



KETO COOKBOOK

YOUR KETO COOKBOOK
60 Tasty Recipes



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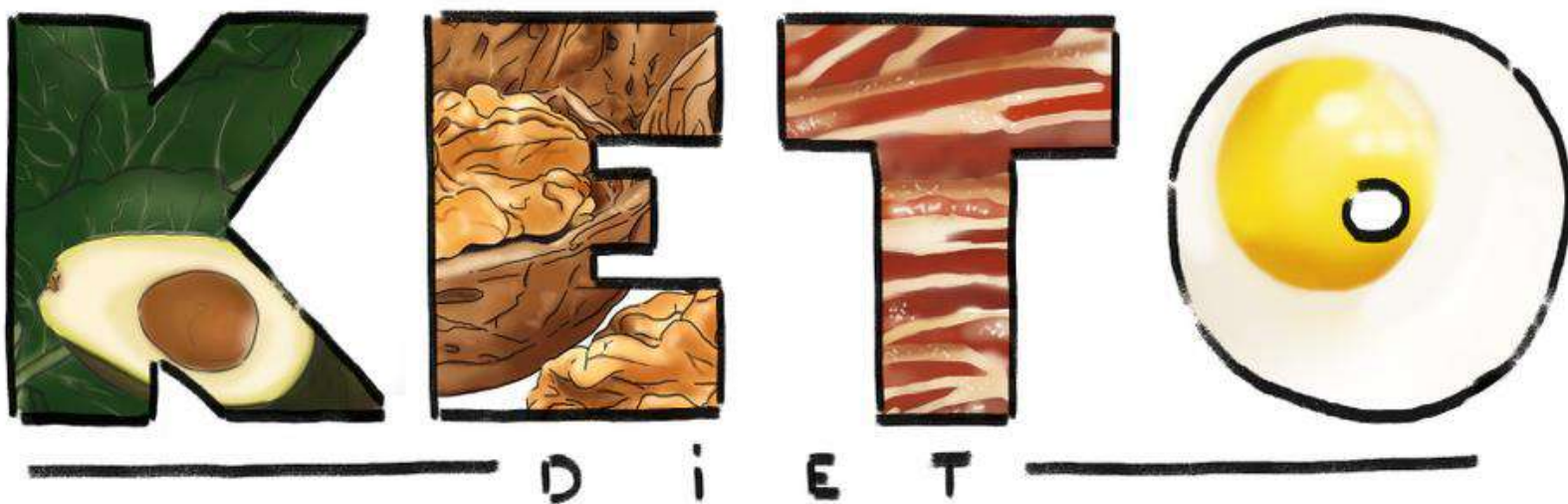
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Breakfast



KETO BREAKFAST MUFFINS

Serves: 6-8
 Prep Time: 10 Minutes
 Cook Time: 15 Minutes
 Total Time: 25 Minutes

INGREDIENTS

- 3 tablespoons plain Keto& Hot breakfast cereal
- 3 eggs
- 2 tablespoons heavy cream
- 2 tablespoons flaxseed meal
- 3 tablespoons coconut oil
- 2 tablespoons Erythritol
- 1 tsp vanilla extract
- 1 tsp baking powder

DIRECTIONS

1. Preheat oven to 325 F
2. In a bowl mix Plain keto & Hot breakfast cereal, add coconut oil and mix well
3. Add the rest of ingredients and mix
4. Pour batter into 6-8 cupcakes and bake for 15-18 minutes
5. Remove and serve

KETO BREAKFAST MUFFINS (6-8 servings)	3 tablespoons plain Keto& Hot breakfast	3 eggs	2 tbsp heavy creams	3 tablespoons coconut oil	2 tablespoons Erythritol	1 tsp vanilla extract	1 tsp baking powder
Carbohydrates	3.9g	1.1g	0.8g	0g	2.4g	0.5g	1.3g
Fiber	0.5g	0g	0g	0g	0g	0g	0g
Sugar	0.2g	0.6g	0.9g	0g	0.1g	0.5g	0g
Fat	0.4g	14.4g	10.8g	39g	0g	0g	0g
Cholesterol	0mg	558mg	34mg	0g	0g	0g	0mg
Sodium	26mg	213mg	8.2mg	0g	16.8mg	0.4g	488mg
Protein	0.6g	18.9g	8.2mg	0g	0.1g	0g	0g
Calories	20	216	102	363	10.2	12	2.4

KETO PANCAKES

Serves: 4
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 1/2 cup almond flour
- 3 eggs
- 1/2 tsp cinnamon
- 1 tablespoon butter
- 1/2 cup cream cheese

DIRECTIONS

1. Place all ingredients in a bowl and mix using a blender
2. In a frying pan pour 2-3 tablespoons of pancake mixture and cook for 1-2 minutes per side
3. Remove and top with cinnamon or butter

KETO PANCAKES (4servings)	1/2 cup almond flour	3 eggs	1/2 tsp cinnamon	1 tablespoon butter	1/2 cup cream cheese
Carbohydrates	12g	1.1g	2.1g	0g	6.5g
Fiber	7g	0g	0.7g	0g	0g
Sugar	2.5g	0.6g	0g	0g	4.3g
Fat	28g	14.4g	0g	12g	40g
Cholesterol	0mg	558mg	0mg	31mg	117mg
Sodium	0.6mg	213mg	0.1mg	91mg	364mg
Protein	12g	18.9g	0.1g	0.1g	7g
Calories	324	216	3.2	102	406

BREAKFAST SANDWICH

Serves: 1
Prep Time: 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes

INGREDIENTS

- 3 tablespoons shredded cheddar cheese
- 1 egg
- 1 slice bacon
- salt

DIRECTIONS

1. In a skillet add shredded cheese over medium heat and remove to a paper towel when it starts to melt
2. Cook the egg as you want, place it over the cheese and season with salt
3. Place the remaining cheese over the top and serve

BREAKFAST SANDWICH (1 serving)	3 tablespoons shredded cheddar cheese	1 egg	1 slice bacon	salt
Carbohydrates	0.7g	0.4g	0.2g	0g
Fiber	0g	0.2g	0g	0g
Sugar	0.1g	0.2g	0g	0g
Fat	7.2g	4.8g	4g	0g
Cholesterol	21mg	186mg	11mg	0g
Sodium	138mg	71mg	194mg	697.2mg
Protein	16.2mg	6.3g	3.9g	0g
Calories	87	72	54	0g

POWER BREAKFAST WITH GREEN SAUCE

Serves: 3
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 1 cup baby spinach
- salt
- 1 cup parsley
- 4 garlic cloves
- 4 tablespoons hemp hearts
- 1 cup olive oil
- 4 slices bacon
- 1 cup arugula
- 1 egg
- 10 asparagus tips

DIRECTIONS

1. For Green Sauce mix arugula, olive oil, parsley, garlic cloves, baby spinach, hemp hearts in a blender and blend until smooth
2. Arrange bacon sliced into rings and place the bacon in the oven at 325 F and cook until done
3. Tuck 3-4 asparagus tips into each bacon ring and add green sauce, sprinkle salt and pepper and cook for another 12-15 minutes
4. Remove from oven and serve

POWER BREAKFAST WITH GREEN SAUCE (3 servings)	1 cup baby spinach	salt	1 cup parsley	4 garlic cloves	4 tablespoons hemp hearts	1 cup olive oil	4 slices bacon	1 cup arugula	1 egg	10 asparagus tips
Carbohydrates	1.1g	0g	3.8g	4g	3.5g	0g	0.8g	0.7g	0.4g	6.2g
Fiber	0.7g	0g	2g	0.2g	1.6g	0g	0g	0.3g	0.2g	3g
Sugar	0.1g	0g	0.5g	0.1g	0.6g	0g	0g	0.4g	0.2g	2g
Fat	0.1g	0g	0.5g	0.1g	19.6g	216g	16g	0.1g	4.8g	0.3g
Cholesterol	0mg	0g	0g	0mg	0g	0mg	44mg	0mg	186mg	0mg
Sodium	24mg	697.2mg	34mg	2mg	2mg	4.3mg	776mg	5.4mg	71mg	22mg
Protein	0.9g	0g	1.8g	0.8g	12.8g	0g	15.6g	0.5g	6.3g	3.6g
Calories	6.9	0g	22	18	220	1909	216	5	72	34

PEPPER RINGS

Serves: 2
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 2 red bell peppers
- salt
- pepper
- 6 eggs
- 1 lb. breakfast sausage
- 3 tablespoons parmesan cheese
- coconut oil

DIRECTIONS

1. In a skillet brown breakfast sausage and set aside
2. Cut peppers into 4-6 rings and place them in the skillet and cook
3. Pour the egg into the ring and add salt and sausage around the yolk of each ring
4. When ready remove and serve

Carbohydrates	15.2g	0g	1.5g	2.2g	6.4g	2.3g	0g
Fiber	2.8g	0g	0.7g	0g	0g	0g	0g
Sugar	10g	0g	0g	1.1g	4.9g	0g	0g
Fat	0.5g	0g	0.1g	28.8g	124g	4.8g	0g
Cholesterol	0mg	0g	0mg	186mg	390mg	14.4mg	0g
Sodium	4.6mg	697.2mg	0.5mg	71mg	3692mg	303mg	0g
Protein	2g	0g	0.3g	6.3g	84g	4.8g	0g
Calories	64	0g	6.5	72	1474	72	121

KETO EGG BITES

Serves: 2
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Total Time: 30 Minutes

INGREDIENTS

- 4 eggs
- 1/2 cup swiss cheese
- 1/2 cup fat cottage cheese
- 1/2 tsp salt
- black pepper
- 2 thick slices of paleo sugar free bacon

DIRECTIONS

1. Preheat oven to 325 F and place a baking dish
2. In a bowl mix cottage cheese, salt, pepper cheese, eggs and blend until smooth
3. Spray a muffin tin and pour the mixture into it, add chopped bacon and bake for 25 minutes
4. Remove and serve

KETO EGG BITES (2servings)	4 eggs	1/2 cup swiss cheese	1/2 cup fat cottage cheese	1/2 tsp salt	black pepper	2 thick slices of paleo sugar free bacon
Carbohydrates	1.4g	0.8g	3.7g	0g	0.8g	0g
Fiber	0g	0g	0g	0g	0.6g	0g
Sugar	0.8g	0g	2.9g	0g	0g	0g
Fat	19.2g	18.5g	4.7g	0g	0.1g	10g
Cholesterol	744mg	56mg	18.5mg	0g	0mg	10mg
Sodium	284mg	112mg	396mg	1162.5mg	0.2mg	300mg
Protein	25.2g	16g	12g	0g	0.1g	4g
Calories	288	236	106.5	0g	2.9	120

BREAKFAST BOWL

Serves: 1
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 2 eggs
- 2 strips bacon
- 1/2 cup cheddar cheese
- 1/2 cup salsa
- 2 tablespoons butter
- 1/2 avocado

DIRECTIONS

1. In a bowl scramble the eggs and place them into the skillet, cook for 2-3 minutes
2. Top the eggs with shredded cheese and bacon
3. Slice avocado and place it over the bacon
4. Top with salsa and serve

BREAKFAST BOWL (1serving)	2 eggs	2 strips bacon	1/2 cup cheddar cheese	1/2 cup salsa	2 tablespoons butter	1/2 avocado
Carbohydrates	0.7g	0.4g	0.4g	8.5g	0g	8.5g
Fiber	0g	0g	0g	2.5g	0g	6.5g
Sugar	0.8g	0g	0.1g	5g	0g	0.7g
Fat	19.2g	8g	4.7g	0.2g	24g	14.5g
Cholesterol	372mg	22mg	60.5mg	0g	62mg	0mg
Sodium	142mg	388mg	400mg	922.5mg	182mg	7mg
Protein	12.6g	7.8g	14g	1.9g	0.2g	2g
Calories	144	108	247.5	37.5	204	161

KETO POTATOES

Serves: 4
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 1 large turnip
- 1/2 paprika, garlic powder, salt
- parsley
- 1/2 onion
- 2 slices bacon
- 1 tablespoon olive oil

DIRECTIONS

1. In a skillet add the turnips and spices, cook for 5-6 minutes, add onion and cook for another 2-3 minutes
0. Chop the bacon and add to the skillet, cook for another 2-3 minutes
2. Remove to a plate and top with parsley before serving

KETO POTATOES	1 large turnip	1/2 paprika	1/2 garlic powder	salt	parsley	1/2 onion	2 slices bacon	1 tablespoon olive oil
Carbohydrates	6.1g	0.6g	1.1g	0g	0.2g	4.8g	0.4g	0g
Fiber	2.4g	0.4g	0.1g	0g	0.1g	0.7g	0g	0g
Sugar	3.6g	0.1g	0g	0g	0g	2.2g	0g	0g
Fat	0.1g	0.1g	0g	0g	0g	0.1g	8g	14g
Cholesterol	0mg	0mg	0mg	0g	0mg	0mg	33mg	0mg
Sodium	19mg	0.8mg	0.9mg	697.2mg	2.1mg	1.4mg	582mg	0.3mg
Protein	0.8g	0.2g	0.3g	0g	0.1g	0.7g	11.7g	0mg
Calories	26	3.3	5	0g	1.4	20.5	162	119

MINI BREAKFAST MEATLOAFS

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1 lb. pork sausage
- 1 egg
- 1 cup shredded cheddar cheese
- 4 slices bacon
- 4 slices ham

DIRECTIONS

1. Preheat oven to 325 F
2. In a bowl mix all ingredients
3. Divide mixture into 6-8 portions and pack into mini loaf pan cavities
4. Bake for 30 minutes, remove and serve

MINI BREAKFAST MEATLOAFS (4servings)	1 lb. pork sausage	1 egg	1 cup shredded cheddar cheese	4 slices bacon	4 slices ham
Carbohydrates	6.4g	0.4g	3.5g	0.8g	2.9g
Fiber	0g	0g	0g	0g	0g
Sugar	4.9g	0.2g	0.5g	0g	2.9g
Fat	124g	4.8g	38g	16g	14g
Cholesterol	390mg	186mg	112mg	44mg	172mg
Sodium	3692mg	71mg	738mg	776mg	2648mg
Protein	84g	6.3g	26g	15.6g	60g
Calories	1474	72	457	216	376

KETO JALAPENO MUFFINS

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 8 eggs
- 8 oz. cheese
- $\frac{3}{4}$ cup heavy cream
- salt
- jalapeno
- 8 slices bacon

DIRECTIONS

1. Preheat oven to 325
1. Add bacon to each muffin tin
2. In a bowl mix cream, cheese, pepper, eggs and salt
3. Distribute into 8-10 muffin cups and add jalapeno to each muffin tin
4. Bake for 15-20 minutes, when ready remove and serve

KETO JALAPENO MUFFINS (4servings)	8 eggs	8 oz. cheese	$\frac{3}{4}$ cup heavy cream	salt	1 jalapeno pepper	8 slices bacon
Carbohydrates	2.9g	7g	4.5g	0g	0.9g	1.6g
Fiber	0g	0g	0g	0g	0.4g	0g
Sugar	1.5g	1.1g	4.8g	0g	0.6g	0g
Fat	38.4g	75.2g	60.2g	0g	0.1g	32g
Cholesterol	1488mg	224mg	188.3mg	0g	0mg	88mg
Sodium	568mg	1480mg	44.8mg	697.2mg	0.4mg	1552mg
Protein	50.4g	52g	4.8g	0g	0.1g	31.2g
Calories	576	920	566.3	0g	4.1	432

What is the Keto Diet?

Most of us make the mistake of thinking that keto diets are basically the same as diets such as The Atkins Diet, but they aren't. While both diet plans are indeed low in carbs, Atkins is high in protein and moderate in fat. Keto, however, is a low carb, moderate protein and high-fat diet. The focus is on the fats that you consume. So, the majority of your macros should be coming primarily from healthy fat sources. It is also important to note that most people will find that they'll go through a period where the body tries to adapt to the Keto diet.

To be on a keto diet means that you're going to be eating fatty foods all the time. About 75% to 80% of your calories will come from fat. Initially, this may seem like fun. However, after a while, you'll find it tougher to stay on the diet because most of us have been raised on a diet that was high in carbs and protein. Making the switch is challenging.

You'll not be allowed to eat more than 50 grams of carbs per day. In fact, it's better to stick to just 20 grams. Even protein is best consumed in an amount that makes up 20 percent of your calories a day.

Stay hydrated:

Hydration during a keto diet plan is essential, which is why it's vital that you drink plenty of water at regular intervals throughout the day. Hydration improves athletic performance. It helps your body to flush out toxins and ensures that your organs function optimally while your metabolism is firing on all cylinders. Ideally, you want to be consuming at least 32 – 48 ounces of water before midday, of which 32 oz should be consumed upon waking to help jumpstart your metabolism.

Get plenty of healthy fats:

While you can be a little lenient when it comes to your fat consumption on keto, ideally you will need to ensure that the majority of your fats come in the form of healthy fats. Avoid trans-fats which are unhealthy, and instead, focus on healthy fats such as MCTs (Medium Chain Triglycerides). Organic coconut oil is enriched with MCTs, and other healthy sources of fat include oily fish, nuts, seeds, nut butter, whole eggs, avocados, and red meat. Your goal should be to focus on high-fat foods. Your foods should be good quality fat that is beneficial to your body.

Be careful of too much protein:

Remember, protein consumption should only be moderate. Healthy fats should take priority here. People trying to build muscle on keto often make the mistake of thinking they need to be taking in heaps of protein when this is not the case at all. Too much protein can result in a physiological process known as gluconeogenesis, which causes amino acids to be converted into glucose sugars. Glucose sugars in the system can potentially knock you out of ketosis, which is the last thing you want.

Enjoy your journey!

Lunch



KETO BROCCOLI SOUP

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- olive oil
- 1 cup chicken broth
- 1 cup heavy whipping cream
- 6 oz. shredded cheddar cheese
- salt
- 5-ounces broccoli
- 1 celery stalk
- 1 small carrot
- 1/2 onion

DIRECTIONS

1. In a pot add olive oil over medium heat
2. Add onion, carrot, celery and cook for 2-3 minutes
3. Add chicken broth and simmer for 4-5 minutes
4. Stir in broccoli and cream
5. Sprinkle in cheese and season with salt

KETO BROCCOLI SOUP (4servings)	olive oil(1tbsp)	1 cup chicken broth	1 cup heavy whipping cream	6 oz. shredded cheddar cheese	salt	5-ounces broccoli	1 celery stalk	1 small carrot	1/2 onion
Carbohydrates	0g	1.1g	6.5g	5.3g	0g	10g	1.5g	3.8g	4.8g
Fiber	0g	0g	0g	0g	0g	4.7g	0.6g	1.4g	0.7g
Sugar	0g	1.1g	6.9g	0.8g	0g	2g	0.9g	1.6g	2.2g
Fat	14g	0.5g	86g	56.4g	0g	0.6g	0.1g	0.1g	0.1g
Cholesterol	0g	5mg	269mg(67.25mg/serving)	168mg	0g	0mg	0mg	0mg	0mg
Sodium	0.3mg	924mg (231mg/serving)	64mg	1110mg (277.5/serving)	697.2mg	60mg	34mg	27mg	1.4mg
Protein	0g	1.6g	6.8g	39g	0g	3.4g	0.3g	0.3g	0.7g
Calories	119	15	809	690	0g	49.5	6.8	16	20.5

KETO TACO SOUP

Serves: 8
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 2 lbs. ground beef
- 1 onion
- 1 cup heavy whipping cream
- 1 tsp chili powder
- 14 oz. cream cheese
- 1 tsp garlic
- 1 tsp cumin
- 2 10 oz. cans tomatoes
- 16 oz. beef broth

DIRECTIONS

1. Cook for a couple of minutes, onion, garlic and beef
2. Add cream cheese and stir until fully melted
0. Add tomatoes, whipping cream, beef broth, stir and bring to boil

KETO TACO SOUP (8servings)	2 lbs. ground beef	1 onion	1 cup heavy whipping cream	1 tsp chili powder	14 oz. cream cheese	1 tsp garlic	1 tsp cumin	2 10 oz. cans tomatoes	16 oz. beef broth
Carbohydrates	0g	9.5g	6.5g	1.3g	22.4g (3.2g/serving)	0.9g	0.9g	22g (2.2g/serving)	0.2g
Fiber	0g	1.3g	0g	0.9g	0g	0.1g	0.2g	6.8g	0g
Sugar	0g	4.4g	6.9g	0.2g	15.4g	0g	0.1g	15g	0g
Fat	158g	0.2g	86g	0.4g	137.2g	0g	0.5g	1.2g	1g
Cholesterol	808mg(101mg/serving)	0mg	269mg	0mg	406mg	0mg	0mg	0mg	0mg
Sodium	826mg/103 per serving	2.8mg	64mg	77mg	1246mg(155.75/serving)	0.5mg	3.5mg	28mg	1680mg(210per serving)
Protein	244g	1.3g	6.8g	0.4g	23.8g	0.2g	0.4g	5g	5.1g
Calories	2468(30.5/serving)	41	809	7.6	1386	4.2	7.9	102	32

KETO CHICKEN SOUP

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 2 boneless chicken breasts
- 20-ounces diced tomatoes
- 1/2 tsp salt
- 1 cup salsa
- 6-ounces cream cheese
- avocado
- 2 tablespoons taco seasoning
- 1 cup chicken broth

DIRECTIONS

1. In a slow cooker place all ingredients and cook for 5-6 hours or until chicken is tender
2. Whisk cream cheese into the broth
3. When ready, remove and serve

KETO CHICKEN SOUP (4servings)	2 boneless chicken breasts	20-ounces diced tomatoes	1/2 tsp salt	1 cup salsa	6-ounces cream cheese	1 avocado	2 tablespoons taco seasoning	1 cup chicken broth
Carbohydrates	0g	19.6g (4.9g/serving)	0g	17g	9.6g	17g	10g	1.1g
Fiber	0g	10.8g	0g	4.9g	0g	13g	2.2g	0g
Sugar	0g	14.4g	0g	10g	6.6g	1.3g	1.9g	1.1g
Fat	8.6g	1.4g	0g	0.4g	58.8g	29g	0g	0.5g
Cholesterol	204mg	0mg	0g	0mg	174mg	0mg	0g	5mg
Sodium	178mg	660mg	1162.5mg	1845mg	534mg	14mg	1232mg	924mg
Protein	74g	4.4g	0g	3.9g	10.2g	4g	0.8g	1.6g
Calories	396	90	0g	75	594	322	56	15

KETO SPINACH SOUP

Serves: 2
 Prep Time: 5 Minutes
 Cook Time: 15 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 1/4 lbs. spinach
- 2 oz. onion
- 1/4 lbs. heavy cream
- 1/2 oz. garlic
- 1 chicken stock cube
- 1,5 cup water
- 1 tablespoons butter

DIRECTIONS

1. In a saucepan melt the butter and sauté the onion
2. Add garlic, spinach and stock cube and half the water
3. Cook until spinach wilts
4. Pour everything in a blender and blend, add water
5. Serve with pepper and toasted nuts

KETO SPINACH SOUP (2servings)	1/4 lbs. spinach	2 oz. onion	1/4 lbs. heavy cream	1/2 oz. garlic	1 cup chicken stock cube	1.5 cup water	1 tablespoons butter
Carbohydrates	3.4g	5.8g	2.4g	4.7g	8.5g	0g	0g
Fiber	2.2g	0.8g	0g	0.3g	0g	0g	0g
Sugar	0.4g	2.6g	2.6g	0.1g	3.8g	0g	0g
Fat	0.2g	0.1g	32.8g	0.1g	2.9g	0g	12g
Cholesterol	0mg	0mg	102.6mg	0mg	7.2mg	0g	31mg
Sodium	63.6mg	1.7mg	24.4mg	2.4mg	343mg	14.3mg	91mg
Protein	2.6g	0.8g	2.6g	0.9g	6g	0g	0.1g
Calories	20.8	24	308.4	21	86	0g	102

KETO TOSCANA SOUP

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 1 lb. Italian sausage
- 1/2 cup whipping cream
- 1 tsp garlic
- 2 cup kale leaves
- 1 bag radishes 16-ounces
- 1 onion
- 30-ounces vegetable broth

DIRECTIONS

1. Cut radishes into small chunks and blend until smooth
2. In a pot add onion and sausage, cook until brown, add radishes, broth
3. Cook on medium heat, add heavy whipping cream, kale leaves
4. Cook for a couple minutes
5. Remove and serve

KETO TOSCANA SOUP (4servings)	1 lb. Italian sausage	1/2 cup whipping cream	1 tsp garlic	2 cup kale leaves	1 bag radishes 16-ounces	1 onion	30-ounces vegetable broth
Carbohydrates	19g (4.75g/ serving)	3.3g	0.9g	14.6g (3.65/ serving)	15.4g (3.85/ serving)	9.5g	8.7g
Fiber	0.5g	0g	0.1g	5.2g	7.2g	1.3g	0g
Sugar	8.4g	3.5g	0g	3.2g	8.5g	4.4g	4.8g
Fat	124g	43g	0g	1g	0.5g	0.2g	0.6g
Cholesterol	259mg	134.5mg	0mg	0mg	0mg	0mg	0mg
Sodium	3370mg (842.5/ serving)	32mg	0.5mg	60mg	176mg	2.8mg	2580mg (645mg/ serving)
Protein	87g	3.4g	0.2g	5g	3g	1.3g	2.1g
Calories	1560 (390/ serving)	404.5	4.2	72	72	41	51

KETO PARMESAN SOUP

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 1 broccoli
- 1 tsp pepper
- 1 tablespoon butter
- 1 tablespoon cheese
- 1 onion
- 1/2 cup warm water
- 1 tsp salt
- 1/2 cup heavy cream

DIRECTIONS

1. In a saucepan add onion and cook
2. Stir in broccoli and cook until soft
3. Combine with heavy cream and place in a blender, blend until smooth
4. Return the soup to the saucepan, season with salt
5. Serve and sprinkle with parmesan

KETO PARMESAN SOUP (4servings)	1 broccoli	1 tsp pepper	1 tablespoon butter	1 tablespoon cheese	1 onion	1/2 cup warm water	1 tsp salt	1/2 cup heavy cream
Carbohydrates	2.7g	1.7g	0g	0.2g	9.5g	0g	0g	3.3g
Fiber	1.2g	0.7g	0g	0g	1.3g	0g	0g	0g
Sugar	0.5g	0g	0g	0g	4.4g	0g	0g	3.5g
Fat	0.1g	0.1g	12g	2.6g	0.2g	0g	0g	43g
Cholesterol	0mg	0mg	31mg	7.6mg	0mg	0g	0g	134.5mg
Sodium	15mg	0.5mg	91mg	50mg	2.8mg	4.8mg	2325mg	32mg
Protein	0.9g	0.3g	0.1g	1.8g	1.3g	0g	0g	3.4g
Calories	13	6.5	102	31	41	0g	0g	404.5

KETO CAULIFLOWER SOUP

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 1/2 head of cauliflower
- 1/2 cup heavy cream
- 1/2 red bell pepper
- 1 tsp salt
- 1 tsp pepper
- 1 tablespoon butter
- 1 tablespoons parmesan cheese
- 1 tsp herbs

DIRECTIONS

1. In a saucepan melt butter, add cauliflower and cook until soft
2. Remove from saucepan and set aside
3. Melt butter and sauté and bell pepper
4. In a food processor add cauliflower mixture, pepper and cook for 4-5 minutes
5. Season with salt and pepper
6. Garnish with parmesan and serve

KETO CAULIFLOWER SOUP (4servings)	1/2 head of cauliflower	1/2 cup heavy cream	1/2 red bell pepper	1 tsp salt	1 tsp pepper	1 tablespoon butter	1 tablespoons parmesan cheese	1 tsp herbs
Carbohydrates	11.5g	3.3g	3.8g	0g	1.7g	0g	0.8g	0.3ggrams
Fiber	6.5g	0g	0.7g	0g	0.7g	0g	0g	0.1g
Sugar	6g	3.5g	2.5g	0g	0g	0g	0g	0g
Fat	1.3g	43g	0.1g	0g	0.1g	12g	1.6g	0g
Cholesterol	0mg	134.5mg	0mg	0g	0mg	31mg	4.8mg	0g
Sodium	42mg	32mg	1.1mg	2325mg	0.5mg	91mg	101mg	1.3mg
Protein	5g	3.4g	0.5g	0g	0.3g	0.1g	1.6g	0.1g
Calories	64.5	404.5	16	0g	6.5	102	24	1.6

KETO BROCCOLI CHEESE SOUP

Serves: 2
 Prep Time: 10 Minutes
 Cook Time: 20 Minutes
 Total Time: 30 Minutes

INGREDIENTS

- 2 cups broccoli
- 3 cups chicken broth
- 1 onion
- 1 cup heavy cream
- 6 oz. cream cheese
- 1 tablespoon hot sauce
- 3 tablespoons butter
- 1 clove garlic
- 6 oz. cheddar cheese

DIRECTIONS

1. In a saucepan melt butter, add onion, garlic and sauté until soft
2. Pour in heavy cream, chicken broth, stir in broccoli
3. Cover and continue cooking for 12-15 minutes
4. Add cheese and cook until melted
5. Stir in hot sauce and enjoy

KETO BROCCOLI CHEESE SOUP (2servings)	2 cups broccoli	3 cups chicken broth	1 onion	1 cup heavy cream	6 oz. cream cheese	1 tablespoon hot sauce	3 tablespoons butter	1 clove garlic	6 oz. cheddar cheese
Carbohydrates	22g	3.3g	9.5g	6.5g	9.6g	0.3g	0g	1g	5.3g
Fiber	10.2g	0g	1.3g	0g	0g	0g	0g	0.1g	0g
Sugar	4.4g	3.3g	4.4g	6.9g	6.6g	0.2g	0g	0g	0.8g
Fat	1.3g	1.6g	0.2g	86g	58.8g	0.1g	36g	0g	56.4g
Cholesterol	0mg	15mg	0mg	269mg	174mg	0mg	93mg	0mg	168mg
Sodium	128mg	2772mg	2.8mg	64mg	534mg	377mg	273mg	0.5mg	1110mg
Protein	7.4g	4.8g	1.3g	6.8g	10.2g	0.1g	0.4g	0.2g	39g
Calories	110	45	41	809	594	1.6	306	4.5	690

KETO QUESO SOUP

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1 lb. chicken breast
- 1 tablespoon taco seasoning
- 1 tablespoon avocado oil
- 1 can diced green chilies
- 6-ounces cream cheese
- 1/2 cup heavy cream
- salt
- 2 cups chicken broth

DIRECTIONS

1. In an iron Dutch oven heat oil over medium heat stir in taco seasoning and cook for 1-2 minutes
2. Add broth, chicken and simmer for 20 minutes, remove chicken and shred
3. Stir in cream cheese and heavy cream into the soup, once the cheese has melted, add the chicken back to the soup, season with salt and serve

KETO QUESO SOUP (4servings)	1 lb. chicken breast	1 tablespoon taco seasoning	1 tablespoon avocado oil	1 can diced green chilies	6-ounces cream cheese	1/2 cup heavy cream	salt	2 cups chicken broth
Carbohydrates	0g	5g	0g	14g	9.6g	3.3g	0g	2.2g
Fiber	0g	1.1g	0g	2.3g	0g	0g	0g	0g
Sugar	0g	0.9g	0g	7.7g	6.6g	3.5g	0g	2.2g
Fat	16g	0g	14g	0.3g	58.8g	43g	0g	1g
Cholesterol	386mg	0mg	0g	0mg	174mg	134.5mg	0g	10mg
Sodium	336mg	616mg	0g	3.2mg	534mg	32mg	697.2mg	1848mg
Protein	141g	0.4g	0g	0.9g	10.2g	3.4g	0g	3.2g
Calories	748	28	121	18	594	404.5	0g	30

KETO CRAB SOUP

Serves: 6
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 1 tablespoon butter
- 1 tablespoon seasoning
- 6-ounces cream cheese
- $\frac{3}{4}$ cup parmesan cheese
- 1 lb. lump crabmeat

DIRECTIONS

1. In a pot melt butter and add seasoning, cream cheese and whisk until smooth
2. Add parmesan cheese, crab meat and reduce heat
3. Simmer until is done
4. Remove and serve

KETO CRAB SOUP (6servings)	1 tablespoon butter	1 tablespoon seasoning	6-ounces cream cheese	$\frac{3}{4}$ cup parmesan cheese	1 lb. lump crabmeat
Carbohydrates	0g	1.6g	9.6g	9.8g	0g
Fiber	0g	1g	0g	0g	0g
Sugar	0g	0.1g	6.6g	0g	0g
Fat	12g	0.2g	58.8g	19.6g	3.4g
Cholesterol	31mg	0mg	174mg	60.2mg	440mg
Sodium	91mg	4559mg (759/serving)	534mg (89/serving)	1262.8mg (210/serving)	1792mg (298/serving)
Protein	0.1g	0.3g	10.2g	19.6g	81g
Calories	102	7.4	594	294	376

Salads



KETO SALAD

Serves: 2
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 1 slice bacon
- 3-ounces chicken breast
- 1-ounce cheddar cheese
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1/2 avocado
- 1 head romaine lettuce

DIRECTIONS

1. Chop all ingredients and place them in a bowl
2. Mix well and add pepper, oil and vinegar

KETO SALAD (2servings)	1 slice bacon	3-ounces chicken breast	1-ounce cheddar cheese	1 tablespoon olive oil	1 tablespoon apple cider vinegar	1/2 avocado	1 head romaine lettuce
Carbohydrates	0.2g	0g	0.9g	0g	0.1g	8.5g (4.25/ serving)	21g (10.5g/ serving)
Fiber	0g	0g	0g	0g	0g	6.5g	13g
Sugar	0g	0g	0.1g	0g	0.1g	0.7g	7.4g
Fat	4g	3g	9.4g	14g	0g	14.5g	1.9g
Cholesterol	11mg	72mg	28mg	0g	0g	0mg	0mg
Sodium	194mg	63mg	185mg	0.3mg	0g	7mg	50mg
Protein	3.9g	26.4g	6.5g	0g	0g	2g	7.7g
Calories	54	141	115	119	3.1	161	106

KETO BROCCOLI SALAD

Serves: 2
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 20-ounce raw broccoli
- 1 cup bacon
- 1/2 red onion
- 1 cup avocado mayo
- 1 cup macadamia nuts
- 1/2 cup Monk fruit sweetener
- 1 tablespoon organic apple cider vinegar

DIRECTIONS

1. Place Macadamia Nuts in a blender and blend until smooth
2. Place all ingredients in a bowl and mix well, pour over Macadamia Nuts mixture and serve

KETO BROCCOLI SALAD (2servings)	20-ounce raw broccoli	1 cup bacon	1/2 red onion	1 cup avocado mayo (16tbsp)	1 cup macadamia nuts	1/2 cup Monkfruit sweetener	1 tablespoon organic apple cider vinegar
Carbohydrates	37.65g (18.8/ serving)	3.9g	4.8g	0g	19g (9.5g/ serving)	11g	0.1g
Fiber	14.7g	0g	0.7g	0g	12g	0g	0g
Sugar	9.6g	0g	2.2g	0g	6g	9.5g	0.1g
Fat	2g	80g	0.1g	32g	102g	0g	0g
Cholesterol	0mg	225mg	0mg	0mg	0mg	0g	0mg
Sodium	188mg	3819mg	1.4mg	1440mg	6.7mg	0g	0.8mg
Protein	16g	77g	0.7g	0g	11g	0g	0g
Calories	192	1061	20.5	400	962	40.5	3.1

KETO GREEN SPRING SALAD

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 2-ounces mixed greens
- 2 tablespoons pine nuts
- 1 tablespoon raspberry vinaigrette
- 1 tablespoon parmesan
- 1 slice bacon
- salt and pepper

DIRECTIONS

1. Cook bacon until crispy
2. Place greens in a bowl with the rest of ingredients
3. Top with bacon and serve

KETO GREEN SPRING SALAD (4servings)	2-ounces mixed greens	2 tablespoons pine nuts	1 tablespoon raspberry vinaigrette	1 tablespoon parmesan	1 slice bacon	salt	0.5 tsp pepper
Carbohydrates	3g	2.2g	1.1g	0.8g	0.2g	0g	0.8g
Fiber	1.1g	0.6g	0.3g	0g	0g	0g	0.3g
Sugar	0.5g	0.6g	0.6g	0g	0g	0g	0g
Fat	0.3g	11.6g	4.6g	1.6g	4g	0g	0g
Cholesterol	0mg	0mg	0mg	4.8mg	11mg	0g	0g
Sodium	26mg	0.3mg	0.8mg	101mg	194mg	697.2mg	0.3mg
Protein	1.3g	2.4g	0.1g	1.6g	3.9g	0g	0.1g
Calories	16	114	45	24	54	0g	3.3

KETO EGG SALAD

Serves: 4
Prep Time : 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 6 eggs
- 2 celery stalks
- 2 green onion stalks
- 1 green pepper
- 1 tsp mustard
- 2/3 cup mayonnaise

DIRECTIONS

1. Hard boil eggs and remove to a bowl
2. Chop green pepper, onions and celery
3. In a bowl mix all the ingredients and serve

KETO EGG SALAD (4servings)	6 eggs	2 celery stalks	2 green onion stalks	1 green pepper	1 tsp mustard	2/3 cup mayonnaise
Carbohydrates	2.2g	3g	2.2g	7.6g	0.3g	0.8g
Fiber	0g	1.2g	0.8g	1.4g	0.2g	0g
Sugar	1.1g	1.8g	0.7g	3.6g	01g	0.8g
Fat	28.8g	0.1g	0.1g	0.2g	0.2g	99g
Cholesterol	1116mg	0mg	0mg	0mg	0mg	55.2mg
Sodium	426mg	68mg	4.8mg	2.3mg	55mg	838.2mg
Protein	37.8g	0.6g	0.5g	1g	0.2g	1.3g
Calories	432	13.6	9.6	32	3	897.6

KETO CAESAR SALAD

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 10 oz. chicken breasts
- 1 tablespoon olive oil
- salt
- 2 oz. bacon
- 6 oz. romaine lettuce
- 1 oz. parmesan cheese

DRESSING

- 1/2 cup mayonnaise
- 1 tablespoon chopped filets of anchovies
- 1 garlic clove
- 1 tablespoon mustard
- 1/2 lemon zest
- 1 tablespoon parmesan cheese

DIRECTIONS

1. In a bowl mix all ingredients for the dressing and set aside
2. Preheat oven to 400 F and place chicken breast in a baking dish and bake for 15-20 minutes
3. In a bowl place sliced chicken, all the salad ingredients, dressing and mix well
4. Serve with parmesan cheese

KETO CAESAR SALAD (4servings)	10 oz. chicken breasts	1 tablespoon olive oil	salt	2 oz. bacon	6 oz. romaine lettuce	1 oz. parmesan cheese
Carbohydrates	0g	0g	0g	1g	5.6g	3.9g
Fiber	0g	0g	0g	0g	3.6g	0g
Sugar	0g	0g	0g	0g	2g	0g
Fat	10g	14g	0g	19.8g	0.5g	7.9g
Cholesterol	240mg	0g	0g	56mg	0mg	24mg
Sodium	210mg	0.3mg	697.2mg	954mg	13.8mg	511mg
Protein	88g	0g	0g	19.2g	2.1g	8.1g
Calories	470	119	0g	266	28.8	119

KETO PEPPERONI SALAD

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1/2 avocado
- 12 slices pepperoni
- 1 oz. Mozzarella pears
- Italian seasoning

DIRECTIONS

1. In a bowl mix all ingredients and serve

KETO PEPPERONI SALAD (4servings)	1/2 avocado	12 slices pepperoni	1 oz. Mozzarella cheese	1 tsp Italian seasoning
Carbohydrates	8.5g	0.2g	0.6g	3.4g
Fiber	6.5g	0g	0g	0.3g
Sugar	0.7g	0g	0.3g	0g
Fat	14.5g	11.2g	6.3g	0.1g
Cholesterol	0mg	22.8mg	22mg	0mg
Sodium	7mg	384mg	178mg	0.3mg
Protein	2g	4.7g	6.3g	0.1g
Calories	161	120	85	2.2

KETO CHICKEN SALAD

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 2 ribs celery
- 1/2 tsp pink Himalayan
- 1 tsp fresh dill
- 1/2 cup pecans
- 1 lb. chicken breast
- 1/2 cup mayo
- 1 tsp mustard

DIRECTIONS

1. Preheat oven to 425 F and bake chicken breast for 15- 20 minutes
2. Remove chicken and cut into small pieces
3. In a bowl mix all ingredients and toss until chicken is fully coated
4. When ready, add dill and serve

KETO CHICKEN SALAD (4 servings)	2 ribs celery	1/2 tsp pink Himalayan salt	1 tsp fresh dill	1/2 cup pecans	1 lb. chicken breast	1/2 cup mayo	1 tsp mustard
Carbohydrates	3g	0g	0g	7g	0g	0.7g	0.3g
Fiber	1.2g	0g	0g	5g	0g	0g	0.2g
Sugar	1.8g	0g	0g	2g	0g	0.7g	0.1g
Fat	0.1g	0g	0g	37.5g	16g	82.5g	0.2g
Cholesterol	0mg	0g	0g	0mg	386mg	46mg	0mg
Sodium	68mg	775mg	0.1mg	0mg	336mg	698.5mg	55mg
Protein	0.6g	0g	0g	4.8g	141g	1.1g	0.2g
Calories	13.6	0g	0.1	359.5	748	748	3

KETO TUNA SALAD

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1 can tuna
- 1/2 tsp dill
- 1 boiled egg
- 1 slice bacon
- 1 tablespoon mayo
- 1 tablespoon sour cream
- 1 tsp mustard
- 1 tablespoon onion

DIRECTIONS

1. Prepare bacon, onion and boil egg
2. In a bowl place tuna, add egg and onion and the rest of ingredients
3. Top with bacon and serve

KETO TUNA SALAD (4servings)	1 can tuna	1/2 tsp dill	1 boiled egg	1 slice bacon	1 tablespoon mayo	1 tablespoon sour cream	1 tsp mustard	1 tablespoon onion
Carbohydrates	0g	0g	0.6g	0.2g	0.1g	0.6g	0.3g	1.5g
Fiber	0g	0g	0g	0g	0g	0g	0.2g	0.2g
Sugar	0g	0g	0.6g	0g	0.1g	0.5g	0.1g	0.7g
Fat	5.1g	0g	5.3g	4g	10g	2.6g	0.2g	0g
Cholesterol	72mg	0g	62mg	11mg	5.8mg	7.8mg	0mg	0mg
Sodium	648mg	0.1mg	63mg	194mg	87mg	4.1mg	55mg	0.4mg
Protein	41g	0g	6.3g	3.9g	0.1g	0.3g	0.2g	0.2g
Calories	220	0g	78	54	94	26	3	6.3

SPINACH SALAD

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 2 cups spinach
- 1/2 avocado
- 1 strawberry

DRESSING

- 2 slices bacon
- 1 tablespoon avocado oil
- pinch red pepper flakes
- 1 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp salt
- half lemon

DIRECTIONS

1. In a bowl mix all dressing ingredients
2. In another bowl mix salad ingredients and pour dressing over
3. Mix well and serve

SPINACH SALAD (4servings)	2 cups spinach	1/2 avocado	1 strawberry	2 slices bacon	1 tablespoon avocado oil	pinch red pepper flakes	1 tsp oregano	1/2 tsp garlic powder	1/2 tsp salt	half lemon
Carbohydrates	2.18g	8.5g	1.4g	0.4g	0g	0.1g	1g	1.1g	0g	3.9g
Fiber	8.6g	6.5g	0.4g	0g	0g	0g	0.6g	0.1g	0g	1.2g
Sugar	1.5g	0.7g	0.9g	0g	0g	0g	0.1g	0g	0g	1.1g
Fat	0.9g	14.5g	0.1g	8g	14g	0g	0.1g	0g	0g	0.1g
Cholesterol	0mg	0mg	0mg	33mg	0g	0g	0mg	0g	0g	0mg
Sodium	252mg	7mg	0.2mg	582mg	0g	0g	0.3mg	0.9mg	1162.5mg	0.8mg
Protein	10.6g	2g	0.1g	11.7g	0g	0g	0.1g	0.3g	0g	0.5g
Calories	82	161	5.8	162	121	0.3	3.7	5	0g	12

KETO POTATO SALAD

Serves: 1
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 1 cauliflower
- 1 tablespoon mustard
- 1 tsp celery seeds
- 1/2 tsp salt
- 1/2 cup celery
- 1 tsp dill
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 stalks green onions
- 2 hardboiled eggs
- 1 tablespoon white vinegar

DIRECTIONS

1. In a bowl prepare dressing by whisking together sour cream, celery seed, salt, mayonnaise, vinegar and mustard
2. In another bowl mix salad ingredient, pour dressing and mix well

KETO POTATO SALAD (1 serving)	1 cauliflower	1 tablespoon mustard	1 tsp celery seeds	1/2 tsp salt	1/2 cup celery	1 tsp dill	1/2 cup sour cream	1/2 cup mayonnaise	2 stalks green onion	2 hard-boiled eggs	1 tablespoon white vinegar
Carbohydrates	5g	0.9g	0.8g	0g	3g	0g	5.5g	0.7g	2.2g	1.1g	0g
Fiber	3g	0.6g	0.2g	0g	1.2g	0g	0g	0g	0.8g	0g	0g
Sugar	2g	0.1g	0g	0g	1.8g	0g	3.9g	0.7g	0.7g	1.1g	0g
Fat	2.6g	0.5g	0.5g	0g	0.1g	0g	22.5g	82.5g	0.1g	10.6g	0g
Cholesterol	0mg	0mg	0mg	0g	0mg	0g	68mg	46mg	0mg	124mg	0g
Sodium	86mg	169mg	3.2mg	1162.5mg	68.5mg	0.1mg	35.5mg	698.5mg	4.8mg	126mg	0.3mg
Protein	11g	0.6g	0.4g	0g	0.6g	0g	2.8g	1.1g	0.5g	12.6g	0g
Calories	132	9.2	7.8	0g	13.5	0.1	227.5	748	9.6	156	2.7

Dinner



KETO MONGOLIAN BEEF

Serves: 2
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 1 lb. flat iron steak
- 1/2 cup coconut oil
- 2 green onions

LOW CARB MONGOLIAN BEEF MARINADE

- 1/2 cup coconut aminos
- 1 tsp ginger
- 1 clove garlic

DIRECTIONS

1. Cut the flat iron steak into thin slices
2. Add the beef to a Ziplock bag and add coconut aminos, garlic and ginger, marinate for 1 hour
3. Add coconut oil to a wok and cook beef on high heat for 2-3 minutes
4. Add green onions, cook for another 1-2 minutes
5. Remove and serve

KETO MONGOLIAN BEEF	1 lb. flat iron steak	1/2 cup coconut oil	2 green onions	1/2 cup coconut aminos	1 tsp ginger	1 clove garlic
Carbohydrates	0g	0g	2.2g	24g	0.4g	1g
Fiber	0g	0g	0.8g	0g	0g	0.1g
Sugar	0g	0g	0.7g	24g	0g	0g
Fat	58g	108g	0.1g	0g	0g	0g
Cholesterol	376mg	0g	0mg	0mg	0g	0g
Sodium	349mg	0g	4.8mg	2144.5mg	0.3mg	0.5mg
Protein	113g	0g	0.5g	0g	0g	0.2g
Calories	1007	972.5	9.6	93	1.6	4.5

PEPPERONI KETO PIZZA

Serves: 2
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 1 cauliflower foods crust
- 2 oz. pepperoni
- 1/2 cup pizza sauce
- salt
- 2-ounces fresh mozzarella
- 1/2 cup jalapeno

DIRECTIONS

1. Preheat oven to 375 F and place pizza crust on a vented pizza pan, cook for 8-10 minutes
2. Add mozzarella, sauce, pepperoni and jalapeno
3. Place back in the oven for 5-6 minutes
4. Remove and serve

PEPPERONI KETO PIZZA (2servings)	1 cauliflower foods crust	1/2 cup pizza sauce	salt	2-ounces fresh mozzarella	1/2 cup jalapeno
Carbohydrates	24g	11g	0g	1g	3g
Fiber	13g	2.5g	0g	0g	1.3g
Sugar	12g	4.8g	0g	0.5g	1.9g
Fat	2.6g	1.4g	0g	10.2g	0.2g
Cholesterol	0mg	0mg	0g	36mg	0mg
Sodium	86mg	438.5mg	697.2mg	288mg	1.4mg
Protein	11g	2.8g	0g	10.2g	0.4g
Calories	132	68	0g	138	13

QUICK KETO PIZZA

Serves: 4
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 10 Minutes

INGREDIENTS

PIZZA CRUST

- 2 eggs
- 1 tablespoon parmesan cheese
- 1 tablespoon husk powder
- 1/2 tsp Italian seasoning
- salt
- 2 tsp frying oil

TOPPINGS

- 1 oz. mozzarella cheese
- 2 tablespoons. Tomato sauce
- 1 tablespoon chopped basil

DIRECTIONS

1. In a bowl mix all pizza crust ingredients
2. Spoon the mixture into a pan, cook for 1 minute per side
3. Add cheese, tomato sauce and broil for 1-2 minutes until cheese is bubbling

QUICK KETO PIZZA (4servings)	2 eggs	1 tablespoon parmesan	1 tablespoon husk powder	1/2 tsp Italian seasoning	salt	2 tsp frying oil	1 oz. mozzarella cheese	2 tablespoons . Tomato sauce	1 tablespoon chopped basil
Carbohydrates	0.7g	0.8g	10g	0.2g	0g	0g	0.6g	1.6g	0.1g
Fiber	0g	0g	6.8g	0.2g	0g	0g	0g	0.5g	0g
Sugar	0.4g	0g	0.1g	0g	0g	0g	0.3g	1.1g	0g
Fat	9.6g	1.6g	0.7g	0g	0g	9.4g	6.3g	0.1g	0g
Cholesterol	372mg	4.8mg	0mg	0mg	0g	0g	22mg	0mg	0g
Sodium	142mg	101mg	0.3mg	0.2mg	697.2mg	0g	178mg	146mg	0.1mg
Protein	12.6g	1.6g	2.5g	0g	0g	0g	6.3g	0.4g	0.1g
Calories	144	24	35	1.1	0g	82	6.3g	7.4	0.6

MUSHROOMS PIZZA

Serves: 2
Prep Time: 10 Minutes
Cook Time: 15 Minutes
Total Time: 25 Minutes

INGREDIENTS

- 1/4 cup Rao's marinara
- pepperoni
- sliced baby Bella mushrooms
- sliced ripe olives
- mozzarella

DIRECTIONS

1. Preheat oven to 375 F
2. Spray a pie plate with a non-stick cooking spray
3. Spread marinara on bottom of pie plate
4. Layer mushrooms, pepperoni, olives and top with mozzarella
5. Bake for 10 minutes and serve

MUSHROOMS PIZZA (2servings)	1/4 cup Rao's marinara	pepperoni	sliced baby Bella mushrooms	sliced ripe olives	mozzarella
Carbohydrates	1.8g	0g	0.6g	0.2g	0.6g
Fiber	0.4g	0g	0.3g	0.1g	0g
Sugar	0.7g	0g	0.3g	0g	0.3g
Fat	2.8g	0.9g	0.1g	0.4g	6.3g
Cholesterol	0mg	1.9mg	0mg	0g	22mg
Sodium	134.6mg	32mg	0.2mg	28mg	178mg
Protein	0.4g	1.4g	0.3mg	0g	6.3g
Calories	32.8	10	3.4	4.4	85

BUFFALO KETO CHICKEN TENDERS

Serves: 2
 Prep Time: 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 1 lb. chicken breast tenders
- 1 cup almond flour
- 1 egg
- 1 tablespoon heavy whipping cream
- 5 oz. buffalo sauce
- salt

DIRECTIONS

1. Preheat oven to 325 F
2. Season chicken with salt, pepper and almond flour
3. Beat 1 egg with heavy cream
4. Dip each tender in the egg and then into seasoned almond flour
5. Place tenders on a baking sheet and bake for 25 minutes or until crispy
6. Remove and serve

BUFFALO KETO CHICKEN TENDERS	1 lb. chicken breast tenders	1 cup almond flour	1 egg	1 tablespoon heavy whipping cream	5 oz. buffalo sauce	salt
Carbohydrates	0g	24g	0.4g	0.4g	0.5g	0g
Fiber	0g	14g	0g	0g	0.1g	0g
Sugar	0g	4.9g	0.2g	0g	0.4g	0g
Fat	75g	56g	4.8g	5.4g	0.1g	0g
Cholesterol	209mg	0mg	186mg	17mg	0mg	0g
Sodium	3629mg (1814/ serving)	1.1mg	71mg	4mg	3745mg (1872.5/ serving)	697.2mg
Protein	86g	24g	6.3g	0.4g	0.7g	0g
Calories	1370	648	72	51	15.5	0g

KETO LASAGNA

Serves: 4
Prep Time : 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1 lb. ground beef
- 1 cup sauce
- $\frac{3}{4}$ cup mozzarella
- 6 tablespoons ricotta
- salt, onion powder, Italian seasoning

DIRECTIONS

1. Preheat oven to 350 F, brown beef and season
2. Being to layer a deep dish with noodle, ricotta, sauce mix and sprinkle with mozzarella, top with cheese
3. Bake for 20-25 minutes
4. Remove and serve

KETO LASAGNA (4 servings)	1 lb. ground beef	1 cup sauce	$\frac{3}{4}$ cup mozzarella	6 tablespoons ricotta	salt	onion powder	Italian seasoning
Carbohydrates	0g	4.8 g	1.8g	3 g	0g	1.9g	3.4g
Fiber	0g	0 g	0 g	0 g	0g	0.4g	2.1g
Sugar	0g	4.8 g	0.8g	0.3 g	0g	0.2g	0.2g
Fat	79g	0 g	17 g	7.2g	0g	0g	0.5g
Cholesterol	404mg	5.3mg	61.6mg	28.8mg	0g	0mg	0mg
Sodium	413mg	1154mg	491.4mg	90mg	697.2mg	1.8mg	2.4mg
Protein	122g	3.7g	17.5g	10.8g	0g	0.3g	0.6g
Calories	1234	132	235.2	126	0g	8.2	15

KETO PARMESAN CASSEROLE

Serves: 3
 Prep Time : 10 Minutes
 Cook Time: 30 Minutes
 Total Time: 40 Minutes

INGREDIENTS

- 2 cups cooked chicken
- 1/2 tsp basil
- 1 slice bacon
- 1/2 cup marinara sauce
- 1/2 tsp red pepper flakes
- 3/4 cup mozzarella cheese
- 1/2 cup Parmesan cheese

DIRECTIONS

1. Preheat the oven to 325 F
2. Lay out the chicken in the pan and spread the marinara sauce all over
3. Dredge the top with parmesan, red pepper flakes, mozzarella and sprinkle bacon and basil
4. Bake for 20-25 minutes, remove and serve

KETO PARMESAN CASSEROLE (3 servings)	2 cups cooked chicken	1/2 tsp basil	1 slice bacon	1/2 cup marinara sauce	1/2 tsp red pepper flakes	3/4 cup mozzarella cheese	1/2 cup Parmesan cheese
Carbohydrates	0.1g	0g	0.2g	10g	0.5g	1.8g	7g
Fiber	0g	0g	0g	2.4g	0.2g	0g	0g
Sugar	0g	0g	0g	6.5g	0.1g	0.8g	0g
Fat	36g	0g	4g	2.1g	0.2g	17g	14g
Cholesterol	254mg	0mg	11mg	577mg	0mg	61.6mg	43mg
Sodium	192mg	0mg	194mg	422.5mg	0.3mg	491.4mg	902mg
Protein	64ggrams	0g	3.9g	1.9g	0.1g	17.5g	14g
Calories	594	0.1	54	66	2.9	235.2	210

KETO CHEESE MEATBALLS

Serves: 2
 Prep Time: 10 Minutes
 Cook Time: 10 Minutes
 Total Time: 20 Minutes

INGREDIENTS

- 1/2 lbs. beef mince
- 2 tablespoons parmesan cheese
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 lbs. cheese
- 1 tsp garlic powder

DIRECTIONS

1. Cut the cheese into cubes
2. Mix all dry ingredients with the ground beef
3. Wrap the cubes of cheese in mince and pan fry the meatballs

KETO CHEESE MEATBALLS (2servings)	1/2 lbs. beef mince	2 tablespoons parmesan cheese	1/2 tsp salt	1/2 tsp pepper	1/4 lbs. cheese	1 tsp garlic powder
Carbohydrates	0g	1.6g	0g	0.8g	2.8g	2.3g
Fiber	0g	0g	0g	0.3g	0g	0.3g
Sugar	0g	0g	0g	0g	0.4g	0.1g
Fat	39.5g	3.2g	0g	0g	30.2g	0g
Cholesterol	202mg	9.6mg	0g	0mg	89.8mg	0mg
Sodium	206.5mg	202mg	1162.5mg	0.3mg	592.4mg	1.9mg
Protein	61g	3.2g	0g	0.1g	20.8g	0.5g
Calories	617	48	0g	3.3	366.6	10

KETO CHEESY BACON CHICKEN

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 5 chicken breasts
- 2 tablespoons seasoning rub
- 1/2 lbs. bacon
- 3 oz. shredded cheddar
- barbecue sauce

DIRECTIONS

1. Preheat oven to 375 F and spray a baking sheet with cooking spray
2. Rub both sides of chicken breast with seasoning rub and top with bacon, bake for 25 minutes
3. Remove from oven, sprinkle with cheese and serve

KETO CHEESY BACON CHICKEN (4servings)	5 chicken breasts	2 tablespoons seasoning rub	1/2 lbs. bacon	3 oz. shredded cheddar	1tbsp barbecue sauce
Carbohydrates	0g	3.2g	3.9g	2.6g	7g
Fiber	0g	2g	0g	0g	0.2g
Sugar	0g	0.2g	0g	0.4g	5.5g
Fat	21.5g	0.5g	79.5g	28.2g	0.1g
Cholesterol	510mg	0mg	224.5mg	84mg	0mg
Sodium	445mg	9118mg	3819mg	84mg	175mg
Protein	185g	0.6g	77g	19.5g	0.1g
Calories	990	14.8	1061.5	345	29

KETO CHEESEBURGER

Serves: 2
Prep Time: 10 Minutes
Cook Time: 60 Minutes
Total Time: 70 Minutes

INGREDIENTS

- 2 lbs. ground beef
- 2 eggs
- 1/2 cup grated parmesan
- 1 small onion
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 cup cheddar cheese

DIRECTIONS

1. In a bowl mix all ingredients except cheddar cheese, add the end add cheese cubes
2. Place mixture into a sprayed oven dish and form a meatloaf shape
3. Bake at 325 F for 50 minutes
4. Remove and serve

KETO CHEESEBURGER (2servings)	2 lbs. ground beef	2 eggs	1/2 cup grated parmesan	1 small onion	1 tsp salt	1 tsp garlic powder	1/2 cup cheddar cheese
Carbohydrates	0g	0.7g	7g	6.1g	0g	2.3g	1.9g
Fiber	0g	0g	0g	0.8g	0g	0.3g	0g
Sugar	0g	0.4g	0g	2.8g	0g	0.1g	0.3g
Fat	79g	9.6g	14g	0.1g	0g	0g	20.5g
Cholesterol	808mg	372mg	43mg	0mg	0mg	0mg	60.5mg
Sodium	826mg	142mg	902mg	1.8mg	1 tsp salt	1.9mg	400mg
Protein	244g	12.6g	14g	0.8g	0mg	0.5g	14g
Calories	2468	144	210	26	0g	10	247.5

Desserts



CHEESECAKE KETO FAT BOMBS

Serves: 12
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 5 oz. cream cheese
- 2 oz. frozen strawberries
- 2 oz. butter
- 1 oz. swerve sweetener
- 1 tsp vanilla extract

DIRECTIONS

1. Puree the strawberries using a blender
2. In a bowl mix sweetener, vanilla, pureed strawberries and mix well
3. Microwave cream cheese and combine with the rest of ingredients
4. Add butter to the mixture and mix with an electric mixer
5. Divide into 10-12 round silicone molds and freeze for 1-2 hours before serving

CHEESECAKE KETO FAT BOMBS	5 oz. cream cheese	2 oz. frozen strawberries	2 oz. butter	1 oz. swerve sweetener	1 tsp vanilla extract
Carbohydrates	8g	4g	0g	0g	0.5g
Fiber	0g	0g	0g	0g	0g
Sugar	5.5g	3g	0g	0g	0.5g
Fat	49g	0g	46g	0g	0g
Cholesterol	145mg	0mg	122mg	0mg	0mg
Sodium	445mg	8.8mg	364mg	0mg	0.4mg
Protein	8.5g	1.9g	0.5g	0g	0g
Calories	495	154	406	95	12

KETO BROWNIES

Serves: 12
 Prep Time: 10 Minutes
 Cook Time: 20 Minutes
 Total Time: 30 Minutes

INGREDIENTS

- 1/2 cup almond flour
- 1/2 tsp baking powder
- 1 tablespoon instant coffee
- 2 oz. chocolate
- 1 egg
- 1/2 tsp vanilla extract
- 1/2 cup cacao powder
- 2/3 cup Erythritol
- 8 tablespoons butter

DIRECTIONS

1. Preheat oven to 325 F
2. In a medium bowl whisk almond flour, baking powder, Erythritol, cocoa powder and instant coffee
3. In another bowl melt chocolate and butter and whisk in the eggs and vanilla
4. Add to dry ingredients and mix well
5. Transfer batter into baking dish and bake for 20 minutes
6. Remove and serve

KETO BROWNIES (12servings)	1/2 cup almond flour	1/2 tsp baking powder	1 table-spoon instant coffee	2 oz. chocolate	1 egg	1/2 tsp vanilla extract	1/2 cup cacao powder	2/3 cup Erythritol	8 table-spoons butter
Carbohydrates	12g (1g/serving)	0.7g	0.1g	34g (2.83g/serving)	0.4g	0.3g	33.5g	11.4g	0.1g
Fiber	7g	0g	0g	1.9g	0g	0g	11g	0.1g	0g
Sugar	2.5g	0g	0g	30g	0.2g	0.3g	0g	0.6g	0.1g
Fat	28g	0g	0g	16.8g	4.8g	0g	5.5g	0g	96g
Cholesterol	0mg	0mg	0mg	13mg	186mg	0mg	0mg	0mg	248mg
Sodium	0.6mg	244mg	0.6mg	44mg	71mg	0.2mg	0mg	79.2mg	728mg
Protein	12g	0g	0g	4.4g	71mg	0g	11g	0.3g	1g
Calories	324	1.2	0.3	304	72	6	229.5	48	816

KETO ICE CREAM

Serves: 2
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Total Time: 30 Minutes

INGREDIENTS

- 2 cups heavy cream
- 1 tablespoon milk powder
- 1/2 tsp xanthum gum
- 1 tsp vanilla extract
- 1 cup whole milk
- 1/2 cup truvia baking blend

DIRECTIONS

1. In a bowl mix milk powder, sweetener, xanthum gum
2. Pour in cream, vanilla extract, milk and mix until sweetener is dissolved
3. Pour into ice cream maker and churn until set
4. Serve when ready

KETO ICE CREAM	2 cups heavy cream	1 tablespoon milk powder	1/2 tsp xanthum gum	1 tsp vanilla extract	1 cup whole milk	1/2 cup truvia baking blend
Carbohydrates	13g	0.8g	2.3g	0.5g	12g	48g
Fiber	0g	0g	0.1g	0g	0g	0g
Sugar	13.8g	0g	1.6g	0.5g	12g	0g
Fat	88g	0.3g	0g	0g	7.9g	0g
Cholesterol	538mg	1.2mg	0mg	0mg	24mg	0mg
Sodium	128mg	8mg	0mg	0.4mg	105mg	0mg
Protein	13.6g	0.5g	0g	0g	7.7g	0g
Calories	1618	7.8	8.5	12	149	0

KETO EGG CREPES

Serves: 2
Prep Time : 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 5 eggs
- 5 oz. cream cheese
- 1 tsp cinnamon
- 1 tablespoon sugar substitute
- butter

FILLING

- 7 tablespoons butter
- 1/2 cup sugar substitute
- 1 tablespoon cinnamon

DIRECTIONS

1. Blend all of the crepe ingredients until smooth
2. Pour batter into the pan and cook 1-2 minutes per side
3. Remove and pour mixture over the crepes
4. For crepes mixture mix cinnamon and sweetener in a bowl
5. Serve when ready

KETO EGG CREPES (2servings)	5 eggs	5 oz. cream cheese	1 tsp cinnamon	1 tablespoon sugar substitute	butter
Carbohydrates	1.8g	8g	2.1g	1.2g	0 g
Fiber	0g	0g	1.4g	0 g	1 g
Sugar	0.9g	5.5g	0.1g	0 g	2 g
Fat	24g	49g	0g	0 g	12g
Cholesterol	930mg	145mg	0mg	0mg	31mg
Sodium	355mg	445mg	0.3mg	0.1mg	91mg
Protein	31.5g	8.5g	0.1g	0g	0.1g
Calories	360	495	6.4	49	102

KETO NAAN

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1/2 cup coconut flour
- 1 tablespoon psyllium husk
- 1 tablespoon ghee
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 cup boiling water

DIRECTIONS

1. In a bowl mix all ingredients and refrigerate
2. Divine the dough into 6 balls
3. Heat a cast iron skillet over medium heat and place ice naan ball
4. Cook for 2-3 minutes remove and serve

KETO NAAN (4servings)	1/2 cup coconut flour	1 tablespoon psyllium husk	1 tablespoon ghee	1/2 tsp baking powder	1/2 tsp salt	1 cup boiling water
Carbohydrates	36.5g	10g	0g	0.7g	0g	0g
Fiber	6g	6.8g	0g	0g	0g	0g
Sugar	10g	0.1g	0g	0g	0g	0g
Fat	11.5g	0,7g	13g	0g	0g	0g
Cholesterol	0mg	0mg	33mg	0mg	0mg	0mg
Sodium	36mg	0.3mg	0.6mg	244mg	1162.5mg	9.5mg
Protein	12.5g	2.5g	0g	0g	0g	0g
Calories	303.5	35	112	1.2	0	0

PEANUT BUTTER COOKIES

Serves: 12
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1 cup peanut butter
- 1 tsp vanilla
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 cup keto sweetener
- 1 egg

DIRECTIONS

1. Preheat oven to 325 F
2. Cream together all ingredients
3. Refrigerate for 15-20 minutes
4. Roll dough into balls and place on a parchment paper
5. Bake for 12-15 minutes

PEANUT BUTTER COOKIES (12servings)	1 cup peanut butter	1 tsp vanilla	1 tsp baking powder	1/2 tsp salt	1/2 cup keto sweetener	1 egg
Carbohydrates	50g (4.16g/ serving)	0.5g	1.3g	0g	11g	0.4g
Fiber	15g	0g	0g	0g	0g	0g
Sugar	17g	0.5g	0g	0g	9.5g	0.2g
Fat	128g (10g/ serving)	0g	0g	0g	0g	4.8g
Cholesterol	0mg	0mg	0mg	0mg	0mg	186mg
Sodium	1228mg	0.4mg	488mg	1162.5mg	0mg	71mg
Protein	57g	0g	0g	0g	0g	6.3g
Calories	1517	12	2.4	0	40.5	72

BUTTERY KETO CREPES

Serves: 2
Prep Time : 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 3 eggs
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 3 oz. cream cheese
- 2 tsp sweetener
- 2 tablespoons butter

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. In a skillet pour batter and cook each crepe for 1-2 minutes per side or until ready
3. Remove and serve with berries, maple syrup or jam

BUTTERY KETO CREPES	3 eggs	1/2 tsp vanilla extract	1/2 tsp cinnamon	3 oz. cream cheese	2 tsp sweetener	2 tablespoons butter
Carbohydrates	1.1g	0.3g	1.1g	4.8g	0.9g	0g
Fiber	0g	0g	0.7g	0g	0g	0g
Sugar	0.6g	0.3g	0g	3.3g	0.8g	0g
Fat	14.4g	0g	0g	29.4g	0g	24g
Cholesterol	558mg	0mg	0mg	87mg	0mg	62mg
Sodium	213mg	0.2mg	0.1mg	267mg	0mg	182mg
Protein	18.9g	0g	0.1g	5.1g	0g	0.2g
Calories	216	6	3.2	297	3.4	204

KETO LEMON FAT BOMB

Serves: 4
Prep Time: 10 Minutes
Cook Time: 10 Minutes
Total Time: 20 Minutes

INGREDIENTS

- 1/2 cup coconut oil
- 3 tablespoons butter
- 3 oz. cream cheese
- 2 tsp lemon juice
- 2 tsp sugar substitute

DIRECTIONS

1. Place all ingredients in a mixing bowl and mix thoroughly
2. Spoon 2 tablespoons into cupcake holders and freeze
3. Remove and serve

KETO LEMON FAT BOMB (4servings)	1/2 cup coconut oil	3 tablespoons butter	3 oz. cream cheese	2 tsp lemon juice	2 tsp sugar substitute
Carbohydrates	0g	0g	4.8g	0.6g	0.8g
Fiber	0g	0g	0g	0.1g	0g
Sugar	0g	0g	3.3g	0.2g	0g
Fat	108g	36g	29.4g	0g	0g
Cholesterol	0mg	93mg	87mg	0mg	0mg
Sodium	0mg	273mg	267mg	2.4mg	0.1mg
Protein	0g	0.4g	5.1g	0g	0g
Calories	972.5	306	297	1.7	32

PEANUT BUTTER BALLS

Serves: 4
Prep Time: 10 Minutes
Cook Time: 30 Minutes
Total Time: 40 Minutes

INGREDIENTS

- 1 cup peanuts finely chopped
- 1 cup peanut butter
- 1 cup powdered sweetener
- 6 oz. sugar free chocolate chips

DIRECTIONS

1. In a bowl mix peanut butter, sweetener, chopped peanuts, divide dough into 12 pieces and shape into balls and place on a wax paper
2. Melt chocolate and dip each peanut butter ball in the chocolate and place back on the wax paper
3. Refrigerate and serve

PEANUT BUTTER BALLS (4servings)	1 cup peanuts finely chopped	1 cup peanut butter	1 cup powdered sweetener	6 oz. sugar free chocolate chips
Carbohydrates	20.3g (5g/serving)	50g (4.16g/serving)	22g (5.5g/serving)	55.8g (13.7g/serving)
Fiber	12g	15g	0g	18.6g
Sugar	5.56g	17g	19g	0g
Fat	69.82g	128g (10g/serving)	0g	51g
Cholesterol	0mg	0mg	0mg	0mg
Sodium	599mg	1228mg	0mg	0mg
Protein	36g	57g	0g	18.6g
Calories	857	1517	81	1062

NUT FREE KETO BROWNIE

Serves: 8
 Prep Time: 10 Minutes
 Cook Time: 20 Minutes
 Total Time: 30 Minutes

INGREDIENTS

- 5 eggs
- 1/4 lb. butter
- 2 oz. cocoa
- 1/2 tsp baking powder
- 2 tsp vanilla
- 1/4 lb. cream cheese
- 3 tablespoons sweetener of choice

DIRECTIONS

1. Place all the ingredients in a blender and blend until smooth
2. Pour mixture into a baking dish
3. Bake at 325 F for 20 minutes
4. Remove slice into squares and serve

NUT FREE KETO BROWNIE (8servings)	5 eggs	1/4 lb. butter	2 oz. cocoa	1/2 tsp baking powder	2 tsp vanilla	1/4 lb. cream cheese	3 tablespoons sweetener of choice
Carbohydrates	1.8g	0.1g	33g	0.7g	1.1g	5g	4.2g
Fiber	0g	0g	19g	0g	0g	0g	0g
Sugar	0.9g	0.1g	0g	0g	1.1g	3.4g	3.6g
Fat	24g	73.6g	5.6g	0g	0g	31.2g	0g
Cholesterol	930mg	195mg	0mg	0mg	0mg	91.6mg	0mg
Sodium	31.5g	583.4mg	0mg	488mg	0.8mg	284.8mg	0mg
Protein	31.5g	0.8g	11.4g	0g	0g	5.6g	0g
Calories	360	650.4	232	2.4	24	317.6	15

Smoothie



COFFEE SMOOTHIE

Serves: 1
Prep Time: 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes

INGREDIENTS

- 5 oz. cold coffee
- 3 oz. heavy cream
- 3 oz. almond milk
- 1 oz. sugar free chocolate syrup
- 1 oz. caramel syrup
- 1 tablespoon cocoa
- 12 oz. ice

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

COFFEE SMOOTHIE (1serving)	5 oz. cold coffee	3 oz. heavy cream	3 oz. almond milk	1 oz. sugar free chocolate	1 oz. caramel syrup	1 tablespoon cocoa	12 oz. ice
Carbohydrates	0g	2.5g	3g	4g	4g	3g	0g
Fiber	0g	0g	0.2g	0.8g	0g	1g	0g
Sugar	0g	2.6g	2.7g	0.1g	0g	0g	0g
Fat	0.1g	33g	0.9g	0.6g	0g	0.5g	0g
Cholesterol	0mg	102mg	0mg	0mg	0mg	0mg	0mg
Sodium	2.9mg	24mg	3.6mg	97mg	97mg	0mg	3.6mg
Protein	0.2g	2.5g	0.4g	0.8g	0.3g	1g	0g
Calories	1.5	303	21	12	61	21	0

CHAI PUMPKIN SMOOTHIE

Serves: 1
 Prep Time: 5 Minutes
 Cook Time: 5 Minutes
 Total Time: 10 Minutes

INGREDIENTS

- 3/4 cup coconut milk
- 2 tablespoon pumpkin puree
- 1 tablespoon MCT oil
- 1 tsp chai tea
- 1 tsp alcohol free vanilla
- 1/2 tsp pumpkin pie spice
- 1/2 frozen avocado

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

CHAI PUMPKIN SMOOTHIE (1serving)	3/4 cup coconut milk	2 tablespoon pumpkin puree	1 tablespoon MCT oil	1 tsp chai tea	1 tsp alcohol free vanilla	1/2 tsp pumpkin pie spice	1/2 frozen avocado
Carbohydrates	4.5g	2.4g	0g	0g	0.6g	0.6g	8.5g
Fiber	0g	0.9g	0g	0g	0g	0.1g	6.5g
Sugar	0g	1g	0g	0g	0.6g	0.1g	0.7g
Fat	33.6g	0.1g	13g	0g	0g	0.1g	14.5g
Cholesterol	0mg	0mg	0mg	0mg	0mg	0mg	0mg
Sodium	20.3mg	1.5mg	0mg	0mg	0mg	0.4mg	7mg
Protein	3.2g	0.3g	0g	0g	0g	0.1g	2g
Calories	311.5	10.4	121	0.1	7.3	2.9	161

CASHEW SMOOTHIE

Serves: 1
Prep Time : 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes

INGREDIENTS

- 1 cup cashew milk
- 1 tablespoon keto MCT oil
- 1 tablespoon keto nut butter
- 1 tsp maca powder
- 1 handful ice

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

CASHEW SMOOTHIE	1 cup cashew milk	1 tablespoon keto MCT oil	1 tablespoon keto nut butter	1 tsp maca powder	1 handful ice
Carbohydrates	13g	0g	1.5g	4.2g	0g
Fiber	0.9g	0g	1g	0.3g	0g
Sugar	6g	0g	0.5g	0.2g	0g
Fat	12g	13g	12g	0g	0g
Cholesterol	0mg	0mg	0mg	0mg	0mg
Sodium	877mg	0mg	30mg	2.8mg	0.3mg
Protein	21g	0g	2g	0.3g	0g
Calories	786	121	105	18	0

BREAKFAST SMOOTHIE

Serves: 1
 Prep Time: 5 Minutes
 Cook Time: 5 Minutes
 Total Time: 10 Minutes

INGREDIENTS

- 1/2 cup almond milk
- 1/2 cup coconut milk
- 1/2 coconut yoghurt
- 1/2 tsp stevia
- 3 strawberries

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

BREAKFAST SMOOTHIE (1serving)	1/2 cup almond milk	1/2 cup coconut milk	1/2 coconut yoghurt	1/2 tsp stevia	3 strawberries
Carbohydrates	4g	3.2g	6g	2.4g	4.1g
Fiber	0.3g	0g	0g	0g	1.1g
Sugar	3.6g	0g	1g	0g	2.6g
Fat	1.3g	24g	8g	0g	0.2g
Cholesterol	0mg	0mg	1.7mg	0mg	0mg
Sodium	4.8mg	14.5mg	49.5mg	0mg	0.5mg
Protein	0.6g	2.3g	3.8g	0g	0.4g
Calories	28	222.5	81	0	17.4

KETO MILKSHAKE SMOOTHIE

Serves: 1
Prep Time: 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes

INGREDIENTS

- 6 oz. plain almond milk
- 3 oz. crushed ice
- 1 oz. heavy whipping cream
- 1 oz. raspberries
- 3/4 oz. sweetener of choice
- 1/2 oz. cream cheese

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

KETO MILKSHAKE SMOOTHIE (1serving)	6 oz. plain almond milk	3 oz. crushed ice	1 oz. heavy whipping cream	1 oz. raspberries	3/4 oz. sweetener of choice	1/2 oz. cream cheese
Carbohydrates	6g	0g	0.8g	3.4g	18g	0.8g
Fiber	0.5g	0g	0g	1.8g	0g	0g
Sugar	5.4g	0g	0.9g	1.3g	16.1g	0.6g
Fat	1.9g	0g	11g	0.2g	0g	4.9g
Cholesterol	0mg	0mg	34mg	0mg	0mg	14.5mg
Sodium	7.2mg	0.9mg	8mg	0.3mg	0mg	44.5mg
Protein	0.8g	0g	0.8g	0.3g	0g	0.8g
Calories	42	0	101	15	66.5	49.5

AVOCADO SMOOTHIE

Serves: 1
 Prep Time: 5 Minutes
 Cook Time: 5 Minutes
 Total Time: 10 Minutes

INGREDIENTS

- 1/2 avocado
- 2 tablespoons cocoa powder
- 2/3 cup coconut milk
- 1/2 cup crushed ice
- 1/2 cup water
- pinch of salt
- 1 tsp lime juice
- stevia

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

AVOCADO SMOOTHIE (1serving)	1/2 avocado	2 tablespoons cocoa powder	2/3 cup coconut milk	1/2 cup crushed ice	1/2 cup water	pinch of salt	1 tsp lime juice	0.5 stevia
Carbohydrates	8.5g (4.25/serving)	6g	3.8g	0g	0g	0g	0.4g	2.3g
Fiber	6.5g	2g	0g	0g	0g	0g	0g	0g
Sugar	0.7g	0g	0g	0g	0g	0g	0.1g	0g
Fat	14.5g	1g	28.8g	0g	0g	0g	0g	0g
Cholesterol	0mg	0mg	0mg	0mg	0mg	0mg	0mg	0mg
Sodium	7mg	0mg	17.4mg	1.2mg	4.8mg	132mg	0.1mg	0mg
Protein	2g	2g	2.8g	0g	0g	0g	0g	0g
Calories	161	42	267	0	0	0	1.3	0

COLLAGEN SMOOTHIE

Serves: 1
 Prep Time: 5 Minutes
 Cook Time: 5 Minutes
 Total Time: 10 Minutes

INGREDIENTS

- 4 ice cubes
- 1/2 avocado
- 1 scoop keto chocolate collagen
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 3/4 cup heavy whipping cream
- 1 cup water

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

COLLAGEN SMOOTHIE (1serving)	4 ice cubes	1/2 avocado	1 scoop keto chocolate collagen	1 tablespoon chia seeds	1 tablespoon almond butter	3/4 cup heavy whipping cream	1 cup water
Carbohydrates	0g	8.5g (4.25/ serving)	2g	5.1g	3ggrams	4.5g	0g
Fiber	0g	6.5g	0.5g	4.1g	1.6g	0g	0g
Sugar	0g	0.7g	0g	0g	0.7g	4.8g	0g
Fat	0g	14.5g	3.5g	3.7g	8.8g	60.2g	0g
Cholesterol	0mg	0mg	0mg	0mg	0mg	188.3mg	0mg
Sodium	1.2mg	7mg	70mg	1.9mg	1.1mg	44.8mg	9.5mg
Protein	0g	2g	10g	2g	3.3g	4.8g	0g
Calories	0	161	80	58	97	566.3	0

FAT BOMB SMOOTHIE

Serves: 1
Prep Time: 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes

INGREDIENTS

- 2.5 oz avocado
- 1 scoop collagen
- 1 tablespoon cacao powder
- 1 cup almond milk
- 1 cup ice

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

FAT BOMB SMOOTHIE (1serving)	2.5 oz avocado	1 scoop collagen	1 tablespoon cacao powder	1 cup almond milk	1 cup ice
Carbohydrates	6g	0g	4.2g	8.1g	0g
Fiber	4.8g	0g	1.4g	0.6g	0g
Sugar	0.5g	0g	0g	7.2g	0g
Fat	10.5g	0g	0.7g	2.5g	0g
Cholesterol	0mg	0mg	0mg	0mg	0mg
Sodium	5mg	14mg	0mg	9.6mg	2.4mg
Protein	1.4g	6g	1.4g	1.1g	0g
Calories	112.5	23	29	56	0

CINNAMON SMOOTHIE

Serves: 1
Prep Time: 5 Minutes
Cook Time: 5 Minutes
Total Time: 10 Minutes

INGREDIENTS

- 1/2 cup coconut milk
- 1/2 cup water
- 2 ice cubes
- 1 tablespoon coconut oil
- 1/2 tsp cinnamon
- 1 tablespoon chia seeds
- 1/2 cup vanilla protein powder

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

CINNAMON SMOOTHIE (1serving)	1/2 cup coconut milk	1/2 cup water	2 ice cubes	1 tablespoon coconut oil	1/2 tsp cinnamon	1 tablespoon chia seeds	1/2 cup vanilla protein powder
Carbohydrates	3.2g	0g	0g	0g	1.1g	5.1g	3g
Fiber	0g	0g	0g	0g	0.7g	4.1g	1.5g
Sugar	0g	0g	0g	0g	0g	0g	0g
Fat	24g	0g	0g	13g	0g	3.7g	1.8g
Cholesterol	0mg	0mg	0mg	0mg	0mg	0mg	8mg
Sodium	14.5mg	4.8mg	0.6mg	0mg	0.1mg	1.9mg	75.5mg
Protein	2.3g	0g	0g	0	0.1g	1.9mg	38g
Calories	222.5	0	0	121	3.2	58	170.5

TROPICAL SMOOTHIE

Serves: 1
 Prep Time: 5 Minutes
 Cook Time: 5 Minutes
 Total Time: 10 Minutes

INGREDIENTS

- 1/2 tsp banana extract
- 1/2 tsp blueberry extract
- 1/2 tsp mango extract
- stevia
- 1 tablespoon oil
- 1/2 cup sour cream
- ice cubes
- 3/4 cup coconut milk

DIRECTIONS

1. In a blender place all the ingredients and blend until smooth
2. Pour in a glass and serve

TROPICAL SMOOTHIE (1serving)	1/2 tsp banana extract	1/2 tsp blueberry extract	1/2 tsp mango extract	0.5 stevia	1 tablespoon oil	1/2 cup sour cream	ice cubes	3/4 cup coconut milk
Carbohydrates	0.4g	0.2g	0.3g	2.3g	0g	5.5g	0g	4.5g
Fiber	0.1g	0g	0g	0g	0g	0g	0g	0g
Sugar	0.2g	0.2g	0.2g	0g	0g	3.9g	0g	0g
Fat	0g	0g	0g	0g	14.5g	22.5g	0g	33.6g
Cholesterol	0mg	0mg	0mg	0mg	0mg	68mg	0mg	0mg
Sodium	0mg	0mg	0mg	0mg	0mg	35.5mg	0.3mg	20.3mg
Protein	0g	0g	0g	0g	0g	2.8g	0g	3.2g
Calories	1.8	0.9	1.1	0	124	227.5	0	311.5