough to throw together in less than an hour with only two main ingredients.

INGREDIENTS

- 16 oz bacon
- 16 oz raw brussels sprouts
- Salt
- Pepper



INSTRUCTIONS

- 1.- Preheat oven to 400 degrees. Line baking sheet with parchment paper.
- 2.- Halve brussels sprouts.
- 3.- Using kitchen shears, cut bacon into small pieces lengthwise.
- 4.- Add brussels sprouts and bacon to prepared baking sheet and season with salt and pepper.
- 5.- Bake for 35-40 minutes, until brussels sprouts are slightly browned and bacon is crispy.

NUTRITION


Calories: 113

Fat: 6.9


Carbohydrates: 6.8g (Net Carbs: 3.9g)

Protein: 7.9

EASY STREET STYLE KETO TORTILLAS

 Steph Lodge

 1

 8 minutes

 Mexican

Looking for a keto tortilla for your next Mexican food feast? These low carb keto tortillas only have 4 grams net carbs and will be done in 20 minutes.

INGREDIENTS

- 1/2 cup shredded asiago
- 3 tablespoons coconut flour
- 1 large egg



INSTRUCTIONS

- 1.- Heat a dry cast iron skillet over medium heat.
- 2.- Mix the shredded cheese and coconut flour in a glass bowl.
- 3.- Microwave for one minute or until cheese is softened.
- 4.- Stir well to combine and slightly cool the cheese mix. Add in the egg and mix until a dough forms.
- 5.- Separate the dough into three equal size balls. If the dough is too dry, wet your hands to handle it until it comes together. Alternatively, if the dough is too runny, add in a teaspoon of coconut flour until it comes together.
- 6.- Separate the dough into three equal size balls. If the dough is too dry, wet your hands to handle it until it comes together. Alternatively, if the dough is too runny, add in a teaspoon of coconut flour until it comes together.
- 7.- Place the tortillas on the hot cast iron skillet and heat 2-3 minutes a side until lightly browned.
- 8.- Use a spatula to remove from the heat and let them cool a little before handling.

NUTRITION

Calories: 322

Protein: 17g

Fat: 20g

Carbohydrates: 12g

Fiber: 8g



DRINKS

CITRUS WHITE RUM KETO COCKTAIL

 Sara Blackburn

 2 drinks

 20 minutes

Orange extract, white rum, lemon juice – this Citrus White Rum Keto Cocktail contains less than 1 net carb and will be your low-carb, sugar-free, happy hour go-to this summer.

INGREDIENTS

Syrup:

- 2 tbsp water
- 2 tbsp monk fruit sweetener
- 1 tsp grated fresh ginger
- Zest of one medium orange

Cocktail:

- 2 oz white rum
- 1 tbsp fresh lemon juice
- Ice
- Seltzer water



INSTRUCTIONS

- 1.- Add water, monk fruit sweetener, grated ginger, and orange zest to a small pot over medium heat.
- 2.- Whisk ingredients and allow monk fruit sweetener to dissolve before reducing heat to low to simmer for 5 minutes.
- 3.- Remove pot from heat and, using a mesh strainer, strain pulp from the syrup.
- 4.- Add white rum, lemon juice, prepared syrup, and ice to a cocktail shaker.
- 5.- Split contents equally among two tall cocktail glass. Fill remaining part of glasses with seltzer water.

NUTRITION

Serving Size: 1 cocktail


Calories: 68

Fat: 0g

Carbohydrates: 12.7g (0.7g net)

Protein: 0g

KETO SANGRIA

 Corina Nielsen

 2 cocktails

A low-carb sangria keto recipe with a hint of lime juice and delicious fruit flavor. Sugar-free and perfect for a low carb-lifestyle. Only 4 net carbs per glass.

INGREDIENTS

- 4 oz. low-sugar or keto red wine
- 4 oz. Orange Zevia or club soda
- 1 oz. Citron vodka
- squeeze lime juice



INSTRUCTIONS

1.- Combine ingredients into a glass. Stir gently. Add ice if desired.


NUTRITION


Serving Size: 1 cocktail

Calories: 83 kcal

Carbohydrates: 4g

LOW-CARB SPARKLING BLACKBERRY SPRITZER

 Corina Nielsen

 1 drink

 2 minutes

Fresh blackberries, lime juice, club soda, and tequila — this blackberry spritzer is the perfect cocktail pick, add lime slices and a lemon twist for fun.

INGREDIENTS

- 1-ounce tequila
- 3 ounces blackberry sparkling flavored water or plain sparkling water
- Juice of 1 lime
- 2-3 blackberries
- Handful of ice



INSTRUCTIONS

- 1.- Add blackberries to the bottom of a glass. Mash with the back of a wooden spoon.
- 2.- Add ice and remaining ingredients. Gently stir. Serve with a wedge of lime.

NUTRITION

Serving Size: 1 drink

Carbohydrates: 2g (11g net)

Calories: 137

Fiber: 1g

Fat: 0g

Protein: 0g


SEAFOOD




SHRIMP STIR FRY WITH BAKED CAULIFLOWER RICE

 Cristina Curp

 3-4

 23 minutes

 American

With plenty of bacon fat and MCT oil, this shrimp keto stir fry with baked cauliflower rice makes for a delicious evening low-carb meal!

INGREDIENTS

- 16oz (1lb) shrimp (peeled, tail on)
- 2 inch nub of ginger root
- 4 stalks green onion
- 2 garlic cloves
- 4 baby bella mushrooms
- 1inch piece of lemon rind
- 2 tsp pink Himalayan salt, more to taste
- 3 tbsp. bacon fat
- 12oz frozen riced cauliflower
- 2 tbsp. MCT oil



INSTRUCTIONS

- 1.- Pre-heat your oven to 400F.
- 2.- Spread your cauliflower rice on a sheet pan, drizzle liberally with MCT oil and sprinkle with pink salt.
- 3.- Place in the oven when it comes to temperature, bake for 10 minutes
- 4.- Peel and slice your ginger root and garlic cloves. Cut your green onion into 1 inch pieces. Peel a slice of lemon rind off.
- 5.- Heat a large skillet on medium heat. When it comes to temperature add in the bacon fat and all of your aromatics. Sauté until tender and fragrant.
- 6.- Add in the shrimp and sauté, stirring often until they are pink and coiled. Add in the coconut aminos and salt, stir another 2-3 minutes. Remove from heat.
- 7.- Serve your shrimp over a bed of baked cauliflower rice! Garnish with more green onion, sesame seeds or chili flakes!

NUTRITION

Calories: 357


Protein: 24.7


Carbohydrates: 9


Fat: 24.8

SMOKED SALMON PATE WITH CUCUMBER

 Alexander Cunningham

 12 cups

 30 minutes

 American

This salmon pate with cucumber is the perfect keto-friendly appetizer to bring to your next party. Get the recipe plus tips on assembling easy keto apps.

INGREDIENTS

- 4.5 oz of smoked salmon
- 5.5 oz cream cheese
- 1/4 cup of heavy cream
- 1 Tbsp lemon juice
- 1 Tbsp fresh chives
- Pinch of salt and pepper
- 2 Cucumbers



INSTRUCTIONS

- 1.- Begin by using a vegetable peeler or small knife to cut strips down the skin of the cucumbers, and then slice the cucumbers into 2 inch slices.
- 2.- Use a melon baller or a teaspoon, scoop out the flesh in the middle of the cucumber, leaving a small layer at the bottom of each cucumber cup.
- 3.- Next, grab your food processor and add in $\frac{3}{4}$ of the smoked salmon, the cream cheese, heavy cream, lemon juice, salt, pepper and chives. Blitz everything for a couple of minutes, until the pâté is smooth.
- 4.- Then, chop up the remaining $\frac{1}{4}$ of the smoked salmon into small pieces and add to the pâté. This gives the pâté a little extra texture.
Finally, fill each cucumber cup with a dollop of salmon pâté and serve! Alternatively, you can store them in an airtight container in the refrigerator for up to 2 days.

NUTRITION

Serving Size: 6 cups

Calories: 450

Fat: 40

Carbohydrates: 5

Protein: 18


Fiber: 1

Sugar: 4

SPICY TUNA KETO SUSHI ROLL

 Cristina Curp

 1

 10 minutes

 Japanese

This Spicy Tuna Keto Sushi Roll is the perfect low carb dish to satiate that craving for your favorite Japanese cuisine.

INGREDIENTS

- 1/4 pound sushi grade ahi tuna
- 1 cup riced cauliflower
- 1 tablespoon mayo
- 1 teaspoon sriracha
- Pinch of salt
- 1 tablespoon mayo
- Sheet of nori



INSTRUCTIONS

- 1.- Cut your tuna into a long tube, about $\frac{1}{4}$ inch thick, or into long pieces.
- 2.- Microwave your cauliflower rice for 1 minute, then wrap it in a kitchen towel to squeeze out the excess moisture. Transfer it to a bowl and mix with the mayo and sriracha.
- 3.- Lay a sheet of nori flat on the cutting board. Add the rice to the nori sheet and flatten it out along the first $\frac{3}{4}$ of the sheet in a flat, even mass.
- 4.- Lay your tuna strips along the top of the rice. Sprinkle with salt. Then roll the nori sheet with rice up and over the tuna, tucking it in with your finger tips and rolling forward with even pressure until you reach the plain nori. Wet your fingers and moisten the nori to make it sticky, and finish the roll by sealing it shut with the wet nori.
- 5.- Use a sharp knife to cut your sushi roll into slices.
- 6.- Serve with fresh grated ginger, gluten free tamari, and sesame seeds to garnish!

NUTRITION

Calories: 370

Protein: 28g

Fat: 22g


Carbohydrates: 10g

Fiber: 3g

SHRIMP STACKS

 Cristina Curp

 4

 15 minutes

 American

Even as a protein-rich meal, this simple shrimp stacks recipe with minimal ingredients packs a punch with the loaded benefits of healthy fats.

INGREDIENTS

- 9-12 tail on shrimp
- Coconut oil spray
- 3 ripe but firm hass avocado
- 2 limes
- 4 large basil leaves
- 1 tsp pink salt
- Cookie or biscuit cutter



INSTRUCTIONS

- 1.- Place a cooling rack over a sheet pan. Spray with coconut oil.
- 2.- Arrange your shrimps side by side on the grate. Sprinkle with a little salt from way up high. This will ensure they're evenly salted. Spray your shrimp with coconut oil.
- 3.- Set your oven rack to the top spot. Heat your oven on 500F Broil.
- 4.- Put the shrimp under the broiler. Set the timer for 5 minutes.
- 5.- In this time, open up your avocados, dice them, and mix in a bowl with lime juice and the remaining salt.
- 6.- Remove your shrimp from the oven.
- 7.- Using a cookie cutter on a plate, spoon some of the avocado mix in to the circle and gently press down, carefully slide up the cookie butter to reveal a mashed avocado round. Repeat on each plate.
- 8.- Place 3-4 shrimp on each avocado round, tails up. Then roll your basil leaves up like you were rolling a newspaper.
- 9.- Carefully slice the basil, roll thinly, creating basil chiffonade. Sprinkle over your shrimp.
- 10.- Serve, impress, enjoy! shrimp.

NUTRITION

Calories: 289

Carbohydrates: 14.2


Fat: 21.8


Protein: 12.3

KETO POKE WITH AHI TUNA AND CITRUS

 Cristina Curp

 2

 15 minutes

 Hawaiian

The simplest keto poke with Ahi Tuna you've ever had. Don't deprive yourself of citrus flavor. Remake this classic Hawaiian dish Perfect Keto style.

INGREDIENTS

- 8oz Yellow Fin Tuna (Ahi Tuna) Fillet
- 1 tbsp. coconut aminos
- 5 sprigs cilantro or Italian parsley (about 1/4 cup chopped)
- 1/2 Haas avocado
- 2 tbsp. sesame oil
- 1 tbsp. sesame seeds
- 1/4 cup pili nuts
- 1 tsp. sea salt
- 1/4 ruby red grapefruit



INSTRUCTIONS

- 1.- Cut your ahi into ¼ inch cubes and place in a large bowl.
- 2.- Add in the coconut aminos, sesame oil and salt. Gently toss.
- 3.- Halve your grapefruit and cut out the sections, add them to your bowl.
- 4.- Mince your cilantro, add it to the bowl.
- 5.- Chop your pili nuts, dice your avocado, add both to the bowl.
- 6.- Gently toss to combine everything.
- 7.- Divide the ahi mix between two bowls and garnish with sesame seeds. Viola!.

NUTRITION

Calories: 445

Carbohydrates: 10


Fat: 33


Protein: 39

SIDES

SCALLOPED POTATOES

 Corina Nielsen

 8 servings

 45 minutes

Keto scalloped “potatoes” are the perfect grain-free, gluten-free comfort food side dish when following a keto diet. With total fat of 21 grams and only 4 net carbs, you won’t believe they’re not potatoes!

INGREDIENTS

- 2 pounds turnips (thinly sliced)
- 1/4 cup unsalted butter (½ stick)
- 2 tablespoons coconut flour
- 1 cups unsweetened milk of choice
- 1/2 cup heavy cream
- 10 ounces shredded cheddar cheese
- 1/ 2 cup green onions (thinly sliced)
- 1 teaspoon salt
- 1/4 teaspoon black pepper



INSTRUCTIONS

- 1.- Preheat oven to 350°F and coat a 13×9 baking dish with nonstick spray or butter. Set aside.
- 2.- Melt ¼ cup butter in a medium size pan set over medium heat. Stir in coconut flour. Cook for 2-3 minutes until it begins to brown slightly. Reduce heat to low and pour in the milk and heavy cream. Simmer for 5-6 minutes until mixture thickens slightly. Stir in cheese, green onions, salt, and pepper. Mix until smooth.
- 3.- Add sliced radishes to your baking dish and in pour cheese mixture. Toss to coat.
- 4.- Prepare topping by adding pork rinds to a large food processor. Blend on high until you have a fine powder. Carefully remove the blade. Add butter and parmesan cheese to pork rind dust. Stir well. Sprinkle mixture over turnips.
- 5.- Cover and bake for 25 minutes.
- 6.- Remove cover and bake for an additional 20 minutes.

NUTRITION

Serving Size: approximately ¼ cup

Calories: 255

Fat: 21g

Carbohydrates: 8g (4g net)


Protein: 9g

Fiber: 4g

ROSEMARY GARLIC HERBED BUTTER

 Corina Nielsen

 16

 2 to 3 hours

Rosemary garlic herb butter made with unsalted butter, fresh rosemary, and roasted garlic pairs perfectly with grilled steak or keto garlic bread.

INGREDIENTS

- 1 cup softened unsalted grass-fed butter
- 2 heaped tablespoons finely chopped fresh rosemary
- 1 heaped tablespoon finely minced garlic (fresh or roasted garlic)
- 2 teaspoons garlic powder
- 1 teaspoon salt



INSTRUCTIONS

- 1.- Add all ingredients to a small bowl. Stir until well combined.
- 2.- Place mixture on plastic wrap or parchment paper and form into a small log. Wrap and twist ends shut.
- 2.- Refrigerate for 2-3 hours until set. Slice into disks as needed

NUTRITION


Serving Size: 1 tablespoon

Carbohydrates: 0g

Calories: 102 kcal

Fat: 12g

KETO MARINARA SAUCE

 Corina Nielsen

 5 minutes

The perfect staple for keto Italian night, this keto marinara is perfect for spaghetti sauce, pizza sauce, or low-carb chicken parmesan.

INGREDIENTS

- 2 tbsp olive oil
- 1 crushed and chopped garlic clove
- 2 tsp oregano
- 16 ounces of tomato puree
- 2 tsp monk fruit
- 1 tsp pepper
- 1 tsp salt



INSTRUCTIONS

- 1.- In a medium to large saucepan, add the olive oil and garlic
- 2.- Saute over low to medium heat for 3 minutes or until fragrant
- 3.- Add the tomato puree and stir well
- 4.- Add the monk fruit, oregano, pepper, and salt
- 5.- Turn off the heat and stir
- 6.- Cool the sauce and store in the fridge or eat immediately with your favorite low-carb veggie or meat

NUTRITION

Serving Size: 2

Calories: 66

Fiber: 1.3g


Carbohydrates: 4g (3.7g net)

Fat: 4.5g

AVOCADO DEVILED EGGS

 Corina Nielsen

 12 pieces

 10 minutes

These Avocado Deviled Eggs come with little prep time and many health benefits that puts a new twist on a classic American dish the whole family will enjoy.

INGREDIENTS

- 6 Large eggs, hard-boiled
- 1 Large ripe avocado
- 1 tablespoon lime juice or lemon juice
- 1 tablespoon finely chopped red onion
- 2 tablespoons finely chopped cilantro
- 1/4 teaspoon sea salt or kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon smoked paprika or regular paprika



INSTRUCTIONS

- 1.- Cut the eggs lengthwise, remove the yolks, and place eggs aside.
- 1.- Add egg yolks, avocado, red onion, lime juice, cilantro, salt, and pepper to a small bowl. Mash and stir well to combine.
- 1.- Arrange egg white halves on a large platter. Fill the egg halves with avocado/egg yolk mixture. If you have a piping bag this can make the process a little smoother. Garnish with a pinch of paprika and extra cilantro if desired.

NUTRITION

Serving Size: 1 piece (½ egg)

Carbohydrates: 1g


Calories: 56

Protein: 3g

Fat: 4g

Fiber: 1g

KETO CREAM CHEESE CRACKERS

 Corina Nielsen

 10 tablespoons

 5 minutes

This Spicy Tuna Keto Sushi Roll is the perfect low carb dish to satiate that craving for your favorite Japanese cuisine.

INGREDIENTS

- 2 cups shredded mozzarella cheese
- 2 tablespoons sour cream or cream cheese
- 1 large egg
- 1 cup almond flour
- 3 tablespoons green onion (finely chopped)
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper



INSTRUCTIONS

- 1.- Add mozzarella cheese and cream cheese to a large mixing bowl. Place in the microwave and heat for 1-2 minutes until mixture is melted.
- 2.- Remove mixing bowl from microwave and add egg, almond flour, chives, salt, and pepper to the cheese mixture. Use your hands to mix and distribute ingredients evenly.
- 3.- Wrap dough in plastic wrap and transfer dough to the fridge for 15-20 minutes.
- 4.- Preheat oven to 400°F and line a baking sheet with parchment paper.
- 5.- Remove dough from fridge and place in between two pieces of parchment paper and roll to 1/8 " thickness. If the dough is sticking to the parchment paper, sprinkle extra almond flour to roll.
- 6.- Remove top piece of parchment paper and cut dough into squares or use a cookie cutter to form shapes. Add each cracker to prepared pan.
- 7.- Bake for 8-10 minutes until edges turn a light golden brown.

NUTRITION

Serving Size: 1 tablespoon

Calories: 71


Fat: 6g


Carbohydrates: 2g (1g net)

Protein: 4g

LOW-CARB CHEESE DIP

 Corina Nielsen

 12 pieces

 10 minutes

Cheddar cheese, heavy cream, and cream cheese make this keto cheese dip savory and satisfying. It's the perfect addition to any keto party.

INGREDIENTS

- 1/3 cup heavy whipping cream
- 2 oz cream cheese
- 2/3 cup shredded sharp cheddar
- 1/4 tsp salt



INSTRUCTIONS

- 1.-** In a small pot over medium-low heat, melt together heavy whipping cream and cream cheese. Stir occasionally.
- 2.-** Once melted, remove pot from heat, add shredded cheddar and salt. Stir until shredded cheddar is completely melted.
- 3.-** Serve dip hot with low-carb vegetables or pork rinds.

NUTRITION

Serving Size: 2 tablespoons

Carbohydrates: 1.5g

Calories: 163


Protein: 2.7g

Fat: 17.4g

LOW-CARB KETO NACHOS

 Sara Nelson

 1 serving

 20 minutes

Craving Mexican on keto? Love nachos? These low-carb, keto nachos pack all the flavor of traditional nachos with a fraction of the carbs.

INGREDIENTS

- 1/3 lb ground beef
- 1 1/4 tsp chili powder
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 tsp pepper
- 1/8 tsp onion powder
- 1/8 tsp red pepper flakes
- 1 package (about 30g) pork rinds



INSTRUCTIONS

- 1.- In a large pan over medium heat, brown ground beef. Drain excess grease and stir in spices.
- 2.- In a large bowl, add pork rinds, beef, shredded cheddar, olives, avocado, sour cream, and salsa.
- 3.- You can try placing your pork rinds and cheese on a baking sheet and melting the cheese before adding the rest of your ingredients.
- 4.- Enjoy!

NUTRITION

Calories: 984

Protein: 83.2g

Fat: 65.5g

Carbohydrates: 13.9g (Net Carbs: 5.5g)

LOW-CARB, NUTRIENT-DENSE CELERIAC MASH

 Cristina Curp

Celeriac mash rivals cauliflower puree as a low-carb mashed potato substitute, but with a whole different set of nutrients and a distinct, delicious flavor.

INGREDIENTS

- 1 medium celeriac, peeled and diced (about 1 cup)
- 1 cup diced cauliflower
- 2 cloves garlic, minced
- 2 sprigs thyme, minced
- 1 teaspoon sea salt
- 2 tablespoons avocado oil or olive oil
- 1/4 cup coconut cream
- 1/4 cup bone broth
- Black pepper to taste



INSTRUCTIONS

- 1.- Preheat oven to 400° F
- 2.- Toss the diced celeriac and cauliflower with the garlic, thyme, salt and avocado oil.
- 3.- Spread out on a sheet pan and roast for 35 minutes.
- 4.- Transfer to a blender or food processor.
- 5.- Add in the cream and broth.
- 6.- Blend until creamy, but still a little chunky, like mashed potatoes
- 7.- Serve, and enjoy!

NUTRITION

Serving Size: 3

Carbohydrates: 7.1g (5.9g net)


Calories: 184

Protein: 4.2g

Fat: 16g

Fiber: 1,2g

ZESTY CHILI LIME TACO CUPS

 Corina Nielsen

 8 lettuce cups

 15 minutes

Two step zesty chili lime taco cups that are great for any lunch or dinner. Quick, satiating, and fun for the whole family.

INGREDIENTS

- 1 lb grass-fed ground beef
- 3 cloves garlic (finely minced)
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1 large lime (juice reserved)
- 1/4 teaspoon black pepper
- 1 head romaine lettuce
- 1 medium avocado, diced
- 1 small roma tomato
- 1/3 cup cilantro (roughly chopped)
- 2/3 cups cheddar cheese
- 2 tablespoons sour cream



INSTRUCTIONS

- 1.-** Heat a large skillet over medium heat. Add ground beef, salt, pepper, chili powder, cumin, and garlic. Saute until the meat is golden brown.
- 2.-** Stir in lime juice and set aside to cool.
- 3.-** Make taco cups by adding cooked 1-2 tablespoons taco mixture, chopped tomatoes, chopped avocado, and cheese to romaine or butter lettuce leaves.
- 4.-** Garnish with cilantro, about 1 tablespoon of cheese, and sour cream if desired.

NUTRITION

Serving Size: 2 lettuce cups

Calories: 306

Fat: 19g


Carbohydrates: 2g

Protein: 29g

LEMON CHICKEN AVOCADO BOATS

 Cristina Curp

 4

 30 minutes

INGREDIENTS

- 5 boneless skinless chicken thighs, aprox. 12 ounces
- 3 garlic cloves, minced
- 1 lemon
- 2 tbsp. coconut vinegar
- 3 sprigs fresh oregano
- 1 tsp pink Himalayan salt
- 2 tbsp. grass fed butter
- 2 large ripe hass avocado
- 2 tbsp. olive oil



INSTRUCTIONS

- 1.- Heat a large skillet, with a tight fitting lid, on medium heat.
- 2.- Once it has come to temperature, add in the butter.
- 3.- Next, add in the garlic cloves, then the chicken thighs. Sprinkle with salt. Sear on each side, for two minutes.
- 4.- Squeeze the lemon juice into the skillet, and add in the lemon halves, followed by the vinegar and oregano sprigs. Lower the heat to low. Cover with a tight fitting lid and simmer for twenty minutes.
- 5.- Alternatively, you can just add all the ingredients to your slow cooker and cook on low for four hours.
- 6.- Once cooked, remove the lemon and oregano. Use two forks for shred the chicken.
- 7.- Halve your hass avocado, remove the seeds, and use tongs to pile shredded chicken onto each avocado half.
- 8.- Garnish with fresh herbs or chives, drizzle with olive oil.
- 9.- Share and enjoy!

NUTRITION

Calories: 356

Carbohydrates: 8.8


Fat: 26

Protein: 26.1

SMOKY KETO BBQ SAUCE

 Sara Blackburn

 12 oz

 35 minutes

 American

Most BBQ sauces are packed with sugar and carbs (up to 16 g for one serving!) This keto BBQ sauce allows you to enjoy your BBQ sauce without getting kicked out of ketosis.

INGREDIENTS

- 8 oz. tomato sauce
- 2 tbsp apple cider vinegar
- 1 tbsp hot sauce
- 1 tbsp Worcestershire sauce
- 2 tsp liquid smoke
- 2 tsp brown mustard
- 1 tbsp monk fruit sweetener
- 1 tsp chili powder
- 1/4 tsp cayenne pepper
- 2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt



INSTRUCTIONS

- 1.- To a small pot, add all ingredients.
- 2.- Over medium heat, bring sauce to a boil
- 3.- Reduce heat to low and simmer for 30 minutes.
- 4.- Allow to cool slightly before serving. Store in refrigerator.

NUTRITION

Serving Size: 1 oz


Calories: 25

Fat: 0.2g


Carbohydrates: 7.1g (Net Carbs: 4.9g)

Protein: 0.4g

CRUNCHY KETO ROSEMARY CRACKERS

 Corina Nielsen

 15 crackers

 35 minutes

Celeriac mash rivals cauliflower puree as a low-carb mashed potato substitute, but with a whole different set of nutrients and a distinct, delicious flavor.

INGREDIENTS

- 1 Large whole egg
- 1 tablespoon olive oil
- 3-4 tablespoons water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons rosemary
- 1/2 teaspoon garlic powder
- 1/2 cup almonds
- 1/2 cup pecans
- 1 cup pumpkin seeds
- 1/4 cup flax meal



INSTRUCTIONS

- 1.- Preheat oven to 325 degrees and line a large baking sheet with parchment paper. Set aside
- 2.- Beat egg in a small bowl with water, olive oil, salt, pepper, garlic powder, and finely chopped rosemary
- 3.- Add nuts and seeds to a large food processor and blend on high until roughly chopped. Add flax meal and stir to combine. Pour in liquid mixture and pulse just until combined
- 4.- Roll out mixture onto a parchment paper and roll out to 1/6 thick. Cut into even pieces and transfer to baking sheet
- 5.- Bake for 30 minutes until golden brown and crisp

NUTRITION

Serving Size: 1 cracker


Carbohydrates: Net Carbs: 2g


Calories: 136

Protein: 5g

Fat: 11g

FLAKY KETO PIE CRUST

 Steph Lodge

 12 slices

 1 hour and 10 minutes

Two step zesty chili lime taco cups that are great for any lunch or dinner. Quick, satiating, and fun for the whole family.

INGREDIENTS

- 3/4 cup almond flour
- 1/3 cup coconut flour
- 2 eggs
- 7 tbsp butter



INSTRUCTIONS

- 1.- In a large bowl, combine the almond flour and coconut flour.
- 2.- Cut the butter into small squares and add it to the dry ingredients. Press the butter into the flour using two forks until it's mixed as best you can.
- 3.- In a separate bowl, beat the eggs with a hand mixer on high and then pour it into the flour to mix.
- 4.- Blend by hand until you get a dough-like consistency.
- 5.- Ball it together with your hands and wrap it tightly with cling wrap. Store in the fridge or freezer for about an hour.
- 6.- After about an hour, preheat the oven to 350 degrees Fahrenheit.
- 7.- Roll the dough between two pieces of parchment paper.
- 8.- Carefully transfer the flattened dough to a pie-shaped baking pan.
- 9.- Poke dough with fork randomly to perforate crust.
- 10.- Bake for 10-15 minutes or until edges become brown.

NUTRITION

Serving Size: 1 slice

Calories: 122


Fat: 10.4g

Carbohydrates: 3.4g (Net Carbs: 1.5g)


Protein: 3.4g

Fiber: 1.9g

DELICIOUS KETO COBB SALAD

 Ayla Sadler

 2

 35 minutes

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 1/2 cups spinach
- 2 1/2 cups romaine, chopped
- 2 hard boiled eggs
- 4 pieces cooked bacon
- 8 cherry tomatoes, sliced
- 1/4 small red onion, chopped
- 1/4 cup bleu cheese
- Juice of 1 lime
- Sea salt and pepper to taste



INSTRUCTIONS

- 1.- Preheat oven to 350 degrees.
- 2.- On a baking sheet lined with parchment paper, add the chicken and sprinkle sea salt and pepper to desire.
- 3.- Cook chicken for 30 minutes or until internal temperature reaches 165 degrees. Slice and set aside.
- 4.- In two bowls, build the salads by adding spinach, romaine, sliced chicken, sliced tomatoes, chopped onion, eggs, bacon, and bleu cheese.
- 5.- Drizzle with lime juice, sprinkle with sea salt and pepper, and toss to combine.

NUTRITION

Serving Size: 2


Calories: 296

Fat: 11.2


Carbohydrates: 10.6g

Protein: 38.5g

CHEESY KETO BUFFALO CHICKEN DIP

 Corina Nielsen

 2 cups

 30 minutes

Share the best appetizer dish at any party with this foolproof keto buffalo chicken dip that'll leave your friends and family begging you for the recipe.

INGREDIENTS

- 8 chicken thighs
- 1 Small yellow onion
- 1/2 cup Frank's Buffalo Sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 2oz cream cheese
- 1 cup cheddar cheese



INSTRUCTIONS

- 1.- Add onion, spices, and buffalo sauce to the bottom of a crockpot (or Instant Pot). Stir well. Add chicken thighs, toss to coat. Replace lid and cook on HIGH for 6 hours (25 minutes on the Instant Pot).
- 2.- At the end of the cook time, remove lid and shred chicken.
- 3.- Stir in cream cheese and cheddar cheese. Top with additional cheddar cheese if desired.

NUTRITION

Serving Size: 1/4 cup

Carbohydrates: Net Carbs: 2g

Calories: 216

Protein: 16g

Fat: 17g

