



# **KETO** **Meal Plan**

**Beginners Guide To  
A Ketogenic Diet  
& Lose Weight  
In 30-Day Cooking  
Delicious  
Recipes**

**Adele Baker**

# **Keto Meal Plan**

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*Beginners Guide To A  
Ketogenic Diet & Lose Weight  
In 30-Day Cooking Delicious  
Recipes*

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**Adele Baker**

*This book is dedicated to my little daughter, my inspiration and my soul*

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## INTRODUCTION

Improve your health by being open to the idea that what you think you know about health and nutrition is upside-down, backwards, and inside out. Nutritional ketosis, in which the body burns fat rather than sugar for fuel, is an effective approach to radically improving health that's achieved by eating a high-fat, low-carbohydrate, moderate-protein diet.

It is considered that what's best for health is restricting dietary fat and consuming lots of carbohydrates, especially "healthy whole grains." But the truth, as proved by different medical studies, is that eating more fat and less carbs is beneficial for a wide range of health concerns. It can help you lose weight, increase energy, stabilize blood sugar, improve mental focus, balance hormones, and much more.

The book you're holding in your hands contains a 30-day keto meal plan as a comprehensive guide to high-fat living that's different from the rest. You can use the book as a guide to help get you started on your way should you be new to the low carb diet, or if you are just off it for a while and in need of a specific plan to help you along the way. With the strategies and recipes you'll find here, you can end food obsession, cravings, and restrictions through sound nutrition practices and delicious whole food meals, so that you can get the weight and health you want without self-loathing or guilt.



# **CHAPTER 1. General Overview**

## **A Closer Look at the Ketogenic Diet**

A ketogenic diet is not only one of the popular diets that you've heard of, but it is also considered one of the easiest diets to stick to and helps boost the way you feel. The diet consists of high fat, medium protein, and low carbohydrates. It is the way to make your body burn fat instead of carbohydrates. This causes it to have more fuel to burn throughout the day, so you're able to have more energy than before. This diet is also one of the best ways to shed the fat and lose the pounds.

The fat in the body is converted into fatty acids that are used within the liver. They are then passed through the body as ketones that can be used as glucose sugar, instead of artificial sugars.

This helps the body grow and repair itself easily. It is also something that provides the body with enough calories to burn throughout the day without having excess calories.

One of the most important things that you have to understand about this diet is how ketosis works. Ketosis is the essence of the diet.

When the body is in a ketotic state, it means that the body is going to break down the body's stored fat in order to provide it with the energy that it needs. It also means that the body is providing itself with a way to use the fats that you eat in your food source, instead of the carbohydrates that are normally found in the food. What exactly is the ketogenic diet?

Originally developed in the early 1920s to treat epileptic seizures, the diet fell out of favor in the medical establishment once antiseizure medications became available. More than seventy years later, it was rediscovered as an effective alternative to pharmaceuticals. Since then, it has grown in popularity and has received increasing media attention for the variety of maladies that it can treat.

## The Basic Principles

As you learn more about keto-friendly foods and get used to ketogenic living, it'll be easier for you to understand what and how much you should be eating. Here's a crash course in what your daily macronutrients—carbs, protein, and fat—should look like.

### □ **Carbohydrates (5% to 10%)**

Each person's carb tolerance is different. Your challenge is to find your "ideal" carb intake. As you begin your keto diet, start with a low level of net carbs to ensure you quickly enter ketosis—the state in which your body produces ketone bodies. A good goal would be about 20 grams of net carbs per day. You can purchase a blood ketone meter (or urine ketone strips, which are less accurate) that will allow you to measure your ketones after about two or three days of sticking to your new low-carb lifestyle. Start adding net carbs (about 5 grams each week) until you can detect only a very low level of ketones or none at all. This is usually the quickest, most reliable way to discover your net carbs limit. You can find blood ketone meters and urine ketone strips via online retailers, such as Amazon.

### □ **Protein (15% to 30%)**

The amount of dietary protein you need can be determined by your body weight and activity level. People who are physically active have higher protein requirements than those with sedentary lifestyles. A more accurate estimate, especially for people with high body fat, can be found by calculating protein intake from lean mass, which is determined as total body weight minus body fat.

Consuming enough protein is good for preserving and building muscle mass, but eating excessive amounts of protein are likely to put you out of ketosis because your body will convert excessive protein into glycogen.

### □ **How Many Grams of Protein per Day?**

If your weight is in pounds, then multiply it by 0.6 to get the minimum amount of protein *in grams* you should eat each day. For the maximum amount, multiply your body weight by 1 (i.e., the same numeral as that of your weight but in grams). If your weight is in kilograms, then just multiply it by 1.3 or 2.2 to get the same range. Although this rule applies to the majority of people, protein requirements for athletes are higher. Make sure you eat at least the minimum amount of protein to prevent loss of muscle tissue during the diet. In general, the more active you are, the closer you should be to eating at your upper limit.

#### □ **Fat (60% to 75%)**

Your daily fat intake should make up your remaining energy needs: it acts as “filler” for your energy requirements. Ideal fat intake varies for each individual and depends on your personal goal. In fact, you won’t need to count fat intake or calories on a ketogenic diet, as you’ll be unlikely to overeat: eating foods naturally low in carbs, moderate in protein, and high in fat will keep you satisfied longer. Studies have shown that protein and fats are the most satiating nutrients, while carbohydrates are the least satiating. Fat provides a supply of energy with no insulin spikes. That’s why you won’t suffer any cravings or energy and mood swings as you would on a calorie-restricted low-fat diet.





## Diet Guidelines

Following are some of the best ways to stay in ketosis and get the most out of your ketogenic experience. These tips will help you survive what's known as "keto flu." During your first few days, or up to a week, of ketosis, you may feel a bit tired, sluggish, and dizzy as your body adjusts to producing and burning ketones as energy instead of carbohydrates.

- **Stick to your macros.** The daily 10/20/70 ratio is worth sticking to because it works. Too many carbs and you won't burn fat. Too much protein and it won't burn off if you don't use it. Not enough fat and you won't be full. All these problems add up to less energy. The recommended ratio allows for a whole food approach to ketosis that includes alkalizing green veggies, which break down the acids in meat.
- **Keep your electrolytes up.** Electrolytes are the minerals in our blood that keep us hydrated and keep our nerves and muscles working properly in balance. By producing ketones, you'll be flushing out more electrolytes than usual. This means you should increase your salt intake while following keto because your body won't retain sodium as it used to. Most keto dieters do this by drinking chicken broth or bouillon daily, especially in the first few weeks of ketosis while the body is adjusting. If you feel achy in the first week on keto while going through carbohydrate withdrawal, bouillon helps. Many ketoers use magnesium supplements as well.
- **Drink lots of water.** Drinking water is one of those things that everyone tells you to do, and you don't take it seriously until you end up with a kidney stone! I promise that drinking two to three liters of water every day will make your body feel clean, full, and

hydrated and keep your bowels moving, as well as help you lose weight faster if that's what you're on keto for.

- **Keep track of what you eat.** Measuring what you eat turns any diet into a game. Use apps to track your meals and measure your macros at the end of the day. There's also an app called Quip, which you can use to make shopping lists. It includes check marks that allow you to reuse your shopping list every week.
- **Eat your calories.** Don't try to do a low-calorie ketogenic diet, or you'll end up without any fuel. Fat is your new fuel. Without it, you'll not only be hungry, but you also won't lose weight. Many people on a keto diet eat 1,800 calories or more per day, and I find that eating less actually makes me stop losing weight. But don't overindulge, either. You won't likely lose weight eating 5,000 calories a day.
- **Stock up on healthy fats.** Fat is a dirty word in our society. But there are plenty of good fats out there. Cook everything in ghee, which is lactose- and casein-free clarified butter, high in anti-inflammatory omega-3 fatty acids. For times when you run out of this magical golden buttery oil, keep a backup of coconut oil and olive oil. Avoid processed oils like vegetable, sunflower seed, soybean, and corn—they are high in inflammatory omega-6s, which in turn destroy the healthy omega-3s in your body.
- **Invest in certified organic, grass-fed, and free-range products.** I'm not trying to go all crunchy granola on you, but now that your diet is exchanging highly refined carbohydrates for mostly fats and

proteins, you'll want to pay extra-special attention to the quality of those ingredients. I'll identify such ingredients in most of the recipes, and I recommend you buy them if your budget allows.

- **Stick to real food, not low-carb products.** If you check the label of most low-carb products—unless they're also paleo products—you'll be shocked at their ingredients, such as unpronounceable chemical additives. You can control what goes into your body by making your own meals and sticking to whole foods.

## How to Determine Your Numbers

The key to the Ketogenic Lifestyle is to keep in mind that you are replacing carbohydrates with high fats and moderate protein. While fats have a limited effect on insulin production and blood sugar levels in your body, protein affects both when you eat more than your body needs.

The recommended daily intake of protein should be 0.6 g per pound of body weight. However, today's common diet suggests higher amounts than your body actually requires, which means the extra protein that is not broken down will become glucose and stored as fat. The high amount of glucose will boost insulin levels and stall the body's ability to release and burn off excess ketones.

The ketogenic diet works best when you keep track of your carb intake. All ketogenic plans allow a broad range of grams of carbohydrates per day, around 20-60g daily. However, if you are beginning the new lifestyle, be sure to limit your carb intake to less than 20g a day.

The amount of protein you should eat is not based on your current weight but on your goal weight, gender, and physical exercise. Those who follow a moderately active lifestyle will require more protein than those with a sedentary lifestyle.

So how do you determine the gram and percentages of each macronutrient you need for the ketogenic diet? Let me show you how.

**Example 1:** Jane is a 30-year-old woman, 5'7", 250 lbs. and works as a receptionist with very limited exercise. Her ideal weight is about 135 lbs.

Protein intake:  $135 \times 0.36 = 48.6$  grams per day

Jane's intake of protein will be rounded up to 49 grams and be set at 20% protein. This amount will give her the right amount of essential amino acids that her body needs in order to properly function without a rise in insulin and blood glucose

levels. Next, she will determine her carbohydrate percentage. Let's say that Jane chooses 5% as her carb intake.

Carbohydrate:  $49 / 4 = 12.25$  grams per day

Jane will round her grams to 12 grams of carbohydrates per day. Avoiding grains, starchy vegetables, and most fruits will give her plenty of vegetables to eat while maintaining her carbohydrate intake. Now Jane will need to figure out her daily allowed fat consumption. This is easier since the remaining 75% of her diet should consist of healthy fats.

Fats:  $(49 \times 3) + (12 \times 3) = 183$  grams per day

Thus, making Jane's ketogenic 75:20:5 intake; 183 g of Fats, 49 g of Protein and 12 g of carbohydrates.

**Example 2:** Jane's doctor is allowing her to try the ketogenic diet while keeping a close watch on her health. However, the doctor suggested that Jane must combine counting calories as well. Jane and her doctor have agreed that a 1500 calorie diet would allow Jane to lose weight without starvation as she follows the ketogenic diet.

Fats:  $1500 \times 0.75 = 1125$  calories:  $1125 \text{ calories} / 9 \text{ calories per gram} = 125$  grams per day.

Protein:  $1500 \times 0.20 = 300$  calories:  $300 / 4 \text{ calories per gram} = 75$  grams per day.

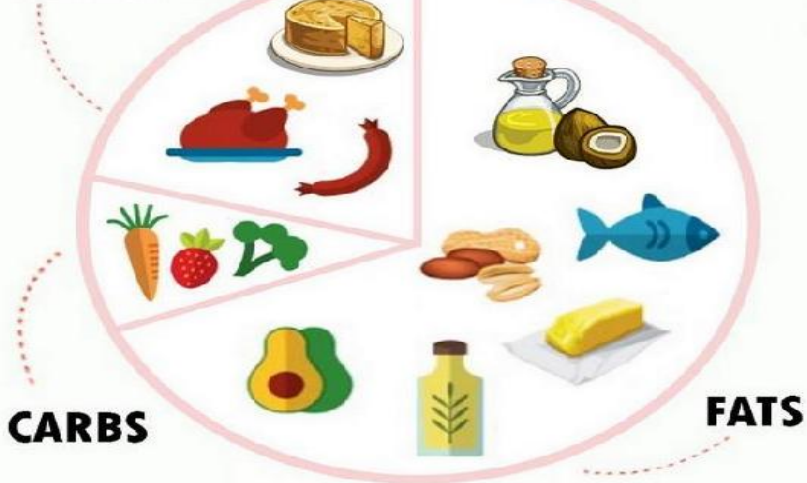
Carbohydrate:  $1500 \times 0.05 = 75$  calories:  $75 / 4 \text{ calories per gram} = 18.75$  grams per day.

As this amount is slightly more than the pure percentage calculation, Jane has the option to reduce this amount if she chooses. Both options will allow Jane to lose weight and start feeling better as she slims down. The new energy level will give her the opportunity to increase exercise.

If you are going to count calories while you follow this diet, you will need to reduce your caloric intake. Adjust your meal plan by recalculating your grams per day with a new calorie amount.

# **KETO-DIET:** **WHAT TO EAT**

**PROTEIN**



**CARBS**

**FATS**



## How to Create a Keto Meal Plan

Here is a 7 Step Guide on how to create a Keto Meal Plan:

- **Draft** – Consider the foods you like to eat on the approved list and draft your own ketogenic diet plan. Remember, the ketogenic diet included high-fat, moderate protein and low-carbs.
- **Check** – Check the recipes in your meal plan and see if the fats, proteins, and carbs match up to your body weight. If not, readjust your meal plan.
- **Research** – Before you start your meal plan, research other methods of the keto diet plan and see how they compare. Be sure to complete this guide as you don't want to jump into this head first.
- **Revise** – Revise any changes that should be made and improve recipes that could be better.
- **Discuss** – Talk with a ketogenic expert! If you are still unsure, follow our sample meal plan and ask around.
- **Repair** – Check for any needed improvement and make the final changes to your diet plan. Make sure it matches your needs of the 75:20:5%
- **Follow Through** – Go ahead and get started!

There are several tips for successfully following of your meal plan:

- Cook for yourself – freeze the remaining servings or save half of the recipes, if needed.
- Swap your meals – you can swap your meals any time of the day. Eat breakfast for lunch or lunch for dinner. Your meal plan depends on you!
- Try to skip the snacks – while you should feel satisfied from the 3 main meals, keep Keto-friendly snacks close by.
- Only eat when hungry – if you don't feel hunger, don't eat.
- Substitute – fish, pork, and lamb can be substituted for one another in recipes due to their similar



nutritional value.

- Understand that diet plans are not suitable for everyone: Make sure that your daily requirements match your recipes and diet plan. Make small adjustments and reduce the portions if needed. Don't worry if you go over your protein intake a bit, as it will not kick you out of ketosis and will actually keep hunger at bay. If you find yourself lacking enough fat in your diet, add more fat by adding oils and fatty foods according to your adjustments.

While adopting the ketogenic diet and creating your ideal meal plan, pay attention to the following products that are often sold with added sugars or fillers. So check labels carefully before purchasing, and remember to calculate the net carbs by subtracting the amount of fiber from the total amount of carbohydrates. You need items that are low in net carbs.

- Peanut butter. Many brands contain too much sugar, so choose a brand that is low in net carbs. Most organic peanut butter that contain only peanuts will be suitable.
- Organic dairy products. Organic heavy (whipping) cream, sour cream, and cream cheese don't have any carbs or less than 1 carb. Their nonorganic counterparts can have 2 or even 3 net carbs per serving.
- Tomato sauce. If you pick any tomato sauce off the supermarket shelf, you'll find it has anywhere from 10 to 20 net carbs per serving. Stick with one that doesn't have added sugar and contains less than 4 net carbs per serving.
- Coconut milk is good and fatty, but unsweetened coconut milk has 1 net carb or less, as compared to 9 or more per serving for regular coconut milk.
- Whey protein powder can be very high in sugar, but there are many low- and no-carb brands on the market.

- Prepared foods offered at your favorite grocery store often include sugar and breading that you can't see by looking at them.
- Frozen hamburgers often use fillers and might carry 3 to 5 carbs per burger, when it would be zero if you make them yourself from pure ground beef.
- "Sugar-free" does not always translate to low-carb, and "gluten-free" almost never means low-carb. In fact, low-carb isn't always ketogenic. You may find 20 to 30 carbs in a low-carb bagel.
- Salad dressings can be loaded with sugar, so look for those with 0 to 1 net carb per serving.
- Pre-cut cheese, especially American cheese, is often loaded with up to 3 carbs per slice. Stick with organic shredded cheese containing no fillers, and you'll be left with less than 1 net carb per serving.

## Keeping to the Diet Over Time

There are many ways to keep to a diet plan. Although many people give up over time, it is because their diets require them to give up foods they really enjoy. The ketogenic diet does not require you to give up most of the foods that you like; just mostly the carbohydrates. This makes the diet a lot easier to maintain and stay on. However, here are some useful tips to ensure your health is optimal while maintaining the diet long term.

- Find someone to keep you accountable. Having someone to report to and is supportive of your progress will go a long way. Find someone to be there for you mentally.
- Take supplements and vitamins should you need them. After consulting your physician, if you have a certain deficiency, consider taking a supplement.
- Set a goal to achieve. A clear goal will keep you motivated to ensure you meet it.
- Experiment and create your own recipes. Using the foods you are able to eat, try making your own recipes. Being able to experiment and play around will keep you interested in the food you eat.
- Find lots of recipes that you would be interested in trying that are within the guidelines of your diet. When you have different foods to sample and taste, you will find it easier to keep to your diet as the food you eat is variable and not considered boring.
- Drink lots of water. Not only will the water be able to flush out the toxins in your body and keep you hydrated, but it will also be able to distract you from a craving you may be experiencing.
- Ensure you are getting enough sleep. Studies have revealed that you tend to eat more when you are tired or sleep deprived. It produces a hormone that tricks your mind into thinking you are hungry.
- Eat more fruits and vegetables for snacks. When you are hungry between meals, consider eating some nuts,

fruits or vegetables as a snack. These are healthy and nutritious options to replace the cookie or cupcake.

- Make sure you do not get too hungry. Often times, when you are starving, you will want to eat carbohydrate-heavy food to fill you up. It will also cause you to make a poor judgment call that may not be beneficial to your diet.

## CHAPTER 2. 30-Day Keto Meal Plan

	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
DAY 1	<a href="#"><u>Nut Medley Granola</u></a>	<a href="#"><u>Bacon-Cheese Deviled Eggs</u></a>	<a href="#"><u>Chicken-Avocado Lettuce Wraps</u></a>	<a href="#"><u>Creamy Cinnamon Smoothie</u></a>	<a href="#"><u>Lamb Leg with Sun-Dried Tomato Pesto and Cheesy Mashed Cauliflower</u></a>
Per Day Calories: 1840; Fat: 152 g; Protein: 79 g; Carbs: 39 g; Fiber: 14 g; Net Carbs: 25 g					
DAY 2	<a href="#"><u>Peanut Butter Cup Smoothie</u></a>	<a href="#"><u>Walnut Herb-Crusted Goat Cheese</u></a>	<a href="#"><u>Cauliflower-Cheddar Soup</u></a>	<a href="#"><u>Bacon-Cheese Deviled Eggs</u></a>	<a href="#"><u>Lamb Leg with Sun-Dried Tomato Pesto (leftovers) and Garlicky Green Beans</u></a>
Per Day Calories: 1725; Fat: 139 g; Protein: 87 g; Carbs: 26 g; Fiber: 10 g; Net Carbs: 16 g					
DAY 3	<a href="#"><u>Avocado and Eggs</u></a>	<a href="#"><u>Spinach-Blueberry Smoothie</u></a>	<a href="#"><u>Cauliflower Cheddar Soup (leftovers)</u></a>	<a href="#"><u>Bacon-Cheese Deviled Eggs</u></a>	<a href="#"><u>Baked Coconut Haddock and Brussels Sprouts Casserole</u></a>
Per Day Calories: 1607; Fat: 123 g; Protein: 77 g; Carbs: 34 g; Fiber: 17 g; Net Carbs: 17 g					
DAY 4	<a href="#"><u>Lemon-Cashew Smoothie</u></a>	<a href="#"><u>Queso Dip</u></a>	<a href="#"><u>BLT Salad</u></a>	<a href="#"><u>Bacon-Pepper Fat Bombs</u></a>	<a href="#"><u>Roasted Pork Loin with Grainy Mustard Sauce</u></a>
Per Day Calories: 1637; Fat: 137 g; Protein: 79 g; Carbs: 26 g; Fiber: 6 g; Net Carbs: 20 g					
DAY 5	<a href="#"><u>Berry Green Smoothie</u></a>	<a href="#"><u>Bacon-Pepper Fat Bombs</u></a>	<a href="#"><u>Roasted Pork Loin with Grainy Mustard Sauce (leftovers)</u></a>	<a href="#"><u>Queso Dip</u></a>	<a href="#"><u>Turkey Meatloaf</u></a>
Per Day Calories: 1635; Fat: 134 g; Protein: 85 g; Carbs: 21 g; Fiber: 7 g; Net Carbs: 14 g					

DAY 6	<a href="#">Breakfast Bake</a>	<a href="#">Creamy Cinnamon Smoothie</a>	<a href="#">Turkey Meatloaf (leftovers)</a>	<a href="#">Crispy Parmesan Crackers</a>	<a href="#">Cheesy Garlic Salmon and Garlicky Green Beans</a>
Per Day Calories: 1633; Fat: 137 g; Protein: 81 g; Carbs: 19 g; Fiber: 5 g; Net Carbs: 14 g					
DAY 7	<a href="#">Nut Medley Granola</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Breakfast Bake</a>	<a href="#">Queso Dip</a>	<a href="#">Chicken Bacon Burger and Portobello Mushroom Pizza</a>
Per Day Calories: 1712; Fat: 143 g; Protein: 79 g; Carbs: 27 g; Fiber: 13 g; Net Carbs: 14 g					
DAY 8	<a href="#">Berry Green Smoothie</a>	<a href="#">Queso Dip</a>	<a href="#">Chicken-Avocado Lettuce Wraps</a>	<a href="#">Crispy Parmesan Crackers</a>	<a href="#">Baked Coconut Haddock and Brussels Sprouts Casserole</a>
Per Day Calories: 1622; Fat: 126 g; Protein: 88 g; Carbs: 34 g; Fiber: 15 g; Net Carbs: 19 g					
DAY 9	<a href="#">Avocado and Eggs</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Crab Salad–Stufed Avocado</a>	<a href="#">Curried Coconut Chips</a>	<a href="#">Lamb Leg with Sun-Dried Tomato and Brussels Sprouts Casserole</a>
Per Day Calories: 1606; Fat: 130 g; Protein: 77 g; Carbs: 35 g; Fiber: 17 g; Net Carbs: 18 g					
DAY 10	<a href="#">Peanut Butter Cup Smoothie</a>	<a href="#">Crispy Parmesan Crackers</a>	<a href="#">BLT Salad</a>	<a href="#">Keto Cashew Nutty Bars</a>	<a href="#">Lamb Leg with Sun-Dried Tomato Pesto and Cheesy Mashed Cauliflower</a>
Per Day Calories: 1604; Fat: 130 g; Protein: 86 g; Carbs: 23 g; Fiber: 9 g; Net Carbs: 14 g					
DAY 11	<a href="#">Avocado and Eggs</a>	<a href="#">Crab Salad–Stufed Avocado</a>	<a href="#">Salad of Brussels</a>	<a href="#">Berry Green Smoothie</a>	<a href="#">Herb Butter Scallops and Pesto Zucchini Noodles</a>
Per Day Calories: 1720; Fat: 140 g; Protein: 83 g; Carbs: 32 g; Fiber: 13 g; Net Carbs: 19 g					

DAY 12	<a href="#">Lemon-Cashew Smoothie</a>	<a href="#">Peanut Butter Cup Smoothie</a>	<a href="#">Cauliflower-Cheddar Soup</a>	<a href="#">Baked Cheddar Chips</a>	<a href="#">Roasted Pork Loin with Grainy Mustard Sauce and Mushrooms with Camembert</a>
Per Day Calories: 1707; Fat: 139 g; Protein: 84 g; Carbs: 30 g; Fiber: 7 g; Net Carbs: 23 g					
DAY 13	<a href="#">Breakfast Bake</a>	<a href="#">Queso Dip</a>	<a href="#">Roasted Pork Loin with Grainy Mustard Sauce</a> (leftovers)	<a href="#">Creamed Spinach</a>	<a href="#">Lemon Butter Chicken and Sautéed Asparagus with Walnuts</a>
Per Day Calories: 1651; Fat: 142 g; Protein: 75 g; Carbs: 20 g; Fiber: 5 g; Net Carbs: 14 g					
DAY 14	<a href="#">Nut Medley Granola</a>	<a href="#">Chicken-Avocado Lettuce Wraps</a>	<a href="#">Breakfast Bake</a>	<a href="#">Keto Cashew Nutty Bars</a> with ¼ cup whipped cream	<a href="#">Turkey Meatloaf and Creamed Spinach</a>
Per Day Calories: 1697; Fat: 140 g; Protein: 71 g; Carbs: 31 g; Fiber: 13 g; Net Carbs: 18 g					
DAY 15	<a href="#">Nut Medley Granola</a>	<a href="#">Bacon-Cheese Deviled Eggs</a>	<a href="#">Chicken-Avocado Lettuce Wraps</a>	<a href="#">Creamy Cinnamon Smoothie</a>	<a href="#">Lamb Leg with Sun-Dried Tomato Pesto and Cheesy Mashed Cauliflower</a>
Per Day Calories: 1840; Fat: 152 g; Protein: 79 g; Carbs: 39 g; Fiber: 14 g; Net Carbs: 25 g					
DAY 16	<a href="#">Peanut Butter Cup Smoothie</a>	<a href="#">Walnut Herb-Crusted Goat Cheese</a>	<a href="#">Cauliflower-Cheddar Soup</a>	<a href="#">Bacon-Cheese Deviled Eggs</a>	<a href="#">Lamb Leg with Sun-Dried Tomato Pesto</a> (leftovers) and <a href="#">Garlicky Green Beans</a>
Per Day Calories: 1725; Fat: 139 g; Protein: 87 g; Carbs: 26 g; Fiber: 10 g; Net Carbs: 16 g					
DAY 17	<a href="#">Avocado and Eggs</a>	<a href="#">Spinach-Blueberry</a>	<a href="#">Cauliflower Cheddar</a>	<a href="#">Bacon-Cheese</a>	<a href="#">Baked Coconut Haddock</a> and

		<a href="#">Smoothie</a>	<a href="#">Soup (leftovers)</a>	<a href="#">Deviled Eggs</a>	<a href="#">Brussels Sprouts Casserole</a>
Per Day Calories: 1607; Fat: 123 g; Protein: 77 g; Carbs: 34 g; Fiber: 17 g; Net Carbs: 17 g					
DAY 18	<a href="#">Lemon-Cashew Smoothie</a>	<a href="#">Queso Dip</a>	<a href="#">BLT Salad</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Roasted Pork Loin with Grainy Mustard Sauce</a>
Per Day Calories: 1637; Fat: 137 g; Protein: 79 g; Carbs: 26 g; Fiber: 6 g; Net Carbs: 20 g					
DAY 19	<a href="#">Berry Green Smoothie</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Roasted Pork Loin with Grainy Mustard Sauce (leftovers)</a>	<a href="#">Queso Dip</a>	<a href="#">Turkey Meatloaf</a>
Per Day Calories: 1635; Fat: 134 g; Protein: 85 g; Carbs: 21 g; Fiber: 7 g; Net Carbs: 14 g					
DAY 20	<a href="#">Breakfast Bake</a>	<a href="#">Creamy Cinnamon Smoothie</a>	<a href="#">Turkey Meatloaf (leftovers)</a>	<a href="#">Crispy Parmesan Crackers</a>	<a href="#">Cheesy Garlic Salmon and Garlicky Green Beans</a>
Per Day Calories: 1633; Fat: 137 g; Protein: 81 g; Carbs: 19 g; Fiber: 5 g; Net Carbs: 14 g					
DAY 21	<a href="#">Nut Medley Granola</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Breakfast Bake</a>	<a href="#">Queso Dip</a>	<a href="#">Chicken Bacon Burger and Portobello Mushroom Pizza</a>
Per Day Calories: 1712; Fat: 143 g; Protein: 79 g; Carbs: 27 g; Fiber: 13 g; Net Carbs: 14 g					
DAY 22	<a href="#">Berry Green Smoothie</a>	<a href="#">Queso Dip</a>	<a href="#">Chicken-Avocado Lettuce Wraps</a>	<a href="#">Crispy Parmesan Crackers</a>	<a href="#">Baked Coconut Haddock and Brussels Sprouts Casserole</a>
Per Day Calories: 1622; Fat: 126 g; Protein: 88 g; Carbs: 34 g; Fiber: 15 g; Net Carbs: 19 g					



DAY 23	<a href="#">Avocado and Eggs</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Crab Salad–Stufed Avocado</a>	<a href="#">Curried Coconut Chips</a>	<a href="#">Lamb Leg with Sun-Dried Tomato Pesto and Brussels Sprouts Casserole</a>
Per Day Calories: 1606; Fat: 130 g; Protein: 77 g; Carbs: 35 g; Fiber: 17 g; Net Carbs: 18 g					
DAY 24	<a href="#">Peanut Butter Cup Smoothie</a>	<a href="#">Crispy. Parmesan Crackers</a>	<a href="#">BLT Salad</a>	<a href="#">Keto Cashew Nutty Bars</a>	<a href="#">Lamb Leg with Sun-Dried Tomato Pesto (leftovers) and Cheesy Mashed Cauliflower</a>
Per Day Calories: 1604; Fat: 130 g; Protein: 86 g; Carbs: 23 g; Fiber: 9 g; Net Carbs: 14 g					
DAY 25	<a href="#">Berry Green Smoothie</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Roasted Pork Loin with Grainy. Mustard Sauce</a>	<a href="#">Queso Dip</a>	<a href="#">Turkey Meatloaf</a>
Per Day Calories: 1637; Fat: 137 g; Protein: 79 g; Carbs: 26 g; Fiber: 6 g; Net Carbs: 20 g					
DAY 26	<a href="#">Lemon-Cashew Smoothie</a>	<a href="#">Queso Dip</a>	<a href="#">BLT Salad</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Roasted Pork Loin with Grainy Mustard Sauce</a>
Per Day Calories: 1637; Fat: 137 g; Protein: 79 g; Carbs: 26 g; Fiber: 6 g; Net Carbs: 20 g					
DAY 27	<a href="#">Breakfast Bake</a>	<a href="#">Creamy. Cinnamon Smoothie</a>	<a href="#">Turkey. Meatloaf (leftovers)</a>	<a href="#">Crispy. Parmesan Crackers</a>	<a href="#">Cheesy Garlic Salmon and Garlicky. Green Beans</a>
Per Day Calories: 1633; Fat: 137 g; Protein: 81 g; Carbs: 19 g; Fiber: 5 g; Net Carbs: 14 g					
DAY 28	<a href="#">Nut Medley. Granola</a>	<a href="#">Bacon-Pepper Fat Bombs</a>	<a href="#">Breakfast Bake</a>	<a href="#">Queso Dip</a>	<a href="#">Chicken Bacon Burger and Portobello Mushroom Pizza</a>
Per Day Calories: 1712; Fat: 143 g; Protein: 79 g; Carbs: 27 g; Fiber: 13 g; Net Carbs:					

14 g

DAY 29	<a href="#"><u>Avocado and Eggs</u></a>	<a href="#"><u>Spinach- Blueberry Smoothie</u></a>	<a href="#"><u>Cauliflower Cheddar Soup</u></a>	<a href="#"><u>Bacon- Cheese Deviled Eggs</u></a>	<a href="#"><u>Baked Coconut Haddock and Brussels Sprouts Casserole</u></a>
Per Day Calories: 1607; Fat: 123 g; Protein: 77 g; Carbs: 34 g; Fiber: 17 g; Net Carbs: 17 g					
DAY 30	<a href="#"><u>Lemon- Cashew Smoothie</u></a>	<a href="#"><u>Queso Dip</u></a>	<a href="#"><u>BLT Salad</u></a>	<a href="#"><u>Bacon- Pepper Fat Bombs</u></a>	<a href="#"><u>Roasted Pork Loin with Grainy Mustard Sauce</u></a>
Per Day Calories: 1637; Fat: 137 g; Protein: 79 g; Carbs: 26 g; Fiber: 6 g; Net Carbs: 20 g					

## **CHAPTER 3. Recipes**

### **BREAKFAST**

#### **Peanut Butter Cup Smoothie**



Prep time: 5 minutes

Cooking time: 0 minutes

Servings: 2

#### **Nutrients per serving:**

Carbohydrates – 11 g

Net Carbs – 6 g

Fiber – 5 g

Fat – 40 g

Protein – 30 g

Calories – 486

#### **Ingredients:**

- 1 cup water
- $\frac{3}{4}$  cup coconut cream
- 1 scoop chocolate protein powder
- 2 Tbsp natural peanut butter
- 3 ice cubes

#### **Instructions:**

1. Put the water, coconut cream, protein powder, peanut butter, and ice in a blender and blend until smooth.

2. Pour into 2 glasses and serve immediately.

## Berry Green Smoothie



Prep time: 10 minutes

Cooking time: 0 minutes

Servings: 2

### Nutrients per serving:

Carbohydrates – 11 g

Net Carbs – 6 g

Fiber – 5 g

Fat – 36 g

Protein – 28 g

Calories – 436

### Ingredients:

- 1 cup water
- ½ cup blueberries
- ½ cup kale, shredded
- ¾ cup cream cheese
- 1 Tbsp coconut oil
- 1 scoop vanilla protein powder

### Instructions:

1. Put the water, blueberries, kale, cream cheese, coconut oil, and protein powder in a blender and blend until smooth.
2. Pour into 2 glasses and serve immediately.

## Lemon-Cashew Smoothie



Prep time: 5 minutes

Cooking time: 0 minutes

Servings: 1

### Nutrients per serving:

Carbohydrates – 15 g

Net Carbs – 11 g

Fiber – 4 g

Fat – 45 g

Protein – 29 g

Calories – 503

### Ingredients:

- 1 cup unsweetened cashew milk
- ¼ cup heavy (whipping) cream
- ¼ cup lemon juice, freshly squeezed
- 1 tsp plain protein powder
- 1 Tbsp coconut oil
- 1 tsp sweetener

### Instructions:

1. Put the cashew milk, heavy cream, lemon juice, protein powder, coconut oil, and sweetener in a blender and blend until smooth.
2. Pour into a glass and serve immediately.



# Spinach-Blueberry Smoothie



Prep time: 5 minutes

Cooking time: 0 minutes

Servings: 2

## Nutrients per serving:

Carbohydrates – 9 g

Net Carbs – 6 g

Fiber – 3 g

Fat – 32 g

Protein – 15 g

Calories – 353

## Ingredients:

- 1 cup coconut milk
- 1 cup spinach
- ½ English cucumber, peeled, chopped
- ½ cup blueberries
- 1 tsp plain protein powder
- 2 Tbsp coconut oil
- 4 ice cubes
- 4 mint sprigs, for garnish

## Instructions:

1. Put the coconut milk, spinach, cucumber, blueberries, protein powder, coconut oil, and ice in a blender and blend until smooth.
2. Pour into 2 glasses, garnish each with the mint, and serve immediately.

# Creamy Cinnamon Smoothie



Prep time: 5 minutes

Cooking time: 0 minutes

Servings: 2

## Nutrients per serving:

Carbohydrates – 8 g

Net Carbs – 6 g

Fiber – 2 g

Fat – 47 g

Protein – 18 g

Calories – 492

## Ingredients:

- 2 cups coconut milk
- 1 tsp vanilla protein powder
- 5 drops liquid stevia
- 1 tsp cinnamon, ground
- ½ tsp vanilla extract, alcohol-free

## Instructions:

1. Put the coconut milk, protein powder, stevia, cinnamon, and vanilla in a blender and blend until smooth.
2. Pour into 2 glasses and serve immediately.

## Nut Medley Granola



Prep time: 10 minutes

Cooking time: 1 hour

Servings: 8

### Nutrients per serving:

Carbohydrates – 10 g

Net Carbs – 4 g

Fiber – 6 g

Fat – 38 g

Protein – 10 g

Calories – 391

### Ingredients:

- 2 cups shredded unsweetened coconut
- 1 cup almonds, sliced
- 1 cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- ½ cup walnuts
- ½ cup coconut oil, melted
- 10 drops liquid stevia
- 1 tsp cinnamon, ground
- ½ tsp nutmeg, ground

### Instructions:

1. Preheat the oven to 250°F. Line 2 baking sheets with parchment paper. Set aside.
2. Toss together the shredded coconut, almonds, sunflower seeds, pumpkin seeds, and walnuts in a large bowl until mixed.

3. In another bowl, blend the coconut oil, stevia, cinnamon, and nutmeg.
4. Add the coconut oil mixture into the nut mixture and blend it with your hands until the nuts are well coated.
5. Transfer the granola mixture to the baking sheets and spread it out evenly.
6. Bake the granola, stirring every 10-15 minutes, until the mixture is golden brown, for 1 hour.
7. Transfer the granola to a bowl and let it cool. Serve.

## Bacon-Artichoke Omelet



Prep time: 10 minutes

Cooking time: 10 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 5 g

Net Carbs – 3 g

Fiber – 2 g

Fat – 39 g

Protein – 17 g

Calories – 435

### Ingredients:

- 6 eggs, beaten
- 2 Tbsp heavy (whipping) cream
- 8 bacon slices, cooked, chopped
- 1 Tbsp olive oil
- ¼ cup onion, chopped
- ½ cup artichoke hearts, chopped (canned, packed in water)
- Sea salt, black pepper, to taste

### Instructions:

1. In a bowl, whisk the eggs, heavy cream, and bacon until well blended, and set aside.
2. Heat the olive oil over medium-high heat in a skillet.

3. Sauté the onion until tender, about 3 minutes.
4. Pour the egg mixture into the skillet.
5. Cook the omelet, lifting the edges with a spatula to let the uncooked egg flow underneath, for 2 minutes.
6. Sprinkle the artichoke hearts on top and flip the omelet. Cook for 4 minutes more, until the egg is firm. Flip the omelet over again so the artichoke hearts are on top.
7. Remove from the heat, cut the omelet into quarters, and season with salt and black pepper. Transfer the omelet to plates and serve.

# Mushroom Frittata



Prep time: 10 minutes

Cooking time: 15 minutes

Servings: 6

## Nutrients per serving:

Carbohydrates – 1 g

Net Carbs – 1 g

Fiber – 0 g

Fat – 27 g

Protein – 16 g

Calories – 316

## Ingredients:

- 2 Tbsp olive oil
- 1 cup fresh mushrooms, sliced
- 1 cup spinach, shredded
- 6 bacon slices, cooked, chopped
- 10 large eggs, beaten
- ½ cup goat cheese, crumbled
- Sea salt, black pepper, to taste

## Instructions:

1. Preheat the oven to 350°F.
2. Heat the olive oil over medium-high heat in a skillet.
3. Sauté the mushrooms until lightly browned, about 3 minutes.
4. Add the spinach and bacon and sauté until the greens are wilted, about 1 minute.

5. Add the eggs and cook, lifting the edges of the frittata with a spatula so uncooked egg flows underneath, for 3 to 4 minutes.
6. Sprinkle the top with the crumbled goat cheese and season lightly with salt and pepper.
7. Bake until set and lightly browned, about 15 minutes.
8. Remove the frittata from the oven, and let it stand for 5 minutes.
9. Cut into 6 wedges and serve immediately.



## Breakfast Bake



Prep time: 10 minutes

Cooking time: 50 minutes

Servings: 8

### Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 3 g

Fiber – 1 g

Fat – 24 g

Protein – 17 g

Calories – 303

### Ingredients:

- 1 Tbsp olive oil, plus extra for greasing
- 8 large eggs
- 1 pound homemade sausage
- 2 cups spaghetti squash, cooked
- 1 Tbsp fresh oregano, chopped
- Sea salt, black pepper, to taste
- ½ cup Cheddar cheese, shredded

### Instructions:

1. Preheat the oven to 375°F. Grease a casserole dish with olive oil and set aside.
2. Place a large ovenproof skillet over medium-high heat and add the olive oil.
3. Brown the sausage for 5 minutes. Whisk the eggs, squash, and oregano in a bowl. Season with salt and pepper.

4. Combine the cooked sausage and the egg mixture, stir to combine, and pour the mixture into the casserole dish.
5. Top the casserole with the cheese and cover it with aluminum foil.
6. Bake the casserole for 30 minutes, and then remove the foil and bake for another 15 minutes.
7. Let cool for 10 minutes before serving.

## Avocado & Eggs



Prep time: 10 minutes

Cooking time: 20 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 8 g

Net Carbs – 3 g

Fiber – 5 g

Fat – 25 g

Protein – 19 g

Calories – 324

### Ingredients:

- 2 avocados, peeled, halved lengthwise, pitted
- 4 large eggs
- 1 (4-oz) chicken breast, cooked, shredded
- ¼ cup Cheddar cheese
- Sea salt, black pepper, to taste

### Instructions:

1. Preheat the oven to 425°F.
2. Take a spoon and hollow out each side of the avocado halves until the pit hole is about twice the original size.
3. Place the avocado halves in an 8-by-8-inch baking dish, hollow-side up.
4. Add an egg into each hollow and divide the shredded chicken between each avocado half. Top with the

- cheese and season with the salt and pepper.
5. Bake the avocados for 15-20 minutes.
  6. Serve immediately.

## Low-Carb Latkes



Prep time: 15 minutes

Cooking time: 40 minutes

Servings: 8

### Nutrients per serving:

Carbohydrates – 11 g

Net Carbs – 4 g

Fiber – 7 g

Fat – 21 g

Protein – 5 g

Calories – 252

### Ingredients:

- 1 medium (14 oz) rutabaga
- 1 tsp salt
- 1 small (2.5 oz) white onion, peeled, sliced into small rings
- 1 large pastured egg
- ¼ cup (1.4 oz) flax meal
- 1 Tbsp (0.3 oz) psyllium husk powder
- 2 tsp dried marjoram
- Black pepper, to taste
- 4 Tbsp (2.1 oz) ghee, lard, or coconut oil

### Instructions:

1. Peel the rutabaga and then use a julienne peeler or a vegetable spiralizer to create thin rutabaga “noodles.” Season with 1/2 tsp salt and let rest for 20 minutes.

2. Use a paper towel to pat the excess moisture off the rutabaga. Next, place both the rutabaga and onion into a mixing bowl and add the egg, flax meal, psyllium powder, and marjoram. Season with the remaining salt and pepper and mix until well combined.
3. Heat 2 Tbsp of ghee, lard, or coconut oil in a pan over a medium heat. Add the mixture into the pan to create two to four latkes at a time. Flatten each latke with the back of a spatula. Cook for 10 minutes on each side until golden brown.
4. Grease the pan with more ghee as needed and repeat with the remaining mixture. When done, serve immediately.

## Egg Muffin in a Cup



Prep time: 5 minutes

Cooking time: 5 minutes

Servings: 1

### Nutrients per serving:

Carbohydrates – 5 g

Net Carbs – 3 g

Fiber – 2 g

Fat – 25 g

Protein – 13 g

Calories – 294

### Ingredients:

- 1/3 cup (2 oz) vegetables, such as broccoli, asparagus, or spinach, chopped
- 1 Tbsp (0.5 oz) ghee or butter
- 1 Tbsp (0.2 oz) sun-dried tomatoes, drained, chopped
- 3 Tbsp (0.5 oz) Parmesan cheese, grated
- 1 large pastured egg
- Salt, pepper, to taste

### Instructions:

1. Place all the vegetables into a large mug with 1 Tbsp of ghee. Cook them in the microwave on high power for 1 minute if the vegetables are precooked or 2-3 minutes if the vegetables are raw
2. Stir in the cheese and spinach and crack in the egg. Season with salt and black pepper, and microwave the mug for another minute.



# Pumpkin Mug Cake



Prep time: 5 minutes

Cooking time: 5 minutes

Servings: 1

## Nutrients per serving:

Carbohydrates – 11 g

Net Carbs – 3 g

Fiber – 8 g

Fat – 31 g

Protein – 14 g

Calories – 385

## Ingredients:

- 2 Tbsp (1.4 oz) pumpkin purée
- 1 Tbsp (0.4 oz) coconut flour
- 2 Tbsp (0.6 oz) almond flour
- 1 Tbsp (0.3 oz) chia seeds, ground
- 1 large pastured egg
- 1 Tbsp (0.5 oz) coconut oil, ghee, or butter
- 2 Tbsp (0.8 oz) erythritol or Swerve
- ½ tsp pumpkin spice mix (cinnamon, nutmeg, ginger, cloves and allspice)

- 1/8 tsp baking soda
- 5 to 10 drops liquid stevia, optional

**Instructions:**

1. Place all the ingredients in a microwave-safe mug and mix with a spoon. Microwave on high for about 2 minutes.

## SNACKS

### Bacon-Pepper Fat Bombs



Prep time: 10 minutes (+1 hour)

Cooking time: 0 minutes

Servings: 12

#### Nutrients per serving:

Carbohydrates – 0 g

Net Carbs – 0 g

Fiber – 0 g

Fat – 8 g

Protein – 3 g

Calories – 89

#### Ingredients:

- 2 oz goat cheese, at room temperature
- 2 oz cream cheese, at room temperature
- ¼ cup butter, at room temperature
- 8 bacon slices, cooked, chopped
- Black pepper, to taste

#### Instructions:

1. Line a baking sheet with parchment paper and set aside.
2. In a medium bowl, stir together the goat cheese, cream cheese, butter, bacon, and pepper until well combined.

3. Use a Tbsp to drop mounds of the bomb mixture on the baking sheet and place the sheet in the freezer until the fat bombs are very firm but not frozen, about 1 hour.
4. Store the fat bombs in a sealed container in the refrigerator for up to 2 weeks.

# Walnut Herb-Crusted Goat Cheese



Prep time: 10 minutes

Cooking time: 0 minutes

Servings: 4

## Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 2 g

Fiber – 2 g

Fat – 28 g

Protein – 12 g

Calories – 304

## Ingredients:

- 6 oz walnuts, chopped
- 1 Tbsp oregano, chopped
- 1 Tbsp parsley, chopped
- 1 tsp fresh thyme, chopped
- ¼ tsp black pepper
- 1 (8-oz) log goat cheese

## Instructions:

1. Place the walnuts, oregano, parsley, thyme, and pepper in a food processor and pulse until finely chopped.

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2. Pour the walnut mixture onto a plate and roll the goat cheese log in the nut mixture, pressing so the cheese is covered and the walnut mixture sticks to the log. Slice and serve.

# Crispy Parmesan Crackers



Prep time: 10 minutes

Cooking time: 5 minutes

Servings: 8

## Nutrients per serving:

Carbohydrates – 1 g

Net Carbs – 1 g

Fiber – 0 g

Fat – 11 g

Protein – 11 g

Calories – 133

## Ingredients:

- 1 tsp butter
- 8 oz full-fat Parmesan cheese, shredded or freshly grated

## Instructions:

1. Preheat the oven to 400°F.
2. Line a baking sheet with parchment paper and lightly grease the paper with the butter.
3. Spoon the Parmesan cheese onto the baking sheet in mounds, spread evenly apart.
4. Flatten out the mounds with the back of a spoon or a spatula.
5. Bake the crackers until the edges are browned and the centers are still pale, about 5 minutes.

6. Remove the crackers from the oven, transfer with a spatula to paper towels. Lightly blot the tops with additional paper towels and let them cool completely. Serve.



## Bacon-Cheese Deviled Eggs



Prep time: 15 minutes

Cooking time: 0 minutes

Servings: 12

### Nutrients per serving:

Carbohydrates – 2 g

Net Carbs – 2 g

Fiber – 0 g

Fat – 7 g

Protein – 6 g

Calories – 85

### Ingredients:

- 6 large eggs, hardboiled, peeled
- ¼ cup homemade mayonnaise
- ¼ avocado, chopped
- ¼ cup Swiss cheese, finely shredded
- ½ tsp Dijon mustard
- Black pepper, to taste
- 6 bacon slices, cooked, chopped

### Instructions:

1. Halve each of the eggs lengthwise.
2. Carefully remove the yolks and place the yolks in a medium bowl. Place the whites, hollow-side up, on a

plate.

3. Whisk the yolks with a fork and stir in the mayonnaise, avocado, cheese, and Dijon mustard. Stir until well mixed. Season the yolk mixture with the black pepper.
4. Spoon the yolk mixture back into the egg white hollows and top each egg half with the bacon. Serve.

## Queso Dip



Prep time: 5 minutes

Cooking time: 10 minutes

Servings: 6

### Nutrients per serving:

Carbohydrates – 2 g

Net Carbs – 2 g

Fiber – 0 g

Fat – 19 g

Protein – 10 g

Calories – 213

### Ingredients:

- ½ cup coconut milk
- ½ jalapeño pepper, seeded, diced
- 1 tsp garlic, minced
- ½ tsp onion powder
- 2 oz goat cheese
- 6 oz sharp Cheddar cheese, shredded
- ¼ tsp cayenne pepper

### Instructions:

1. In a pot, add the coconut milk, jalapeño, garlic, and onion powder.
2. Bring the liquid to a simmer and then whisk in the goat cheese until smooth.
3. Add the Cheddar cheese and cayenne and whisk until the dip is thick, 30 seconds to 1 minute.

4. Serve with keto crackers or low-carb vegetables.

# Cauliflower-Cheddar Soup



Prep time: 10 minutes

Cooking time: 30 minutes

Servings: 8

## Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 2 g

Fiber – 2 g

Fat – 21 g

Protein – 8 g

Calories – 227

## Ingredients:

- ¼ cup butter
- ½ sweet onion, chopped
- 1 head cauliflower, chopped
- 4 cups chicken stock
- ½ tsp ground nutmeg
- 1 cup heavy (whipping) cream
- Sea salt, black pepper, to taste
- 1 cup Cheddar cheese, shredded

## Instructions:

1. In a stockpot, melt the butter.
2. Sauté the onion and cauliflower for 10 minutes.
3. Stir in the chicken stock and nutmeg and bring it to a boil. Then simmer for 15 minutes.

4. Add the heavy cream, and purée the soup with a food processor until smooth.
5. Season with salt and pepper and top with Cheddar cheese. Serve.

## BLT Salad



Prep time: 15 minutes

Cooking time: 0 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 2 g

Fiber – 2 g

Fat – 18 g

Protein – 1 g

Calories – 228

### Ingredients:

- 2 Tbsp bacon fat, melted
- 2 Tbsp red wine vinegar
- Black pepper, to taste
- 4 cups lettuce, shredded
- 1 tomato, chopped
- 6 bacon slices, cooked, chopped
- 2 hardboiled eggs, chopped
- 1 Tbsp roasted unsalted sunflower seeds
- 1 tsp sesame seeds, toasted
- 1 cooked chicken breast, sliced

### Instructions:

1. In a bowl, whisk the bacon fat and vinegar until emulsified. Season with black pepper.
2. Add the lettuce and tomato to the bowl and toss the vegetables with the dressing.
3. Divide the salad between 4 plates and top each with bacon, egg, sunflower seeds, sesame seeds, and chicken. Serve.



## Chicken-Avocado Lettuce Wraps



Prep time: 10 minutes

Cooking time: 0 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 9 g

Net Carbs – 6 g

Fiber – 3 g

Fat – 20 g

Protein – 12 g

Calories – 264

### Ingredients:

- ½ avocado, peeled, pitted, chopped
- ⅓ cup homemade mayonnaise
- 1 tsp lemon juice, freshly squeezed
- 2 tsp fresh thyme, chopped
- 1 (6-oz) chicken breast, cooked, chopped
- Sea salt, black pepper, to taste
- 8 large lettuce leaves
- ¼ cup walnuts, chopped

### Instructions:

1. In a bowl, combine the avocado with the mayonnaise, lemon juice, and thyme until well combined.
2. Stir in the chopped chicken and season with salt and pepper.

3. Spoon the chicken salad into the lettuce leaves and top with the walnuts.
4. Serve 2 lettuce wraps per person.

## Crab Salad-Stuffed Avocado



Prep time: 20 minutes

Cooking time: 0 minutes

Servings: 2

### Nutrients per serving:

Carbohydrates – 10 g

Net Carbs – 5 g

Fiber – 5 g

Fat – 31 g

Protein – 19 g

Calories – 389

### Ingredients:

- 1 avocado, peeled, halved lengthwise, pitted
- ½ tsp lemon juice, freshly squeezed
- 4½ oz Dungeness crabmeat
- ½ cup cream cheese
- ¼ cup red bell pepper, chopped
- ¼ cup English cucumber, peeled, chopped
- ½ scallion, chopped
- 1 tsp cilantro, chopped

- Sea salt, black pepper, to taste

**Instructions:**

1. Brush the cut edges of the avocado with the lemon juice and set the halves aside on a plate.
2. In a bowl, mix together the cream cheese, crabmeat, red pepper, cucumber, scallion, cilantro, salt, and pepper until well mixed.
3. Distribute the crab mixture between the avocado halves. Serve.

## Curried Coconut Chips



Prep time: 5 minutes

Cooking time: 10 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 8 g

Net Carbs – 3 g

Fiber – 5 g

Fat – 27 g

Protein – 2.3 g

Calories – 261

### Ingredients:

- 2 Tbsp (1 fl oz) extra virgin coconut oil, melted
- 1 tsp curry powder
- 1 tsp garlic powder
- ¼ tsp cayenne pepper
- ½ tsp salt
- 2 cups (4.2 oz) desiccated coconut flakes

### Instructions:

1. Preheat the oven to 350°F
2. In a bowl, combine the coconut oil, the spices, salt, and the flaked coconut.
3. Spread the coated coconut on a baking sheet lined with parchment paper and bake for 4-7 minutes.
4. Remove from the oven and set aside to cool. Serve.

## Keto Cashew Nutty Bars



Prep time: 15 minutes (+3 hours)

Cooking time: 0 minutes

Servings: 2

### Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 2 g

Fiber – 2 g

Fat – 18 g

Protein – 4 g

Calories – 190

### Ingredients:

- 1 cup almond flour
- ½ cup cashews
- ¼ cup keto maple syrup
- ¼ cup coconut, shredded
- ¼ cup butter, melted
- 1 tsp cinnamon
- Salt, to taste

### Instructions:

1. Combine almond flour and butter in a bowl. Add the shredded coconut, maple syrup, cinnamon, and salt. Mix well.
2. Chop  $\frac{1}{2}$  cup cashews and add to the dough.
3. Spread dough evenly on a baking sheet lined with parchment paper. Place the baking sheet in the refrigerator and chill for 3 hours. Cut into bars. serve and enjoy!

## Pork Rind Nachos



Prep time: 10 minutes (+1 hour)

Cooking time: 15 minutes

Servings: 2-4

### Nutrients per serving:

Carbohydrates – 6 g

Net Carbs – 5 g

Fiber – 1 g

Fat – 45 g

Protein – 41 g

Calories – 599

### Ingredients:

- 1 medium tomato, seeded, chopped
- ¼ white onion, chopped
- 1 Tbsp chopped fresh cilantro
- 1 jalapeño pepper, seeded, minced
- 1 tsp garlic, minced
- 1½ tsp lime juice, freshly squeezed
- Sea salt, black pepper, to taste
- 1 (1½-oz) bag pork rinds



- 2 cups organic Cheddar cheese, shredded

**Instructions:**

1. Mix the first six ingredients. Then season with salt and pepper. Set the salsa aside for 1 hour.
2. Preheat the oven to 350°F.
3. Spread out the pork rinds in a single layer on a rimmed baking sheet lined with aluminum foil. Top with the cheese and salsa.
4. Bake the nachos for about 15 minutes. Transfer to a platter and serve hot.

## Baked Cheddar Chips



Prep time: 5 minutes

Cooking time: 5 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 1 g

Net Carbs – 1 g

Fiber – 0 g

Fat – 38 g

Protein – 28 g

Calories – 457

### Ingredients:

- 4 cups organic Cheddar cheese, shredded
- Sea salt, to taste

### Instructions:

1. Preheat the oven to 350°F.
2. Spread out the cheese evenly on a baking sheet lined with parchment paper.
3. Bake for 3-5 minutes, checking regularly until the cheese browns but does not burn.
4. Season the cheese with salt.
5. Let cool before serving.

# Mozzarella Crust Pizza



Prep time: 5 minutes

Cooking time: 15 minutes

Servings: 2

## Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 3 g

Fiber – 1 g

Fat – 20 g

Protein – 33 g

Calories – 324

## Ingredients:

- 2 cups organic mozzarella cheese, shredded
- 1 tsp garlic powder
- 1 tsp plus a pinch pizza seasoning, divided
- ½ cup tomato sauce
- ½ cup organic Parmesan cheese, grated

## Instructions:

1. Preheat the oven to 400°F.
2. Arrange the mozzarella on a baking sheet in an even layer to form a large circle with no holes. Sprinkle the garlic powder and a pinch of pizza seasoning over the cheese.

3. Bake until the cheese is melted and browned all around the edges, 12 to 15 minutes. Set aside to cool for 3 minutes.
4. Spread the tomato sauce over the top of the mozzarella crust, and then sprinkle it with the Parmesan cheese and the remaining 1 tsp of pizza seasoning.
5. Put the pizza to the oven for about 1 minute. Serve hot.

## **DINNER**

### **Lamb Leg with Sun-Dried Tomato Pesto**



Prep time: 15 minutes

Cooking time: 70 minutes

Servings: 8

#### **Nutrients per serving:**

Carbohydrates – 5 g

Net Carbs – 3 g

Fiber – 2 g

Fat – 29 g

Protein – 17 g

Calories – 352

#### **Ingredients:**

##### **For the pesto:**

- 1 cup sun-dried tomatoes packed in oil, drained
- ¼ cup pine nuts
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp fresh basil, chopped
- 2 tsp garlic, minced

##### **For the lamb leg:**

- 1 (2-pound) lamb leg, boneless
- Sea salt, black pepper, to taste
- 2 Tbsp olive oil

#### **Instructions:**

**To make the pesto:**

1. Place the sun-dried tomatoes, pine nuts, olive oil, basil, and garlic in a blender or food processor; process until smooth.
2. Set aside until needed.

**To make the lamb leg:**

1. Preheat the oven to 400°F.
2. Season the lamb leg all over with salt and pepper.
3. Heat the olive oil in an ovenproof skillet over medium-high heat.
4. Sear the lamb on all sides until nicely browned, about 6 minutes in total.
5. Spread the sun-dried tomato pesto all over the lamb. Roast for about 1 hour for medium.
6. Let the lamb cool for 10 minutes before slicing and serving.

## Baked Coconut Haddock



Prep time: 10 minutes

Cooking time: 12 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 1 g

Fiber – 3 g

Fat – 24 g

Protein – 20 g

Calories – 299

### Ingredients:

- 4 (5-oz) boneless haddock fillets
- Sea salt, black pepper, to taste
- 1 cup unsweetened coconut, shredded
- ¼ cup hazelnuts, ground
- 2 Tbsp coconut oil, melted

### Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.

2. Pat the fillets dry with paper towels and season them with salt and pepper.
3. Stir together the shredded coconut and hazelnuts in a small bowl.
4. Coat the fish fillets in the coconut mixture. Brush both sides of each piece with the coconut oil.
5. Bake the haddock for 12 minutes total.
6. Serve.



# Roasted Pork Loin with Grainy Mustard Sauce



Prep time: 10 minutes

Cooking time: 70 minutes

Servings: 8

## Nutrients per serving:

Carbohydrates – 2 g

Net Carbs – 2 g

Fiber – 0 g

Fat – 29 g

Protein – 25 g

Calories – 368

## Ingredients:

- 1 (2-pound) boneless pork loin roast
- Sea salt, black pepper, to taste
- 3 Tbsp olive oil
- 1½ cups heavy (whipping) cream
- 3 Tbsp grainy mustard, such as Pommery

## Instructions:

1. Preheat the oven to 375°F.
2. Season the pork with sea salt and pepper.
3. Place a large skillet over medium-high heat and add the olive oil.
4. Brown the roast for about 6 minutes in total, and place the roast in a baking dish.

5. Roast the meat for about 1 hour.
6. When there is about 15 minutes of roasting time left, place a small saucepan over medium heat and add the heavy cream and mustard.
7. Add the sauce, then reduce the heat to low. Simmer the sauce until it is very rich and thick, about 5 minutes. Remove the pan from the heat and set aside.
8. Let the pork cool for 10 minutes before slicing and serve with the sauce.

## Turkey Meatloaf



Prep time: 10 minutes

Cooking time: 35 minutes

Servings: 6

### Nutrients per serving:

Carbohydrates – 1 g

Net Carbs – 1 g

Fiber – 0 g

Fat – 19 g

Protein – 15 g

Calories – 216

### Ingredients:

- 1 Tbsp olive oil
- ½ sweet onion, chopped
- 1½ pounds turkey, ground
- ⅓ cup heavy (whipping) cream
- ¼ cup Parmesan cheese, freshly grated
- 1 Tbsp fresh parsley, chopped
- Sea salt, black pepper, to taste

### Instructions:

1. Heat the oven to 450°F.
2. In a skillet, heat the olive oil.
3. Sauté the onion until it is tender, 4 minutes.
4. Transfer the onion to a bowl and stir in the turkey, heavy cream, Parmesan cheese, parsley, salt, and pepper.
5. Stir until the ingredients are combined. Press the mixture into a loaf pan.
6. Bake in the oven for about 30 minutes.
7. Let the meatloaf cool for about 10 minutes and serve.

## Cheesy Garlic Salmon



Prep time: 15 minutes

Cooking time: 12 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 2 g

Net Carbs – 2 g

Fiber – 0 g

Fat – 28 g

Protein – 24 g

Calories – 357

### Ingredients:

- ½ cup Asiago cheese
- 2 Tbsp lemon juice, freshly squeezed
- 2 Tbsp butter, at room temperature
- 2 tsp minced garlic
- 1 tsp fresh basil, chopped
- 1 tsp fresh oregano, chopped
- 4 (5-oz) salmon fillets, with skin
- 1 Tbsp olive oil

### **Instructions:**

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a bowl, stir together the Asiago cheese, lemon juice, buter, garlic, basil, and oregano.
3. Place the fillets on the baking sheet skin-side down. Divide the topping equally among the fillets and spread it across the fish using a knife or the back of a spoon.
4. Drizzle the fish lightly with the olive oil and bake for about 12 minutes.
5. Serve.

# Chicken Bacon Burgers



Prep time: 15 minutes

Cooking time: 12 minutes

Servings: 6

## Nutrients per serving:

Carbohydrates – 3 g

Net Carbs – 1 g

Fiber – 2 g

Fat – 33 g

Protein – 18 g

Calories – 374

## Ingredients:

- 1 pound chicken, ground
- 8 bacon slices, chopped
- ¼ cup ground almonds
- 1 tsp fresh basil, chopped
- Sea salt, black pepper, to taste
- 2 Tbsp coconut oil
- 6 large lettuce leaves
- 1 avocado, peeled, pitted, sliced

## Instructions:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a bowl, combine the chicken, bacon, ground almonds, basil, salt, and pepper until well mixed.

3. Form the mixture into 6 equal patties.
4. In a skillet, heat the coconut oil.
5. Pan sear the chicken paties until brown on both sides, about 6 minutes in total.
6. Place the browned patties on the baking sheet and bake until completely cooked through, about 15 minutes.
7. Serve on the letuce leaves, topped with the avocado slices.



## Herb Butter Scallops



Prep time: 10 minutes

Cooking time: 10 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 4 g

Fiber – 0 g

Fat – 24 g

Protein – 19 g

Calories – 306

### Ingredients:

- 1 pound sea scallops, cleaned
- Black pepper, to taste
- 8 Tbsp butter, divided
- 2 tsp minced garlic
- Juice of 1 lemon
- 2 tsp fresh basil, chopped
- 1 tsp fresh thyme, chopped

### Instructions:

1. Season the scallops with pepper.
2. Place a large skillet and add 2 Tbsp of butter.

3. Put the scallops in the skillet and sear each side for about 2 minutes per side. Remove the scallops and set aside.
4. Add the remaining 6 Tbsp of butter to the skillet and sauté the garlic for 3 minutes.
5. Mix in the lemon juice, basil, and thyme and return the scallops to the skillet. Stir to coat.
6. Serve immediately

# Lemon Butter Chicken



Prep time: 10 minutes

Cooking time: 40 minutes

Servings: 4

## Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 3 g

Fiber – 1 g

Fat – 26 g

Protein – 12 g

Calories – 294

## Ingredients:

- 4 chicken thighs, bone-in, skin-on
- Sea salt, black pepper, to taste
- 2 Tbsp butter, divided
- 2 tsp garlic, minced
- ½ cup chicken stock
- ½ cup heavy (whipping) cream
- Juice of ½ lemon

## Instructions:

1. Preheat the oven to 400°F.

2. Place an ovenproof skillet and add 1 Tbsp of butter. Season the chicken thighs with salt and pepper.
3. Brown the chicken thighs for about 6 minutes in total. Remove the thighs to a plate and set aside.
4. Add the remaining 1 Tbsp of butter and sauté the garlic until translucent, about 2 minutes.
5. Mix in the chicken stock, heavy cream, and lemon juice.
6. Bring the sauce to a boil and then return the chicken to the skillet.
7. Place the skillet in the oven, covered, and braise until the chicken is cooked through, about 30 minutes.

## Stuffed Chicken Breasts



Prep time: 30 minutes (+30 minutes)

Cooking time: 30 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 3 g

Net Carbs – 3 g

Fiber – 0 g

Fat – 30 g

Protein – 25 g

Calories – 389

### Ingredients:

- 1 Tbsp butter
- ¼ cup sweet onion, chopped
- ½ cup goat cheese, at room temperature
- ¼ cup Kalamata olives, chopped
- ¼ cup red bell pepper, chopped, roasted
- 2 Tbsp fresh basil, chopped
- 4 (5-oz) chicken breasts, skin-on, boneless
- 2 Tbsp extra-virgin olive oil

### Instructions:

1. Preheat the oven to 400°F.

2. Melt the butter in a skillet, and add the onion. Sauté until tender for about 3 minutes.
3. In a bowl, combine the onion, the cheese, olives, red pepper, and basil. Stir until well blended, then refrigerate for about 30 minutes.
4. Cut horizontal pockets into each chicken breast, and stuff them evenly with the refrigerated filling. Secure the two sides of each breast with toothpicks.
5. In a skillet, heat the olive oil. Brown the chicken on both sides for 10 minutes in total.
6. Roast the chicken in the oven for 15 minutes. Remove the toothpicks and serve.

## Turkey Rissoles



Prep time: 10 minutes

Cooking time: 25 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 7 g

Net Carbs – 3 g

Fiber – 4 g

Fat – 34 g

Protein – 27 g

Calories – 440

### Ingredients:

- 1 pound turkey, ground
- 1 scallion, white and green parts, chopped
- 1 tsp garlic, minced
- Sea salt, black pepper, to taste
- 1 cup almonds, ground
- 2 Tbsp olive oil

### Instructions:

1. Preheat the oven to 350°F.
2. In a bowl, mix together the turkey, scallion, garlic, salt, and pepper until well combined.
3. Shape the turkey mixture into 8 patties and flatten them out.
4. Put the ground almonds in a shallow bowl and dredge the turkey patties in the ground almonds to coat.

5. Heat the olive oil in a skillet. Brown the turkey patties on both sides, about 10 minutes in total.
6. Line a baking sheet with aluminum foil. Put the patties to the baking sheet and bake them until cooked through, flipping them once, about 15 minutes in total.



## Nut-Stuffed Pork Chops



Prep time: 20 minutes

Cooking time: 30 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 5 g

Net Carbs – 2 g

Fiber – 3 g

Fat – 38 g

Protein – 29 g

Calories – 481

### Ingredients:

- 3 oz goat cheese
- ½ cup walnuts, chopped
- ¼ cup almonds, toasted, chopped
- 1 tsp fresh thyme, chopped
- 4 center-cut pork chops, butterflied
- Sea salt, black pepper, to taste
- 2 Tbsp olive oil

### Instructions:

1. Preheat the oven to 400°F.
2. In a bowl, make the filling by stirring together the goat cheese, walnuts, almonds, and thyme until well mixed.
3. Season the pork chops inside and outside with salt and pepper. Stuff each chop, pushing the filling to the

bottom of the cut section. Close the flaps and secure the stuffing with toothpicks through the meat.

4. Heat the olive oil in a skillet. Pan sear the pork chops until they're browned on each side, about 10 minutes in total.
5. Put the pork chops in a baking dish and roast the chops in the oven until cooked through, about 20 minutes.
6. Serve after removing the toothpicks.

## Rosemary-Garlic Racks of Lamb



Prep time: 10 minutes (+1 hour)

Cooking time: 25 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 0 g

Net Carbs – 0 g

Fiber – 0 g

Fat – 30 g

Protein – 21 g

Calories – 354

### Ingredients:

- 4 Tbsp extra-virgin olive oil
- 2 Tbsp fresh rosemary, finely chopped
- 2 tsp garlic, minced
- Sea salt, to taste
- 2 (1-pound) racks of French-cut lamb chops (8 bones each)

### Instructions:

1. In a medium bowl, mix the olive oil, rosemary, garlic, and salt.
2. Place the racks in a sealable freezer bag and pour the olive oil mixture into the bag. Massage the meat through the bag so it is coated with the marinade. Press the air out of the bag and seal it.
3. Marinate the racks in the refrigerator for 1 to 2 hours.
4. Preheat the oven to 450°F.
5. In an ovenproof skillet, sear the lamb racks in the skillet on all sides, about 5 minutes in total.
6. Arrange the racks upright in the skillet, with the bones interlaced, and roast them in the oven until they reach your desired doneness, about 20 minutes for medium-rare or until the internal temperature reaches 125°F.
7. Let the lamb cool for 10 minutes and then cut the racks into chops.
8. Serve 4 chops per person.

## Garlic-Braised Short Ribs



Prep time: 10 minutes

Cooking time: 2 hours 20 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 5 g

Net Carbs – 2 g

Fiber – 3 g

Fat – 38 g

Protein – 29 g

Calories – 481

### Ingredients:

- 4 (4-ounce) beef short ribs
- Sea salt, black pepper, to taste
- 1 Tbsp olive oil
- 2 tsp garlic, minced
- ½ cup dry red wine
- 3 cups beef stock

### Instructions:

1. Preheat the oven to 325°F.
2. Season the beef ribs on all sides with salt and pepper.
3. Place a deep ovenproof skillet over medium-high heat and add the olive oil.
4. Sear the ribs on all sides for 6 minutes in total. Transfer the ribs to a plate.

5. In the skillet, add the garlic and sauté until translucent, about 3 minutes.
6. Whisk in the red wine to deglaze the pan. Simmer the wine until it is slightly reduced, about 2 minutes.
7. Add the beef stock, ribs, and any accumulated juices on the plate back to the skillet and bring the liquid to a boil.
8. Place the skillet in the oven, covered, to braise the ribs until the meat is fall-of-the-bone tender, about 2 hours.
9. Serve the ribs with cooking liquid drizzled over each serving.

# Bacon-Wrapped Beef Tenderloin



Prep time: 10 minutes

Cooking time: 15 minutes

Servings: 4

## Nutrients per serving:

Carbohydrates – 0 g

Net Carbs – 0 g

Fiber – 0 g

Fat – 49 g

Protein – 28 g

Calories – 565

## Ingredients:

- 4 (4-oz) beef tenderloin steaks
- Sea salt, black pepper, to taste
- 8 bacon slices
- 1 Tbsp extra-virgin olive oil

## Instructions:

1. Preheat the oven to 450°F.
2. Season the steaks with salt and pepper.
3. Wrap each steak snugly around the edges with 2 slices of bacon and secure the bacon with toothpicks.
4. Heat the olive oil in a skillet.
5. Pan sear the steaks for about 4 minutes per side and transfer them to a baking sheet.
6. Roast the steaks for about 6 minutes for medium.

7. Remove the steaks from the oven and let them rest for 10 minutes.
8. Remove the toothpicks and serve.



# Italian Beef Burgers



Prep time: 10 minutes

Cooking time: 12 minutes

Servings: 4

## Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 3 g

Fiber – 1 g

Fat – 37 g

Protein – 22 g

Calories – 441

## Ingredients:

- 1 pound 75% lean ground beef
- ¼ cup almonds, ground
- 2 Tbsp fresh basil, chopped
- 1 tsp garlic, minced
- ¼ tsp sea salt
- 1 Tbsp olive oil
- 1 tomato, cut into 4 thick slices
- ¼ sweet onion, sliced thinly

## Instructions:

1. In a bowl, combine the ground beef, ground almonds, basil, garlic, and salt until well mixed.
2. Form the beef mixture into four equal patties and flatten them to about ½ inch thick.
3. Place a large skillet on medium-high heat and add the olive oil.

4. Panfry the burgers until cooked through, flipping them once, about 12 minutes in total.
5. Pat away any excess grease with paper towels and serve the burgers with a slice of tomato and onion.

## Saffron Tomato Shrimp



Prep time: 15 minutes

Cooking time: 25 minutes

Servings: 2

### Nutrients per serving:

Carbohydrates – 11 g

Net Carbs – 9 g

Fiber – 2 g

Fat – 13 g

Protein – 45 g

Calories – 333

### Ingredients:

- 2 Tbsp ghee
- ½ fennel bulb, cored, chopped
- 20 medium cooked shrimp
- 2 garlic cloves, minced
- Saffron, to taste
- Smoked paprika, to taste
- 1 tomato, chopped
- ½ cup organic chicken broth
- 1 Tbsp lemon juice, freshly squeezed
- White pepper, cayenne pepper, to taste

### Instructions:

1. Melt the ghee in a skillet. Add the fennel and sauté until soft, about 3 minutes. Stir in the shrimp, garlic, saffron, and paprika. Continue cooking until the

shrimp is heated through, about 1 minute. If the skillet becomes too dry, add a little more ghee.

1. Stir in the tomato, broth, lemon juice, white pepper, and cayenne pepper. Bring the liquid to a simmer, and reduce by half for 20 minutes. Serve immediately.

## **SIDES**

### **Portobello Mushroom Pizza**



Prep time: 15 minutes

Cooking time: 5 minutes

Servings: 4

#### **Nutrients per serving:**

Carbohydrates – 7 g

Net Carbs – 4 g

Fiber – 3 g

Fat – 20 g

Protein – 14 g

Calories – 251

#### **Ingredients:**

- 4 large portobello mushrooms, stems removed
- ¼ cup olive oil
- 1 tsp garlic, minced
- 1 medium tomato, cut into 4 slices
- 2 tsp fresh basil, chopped
- 1 cup mozzarella cheese, shredded

#### **Instructions:**

1. Preheat the oven to broil. Line a baking sheet with aluminum foil.
2. In a small bowl, toss the mushroom caps with the olive oil until well coated. Rub the oil in without breaking the mushrooms.

3. Place the mushrooms on the baking sheet gill-side down and broil the mushrooms until they are tender on the tops, about 2 minutes.
4. Flip the mushrooms over and broil for 1 minute longer.
5. Take the baking sheet out and spread the garlic over each mushroom, top each with a tomato slice, the basil, and top with the cheese.
6. Broil the mushrooms until the cheese is melted and bubbly, about 1 minute.
7. Serve.

## Sauteed Asparagus with Walnuts



Prep time: 10 minutes

Cooking time: 5 minutes

Servings: 4

### **Nutrients per serving:**

Carbohydrates – 4 g

Net Carbs – 2 g

Fiber – 2 g

Fat – 12 g

Protein – 3 g

Calories – 124

### **Ingredients:**

- 1½ Tbsp olive oil
- ¾ pound asparagus, woody ends trimmed
- Sea salt, black pepper, to taste
- ¼ cup walnuts, chopped

### **Instructions:**

1. Heat olive oil in a skillet over medium-high heat.
2. Sauté the asparagus until the spears are tender and lightly browned, about 5 minutes.

3. Season the asparagus with salt and pepper.
4. Remove the skillet from the heat and toss the asparagus with the walnuts.
5. Serve.



## Garlicky Green Beans



Prep time: 10 minutes

Cooking time: 10 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 2 g

Net Carbs – 1 g

Fiber – 1 g

Fat – 9 g

Protein – 4 g

Calories – 104

### Ingredients:-

- 1 pound green beans, stemmed
- 2 Tbsp olive oil
- 1 tsp garlic, minced
- Sea salt, black pepper, to taste
- ¼ cup Parmesan cheese, freshly grated

### Instructions:

1. Preheat the oven to 425°F. Line a baking sheet with aluminum foil.

2. In a bowl, toss the green beans, olive oil, and garlic until well mixed.
3. Season the beans with salt and pepper.
4. Distribute the beans on the baking sheet and roast them until they are tender and lightly browned, stirring them once, about 10 minutes.
5. Serve topped with the Parmesan cheese.

# Brussels Sprouts Casserole



Prep time: 15 minutes

Cooking time: 30 minutes

Servings: 8

## Nutrients per serving:

Carbohydrates – 7 g

Net Carbs – 4 g

Fiber – 3 g

Fat – 11 g

Protein – 12 g

Calories – 299

## Ingredients:

- 8 bacon slices
- 1 pound Brussels sprouts, blanched for 10 minutes, cut into quarters
- 1 cup Swiss cheese, shredded, divided
- $\frac{3}{4}$  cup heavy (whipping) cream

## Instructions:

1. Preheat the oven to 400°F.
2. Cook the bacon in a skillet for about 6 minutes.
3. Grease the casserole dish with 1 Tbsp of bacon fat and set aside.
4. Chop the cooked bacon.
5. In a bowl, toss the Brussels sprouts with the chopped bacon and  $\frac{1}{2}$  cup of cheese and transfer the mixture to

the casserole dish.

6. Sprinkle the remaining  $\frac{1}{2}$  cup cheese over the casserole and pour the heavy cream over the Brussels sprouts.
7. Bake for about 20 minutes.
8. Serve.

## Creamed Spinach



Prep time: 10 minutes

Cooking time: 30 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 3 g

Net Carbs – 1 g

Fiber – 2 g

Fat – 20 g

Protein – 3 g

Calories – 195

### Ingredients:

- 1 Tbsp butter
- ½ sweet onion, very thinly sliced
- 4 cups spinach, stemmed, thoroughly washed
- ¾ cup heavy (whipping) cream
- ¼ cup chicken stock
- Sea salt, black pepper, ground nutmeg, to taste

### Instructions:

1. Melt the butter in a skillet over medium-high heat.
2. Sauté the onion until it is lightly caramelized, about 5 minutes.
3. Stir in the spinach, heavy cream, chicken stock, salt, pepper, and nutmeg.

4. Continue cooking the spinach until it is tender and the sauce is thickened, about 15 minutes.
5. Serve immediately.

## Sauteed Crispy Zucchini



Prep time: 15 minutes

Cooking time: 10 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 1 g

Net Carbs – 1 g

Fiber – 0 g

Fat – 8 g

Protein – 4 g

Calories – 94

### Ingredients:

- 2 Tbsp butter
- 4 zucchini, cut into ¼-inch-thick rounds
- ½ cup Parmesan cheese, freshly grated
- Black pepper, to taste

### Instructions:

1. Melt the butter in a skillet over medium-high heat.
2. Add the zucchini and sauté until tender and lightly browned, about 5 minutes.
3. Sprinkle the Parmesan cheese over the zucchini.
4. Cook until the Parmesan cheese is melted and crispy where it touches the skillet, about 5 minutes.
5. Serve.

# Cheesy Mashed Cauliflower



Prep time: 15 minutes

Cooking time: 5 minutes

Servings: 4

## Nutrients per serving:

Carbohydrates – 6 g

Net Carbs – 4 g

Fiber – 2 g

Fat – 15 g

Protein – 8 g

Calories – 183

## Ingredients:

- 1 head cauliflower, chopped roughly
- ½ cup Cheddar cheese, shredded
- ¼ cup heavy (whipping) cream
- 2 Tbsp butter, at room temperature
- Sea salt, black pepper, to taste

## Instructions:

1. Fill a saucepan three-quarters full with water and bring to a boil.
2. Blanch the cauliflower for about 5 minutes, and drain.
3. Put the cauliflower in a food processor and add the cheese, heavy cream, and butter. Purée until very creamy and whipped.
4. Season with salt and pepper.
5. Serve.



## Mushrooms with Camembert



Prep time: 15 minutes

Cooking time: 5 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 4 g

Net Carbs – 3 g

Fiber – 1 g

Fat – 13 g

Protein – 9 g

Calories – 161

### Ingredients:

- 2 Tbsp butter
- 2 tsp garlic, minced
- 1 pound button mushrooms, halved
- 4 oz Camembert cheese, diced
- Black pepper, to taste

### Instructions:

1. Melt the butter in a skillet over medium-high heat.
2. Sauté the garlic until translucent, about 3 minutes.
3. Sauté the mushrooms until tender, about 10 minutes.
4. Stir in the cheese and sauté until melted, about 2 minutes.
5. Season with pepper and serve.

## Pesto Zucchini Noodles



Prep time: 20 minutes

Cooking time: 0 minutes

Servings: 4

### Nutrients per serving:

Carbohydrates – 2 g

Net Carbs – 2 g

Fiber – 0 g

Fat – 8 g

Protein – 4 g

Calories – 93

### Ingredients:

- 1 cup kale, chopped
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp nutritional yeast
- ¼ cup extra-virgin olive oil
- 4 small zucchini, ends trimmed
- ¼ cup Parmesan cheese, grated or shredded

### Instructions:

1. To make pesto, place the kale, basil, garlic, and yeast in a food processor and pulse until the mixture is finely chopped, about 3 minutes.
2. With the food processor running, drizzle the olive oil into the pesto until a thick paste forms. Add a little water if the pesto is too thick.

3. Use a peeler to cut the zucchini into “noodles” and put them in a medium-sized bowl.
4. Stir in the pesto and the Parmesan cheese and toss to coat. Serve.

## Salad of Brussels



Prep time: 5 minutes

Cooking time: 0 minutes

Servings: 1

### Nutrients per serving:

Carbohydrates – 8 g

Net Carbs – 5 g

Fiber – 3 g

Fat – 28 g

Protein – 3 g

Calories – 282

### Ingredients:

- 1 cup Brussels sprouts, chopped
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp lemon juice, freshly squeezed
- Black pepper, to taste

### Instructions:

1. In a bowl, mix together the Brussels sprouts, olive oil, lemon juice, and pepper to taste. Serve.

## Crisp Bacon & Blue Cheese Zoodles



Prep time: 10 minutes

Cooking time: 0 minutes

Servings: 1

### Nutrients per serving:

Carbohydrates – 6 g

Net Carbs – 5 g

Fiber – 1 g

Fat – 33 g

Protein – 21 g

Calories – 435

### Ingredients:

- 1 cup spiralized zucchini, cold
- ½ cup baby spinach
- 3 Tbsp chunky blue cheese dressing
- ⅓ cup organic blue cheese, crumbled
- ½ cup uncured center-cut bacon, cooked and crumbled
- Freshly cracked black pepper, to taste

### Instructions:

1. In a bowl, toss together the zucchini, spinach, dressing, blue cheese, bacon, and pepper to taste. Serve cold.

## CONCLUSION

Thank you for reading this book and having the patience to try the recipes.

I do hope that you gain as much enjoyment reading and experimenting with the meals as I have had writing this book.

If you would like to leave a comment, you can do it at the Order section->Digital orders, in your amazon account.

**Stay safe and healthy!**



# Conversion Tables

## VALUME EQUIVALENTS (LIQUID)

US STANDARD	US STANDARD (OUNCES)	METRIC (VOLUME)
2 tablespoons	1 fl. oz.	30 mL
$\frac{1}{4}$ cup	2 fl. oz.	60 mL
$\frac{1}{2}$ cup	4 fl. oz.	120 mL
1 cup	8 fl. oz.	240 mL
$1\frac{1}{2}$ cup	12 fl. oz.	355 mL
2 cups or 1 pint	16 fl. oz.	475 mL
4 cups or 1 quart	32 fl. oz.	1 L
1 gallon	128 fl. oz.	4 L

## OVEN TEMPERATURES

FAHRENHEIT(F)	CELSIUS( C ) APPROXIMATE
250 °F	120 °C
300 °F	150 °C
325 °F	165 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C

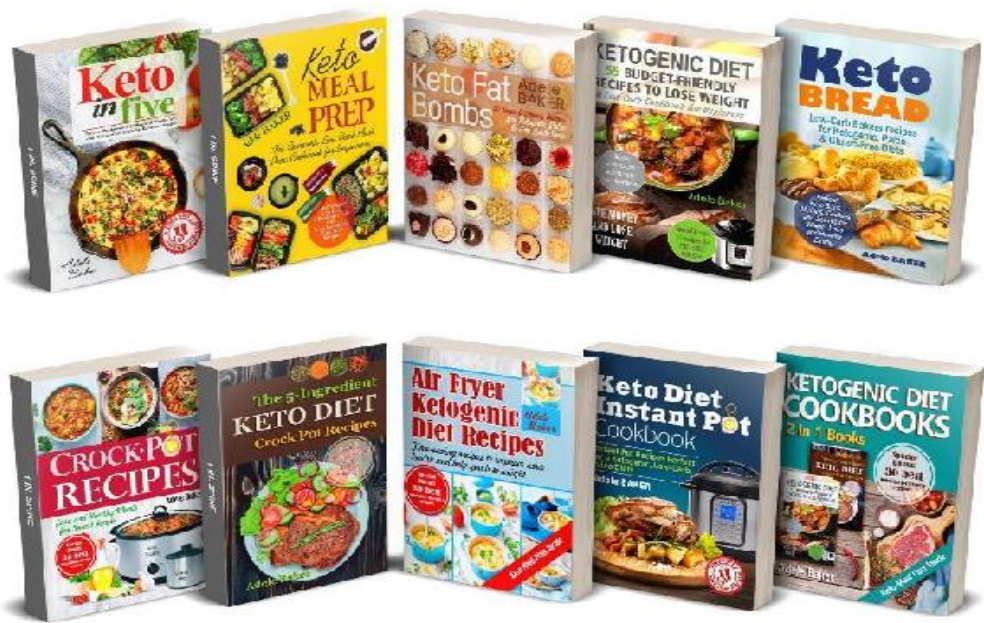
## VALUME EQUIVALENTS (LIQUID)

US STANDARD	METRIC (APPROXIMATE)
$\frac{1}{8}$ teaspoon	0.5 mL
$\frac{1}{4}$ teaspoon	1 mL
$\frac{1}{2}$ teaspoon	2 mL
$\frac{2}{3}$ teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
$\frac{1}{4}$ cup	59 mL
$\frac{1}{3}$ cup	79 mL
$\frac{1}{2}$ cup	118 mL
$\frac{2}{3}$ cup	156 mL
$\frac{3}{4}$ cup	177 mL
1 cup	235 mL
2 cups or 1 pint	475 mL
3 cups	700 mL
4 cups or 1 quart	1 L
$\frac{1}{2}$ gallon	2 L
1 gallon	4 L

## WEIGHT EQUIVALENTS

US STANDARD	METRIC (APPROXIMATE)
$\frac{1}{2}$ ounce	15 g
1 ounces	30 g
2 ounces	60 g
4 ounces	115 g
8 ounces	225 g
12 ounces	340 g
16 ounce or 1 pound	455 g

## Other Books by Adele Baker





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