

10-MINUTE KETO RECIPES

10 SIMPLE KETO RECIPES YOU CAN MAKE
IN UNDER 10 MINUTES



Introduction

~~Being on the keto diet can help you to lose weight. The keto diet forces~~ your body to burn your fat cells instead of glucose. This can help to melt away fat quickly.

However, it can be hard to know what to eat on the diet, especially if you have a busy, active lifestyle. Fortunately, there are many different recipes that can be fixed in under 10 minutes.

~~Why Keto?~~

There are many different diet plans out there today. Many of those claims to help you lose weight fast. They will have you eating a low-fat diet that does not help you lose weight.

If you eat a low-fat diet with high carbs, your body is just feeding off of glucose from those high carbs. You are going to feel hungry more often and not be able to lose weight. The keto diet encourages you to eat healthy fats.

Along with a lot of protein, you avoid carbs that get burned out by your body. The keto diet will cause your body to feed off of all your fat cells.

If you are struggling to lose weight, consider trying these recipes and going on the keto diet today.

10 Simple Keto Recipes You Can Make In Under 10 Minutes

Below are ten great recipes that should help you be able to fix keto-friendly meals and snacks that not only taste great but will also help you lose weight as well.

Many people have stated that they would love to go on the keto diet, but they do not know where to begin or how to start. Some people worry that they may not be able to adapt this diet to their schedule.

Fortunately, keto can be adapted to anybody's schedule. Keep reading for ten recipes you can fix quickly in under 10 minutes.

1. Salad in a Jar

If you want to make a quick and easy that you can make under 10 minutes, the salad in a jar is a perfect choice. All you will need is your salad ingredients and a jar.

You will want to make sure the stack the ingredients so that your dressing comes out on top and your lettuce does not wilt.

Ingredients

- 1/2 cup leafy greens
- 1 carrot
- 1 avocado
- 1 red bell peppers
- 1 tomato or cherry tomatoes
- 4 oz. of meat
- 1/4 cup mayonnaise or olive oil

Grab your jar and add either olive oil or mayonnaise to the bottom of the jar. On top of that, you want to add your 4 ounces of meat. Meat choices could include chicken, beef, or smoked salmon. Then add either cherry tomatoes or chopped tomatoes.

Add in the red bell pepper and avocado. Add in 1 chopped or shredded carrot and then top with 1/2 cup of leafy greens.

Put the lid on the jar and placed it in the refrigerator until you are ready to eat. These are great to make up for the week to take to work and put in a bowl when you are ready.

The great thing about this recipe is that you can interchange the items. For example, if you do not want to do red peppers, you can always add in a different low-carb vegetable.

You can also interchange the meat and cheese. Just make sure that you are using only low-carb items when creating the salad.

If you eat high carbs, you run the risk of throwing your body out of ketosis.

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2. Smoked Salmon and Avocado Plate

A great 10-minute recipe is to do a smoked salmon and avocado plate. This will require you to have smoked salmon on hand, but anybody on the keto diet should have this in the refrigerator at all times.

Smoked salmon makes for a great snack all day.

Ingredients

- 4 ounces of smoked salmon
- 1 avocado
- Cheddar cheese

To create this meal, heat up 4 ounces of smoked salmon. Slice avocado up, and slice cheddar cheese up. Arrange a plate and enjoy.

You can add to this plate by adding a boiled egg, or peppers, or another low-carb vegetable. This is a great snack, or it can even be a full meal.

3. Fried Egg and Bacon Bowl

The fried egg and bacon bowl is a perfect under 10-minute recipe that can fill you up, and it tastes great.

Ingredients

- One to two eggs
- Bacon
- Lettuce
- Red Peppers
- Cheese
- Scallions

Fry up one to two eggs. Cook bacon. Create a bowl out of lettuce. Place in a fried egg. You can place the fried egg in whole, or you can crumble the egg up.

Chop up some red peppers and place them in the bowl. Add the crumbled bacon in, and then top with your choice of cheese.

4. California Wrap

The California wrap is a great choice for lunch or dinner. This wrap is very tasty and can be prepared in under 10 minutes.

Ingredients:

- 1 leaf red or green lettuce
- 1 piece of turkey breast
- 1 piece ham
- 1 slice of tomato
- ◆ slice avocado ● 1
- tsp. lime juice ● 1
- leaf watercress

Directions:

All you need to do for this recipe is to get green lettuce or red lettuce and place it on your plate. Make sure that it is flat down.

Then you will want to add a piece of turkey breast and a piece of ham. To that, you will want to add a slice of tomato and a slice of avocado.

You can then drizzle with a teaspoon of lime juice. Top that with watercress. If you do not have watercress, arugula will work as well.

Roll the lettuce and secure it with a toothpick. If you would like to dip your California wrap, you can do so in sugar-free dressing or olive oil.

5.Easy Egg Tacos

Easy egg tacos are a delicious treat that makes for a great dinner. These are loaded with healthy eggs and cheese to help you get good healthy fats.

Ingredients

- 2 eggs
- 1/4 cup red onion
- 1/2 jalapeno
- 1/2 tomato
- 1/2 avocado
- Lettuce
- Cheese
- 1 tsp Cilantro
- 1/8 tsp. pepper
- 1/8 tsp. salt
- 1/2 tsp olive oil

Directions:

You will want to dice up the red onion, jalapeno, and tomato. Make sure these are finely diced. If you do not want yours to be extra spicy, make sure that you seed the jalapeno.

You will then want to mash up one-half avocado and set aside. Grab your lettuce and create a cup with the lettuce. Place on a plate. Scramble up to eggs.

Place eggs inside the lettuce cup. Add diced up red onion, jalapeno, and tomato. Add cilantro, pepper, salt, and drizzle with olive oil. Top with cheese.

6.Cucumber Salmon Salad Bites

If you want something quick and easy, cucumber salmon salad bites are for you. This easy meal makes a great snack, or it can be a full dinner.

Ingredients

- 1 tablespoon of onion
- 1 tablespoon of celery
- 1 teaspoon of fresh dill
- 3 ounces of salmon
- 1 tablespoon of mayonnaise
- 16 slices of cucumber
- ½ teaspoon of mustard

Directions:

Take the onion and celery and fresh dill and chopped finely. Mix up mustard and mayonnaise. Add in the onion and celery, and dill. After this is mixed well, add in the salmon.

Mix well again. Slice the cucumbers. Peel the cucumbers if you do not wish to eat the peel. Add the salmon mixture to the cucumbers.

To get 16 pieces of the cucumber salad bites, you will need to double this recipe

If you are not a fan of salmon, this recipe can be made with chicken. Just simply replace the salmon with shredded chicken.

You can also place in a small amount of onion or scallions to better flavor this meal.

7.Chayote Salad

Chayote is a great squash that is low carb and delicious. This salad will fill you up and help you to maintain the keto diet.

Ingredients:

- 3 chayote
- 1 serrano chile pepper
- 1/4 cup chopped cilantro
- 1/3 cup extra virgin olive oil
- Lemon juice
- 2 tablespoons apple cider vinegar
- Salt
- Freshly ground black pepper

Directions:

You will first want to seed and peel the chayote. After that, you will want to cut up the chile pepper.

Make sure that you remove any seeds if you do not want an extremely spicy meal. Remember to wear gloves while chopping peppers.

Put the chayote, chile pepper, vinegar, oil, and lemon juice in. Add in salt and pepper to taste. If you want to garnish this dish for extra flare, garnish with cilantro sprigs.

8.2 Step Chia Yogurt

This chia yogurt makes for a perfect snack or even breakfast. Chia seeds are extremely beneficial to your health and can help you to lose weight quickly.

This a great choice when you are craving something sweet.

Ingredients:

- ½ cup Greek yogurt
- ½ tablespoon of chia seeds
- 1 tablespoon unsalted almonds
- ½ teaspoons almond extract
- ½ teaspoon of turmeric
- ½ teaspoon cinnamon

Directions:

in a large bowl, combine Greek yogurt, chia seeds, chopped almonds, almond extract, turmeric, and cinnamon. Mix well. You can eat this immediately, or you can store it in the refrigerator overnight.

If you do this, it will allow the chia seeds to absorb and expand. It is important to note that if you do this, do not be shocked when your yogurt turns bright yellow.

If you want to sweeten this chia yogurt a little more, you can add in a teaspoon of honey or put in a small amount of Stevia.

These are both all-natural and can help when you are craving a sweet dish.

9. Pesto Cilantro dip

If you are looking for a yummy vegetable dip to eat while on the keto diet, look no further than the pesto cilantro dip.

This dip can be created in under 10 minutes and is a great choice for dipping your low carb veggies.

Ingredients

- 1/3 cup walnuts
- 1 large bunch of cilantro
- 1 garlic clove
- 1/4 cup extra-virgin olive oil
- 3 tablespoons sour cream
- 2 teaspoons lemon juice
- 1/4 teaspoon salt

Directions:

The first thing you should do is to preheat your oven to 275. Gather your walnuts and put them on a pan and bake until their lightly browned. This should take about 10 minutes. Allow them to cool for 3 to 4 minutes.

You will then want to chop cilantro, walnuts, and garlic in your food processor. While you are chopping, add the oil in. You will then want to add salt, lemon juice, and sour cream.

You can then get a bowl and add the pesto to the bowl. You can refrigerate it for later use or use immediately.

10. *Deviled Egg Stuffed Avocado*

If you love deviled eggs and you love avocado, this is the recipe for you. This recipe combines avocado and eggs along with cream cheese and yogurt to create a delicious stuffed avocado that you will not be able to put down.

Ingredients:

- 1 avocado,
- 3 hard-boiled eggs
- 1 tablespoon cream Cheese
- 2 tablespoon plain Greek Yogurt
- 1 teaspoon spicy mustard
- 2 sliced of bacon
- Paprika
- Salt
- Pepper

Directions

Hard boil the eggs and cook the bacon. Once the bacon is cooked, crumble, and set aside. Peel the eggs and remove the yellow yolks from all of the eggs.

You will not need the whites of the egg for this recipe.

Get out your blender or food processor. Take the egg yolks, Greek yogurt, cream cheese, and mustard. Mix together.

You can do this by hand if you do not have either a food processor or blender.

Peel and pit the avocado. Put the mixture in the avocado halves. Season with paprika, salt, and pepper.

Add crumbled bacon to the top.

Conclusion

These recipes are great if you want a quick 10-minute meal. Some of these recipes can be made days beforehand so that you can take them to work or have a prepared meal on days that you will be busy.

Consider creating a meal plan where you can add these recipes each day of the week. Remember that many of these recipes are interchangeable, and you can add things or take things away.

Take your time and figure out which recipes will work for you for your keto diet.

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