
Keto Recipes

My Go-To Keto Staples

Simple meals I actually use to stay on track
without overthinking food.

The page features decorative teal circles. One large circle is in the top right corner, partially cut off. Two smaller circles are in the bottom left corner, one overlapping the other.

My Go-To Keto Staples Because less is more



What's up buttercup!

If you're here, chances are you're overthinking food, trying to "do everything right," or feeling stuck in a cycle of constantly wondering what you should eat.

I know that feeling well.

What finally helped me wasn't finding more complicated recipes or stricter rules—it was simplifying everything and creating repeatable meals that actually supported my goals.

That's what this guide is. These are the meals I personally come back to over and over again because they:

- keep me consistent
- help support deeper ketosis
- simplify decision-making
- make this lifestyle feel sustainable
- and I don't have to count macros

You'll notice pretty quickly that this isn't a fancy cookbook. This isn't a fancy cookbook. It's a practical system for eating consistently. It's practical. *Simple meals. Repeatable meals. Meals that work in real life.*

You'll also see little "Field Notes" throughout the guide—these are quick thoughts on how I personally use certain meals, when I gravitate toward them, or why they work well for me.

My biggest piece of advice? Don't try to overhaul everything overnight. Pick a few meals that sound good to you. Repeat them. Pay attention to how you feel. Let your body respond before constantly changing things. Consistency will take you further than perfection ever will.

I'm so happy you're here ❤️

Margaret

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How to Use This Guide

This guide is designed to make keto feel simpler—not more overwhelming.

You do not need to:

- make every recipe
- track perfectly
- eat “clean” 100% of the time
- or constantly think about food all day long

The goal is to create a handful of meals you genuinely enjoy and can repeat consistently. That’s where momentum starts.

My Approach

I personally keep things very simple.

You’ll notice a lot of these meals are:

- quick
- repetitive
- mainly structured around a 3:1 fat:protein ratio
- easy to modify
- and realistic for everyday life

I’m a big believer that consistency matters more than constantly searching for the “perfect” plan.

Start Small

Instead of trying to change everything at once:

- Pick 2–3 meals from this guide
- Repeat them for a few days
- Pay attention to your energy, hunger, and consistency

Your body responds better to consistency than chaos.

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About the "Field Notes"

Throughout the guide, you'll see little notes from me called *Field Notes*.

These are simply quick insights about:

- when I personally use certain meals
- how I use them strategically
- what keeps me full
- what helps support deeper ketosis
- or what works well around workouts

These aren't rigid rules—just observations from my own experience.

Use the Tracking Pages

At the end of this guide, I included the simple tracking method I personally use to stay consistent without overthinking. Tracking doesn't need to feel obsessive.

For me, it's simply a way to:

- notice patterns
- stay intentional
- and make adjustments more easily

I'm a big believer that consistency matters more than constantly searching for the "perfect" plan.

Most Important Reminder

Simple works.


Repeatable works.

Consistency works.



Keto Recipes

Example Day

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Breakfast	Protein	Fat	Carbs	Calories
<input type="radio"/> Fatty Coffee <ul style="list-style-type: none"> • Regular or Decaf Coffee • Raw Egg x 1 • Butter (grass fed) x 2 • MCT Oil or Coconut Oil x 1 TBSP • Vanilla Extract to taste • Organic Stevia to taste <p>Directions</p> <p>Add the raw egg to a blender and blend briefly first. In your coffee cup, combine the butter, MCT oil, vanilla extract, and stevia so everything melts together once the coffee is poured in. Slowly pour the hot coffee mixture into the blender while blending on low until smooth and frothy, then blend on high briefly to finish.</p> <p>You can also use a handheld frother instead of a blender if preferred.</p> <p>Watch the Recipe Here </p>	6	41	00	400
	Field Notes			
	<div style="border: 1px solid #ccc; border-radius: 10px; padding: 10px;"> <p>One of my default breakfasts when I want deeper ketosis and stable energy.</p> </div>			
<input type="radio"/> Chomp <ul style="list-style-type: none"> • Chomp x 1 • Butter (grass fed) x 3 	10	40	00	400
Breakfast Total Macros	16	81	00	800

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Lunch	Protein	Fat	Carbs	Calories
<p><input type="radio"/> Crispy DHA Sardines</p> <ul style="list-style-type: none">• Sardines in olive oil• Butter (grass fed) x 3 TBSP• Boursin Cheese x 1 TBSP• Lemon slice (optional)	19	46	00	500
<p>Directions</p> <p>Place the sardines into a small air fryer-safe glass dish. Top with butter, Boursin cheese, and an optional lemon slice.</p> <p>Air fry at 390° for about 10 minutes, or until hot and slightly crispy around the edges.</p> <p>Watch the Recipe Here </p>	<p>Field Notes</p> <div><p>I use this meal as an easy way to increase DHA intake while still keeping meals simple and satisfying.</p></div> <p>Learn Why I Eat DHA </p>			

Lunch Total Macros

19 46 00 500

My Go-To Keto Staples Because less is more

Dinner	Protein	Fat	Carbs	Calories
<p><input type="radio"/> Taco Bowl</p> <ul style="list-style-type: none">• Ground Beef 80% lean + Taco Seasoning 3.1oz cooked• Butter (grass fed) x 2 TBSP• Avocado Med 1/2• White Rice x 4 TBSP• Shredded Cheese• Cilantro (optional)	24	52	20	745
<p>Directions</p> <p>Brown and fully cook the ground beef in a skillet, then add taco seasoning and stir to combine. Cook the jasmine rice separately on the stovetop or in a rice cooker according to package directions.</p> <p>Once the rice is cooked, stir in the butter while still hot. Add the rice to your bowl first, then top with the seasoned ground beef, shredded cheese, and avocado.</p> <p>Optional: garnish with cilantro and an extra pinch of salt before serving.</p> <p>Watch the Video Here (COMING SOON)</p>	<p>Field Notes</p> <p>This is one of those meals that makes me feel like I really cooked—even though it's incredibly simple. Bonus: my daughter will actually eat it too.</p>			
Dinner Total Macros	24	52	20	745

Keto Recipes

More Go-To
Staples

My Go-To Keto Staples Because less is more

Breakfast



Smoked Salmon Rolls

- Smoked Wild Caught Salmon (57g, 3.5 slices)
- Boursin Cheese x 1 TBSP
- Butter (grass fed) x 3 TBSP
- Baby Cucumbers x 2 (optional)
- Fresh Dill (optional)

Protein

14

Fat

44

Carbs

1

Calories

450

Directions

Allow the butter to soften at room temperature for about 5 minutes. Mix the softened butter and Boursin cheese together until smooth and spreadable.

Lay out the smoked salmon slices and spread a small amount of the mixture onto each slice. Roll each slice tightly and place onto a plate or serving dish.

Serve immediately or chill briefly before serving for a firmer texture.

Optional: Serve with baby cucumber spears and garnish with fresh dill.

[Watch the Video Here](#) (COMING SOON)

Field Notes

One of my favorite higher-fat meals when I want something savory, simple, and rich in omega-3s without needing to cook.

Dinner Total Macros

14

44

1

450

My Go-To Keto Staples

Because less is more

Breakfast	Protein	Fat	Carbs	Calories
<p>○ Eggs Over Easy w/ Chives</p> <ul style="list-style-type: none">• Eggs x 3• Butter (grass fed) x 3 TBSP• Cherry Tomatoes x 5• Chives (chopped)	15	51	3.5	525
<p>Directions</p> <p>Melt the butter in a skillet over medium heat. Crack the eggs into the pan and cook over easy until the whites are set and the yolks remain soft and runny.</p> <p>Transfer the eggs to a plate and serve with cherry tomatoes on the side.</p> <p>Optional: garnish with chopped chives before serving.</p> <p>Watch the Video Here (COMING SOON)</p>	<p>Field Notes</p> <p>Eggs are one of my staple foods because they naturally contain choline, an important nutrient that supports brain and nervous system health.</p> <p>Learn Why I Eat Eggs (COMING SOON)</p>			
Dinner Total Macros	15	51	3.5	525

My Go-To Keto Staples Because less is more

Lunch



Salami Rolls

- Salami x 10 thin slices
- Boursin Cheese x 2 TBSP
- Butter (grass fed) x 2 TBSP
- Spanish Olives x 10

Directions

Mix the softened butter and Boursin cheese together until smooth and spreadable.

Lay out the salami slices and spread a small amount of the mixture onto each slice. Roll each slice tightly and place onto a plate or serving tray. Serve with Spanish olives on the side.

Optional: chill for a few minutes before serving for a firmer texture.

[Watch the Video Here \(COMING SOON\)](#)

Protein

18

Fat

62

Carbs

5

Calories

645

Field Notes

I gravitate toward this one on busy days because it takes almost no effort but still keeps me full and mentally focused.

Lunch Total Macros



18

62

5

645

My Go-To Keto Staples Because less is more

Lunch	Protein	Fat	Carbs	Calories
<p><input type="radio"/> Butter Mussels</p> <ul style="list-style-type: none">• Mussels (tin)• Butter (grass fed) x 3 TBSP• Boursin Cheese x 2 TBSP• Lemon slice (optional)	16	53	0	560
<p>Directions</p> <p>Place the mussels into a small air fryer-safe glass dish. Top with butter, Boursin cheese, and an optional lemon slice. Air fry at 390° for about 10 minutes.</p> <p>Watch the Video Here </p>	<p>Field Notes</p> <p>I intentionally include DHA-rich foods because DHA is an important building block for the brain and nervous system.</p> <p>Learn Why I Eat DHA </p>			
Lunch Total Macros	16	53	0	560


My Go-To Keto Staples Because less is more

Dinner	Protein	Fat	Carbs	Calories
<p><input type="radio"/> Salsa Chicken Tacos</p> <ul style="list-style-type: none">• Chicken Breasts• Jar of Salsa (I like a pineapple or mango)• Butter (grass fed) x 3 TBSP• Cauli Slims (TJ's or Costco)• Avocado Med 1/2• Shredded Cheese• Cauli rice (optional)• Cilantro (optional)	22	48	9	565
<p>Directions</p> <p>Place the chicken breasts and salsa into a crockpot. Cook on high for 4 hours or low for 8 hours, then shred the chicken once fully cooked. Warm the cauliflower slims for a few seconds in the microwave if desired.</p> <p>Add cauliflower rice first if using, then top with your portion of salsa chicken, shredded cheese, and avocado. Melt the butter separately and stir it into your serving of chicken before assembling the tacos.</p> <p>Optional: garnish with cilantro before serving.</p> <p>Watch the Video Here (COMING SOON)</p>	<p>Field Notes</p> <p>One of my favorite low-effort dinners because the crockpot does most of the work and there are usually leftovers for the next day.</p>			
<p>Dinner Total Macros</p>		22	48	9

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Dinner	Protein	Fat	Carbs	Calories
<p><input type="radio"/> Greek Salad with Chicken</p> <ul style="list-style-type: none">• Trader Joe's Greek Salad Kit• Leftover Salsa Chicken• Butter (grass fed) x 2 TBSP	0	0	0	0
<p>Directions</p> <p>Add the Greek salad to a bowl and top with leftover salsa chicken.</p> <p>Melt the butter separately, then drizzle it over the salad or enjoy it on the side. Add the included dressing, toss everything together, and serve.</p> <p>Watch the Video Here (COMING SOON)</p>	<p>Field Notes</p> <p>This is one of my favorite 'zero brainpower required' dinners for busy nights running kids around.</p>			
Dinner Total Macros	24	52	20	745

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Sweet Treat	Protein	Fat	Carbs	Calories
<input type="radio"/> Lazy Fat Bomb <ul style="list-style-type: none">• Butter (grass fed) x 2 TBSP• Peanut butter x 1 TBSP• Cacao x 1/2 TSP	1	27	2	250
Directions <p>Allow the butter to soften at room temperature for about 5 minutes. Add the softened butter, peanut butter, and cacao to a small bowl and mix together until smooth and fully combined. Serve immediately or chill for a firmer texture.</p> <p>Watch the Video Here </p>	Field Notes <p>I use this one when I need a quick boost of fat and want something that feels like a treat without over-complicating it.</p>			
Sweet Treat Total Macros	1	27	2	250

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Sweet Treat



Coconut Chocolate Cup

- [@chocxochocolatier](#) dark chocolate coconut cup x 1
- Butter (grass fed) x 1 TSP
- Peanut butter x 1/2 TSP

Protein

Fat

Carbs

Calories

1

12

5

130

Directions

Place the chocolate cup onto a small plate or dish. Top with a small square of butter, then add the peanut butter on top. Enjoy immediately, or chill briefly for a firmer texture.

[Watch the Video Here](#)

Field Notes

I love this one for those moments when I want something sweet after dinner but still want to keep things simple.

Sweet Treat Total Macros

1

12

5

130

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Grab-and-Go Staples *	Protein	Fat	Carbs	Calories
<input type="radio"/> Trader Joe's Parmesan Cheese Bites	13	14	1	175
<input type="radio"/> Brazil Nuts	4	19	3	200
<input type="radio"/> Ella's Flats	2	5	1	60
<input type="radio"/> Chomp Beef Stick	10	9	0	100
<input type="radio"/> Trader Joe's Pork Rinds	9	4	0	70

* Macro estimates are listed per serving size.

Your Staples	Protein	Fat	Carbs	Calories
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Keto Recipes

Create Your
Own



One last thought before I let you go...Simple works. Repeatable works. Consistency works.

You do not need to overhaul your entire life overnight. Pick a few meals. Build your rotation. Pay attention to what helps you feel your best. Your body responds better to consistency than chaos.

Margaret ❤️

Stay Connected

For more simple meals, metabolic health insights, and real-life field notes.

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Free Resources

[Download my free leptin strategy guide](#) for foundational support around energy, metabolism, and consistency.

Deeper Support

- [The Leptin Playbook](#)
- 1:1 Consulting email me at teammargaretkujawa@gmail.com