20 Keto Recipes

That Stop Carb Cravings

Without sugar crashes

No sugar spikes. No crashes. Just stable energy.

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Keto works when your body switches fuel.

A. Energy crashes

Sugar spikes fast → insulin rises.
Insulin drops blood sugar.
Energy crashes.

B. Insulin role

Insulin acts → it moves sugar out of blood.
Too much sugar overwhelms it.
Sugar stays in the blood → energy becomes unstable
→ hunger increases.

C. Fat burning

Keto switches your body to fat → ketones are made from fat.
Ketones give steady energy.
No crashes.

When insulin stays low → fat leaves your cells.
Your body burns it.
Weight drops.
Cravings fade.

These recipes remove sugar spikes
insulin stays steady → blood sugar stays steady →
energy stays steady.

Ultimate Fathead Pizza Crust – Stop Pizza Cravings Forever!



Steady energy • Quick fat loss • No crashes

Ingredients

- 2 cups shredded mozzarella
- 2 oz cream cheese
- 1.5 cups almond flour
- 1 egg
- 1 tsp garlic powder
- 1/2 tsp rosemary (for twist)

Steps

1. Microwave cheeses 1 min
2. Stir until smooth
3. Mix in flour, egg, garlic, rosemary
4. Roll flat on parchment
5. Bake 425°F 12 min
6. Add toppings, bake 5 min

Macros

Calories 241 | Fat 17 g | Protein 14 g | Net Carbs 3 g

Tip: Craving junk pizza? This crust hides extra herbs for flavor boost and better digestion.

Savory Fathead Breadsticks – Snack Smart, No Crash!



Steady energy • Quick fat loss • No crashes

Ingredients (8 breadsticks)

- 1½ cups shredded mozzarella
- 2 Tbsp butter
- 1 oz cream cheese
- ⅔ cup coconut flour
- 1½ tsp Italian seasoning
- 1 tsp garlic powder
- 1 egg

Steps

1. Melt mozzarella + butter + cream cheese on low heat until smooth
2. Mix in dry ingredients (coconut flour, seasoning, garlic, salt)
3. Add eggs
4. Stir until dough forms (sticky ⟶ smooth)
5. Rest dough 15 min (easier to roll)
6. Roll into 8 logs on parchment paper
7. Brush with butter, sprinkle salt/herbs
8. Bake 350°F for 15 min until golden
9. Cool 2 min ⟶ perfect crunch!

Macros (per breadstick)

Calories 130 | Fat 10 g | Protein 6 g | Net Carbs 2 g

Tip: Dip in warm low-carb marinara or freeze extras. Reheat in oven for fresh-baked crunch every time!

Sweet Fathead Cinnamon Rolls – Ditch Sweet Cravings!



Steady energy • Reduced cravings • No crashes

Ingredients

- Fathead dough (see previous recipe)
- 2 tbsp cinnamon
- 2 tbsp erythritol
- 1 oz cream cheese + sweetener for frosting
- Pinch of nutmeg (twist)

Steps

1. Make dough
2. Roll flat
3. Sprinkle cinnamon
4. Add erythritol
5. Add nutmeg
6. Roll up, cut into 6
7. Bake 350°F 20 min
8. Frost warm

Macros

Calories 240 | Fat 20g | Protein 10g | Net Carbs 3g

Tip: Sweet tooth raging? Nutmeg adds warmth and helps balance blood sugar.

Chewy Fathead Bagels – Never Miss Bagels Again!



Steady energy • Reduced cravings • No crashes

Ingredients

- 2 cups mozzarella
- 2 oz cream cheese
- 1.5 cups almond flour
- 1 egg
- 1 tsp baking powder
- Sesame seeds + poppy seeds for topping

Steps

1. Melt cheeses
2. Add flour
3. Add egg
4. Mix in baking powder
5. Knead
6. Shape into 6 rings
7. Top with seeds
8. Bake 350°F 15 min

Macros

Calories 280 | Fat 24g | Protein 14g | Net Carbs 4g

Tip: Keto flu hitting? Seeds add minerals that help reduce headaches.

Quick Keto Biscuits – Buttery Bliss



Steady energy • Easy comfort • No crashes

Ingredients

- 2 cups almond flour
- 1/4 cup butter
- 2 eggs
- 1 tsp baking powder
- 1/2 cup cheddar
- 1 tsp thyme (for twist)

Steps

1. Mix flour, baking powder, cheddar, thyme.
2. Add melted butter, eggs, stir.
3. Drop spoonfuls on baking sheet.
4. Bake 350°F 15 min until golden.
5. Cool slightly, enjoy warm.

Macros

Calories 200 | Fat 18g | Protein 8g | Net Carbs 2g

Tip: Missing bread? Thyme adds flavor for better mood and digestion.

Easy Keto Cornbread – Southern Twist



Steady energy • Easy side dish • No crashes

Ingredients

- 1.5 cups almond flour
- 2 eggs
- 1/4 cup butter
- 1 tsp baking powder
- 1/2 cup cheddar
- 1 tbsp jalapeno bits (for twist)

Steps

1. Mix flour, baking powder, cheddar, jalapeno.
2. Add eggs, melted butter.
3. Pour into greased pan.
4. Bake 350°F 20 min.
5. Cut and serve hot.

Macros

Calories 210 | Fat 19g | Protein 9g | Net Carbs 3g

Tip: Craving comfort? Jalapeño adds a gentle metabolism boost without excess heat.

Almond Flour Muffins – Morning Muffins



Steady energy • No sugar slump • Satisfying breakfast

Ingredients

- 2 cups almond flour
- 3 eggs
- 1/4 cup butter
- 1 tsp baking powder
- 1/2 cup low-carb blueberries (for twist)
- 2 tbsp erythritol

Steps

1. Mix flour, baking powder, erythritol.
2. Add eggs, melted butter.
3. Fold in blueberries.
4. Fill muffin tin.
5. Bake 350°F 18 min.

Macros

Calories 180 | Fat 16g | Protein 7g | Net Carbs 3g

Tip: Blueberries add antioxidants for better skin and recovery.

Keto Banana Bread (Nut-Free) – Nostalgic Loaf



Comfort without carbs • No crashes • Soft, satisfying texture

Ingredients

- 1.5 cups coconut flour (nut-free twist)
- 3 eggs
- 1/4 cup butter
- 1 tsp baking soda
- 1 tsp banana extract
- 1/4 cup walnuts (optional add)
- 2 tbsp erythritol

Steps

1. Mix flour, baking soda, erythritol.
2. Add eggs, melted butter, banana extract.
3. Fold in walnuts.
4. Pour into loaf pan.
5. Bake 350°F 40 min.

Macros

Calories 190 | Fat 17g | Protein 6g | Net Carbs 4g

Tip: Banana extract gives flavor without carbs, walnuts add crunch.

Chocolate Keto Cake – Guilt-Free Indulgence



GAIN	LOSS
Rich chocolate joy	No sugar crash
Creamy texture	Less dryness
Party favorite	No regret
Avocado smoothness	Reduced hunger

Ingredients

- 1.5 cups almond flour
- 1/2 cup cocoa
- 3 eggs
- 1/4 cup butter
- 1/2 avocado (for twist)
- 1/4 cup erythritol
- 1 tsp baking powder

Steps

1. Blend avocado, butter, and eggs until smooth.
2. Mix flour, cocoa, erythritol, baking powder.
3. Combine wet and dry.
4. Pour into pan.
5. Bake at 350°F for 25 min.

Macros

Calories 220 | Fat 20g | Protein 8g | Net Carbs 4g

Tip: Chocolate craving? Avocado adds creaminess for heart health.

Keto Brownies – Fudgy Delight



GAIN	LOSS
Fudgy satisfaction	No empty calories
Energy boost	Less fatigue
Espresso depth	No bland taste
Quick dessert	Reduced baking time

Ingredients

- 1 cup almond flour
- 1/2 cup cocoa
- 2 eggs
- 1/4 cup butter
- 1 tsp espresso powder (for twist)
- 1/4 cup erythritol

Steps

1. Melt butter, mix with cocoa, espresso.
2. Add eggs, erythritol.
3. Stir in flour.
4. Bake in pan at 350°F for 20 min.
5. Cool and cut.

Macros

Calories 180 | Fat 16g | Protein 6g | Net Carbs 3g

Tip: Want fudgy? Espresso enhances chocolate without extra carbs.

Low-Carb Cheesecake – Creamy Heaven!



Creamy indulgence • Tangy refresh • No carb guilt

Ingredients

- 2 cups cream cheese
- 3 eggs
- 1/4 cup erythritol
- 1 tsp lemon zest (for twist)
- Almond flour crust (1 cup almond flour + butter)

Steps

1. Mix cream cheese, eggs, erythritol, zest.
2. Press crust in pan.
3. Pour filling.
4. Bake at 325°F for 45 min.
5. Chill 2 hours.

Macros

Calories 250 | Fat 22g | Protein 8g | Net Carbs 3g

Tip: Creamy craving? Lemon zest adds tang for better digestion.

Keto Ice Cream – Cool and Sweet!



Cool refresh • Minty freshness • Creamy texture

Ingredients

- 2 cups heavy cream
- 1/4 cup erythritol
- 1 tsp mint extract (for twist)
- Pinch salt

Steps

1. Whip cream until stiff.
2. Mix in erythritol, mint, salt.
3. Freeze in dish for 2 hours.
4. Scoop and enjoy.
5. Add chocolate chips if desired.

Macros

Calories 200 | Fat 20g | Protein 2g | Net Carbs 2g

Tip: Hot day? Mint cools you while keeping ketones high.

Fluffy Keto Pancakes – Weekend Special!



Fluffy morning joy • Quick flip energy • No sugar spike

Ingredients:

- **2** eggs
- **2 oz** cream cheese
- **1/4 cup** almond flour
- **1 tsp** baking powder
- **1 tbsp** erythritol
- **1/2 tsp** cinnamon
- Butter (for serving)
- Optional: sugar-free syrup for serving

Steps:

1. Blend cream cheese, eggs smooth.
2. Mix in flour, baking powder, cinnamon, erythritol.
3. Pour onto hot griddle.
4. Flip when bubbles form.
5. Serve with butter.

Macros:

Calories ~480 | Fat ~40g | Protein ~18g | Net Carbs ~6g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: On-the-go? Bacon adds flavor for sustained focus.

Keto Waffles – Crispy Joy!



Crispy texture boost • Pecan crunch • Steady fuel

Ingredients:

- **2** eggs
- **1 tbsp** melted butter
- **1/2 tsp** vanilla extract
- **1/4 cup** almond flour
- **1 tsp** baking powder
- **2 tbsp** chopped pecans
- Optional: sugar-free syrup for serving

Steps:

1. Mix eggs, melted butter, vanilla.
2. Add flour, baking powder.
3. Fold in pecans.
4. Pour into waffle iron.
5. Cook 3–4 min until golden.

Macros:

Calories ~420 | Fat ~35g | Protein ~15g | Net Carbs ~5g

Macros are approximate and may ay vary by ingredient brands and portion sizes.

Tip: Morning hurry? Chia seeds add fiber for gut health.

Egg Muffins – Grab and Go!



Protein packed • Easy to store • No crash fuel

Ingredients:

- **4 eggs**
- **1/2 cup** chopped spinach
- **1/3 cup** shredded cheese
- **1/4 cup** cooked bacon pieces
- **1/4 tsp** salt
- **1/4 tsp** black pepper

Steps:

1. Whisk eggs, salt, pepper.
2. Add spinach, cheese, bacon.
3. Bake 350°F 20 min.
4. Cool and store.

Macros ~280 | Fat ~20g | Protein ~18g | Net Carbs ~2g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: Make a batch Sunday for easy weekday wins.

Keto Smoothie – Quick Start!



Creamy & filling • Hydrating • Quick & easy

Ingredients:

- **1 cup** unsweetened almond milk (or light coconut milk)
- **1/2 cup** ice (optional)
- **1 tbsp** chia seeds (optional)

Steps:

1. Blend all smooth.
2. Add ice if desired.
3. Drink fresh.

Macros:

Calories ~120–180 (depending on milk base) | Fat ~8–14g | Protein ~2–6g | Net Carbs ~2–4g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: Add chia seeds for extra fiber and fullness.

Garlic Butter Steak – Dinner Winner!

Serves: 2

Juicy protein • Quick sear • Garlic aroma

Ingredients

- 8 oz steak
- 2 tbsp butter
- 2 cloves garlic
- 1 tsp rosemary
- Salt & pepper

Steps

1. Season steak with salt, pepper, rosemary.
2. Heat pan until hot.
3. Sear steak 4 min per side.
4. Add butter and garlic, then baste.
5. Rest 5 min, slice.

Macros (per serving):

Calories ~380 | Fat ~28g | Protein ~30g | Net Carbs ~1g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: Rosemary supports digestion.

Creamy Chicken Casserole – Comfort Food!

Serves: 2

Creamy warmth • Family meal • Easy bake

Ingredients

- 2 chicken breasts
- 1 cup cream
- 1/2 cup cheese
- 1 cup broccoli
- 1 tsp paprika

Steps

1. Cook chicken, shred.
2. Mix cream, cheese, paprika.
3. Add broccoli and chicken to dish.
4. Bake 375°F 25 min.
5. Serve hot.

Macros (per serving):

Calories ~700–800 | Fat ~55g | Protein ~40g | Net Carbs ~4–6g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: Paprika adds spice for metabolism boost.

Zucchini Lasagna – Layered Goodness!

Serves: 2

Italian flavor • Veggie layers • Quick assembly

Ingredients

- 2 zucchinis
- 1 lb ground beef
- 1 cup marinara (low-carb)
- 1 cup cheese
- 1 tsp oregano

Steps

1. Slice zucchini thin.
2. Brown beef with oregano.
3. Layer zucchini, beef, sauce, cheese.
4. Bake 350°F 30 min.
5. Let set, cut.

Macros (per serving):

Calories ~650–750 | Fat ~45g | Protein ~35g | Net Carbs ~5–7g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: Oregano enhances flavor for satisfaction.

Herb Salmon – Omega Boost!

Serves: 2

Omega-rich energy • Quick grill • Herb freshness

Ingredients

- 8 oz salmon
- 2 tbsp butter
- 1 tbsp lemon juice
- 1 tsp dill
- 1/2 tsp salt
- 1/4 tsp pepper

Steps

1. Season salmon with salt, dill.
2. Pan-fry 4 min per side.
3. Add butter, lemon.
4. Baste quick.
5. Serve with greens.

Macros (per serving):

Calories ~320–350 | Fat ~28g | Protein ~30g | Net Carbs ~1g

Macros are approximate and may vary by ingredient brands and portion sizes.

Tip: Dill adds freshness for better mood.

When The Plan Breaks

This is where most people lose progress —
not because keto fails,
but because real life doesn't follow recipes.

Use the next pages when you're outside, busy, or unprepared.

Why ‘No Bun’ Still Fails

Many ‘low-carb’ fast food options still contain hidden triggers that interrupt fat burning.

WHAT’S ACTUALLY HAPPENING:

- **Sauces and marinades**
  contain sugars and starches → increase insulin → disrupt ketosis
- **Cooking oils (soybean, canola)**
  promote inflammation →
  reduce fat oxidation efficiency
- **Combined effect**
  can temporarily reduce fat burning
  and slow progress

WHAT TO DO INSTEAD:

- order your food plain
- avoid sauces and marinades
- ask for minimal added oils when possible

Use the exact orders on the next pages to avoid hidden ingredients and stay in ketosis.

McDonald's Keto Ordering Cheat Sheet

Exactly what to say to stay low-carb

ORDER PHRASE	NET CARBS	AVOIDS
Big Mac in a Bowl (No Ketchup)	**3g** NET CARBS	No added sugar
Double Quarter Pounder (Plain, No Bun)	**1g** NET CARBS	No soybean oil
Grilled Chicken (Plain)	**0g** NET CARBS	No dextrose

Starbucks Keto Ordering Cheat Sheet

Exactly what to order to stay low-carb at Starbucks (no guesswork)

DRINK / ITEM	NET CARBS	ORDER TIP / NOTE
Heavy Cream Cold Brew (+ 2 pumps sugar-free vanilla) *Sugar-free syrups may vary by location*	**~1–2g** NET CARBS (varies by cream amount)	**Order tip:** Ask for heavy cream
Iced Americano (+ splash of heavy cream)	**~0–1g** NET CARBS	**Order tip:** Add a splash of heavy cream
Sous Vide Egg Bites	**~9–12g** NET CARBS (varies by flavor)	**Note:** Higher carbs due to added starch ingredients – limit portion size

Values are approximate and may vary by location and preparation.

Subway & Chipotle Keto Cheat Sheet

Low-carb fast-food bowls that actually keep you full

FOOD ITEM	NET CARBS	ORDER TIP
Subway Cold Cut Combo Salad (+ extra mayo) ❗ **Carbs vary** by vegetables and sauce choices ❗ **Avoid sweet sauces** (e.g. sweet onion, teriyaki) — they add significant carbs	**~5–8g** NET CARBS	Add extra mayo for more fat and better satiety (negligible carbs)
Chipotle Salad Bowl (chicken or steak, sour cream, cheese, lettuce base, no rice or beans) ❗ **Beans, corn salsa,** and **large fajita portions** increase carbs quickly	**~6–10g** NET CARBS	Skip honey vinaigrette (~11–12g net carbs) — add guacamole or extra cheese instead
Subway Chicken Salad Bowl (no croutons) ❗ **Avoid sweet sauces** — stick to mayo or oil-based options	**~4–6g** NET CARBS	Ask for double protein for better fullness

Values are estimates and may vary based on ingredients, portions, and location.

Emergency Keto Rules

Use these when you're stuck at airports, gas stations, food courts, or random restaurants.

1 Build your meal like this

1. Protein
2. Electrolytes/salt
3. Fat
4. Vegetables
5. Avoid hidden sugar sauces (they add carbs quickly)

2 Fastest safe keto orders

- Bunless burgers
- Grilled chicken + mayo
- Eggs + cheese
- Salad bowls (no sugary dressing)
- Unsweetened beef jerky + small portion nuts + sparkling water

3 Biggest hidden carb traps

- Wraps
- Smoothies
- Teriyaki sauce
- Honey mustard
- Breaded chicken
- Granola bowls

Most restaurants under-salt food — adding salt often improves both taste and energy.

4 Keto flu emergency fix

On keto, lower insulin causes your kidneys to release more sodium and water. This loss of electrolytes often leads to headaches, fatigue, and cravings.

Headache, fatigue, dizziness, or cravings → often low sodium.

- Water
- Sodium / Salt
- Mg Magnesium
- K Potassium

Most people need **~2–5g sodium** per day on keto (varies by individual).

Many "carb cravings" are actually **low sodium** — try salt + water first.

Quick fix: Headache, fatigue, or sudden cravings?
Try water + salt first — keto increases sodium loss, not hunger.

Your Secret Keto Shopping System – Never Get Tricked Again

Simple choices. Smart labels. Real results.

SWEETENERS

EAT THIS



- Erythritol
- Stevia
- Monk Fruit

AVOID THIS

- Sugar
- Honey
- Maple Syrup
- Agave
- Maltitol*

**Maltitol can spike blood sugar in many people.*

DAIRY

EAT THIS

- Heavy Cream
- Butter
- Cheese (Cheddar, Mozzarella, Cream Cheese)
- Ghee

AVOID THIS

- Milk (higher in carbs due to lactose)
- Flavored Yogurt
- Ice Cream

DRINKS



EAT THIS

- Water
- Sparkling Water
- Black coffee or unsweetened tea
- Unsweetened almond milk

AVOID THIS

- Fruit Juice
- Soda
- Sweetened Teas
- Sugary coffee drinks (lattes, frappes)

NUTS



EAT THIS

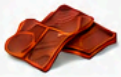
- Macadamias
- Pecans
- Walnuts
- Almonds

LIMIT / BE CAUTIOUS

- Peanuts (legume, higher carbs)
- Cashews
- Pistachios
- Sweetened Trail Mix

Higher in carbs — limit portions.

SNACKS



EAT THIS

- Hard-Boiled Eggs
- Pork Rinds
- Avocado & Olives
- Beef Jerky (sugar-free)
  Check jerky labels for added sugar.

AVOID THIS

- Chips & Crackers
- Pretzels
- Most protein bars
- Granola
- Sugary Snacks

Many "keto" products still contain hidden carbs — always check labels.

SAUCES



EAT THIS

- Olive Oil
- Avocado Oil
- Mayo (sugar-free)
- Mustard (check labels for added sugar)
- Hot Sauce

AVOID THIS

- Ketchup
- BBQ sauce (unless sugar-free version)
- Teriyaki Sauce
- Honey Mustard
- Salad Dressings w/ Sugar

5-SECOND LABEL RULE

1. If carbs > ~5–10g per 100g → consider portion size carefully
2. If sugar is in top 3 ingredients → avoid
3. Low-fat products often contain added sugars
4. If it tastes sweet → assume carbs unless proven otherwise
5. If it has a long ingredient list or unrecognizable ingredients → skip it

When in doubt, put it back.

SAFE DEFAULTS (WHEN YOU'RE RUSHED)

- **Eggs**
- **Cheese**
- **Meat / Fish**
- **Butter**
- **Leafy Greens**

Whole, ninimally processed foods = always your best bet.

COMMON HEALTHY TRAPS

- Protein Bars
- Low-Fat Yogurt
- Granola
- Smoothies
- Sweetened Plant Milks

"Healthy" on the front of the package doesn't mean low-carb.

SUGAR-FREE TRAPS

"Sugar-free" does not mean carb-free.

Watch for ingredients:

- Maltodextrin
- Maltitol
- Dextrose
- Modified starch

These can spike blood sugar despite being labeled "sugar-free".

Keto shopping is simple: real food > labels > marketing claims.
Do this consistently and keto becomes effortless.

The 5-Minute Keto Craving Fix System ✅

1 IDENTIFY THE CRAVING



What your cravings actually mean:

- **Sweet craving** → often habit, stress, or low energy
- **Salty craving** → often low sodium
- **Constant hunger** → not enough protein/fat
- **Sudden cravings** → often dehydration or low electrolytes (especially sodium loss)

BEFORE EATING, ASK:

- **Thirsty?** → water + salt first
- **Ate enough protein today?** → eat protein (eggs, meat, or cheese)
- **Want crunch?** → try nuts or cheese
- **Want sweetness?** → use keto sweeteners only
- **Still hungry after 20 min?** → eat a full meal (protein + fat)

Pause — don't eat yet. Follow this first:

2 FIX IT IN 60 SECONDS





Salt + water (a small pinch up to ½ tsp salt in water — sip slowly — adjust to taste.

If you have sodium restrictions, follow your clinician's advice.



Cheese + olives



Boiled eggs + salt



Nuts (small portion ~30g / a small handful)



1 tbsp 100% peanut butter (no added sugar or oils)

★ ***Start here first.***

Wait 10–20 minutes before eating more — many cravings pass.

3 5-MINUTE CRAVING KILLERS





1. **Avocado Chocolate Mousse**
   ½ avocado, 1 tbsp cocoa, 1 tbsp monk fruit, pinch salt. Blend 15 sec.



2. **Cinnamon "Churro" Fat Bomb**
   1 tbsp melted butter, 1 tsp cinnamon, 1 tsp erythritol. Mix, freeze 5 min.



3. **Heavy Cream + Cocoa + Sweetener** (Whip with Fork)
   2 tbsp heavy cream, 1 tsp cocoa, keto sweetener (erythritol, stevia, or monk fruit) to taste (start small). Whip with fork until fluffy.



4. **Plain Full-Fat Greek Yogurt (Unsweetened)**
   ½ cup full-fat Greek yogurt, cinnamon (if tolerated). Check carbs (aim ~5–8g per 100g) and avoid flavored versions.



4 DON'T TURN SNACKS INTO MEALS:
Fat bombs and peanut butter are easy to overeat — keep portions small.



5



Most keto cravings are not hunger — they're low sodium, low energy, or habit.
Fix the cause, not just the craving.



If fat loss feels inconsistent, your body is responding to a signal — not your effort

Your body follows internal signals that determine whether fat is stored or released.

This is why results can feel inconsistent — hunger returns, energy drops, or progress slows.

Example: hunger returning 1–2 hours after a full meal.

These patterns are often interpreted as personal mistakes — but they follow a signal.



1 Elevated insulin signal

Fat stays stored → hunger returns quickly after eating



2 Slow fat processing (liver / bile)

Fat is eaten but not efficiently turned into energy → energy feels low or unstable



3 Stress-driven signal (cortisol)

Body shifts toward storage → cravings increase and energy drops

This is not failure — it's how the body responds to signals.



Identify the signal affecting you right now

Without identifying the signal, adjustments remain ineffective.



Takes ~2 minutes



No tracking required



Helps you adjust more precisely

Identify your current metabolic signal

Optional — continue without it if you prefer.

If things still feel off, this shows what to adjust

You know what to eat.

You know when to eat.

But Sunday comes. And you still don't know what to cook.

Not because you forgot. Because nothing is mapped.

Peas & Hoppy Meal Guides

30 days free

By Dietitian Ann Kent · Meal planning app



800+ dietitian-designed recipes, including low-carb



11 seasonal meals arrive each week — balanced for blood sugar

Slow-cooker, 30-minute, vegetarian, and challenge meals. Fresh breakfast and snack options included. Swap any of them for something else from the 800+ recipe library.



Shopping list you control — add items, delete what you have, order via Instacart

Add your own staples, remove what's already in your fridge, download as PDF, or sync to Instacart for pickup. One list. No rewriting.



Journeys — step-by-step kitchen guides for specific health needs



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