



COOKBOOK

# 55 Lunch

*Food Recipe*



BY ELLA ROSS

# COPYRIGHT



Quick & Easy 55 Keto Lunch Recipes by Love Keto  
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# CHEDDAR HAM SOUFFLÉ

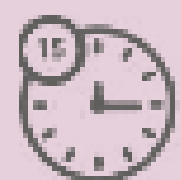
## INGREDIENTS:

- ¼ cup olive oil
- 3 teaspoons garlic, minced
- 6 eggs
- 7oz. turkey ham
- ½ cup heavy cream
- 1 ¼ cups Cheddar cheese, grated
- 2 tablespoons chopped chives
- Salt and pepper, to taste

## DIRECTIONS:

- ! Heat oven to 400F and prepare six ramekins.
- " Heat the oil in a skilled and add the garlic.
- # Cook until fragrant, for 1 minute.
- \$ In a bowl, combine the eggs, ham, heavy cream, cheddar cheese, chives, salt, and pepper.
- % Add the garlic, with olive oil and stir to combine. &
- Spoon the mixture into ramekins and bake for 20 minutes.
- ' Serve after.

Nutrition Facts	
6 Servings	
Amount Per Serving	
<b>Calories</b>	374.2
<b>Total Fat</b>	32.4 g
Saturated Fat	13.5 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	14.4 g
<b>Cholesterol</b>	256.6 mg
<b>Sodium</b>	652.8 mg
<b>Potassium</b>	219.5 mg
<b>Total Carbohydrate</b>	2.4 g
Dietary Fiber	0.0 g
Sugars	0.4 g
<b>Protein</b>	18.4 g



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 6



# MINI PIES

## INGREDIENTS:

2 chicken sausages, smoked (or pork sausages)  
1 cup cheddar cheese, grated  
5 large egg yolks  
¼ cup melted coconut oil  
¼ cup coconut flour  
2 tablespoons water  
½ teaspoon dried thyme  
2 teaspoons lemon juice  
¼ teaspoon baking soda  
1 pinch red pepper flakes  
Salt and pepper, to taste

## DIRECTIONS:

! Heat oven to 375F and prepare four mini pie ramekins.

" Heat the non-stick skillet over medium-high heat.

# Brush with coconut oil and fry the chopped sausage until browned. Remove from the heat.

\$ In a bowl, combine half the cheddar cheese, coconut flour, thyme, salt, pepper, baking soda, and red pepper flakes. % In a separate bowl, whisk the egg yolks until almost pale. Add the water, lemon juice, and coconut oil. Beat until blended.

& Fold in the dry ingredients and stir until combined.

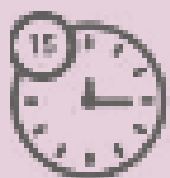
' Transfer the dough into ramekins and top with sausages and remaining cheese. Bake the mini pies for 25 minutes. ( Serve after.

## Nutrition Facts

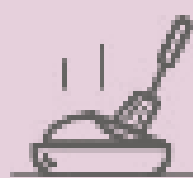
4 Servings

Amount Per Serving

<b>Calories</b>	344.8
<b>Total Fat</b>	30.9 g
Saturated Fat	20.4 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	278.6 mg
<b>Sodium</b>	504.0 mg
<b>Potassium</b>	50.5 mg
<b>Total Carbohydrate</b>	1.6 g
Dietary Fiber	0.3 g
Sugars	0.5 g
<b>Protein</b>	15.7 g



Preparation time: 10 minutes  
Cooking time: 25 minutes



Servings: 4 mini pies



# SCOTCH EGGS WITH PARMESAN

## INGREDIENTS:

- 4 hardboiled eggs, peeled
- 2 large eggs, whisked
- ¼ cup Parmesan cheese
- ¼ cup almond flour
- 8 slices bacon
- 1 tablespoon olive oil
- 2 tablespoons melted coconut oil

## DIRECTIONS:

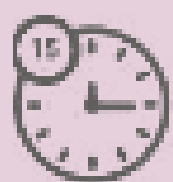
- ! In a bowl, combine the parmesan cheese and almond flour.
- " In a separate bowl, whisk the eggs, with a pinch of salt if preferred.
- # Wrap the eggs with 2 slices bacon per egg, one slice horizontally, one vertically.
- \$ Heat the olive oil and coconut oil in a skillet.
- % Dip the wrapped eggs into eggs, then parmesan mixture, shake off the excess.
- & Place the eggs into heated oil and fry until fully browned, all sides. ' Transfer the eggs onto paper towels to drain.
- ( Serve after.

## Nutrition Facts

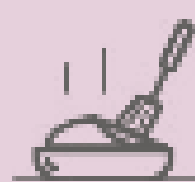
4 Servings

### Amount Per Serving

<b>Calories</b>	346.3
<b>Total Fat</b>	28.4 g
Saturated Fat	9.8 g
Polyunsaturated Fat	3.9 g
Monounsaturated Fat	13.1 g
<b>Cholesterol</b>	303.9 mg
<b>Sodium</b>	547.5 mg
<b>Potassium</b>	247.4 mg
<b>Total Carbohydrate</b>	2.2 g
Dietary Fiber	0.7 g
Sugars	0.5 g
<b>Protein</b>	20.4 g



Preparation time: 10 minutes  
Cooking time: 10 minutes



Servings: 4



# DELI WRAPS

## INGREDIENTS:

- 4 slices black forest deli ham(dry cured smoked ham)
- 6 slices Genoa salami, pork or beef
- 2 tablespoons mayonnaise
- 1 cup coleslaw mix
- 1 teaspoon milk
- 1 teaspoon vinegar, white
- 4 slices Gouda cheese
- 1 teaspoon Erythritol

## DIRECTIONS:

! Combine the mayonnaise, vinegar, milk and Erythritol in a bowl.

" Add coleslaw and toss to combine.

# Place 2 slices of ham in front of you so they are slightly overlapping.

\$ Place on top with 3 slices salami and two slices cheese.

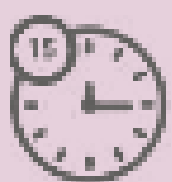
% Repeat with remaining ham, salami and cheese. Spread over coleslaw mix and roll. & Serve after.

## Nutrition Facts

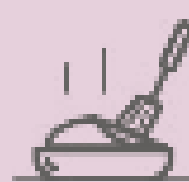
2 Servings

Amount Per Serving

<b>Calories</b>	406.3
<b>Total Fat</b>	30.9 g
Saturated Fat	11.5 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	5.0 g
<b>Cholesterol</b>	83.8 mg
<b>Sodium</b>	1,600.4 mg
<b>Potassium</b>	231.5 mg
<b>Total Carbohydrate</b>	5.1 g
Dietary Fiber	1.0 g
Sugars	2.3 g
<b>Protein</b>	25.7 g



Preparation time: 5 minutes



Servings: 2



# PANCAKE DONUTS

## INGREDIENTS:

¼ cup almond flour  
1 teaspoon vanilla extract  
3 large eggs  
4oz. cream cheese  
1 tablespoon coconut flour  
1 teaspoon baking powder  
4 tablespoons Erythritol  
3 slices bacon, cooked crumbled

## DIRECTIONS:

! In a food blender, combine the almond flour, vanilla, eggs, cream cheese, coconut flour, baking powder, and Erythritol.

" Blend until smooth and well combined.

# Heat the donut maker and spray with some cooking oil. Pour in batter until almost full.

\$ Cook for 3 minutes, flip, and cook for 2 minutes.

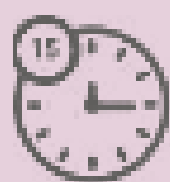
% Remove donuts, repeat with remaining batter and serve with bacon.

## Nutrition Facts

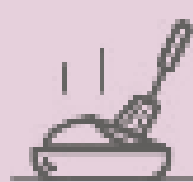
6 Servings

Amount Per Serving

<b>Calories</b>	150.3
<b>Total Fat</b>	12.6 g
Saturated Fat	5.2 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	4.5 g
<b>Cholesterol</b>	118.7 mg
<b>Sodium</b>	173.9 mg
<b>Potassium</b>	112.3 mg
<b>Total Carbohydrate</b>	2.6 g
Dietary Fiber	1.2 g
Sugars	0.9 g
<b>Protein</b>	7.5 g



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 6 donuts



# OMELET WITH CHEESE

## INGREDIENTS:

4oz. soft goats cheese, crumbled  
6 eggs, whisked lightly  
2 tablespoons parsley, fresh,  
chopped 2 tablespoons butter  
Salt and pepper – to taste  
1 tablespoon fresh chives, snipped

## DIRECTIONS:

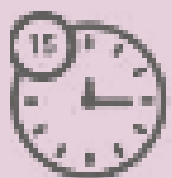
! Whisk eggs with parsley in a bowl, season with salt and pepper to taste.  
" Melt the butter in a non-stick skillet over medium-high heat, until it starts to bubble.  
# Add eggs and cook for 4 minutes, sprinkle the eggs with crumbled cheese.  
\$ Fold the eggs in half and continue cooking for 1 minute, then serve, sprinkled with chives.

## Nutrition Facts

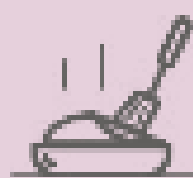
2 Servings

Amount Per Serving

<b>Calories</b>	469.8
<b>Total Fat</b>	37.9 g
Saturated Fat	20.2 g
Polyunsaturated Fat	3.7 g
Monounsaturated Fat	11.5 g
<b>Cholesterol</b>	615.2 mg
<b>Sodium</b>	423.2 mg
<b>Potassium</b>	225.4 mg
<b>Total Carbohydrate</b>	1.7 g
Dietary Fiber	0.0 g
Sugars	1.1 g
<b>Protein</b>	29.5 g



Cooking time: 5 minutes



Servings: 2



# HARD EGGS BOILED WITH RICOTTA

## INGREDIENTS:

- 4 eggs, whole
- 2 tablespoons butter, room temperature
- 2 tablespoons Mascarpone cheese
- 1 tablespoon chives, fresh and chopped
- Salt and pepper – fresh ground, to taste

## DIRECTIONS:

! Cook eggs in pot of simmering water for 7 minutes, remove from the heat and leave in warm water for 5 more minutes. Place eggs in cold water and rinse quickly under cold water and peel.

" Chop the rinsed eggs and divide between two bowls.

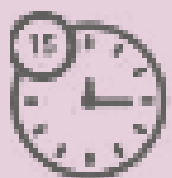
# Add chives, ricotta, and butter and stir well to combine. Season with salt and pepper before serving.

### Nutrition Facts

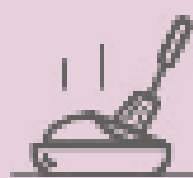
2 Servings

Amount Per Serving

Calories	311.1
Total Fat	27.7 g
Saturated Fat	14.7 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	8.4 g
Cholesterol	403.1 mg
Sodium	143.6 mg
Potassium	141.7 mg
Total Carbohydrate	1.3 g
Dietary Fiber	0.0 g
Sugars	0.4 g
Protein	13.6 g



Cooking time: 10 minutes



Servings: 2



# EGGS WITH CREAMY FILLING

## INGREDIENTS:

6 large eggs  
1 tablespoon melted butter  
2 garlic cloves  
¼ cup mayonnaise  
¼ teaspoon Dijon mustard  
1 jalapeno pepper, seeded and minced  
Salt and white pepper – to taste

## DIRECTIONS:

! Cook the eggs for 10 minutes in simmering water over medium-high heat, remove from the heat and set aside for 3 minutes. Pour hot water out and add cold, let the eggs rest for 8 minutes.

" Peel the eggs and cut in half, lengthwise, remove the egg yolks and place in a bowl.

# Break up the egg yolks with a fork and stir in melted butter, white onion, mayonnaise, mustard, and jalapeno and season to taste with salt and pepper.

\$ Arrange the egg white shells onto plate and fill with prepared egg yolk mixture, using a spoon or piping bag.

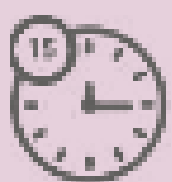
% Cover and refrigerate until ready to serve.

## Nutrition Facts

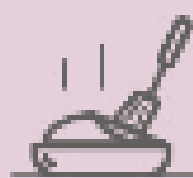
6 Servings

Amount Per Serving

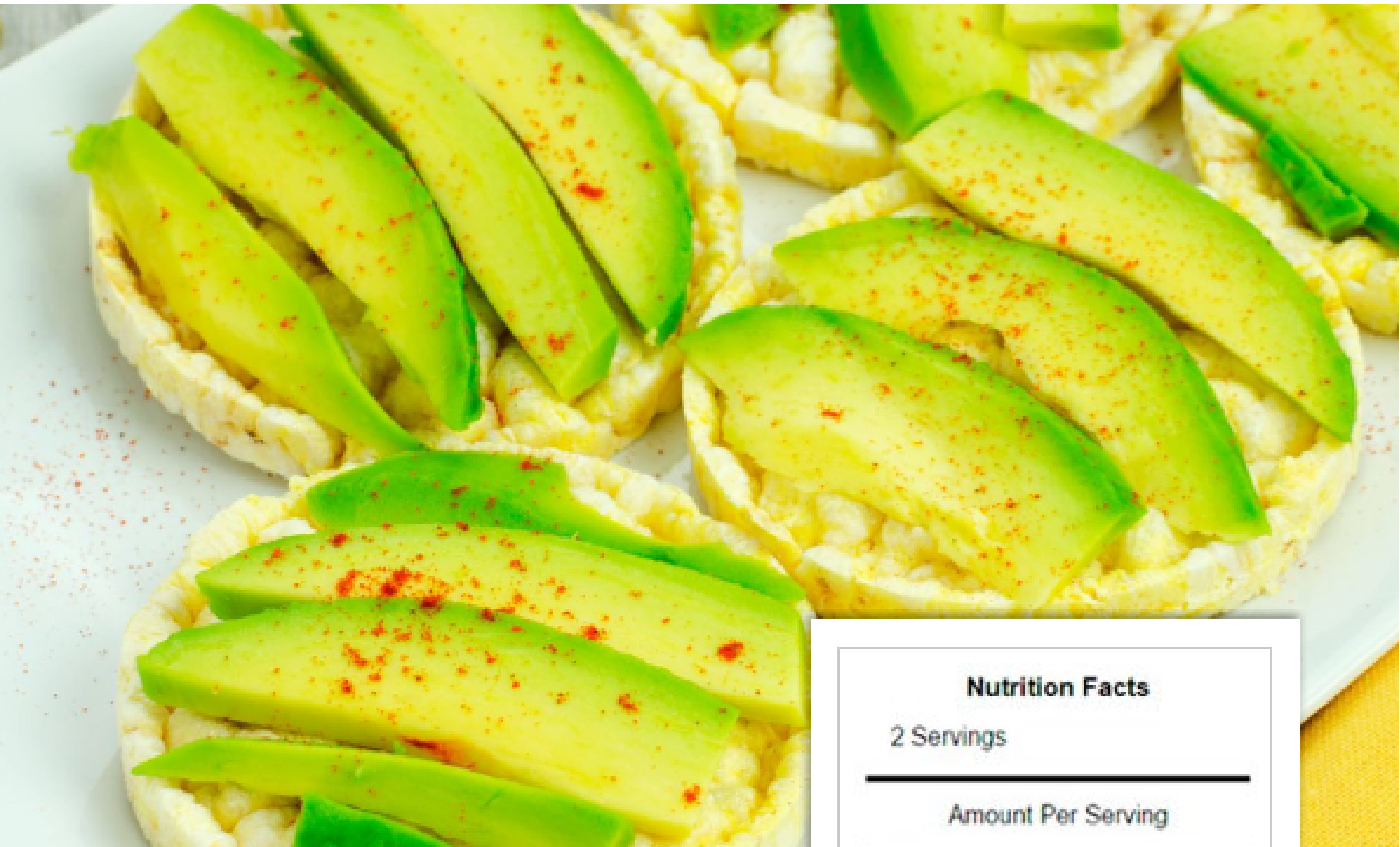
<b>Calories</b>	149.7
<b>Total Fat</b>	13.4 g
Saturated Fat	3.8 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	2.4 g
<b>Cholesterol</b>	193.7 mg
<b>Sodium</b>	118.0 mg
<b>Potassium</b>	75.5 mg
<b>Total Carbohydrate</b>	0.5 g
Dietary Fiber	0.1 g
Sugars	0.3 g
<b>Protein</b>	6.4 g



Cooking time: 20 minutes



Servings: 12 deviled eggs



# SAVORY CHEDDAR WAFFLES

## INGREDIENTS:

- 3 eggs, whole
- 3oz. cream cheese
- 1oz. sharp Cheddar cheese, grated
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- 1 jalapeno, seeded and minced
- 1 pinch cumin, ground
- Salt and pepper – to taste

## DIRECTIONS:

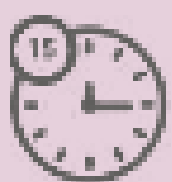
- ! Combine eggs, cream cheese, coconut flour, baking powder and cumin in food blender; blend until smooth.
- " Once the ingredients are smooth add cheddar and jalapeno; process until blended thoroughly.
- # Preheat waffle iron and pour over prepared waffle mix, cover and cook for 5-6 minutes.
- \$ Top with salsa or avocado before serving.

## Nutrition Facts

2 Servings

Amount Per Serving

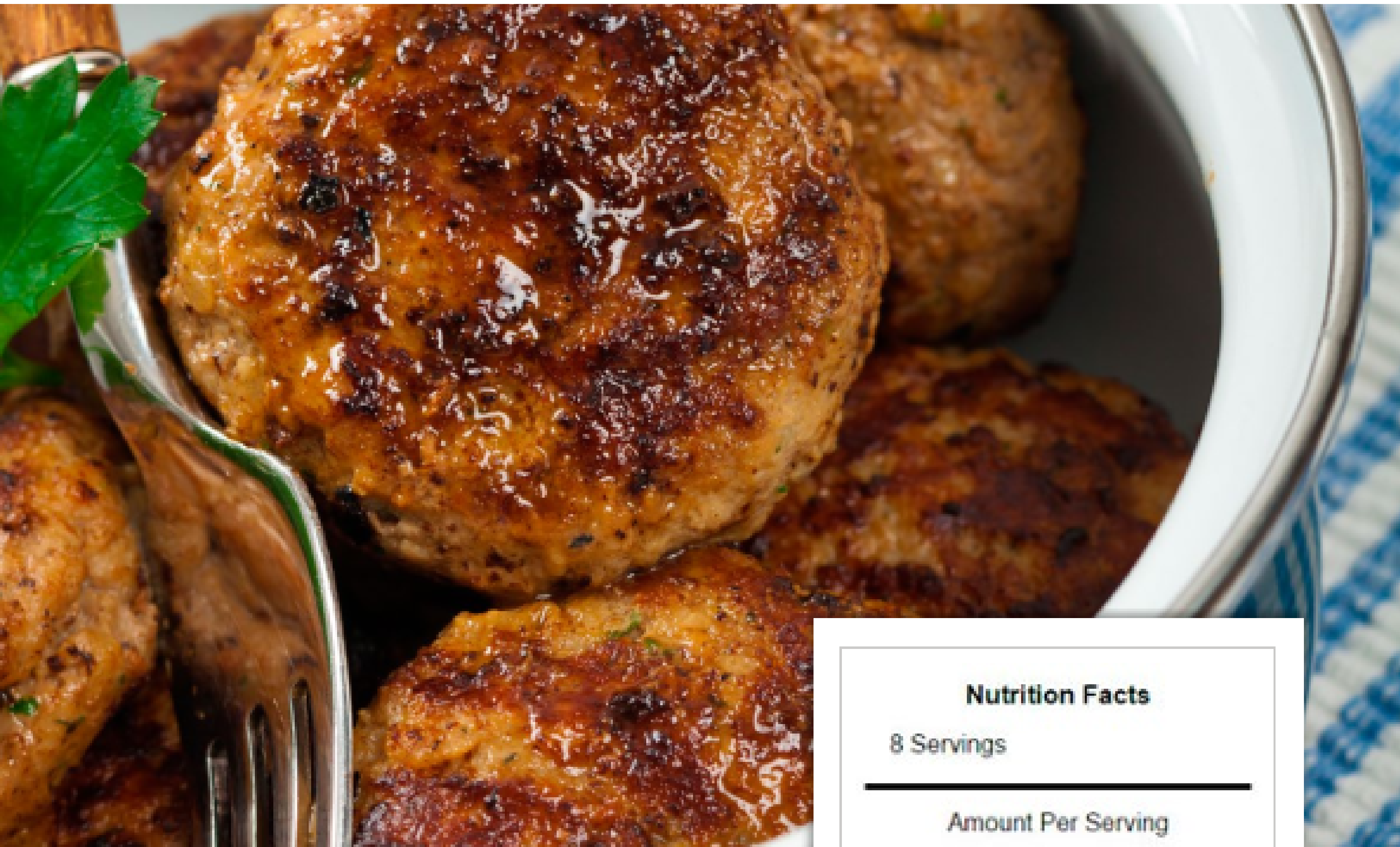
<b>Calories</b>	239.4
<b>Total Fat</b>	19.4 g
Saturated Fat	9.6 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	317.8 mg
<b>Sodium</b>	258.9 mg
<b>Potassium</b>	147.4 mg
<b>Total Carbohydrate</b>	1.7 g
Dietary Fiber	0.0 g
Sugars	1.1 g
<b>Protein</b>	14.6 g



Cooking time: 10 minutes



Servings: 2



# BREAKFAST PATTIES

## INGREDIENTS:

- 1lb. ground pork
- 2 tablespoons powdered Erythritol
- 1 teaspoon pure maple extract
- 1 teaspoon salt
- 2 tablespoons fresh sage, chopped or 2 teaspoons dried
- 2 garlic cloves, minced
- ¼ teaspoon black pepper

## DIRECTIONS:

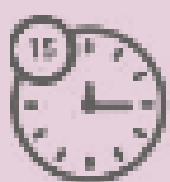
- ! In a bowl, combine all the ingredients.
- " Shape the mixture into 8 patties. Press each patty with oiled hands to 1-inch thick.
- # Heat large skillet over medium-high heat. Add some oil.
- \$ Cook the patties for 4 minutes per side.
- % Serve while still hot.

## Nutrition Facts

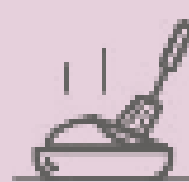
8 Servings

Amount Per Serving

<b>Calories</b>	227.6
<b>Total Fat</b>	18.2 g
Saturated Fat	6.9 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	8.1 g
<b>Cholesterol</b>	59.3 mg
<b>Sodium</b>	332.2 mg
<b>Potassium</b>	209.9 mg
<b>Total Carbohydrate</b>	0.4 g
Dietary Fiber	0.1 g
Sugars	0.0 g
<b>Protein</b>	14.6 g



Preparation time: 5 minutes  
Cooking time: 8 minutes



Servings: 8 patties



# COCONUT-FLAX WAFFLES

## INGREDIENTS:

- 8 whole eggs
- ½ tablespoon Ceylon cinnamon, ground
- 2 tablespoons coconut milk or whole milk
- ½ teaspoon nutmeg, ground
- ½ cup flax flour
- ½ teaspoon baking soda
- 2 tablespoons melted butter

## DIRECTIONS:

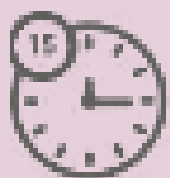
- ! Place all ingredients in a food blender.
- " Pulse until blended thoroughly and place aside to rest for 5 minutes.
- # Meanwhile, preheat the waffle iron to medium-high heat. Drop batter in center of waffle iron and cook for 3-4 minutes.
- \$ Serve while still hot.

## Nutrition Facts

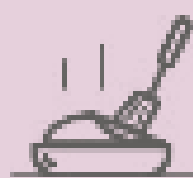
4 Servings

### Amount Per Serving

<b>Calories</b>	252.1
<b>Total Fat</b>	19.0 g
Saturated Fat	7.4 g
Polyunsaturated Fat	4.8 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	388.3 mg
<b>Sodium</b>	185.9 mg
<b>Potassium</b>	193.3 mg
<b>Total Carbohydrate</b>	4.1 g
Dietary Fiber	3.0 g
Sugars	0.8 g
<b>Protein</b>	15.1 g



Preparation time: 5 minutes  
Cooking time: 4 minutes



Servings: 4



# CREAM CHEESE WAFFLES

## INGREDIENTS:

- 4oz. cream cheese
- 4 eggs, whole
- ½ teaspoon cinnamon, ground
- 1 pinch nutmeg
- Some butter and sugar free syrup – to serve with

## DIRECTIONS:

! Place all ingredients in food blender and pulse until blended thoroughly.

" Place the batter aside to rest for few minutes and meanwhile, preheat the waffle iron.

# Pour the batter over waffle iron to cover ¾ of the surface and cook waffles for 4-5 minutes.

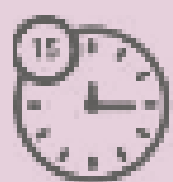
\$ Serve while still hot, with butter and sugar-free syrup.

## Nutrition Facts

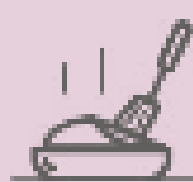
4 Servings

### Amount Per Serving

<b>Calories</b>	169.0
<b>Total Fat</b>	14.6 g
Saturated Fat	7.1 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	4.2 g
<b>Cholesterol</b>	217.0 mg
<b>Sodium</b>	154.9 mg
<b>Potassium</b>	108.0 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.0 g
Sugars	1.1 g
<b>Protein</b>	8.4 g



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 4



# SALMON EGG ROLL

## INGREDIENTS:

- 3 eggs, whole
- 1.5oz. salmon, smoked, sliced
- 1 spring onion, medium, chopped
- 1 tablespoon butter
- ½ avocado, sliced
- 2 tablespoons cream cheese
- 2 tablespoons chives, fresh and chopped
- Salt and pepper – to taste

## DIRECTIONS:

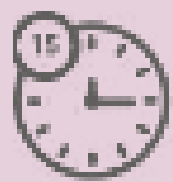
- ! Beat eggs with salt and pepper in a bowl.
- " Combine chives and cream cheese in separate bowl.
- # Melt butter in medium-size skillet over medium-high heat, add the whisked eggs and cook for 30 seconds until edges are set, pull the edges gently so runny eggs slide to bottom of pan. Continue cooking for 1-2 minutes until you get a kind a tortilla.
- \$ Transfer the omelet onto a plate and spread over cream cheese; top with salmon, avocado and spring onion; wrap and serve.

## Nutrition Facts

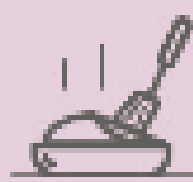
1 Serving

Amount Per Serving

<b>Calories</b>	466.8
<b>Total Fat</b>	37.8 g
Saturated Fat	18.0 g
Polyunsaturated Fat	4.3 g
Monounsaturated Fat	12.1 g
<b>Cholesterol</b>	630.6 mg
<b>Sodium</b>	1,150.9 mg
<b>Potassium</b>	325.0 mg
<b>Total Carbohydrate</b>	2.4 g
Dietary Fiber	0.0 g
Sugars	1.5 g
<b>Protein</b>	28.9 g



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 1



# RASPBERRY WRAPS

## INGREDIENTS:

- 4 eggs, whole
- 4oz. cream cheese
- <sup>2</sup>/<sub>3</sub> cup raspberries
- 2 tablespoons Erythritol
- 3 tablespoons whipped cream, sugar-free
- Some additional blueberries
- <sup>1</sup>/<sub>2</sub> teaspoon vanilla extract

## DIRECTIONS:

! Blend the cream cheese, vanilla, blueberries, and sweetener in a food blender.

" Heat non-stick skillet over medium-high heat and grease slightly with some butter; pour <sup>1</sup>/<sub>3</sub> cup of batter into skillet and cook for 2 minutes, flip carefully and cook for 1 minute more.

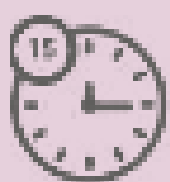
# Spread whipped cream over tortillas and sprinkle with blueberries; wrap and serve.

## Nutrition Facts

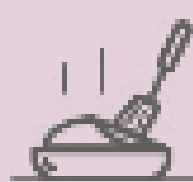
2 Servings

Amount Per Serving

<b>Calories</b>	361.7
<b>Total Fat</b>	30.2 g
Saturated Fat	14.8 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	8.8 g
<b>Cholesterol</b>	437.4 mg
<b>Sodium</b>	317.0 mg
<b>Potassium</b>	242.0 mg
<b>Total Carbohydrate</b>	6.7 g
Dietary Fiber	0.6 g
Sugars	4.5 g
<b>Protein</b>	17.1 g



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 2



# ZUCCHINI MUFFINS

## INGREDIENTS:

- 1 ½ cups flax flour
- 1 ½ cups zucchini, shredded and squeezed
- 3 eggs, whisked lightly
- 1 ⅓ cup (80ml) almond milk
- ¾ cup (115g) feta, crumbled
- 1 tablespoon chives, chopped
- 1 teaspoon basil, dried, crushed
- ¼ teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons coconut flour
- ¼ teaspoon onion powder
- 3 tablespoons butter, melted

## DIRECTIONS:

! In a large bowl whisk together the almond flour, salt, coconut flour, basil, onion powder, garlic powder and baking powder.

" In a separate bowl whisk the eggs with milk and until blended. Fold liquid ingredients in flour mixture and add chives, followed by feta cheese; stir until combined. Stir in zucchinis. # Line 12-hole muffin tin with paper cases and fill with prepared mixture to 2/3 full.

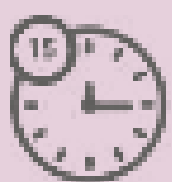
\$ Bake the muffins in preheated oven for 30 minutes at 325F/160C or until firm to the touch. Place on wire rack to cool slightly before removing from muffin tin and serving. Blend the cream cheese, vanilla, blueberries, and sweetener in a food blender.

## Nutrition Facts

12 Servings

Amount Per Serving

<b>Calories</b>	125.6
<b>Total Fat</b>	9.6 g
Saturated Fat	4.1 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	2.6 g
<b>Cholesterol</b>	78.1 mg
<b>Sodium</b>	134.3 mg
<b>Potassium</b>	129.9 mg
<b>Total Carbohydrate</b>	4.1 g
Dietary Fiber	3.0 g
Sugars	0.5 g
<b>Protein</b>	5.6 g



Preparation time: 5 minutes  
Cooking time: 30 minutes



Servings: 12 muffins



# RASPBERRY MUFFINS

## INGREDIENTS:

- ½ cup raspberries, fresh
- 3 eggs, whole and room temperature
- 1 ⅓ cup coconut flour
- ½ teaspoon vanilla
- 15 drops Stevia
- ¼ cup butter, melted
- 1 pinch salt
- 3-4 tablespoons water
- ½ teaspoon baking powder

## DIRECTIONS:

! Preheat oven to 375F and line 6-hole muffin tin with paper cases.

" Whisk eggs until well blended; add butter, whisking to blend thoroughly.

# Add salt, Stevia and vanilla and continue mixing; mix in baking soda, coconut flour and mix until almost combined.

\$ Add raspberries and mix gently to incorporate in prepared batter; spoon the mixture into paper cases and bake for 18 minutes.

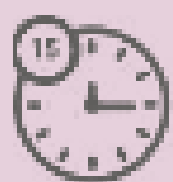
% Place on wire rack to cool slightly before serving.

## Nutrition Facts

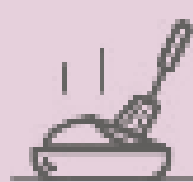
6 Servings

Amount Per Serving

<b>Calories</b>	142.2
<b>Total Fat</b>	13.0 g
Saturated Fat	7.7 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	3.6 g
<b>Cholesterol</b>	117.9 mg
<b>Sodium</b>	55.9 mg
<b>Potassium</b>	67.3 mg
<b>Total Carbohydrate</b>	2.1 g
Dietary Fiber	1.1 g
Sugars	0.4 g
<b>Protein</b>	4.7 g



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 6 muffins



# ALMOND-PEANUT MUFFINS

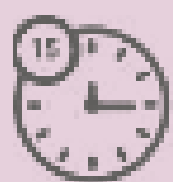
## INGREDIENTS:

- 6 whole eggs
- 1 teaspoon cinnamon
- ¼ cup peanut butter, organic
- 2
- ¾ cup almond flour
- 2 tablespoons coconut oil
- 1 pinch salt
- 10 drops Stevia
- ¼ teaspoon nutmeg
- 1 tablespoon butter
- ¼ cup (60ml) heavy cream
- ¼ cup (40g) crushed and toasted almonds
- 2 tablespoons Erythritol

## DIRECTIONS:

- ! Preheat oven to 375F and line 12-hole muffin tin with paper cases.
- " Combine together almond flour, cinnamon, nutmeg, salt and Erythritol in a bowl.
- # Combine butter, peanut butter and coconut oil in microwave safe bowl; microwave for 30 seconds; stir well and pour over almond flour mix.
- \$ Stir in the eggs, Stevia and heavy cream and mix well. Spoon the batter into paper cases, sprinkle with crushed almonds and bake for 20-25 minutes; place on wire rack to cool slightly before serving.

Nutrition Facts	
12 Servings	
Amount Per Serving	
Calories	149.0
Total Fat	13.2 g
Saturated Fat	4.7 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	5.3 g
Cholesterol	99.9 mg
Sodium	69.8 mg
Potassium	135.4 mg
Total Carbohydrate	3.2 g
Dietary Fiber	1.4 g
Sugars	0.9 g
Protein	6.3 g



Preparation time: 5 minutes  
Cooking time: 25 minutes



Servings: 12 muffins



# EGG AND BACON

## INGREDIENTS:

- ¼ cup butter, room temperature
- 4 slices bacon, cooked and crumbled
- 2 tablespoons mayonnaise
- 1 pinch chili powder
- 2 eggs, whole, large
- Fresh ground salt and pepper – to taste

## DIRECTIONS:

! Boil the eggs for 10 minutes (if large) and remove from the heat. Transfer the eggs into bowl filled with cold water and when chilled peel. Rinse quickly under cold water and slice.

" Cut the softened butter into a bowl and add sliced eggs.

# Mash all with a fork and add mayonnaise, chili powder and season to taste with salt and pepper.

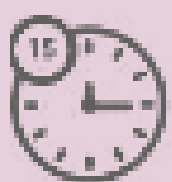
\$ Cover with plastic wrap and refrigerate for 30 minutes. Meanwhile, crumble the bacon and place into shallow dish. Form balls from the egg mixture and roll into crumbled bacon. Refrigerate for 10 minutes more before serving.

## Nutrition Facts

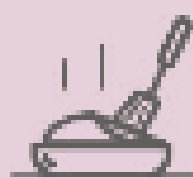
4 Servings

### Amount Per Serving

<b>Calories</b>	226.1
<b>Total Fat</b>	22.0 g
Saturated Fat	9.8 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	5.6 g
<b>Cholesterol</b>	136.0 mg
<b>Sodium</b>	234.4 mg
<b>Potassium</b>	86.5 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.0 g
Sugars	0.1 g
<b>Protein</b>	6.9 g



Preparation time:  
10 minutes + inactive time



Servings: 4



# HAZELNUT PUMPKIN PANCAKES

## INGREDIENTS:

- 2oz. hazelnut flour
- 2oz. flax meal
- 1 cup heavy cream
- 2 eggs
- 1oz. egg white protein
- 1 teaspoon vanilla extract
- 4 drops stevia
- 1 teaspoon baking powder
- 1 pinch salt
- ½ cup unsweetened pumpkin puree

## DIRECTIONS:

! Place all ingredients in a food blender.

" Blend until smooth.

# Place the batter aside to rest for 10 minutes. If you feel it is too dry add ¼ cup water or coconut milk.

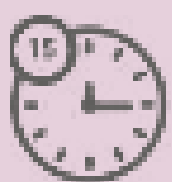
\$ Heat 1 teaspoon of coconut oil in a skillet. Pour a ladle of batter onto oil and cook for 2-3 minutes per side. % Transfer onto a plate and serve.

## Nutrition Facts

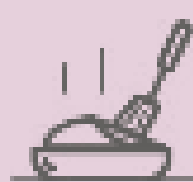
4 Servings

Amount Per Serving

<b>Calories</b>	396.9
<b>Total Fat</b>	34.8 g
Saturated Fat	15.3 g
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	14.1 g
<b>Cholesterol</b>	174.5 mg
<b>Sodium</b>	154.6 mg
<b>Potassium</b>	347.5 mg
<b>Total Carbohydrate</b>	9.1 g
Dietary Fiber	3.7 g
Sugars	0.8 g
<b>Protein</b>	14.0 g



Preparation time: 12 minutes  
Cooking time: 10 minutes



Servings: 4



# GINGERED BEEF

## INGREDIENTS:

- 2 4oz. beef ribeye steak, cut into strips
- 4 tablespoons bacon grease
- 2 garlic cloves, minced
- 2 teaspoons ground ginger
- 1 tablespoon coconut aminos
- 2 tomatoes, diced
- ¼ cup (60ml) apple cider vinegar
- Salt and pepper, to taste

## DIRECTIONS:

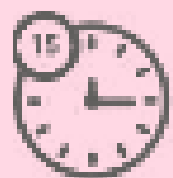
- ! Heat the bacon grease in a large skillet.
- " When hot, add the beef and cook until browned. Remove from the skillet.
- # Add the garlic and cook until fragrant. Add the ginger, coconut aminos, tomatoes, cider vinegar, salt and pepper.
- \$ Bring to simmer and reduce heat. Add the beef strips and cook until the sauce is reduced.
- % Serve while still hot.

## Nutrition Facts

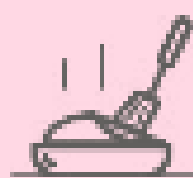
4 Servings

Amount Per Serving

<b>Calories</b>	248.3
<b>Total Fat</b>	20.0 g
Saturated Fat	5.9 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	6.7 g
<b>Cholesterol</b>	14.3 mg
<b>Sodium</b>	95.6 mg
<b>Potassium</b>	98.8 mg
<b>Total Carbohydrate</b>	5.0 g
Dietary Fiber	0.3 g
Sugars	3.3 g
<b>Protein</b>	12.3 g



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 4



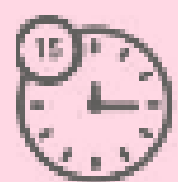
# PORK STEW

## INGREDIENTS:

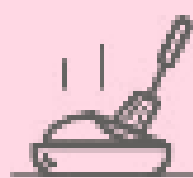
- 4 tablespoons lard
- 0.75lb. cooked and shredded pork shoulder
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 4 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- 7oz. mushrooms, sliced
- 1 jalapeno pepper, seeded, sliced
- 2 tablespoons chopped onion
- 1 green bell pepper, seeded, sliced
- 2 cups bone broth
- ¼ cup tomato paste

## DIRECTIONS:

- ! Heat the olive oil in a pan. Add the mushrooms, jalapeno, garlic, onion, and bell pepper into the pan. Cook until tender.
- # Add the spices and cook for 1-2 minutes, stirring.
- \$ Add the bone broth and beef broth. Bring to a boil. Add the pork, tomato paste and simmer for 20 minutes. Serve after.



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 6

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	297.9
<b>Total Fat</b>	24.2 g
Saturated Fat	9.2 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	11.1 g
<b>Cholesterol</b>	64.4 mg
<b>Sodium</b>	585.5 mg
<b>Potassium</b>	572.0 mg
<b>Total Carbohydrate</b>	4.6 g
Dietary Fiber	1.4 g
Sugars	2.4 g
<b>Protein</b>	16.1 g



# MIXED MEATBALLS WITH YOGURT

## INGREDIENTS:

0.5lb. ground lamb  
0.5lb. ground pork  
2 tablespoons chopped cilantro  
4 garlic cloves, minced  
2 teaspoons chopped fresh thyme  
1 teaspoon ground coriander  
½ teaspoon smoked paprika  
Salt and pepper, to taste

## For the yogurt:

1 tablespoon water  
1 cup Greek yogurt  
2 teaspoons lemon juice  
2 teaspoons cumin  
Salt, to taste

## DIRECTIONS:

! Prepare the yogurt: combine all the yogurt ingredients in a bowl. Cover and chill until ready to use.

" Prepare the meatballs: heat oven to 350F and line a baking sheet with parchment paper.

# In a large bowl, combine all ingredients. Mix with clean hands and shape into meatballs. Arrange the meatballs onto baking sheet.

\$ Bake the meatballs for 15-17 minutes or until the center is no longer pink.

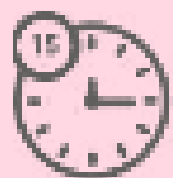
% Serve meatballs while still hot with chilled yogurt.

## Nutrition Facts

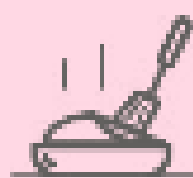
15 Servings

Amount Per Serving

<b>Calories</b>	285.0
<b>Total Fat</b>	25.0 g
Saturated Fat	12.7 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	9.1 g
<b>Cholesterol</b>	93.6 mg
<b>Sodium</b>	51.8 mg
<b>Potassium</b>	206.3 mg
<b>Total Carbohydrate</b>	1.3 g
Dietary Fiber	0.1 g
Sugars	0.1 g
<b>Protein</b>	13.4 g



Preparation time: 10 minutes  
Cooking time: 15 minutes



Servings: 15 meatballs



# BACON TURKEY PATTIES

## INGREDIENTS:

- 1lb. ground turkey, meat from the legs
- ½ cup almond meal
- 1 egg
- ½ cup Parmesan, grated
- 6 bacon slices, cooked and crumbled
- 2 garlic cloves, minced
- 4 tablespoons parsley, fresh, chopped
- 2 tablespoons lard
- Salt and pepper, to taste

## DIRECTIONS:

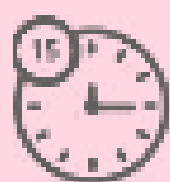
- ! Heat non-stick skillet over medium-high heat.
- " Add the bacon and cook until crispy. Transfer onto paper towels and crumble.
- # In a bowl, combine all the ingredients, except the lard. Add crumbled bacon and stir to combine.
- \$ Mix well to combine and shape the mixture into 10 patties.
- % Heat some oil in a skillet. Add the patties and cook until golden brown. Serve after.

## Nutrition Facts

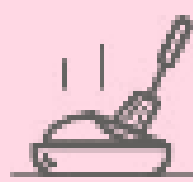
10 Servings

Amount Per Serving

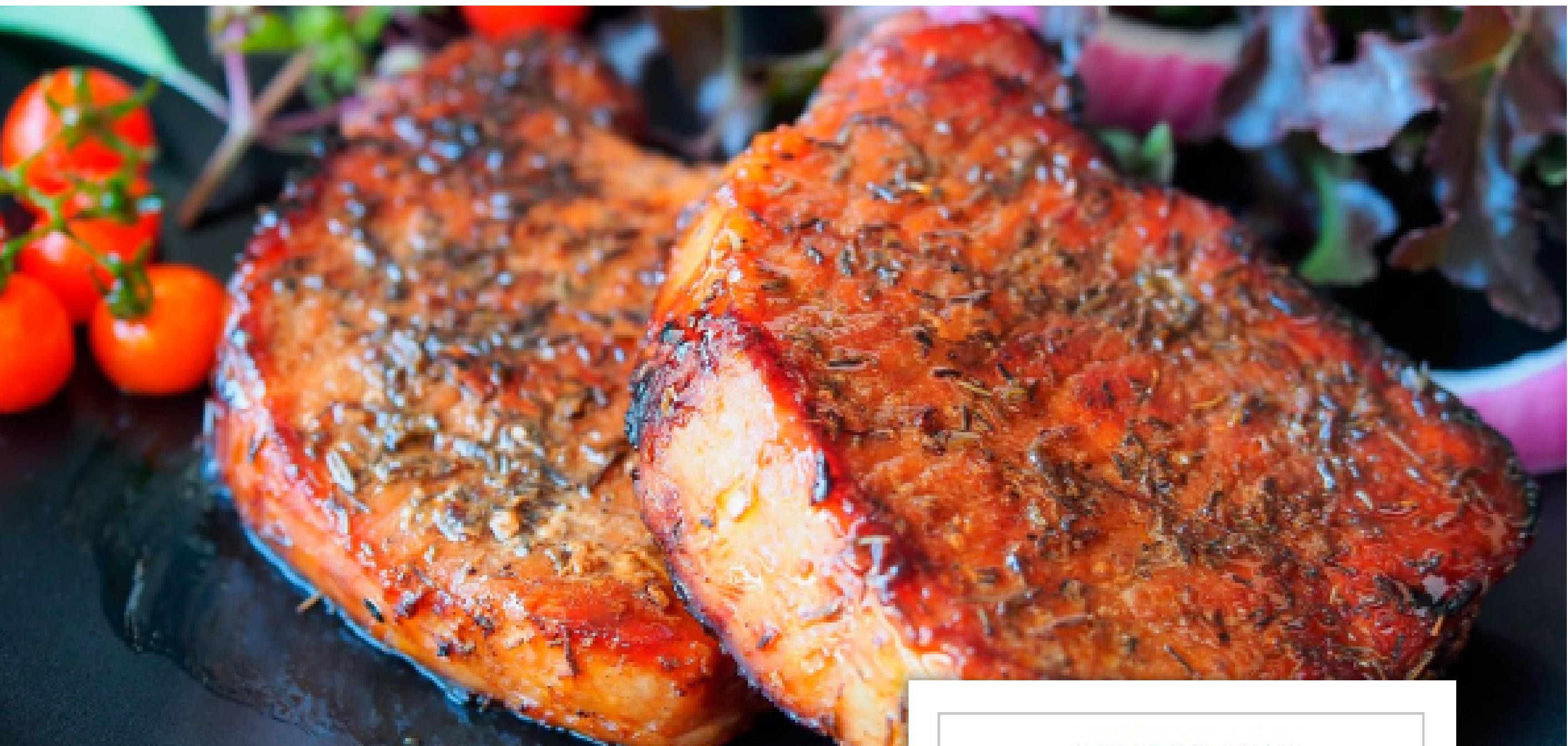
<b>Calories</b>	176.7
<b>Total Fat</b>	14.7 g
Saturated Fat	5.4 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	6.7 g
<b>Cholesterol</b>	50.1 mg
<b>Sodium</b>	213.8 mg
<b>Potassium</b>	134.1 mg
<b>Total Carbohydrate</b>	1.4 g
Dietary Fiber	0.6 g
Sugars	0.2 g
<b>Protein</b>	9.6 g



Preparation time: 10 minutes  
Cooking time: 10 minutes



Servings: 10 patties



# CRUNCHY PORK CHOPS

## INGREDIENTS:

6 5oz. pork chops  
¼ cup flaxseeds  
2 teaspoons ground cumin  
1 teaspoon coriander seeds, ground  
4 tablespoons bacon fat  
Salt and pepper

## To serve with:

1 cup heavy cream  
¼ cup white wine  
1 bay leaf  
Salt and pepper, to taste

## DIRECTIONS:

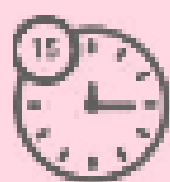
- ! Season the pork chops to taste.
- " In a shallow plate, combine the flaxseeds, cumin, and coriander.
- # Coat the pork chops with prepared mixture.
- \$ Heat the coconut oil in a skillet.
- % When the oil is melted and hot, add the pork and cook for 5 minutes per side.
- & Remove the pork from the skillet. Add the wine to deglaze the pan. Simmer, scraping any remaining bits. Add the bay leaf and cook until wine is reduced. Stir in the heavy cream and bring to a gentle boil. Season to taste and serve.
- ' Serve after with prepared pork.

## Nutrition Facts

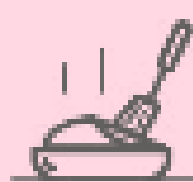
6 Servings

Amount Per Serving

<b>Calories</b>	498.3
<b>Total Fat</b>	45.3 g
Saturated Fat	17.5 g
Polyunsaturated Fat	5.9 g
Monounsaturated Fat	18.4 g
<b>Cholesterol</b>	115.0 mg
<b>Sodium</b>	70.8 mg
<b>Potassium</b>	393.0 mg
<b>Total Carbohydrate</b>	3.5 g
Dietary Fiber	2.3 g
Sugars	0.0 g
<b>Protein</b>	19.4 g



Preparation time: 5 minutes  
Cooking time: 10 minutes



Servings: 6



# ROASTED CHICKEN THIGHS

## INGREDIENTS:

8 chicken thighs, boneless  
4 garlic cloves, minced  
4 tablespoons bacon fat  
2 lemons, sliced into thin round  
2 tablespoons fresh thyme, chopped  
Salt and pepper, to taste

## For the dressing:

¼ cup sour cream  
¼ cup heavy cream  
2 spring onions, chopped  
½ cup mayonnaise  
1 tablespoon cider vinegar  
1 tablespoon chopped dill  
1 garlic clove, minced  
Salt and pepper, to taste

## DIRECTIONS:

- ! Place the garlic with a pinch of salt in a food blender.
- " Blend until you have a paste. Gradually add the olive oil until all is emulsified.
- # Place the chicken in a large bag along with the garlic paste. \$ Shake and press well until the chicken is nicely coated. Pop in the fridge for 2 hours.
- % Heat the oven to 420F.
- & Arrange the lemon slices in the bottom of a baking pan. Top with the chicken and sprinkle with chopped rosemary. Season with salt and pepper.
- ' Roast the chicken for 30 minutes.
- ( Serve while still hot.

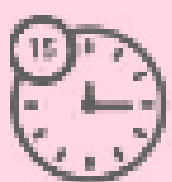
## Nutrition Facts

4 Servings

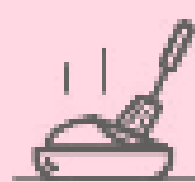
Amount Per Serving

<b>Calories</b>	735.1
<b>Total Fat</b>	60.0 g
Saturated Fat	18.7 g
Polyunsaturated Fat	5.7 g
Monounsaturated Fat	15.9 g
<b>Cholesterol</b>	174.6 mg
<b>Sodium</b>	282.5 mg
<b>Potassium</b>	582.2 mg
<b>Total Carbohydrate</b>	7.5 g
Dietary Fiber	2.6 g
Sugars	0.2 g
<b>Protein</b>	43.5 g

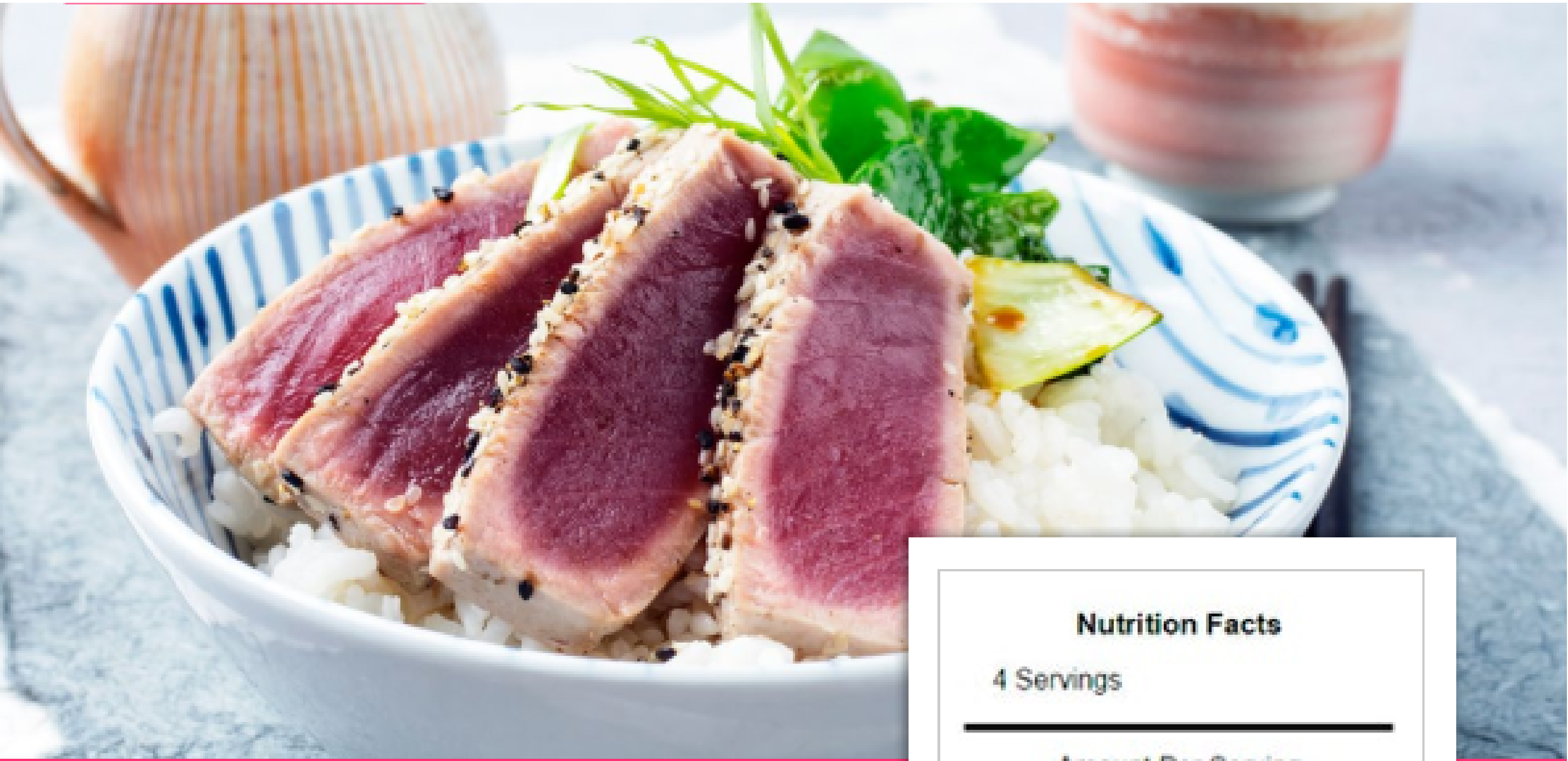
**NOTE:** you can use the cooking juices and turn into great sauce. Just strain through a sieve and cook until reduced.



Preparation time:  
10 minutes + inactive  
time Cooking time: 30  
minutes



Servings: 4



# TUNA BOWLS

## INGREDIENTS:

- 1 lb. sushi grade tuna
- ¼ cup coconut aminos
- 2 tablespoons toasted sesame oil
- 2 tablespoons lime juice
- 2 teaspoons Sriracha
- 4 green onions, chopped
- Salt and pepper, to taste
- 1 tablespoon black sesame seeds

### For the cauli rice:

- 2 cups cauliflower
- 4 tablespoons butter
- 2 tablespoons rice vinegar
- Salt, to taste

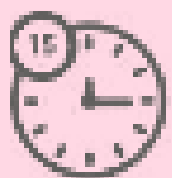
### Additional:

- 2 avocados, peeled, sliced

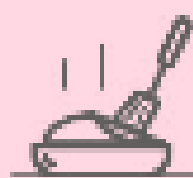
## DIRECTIONS:

- ! Slice the salmon into 1-inch pieces and place in a bowl.
- " Add the remaining ingredients: coconut aminos, sesame seeds oil, lime juice, Sriracha, onions and salt. Stir to combine and cover. Refrigerate for 30 minutes at least.
- # Prepare the cauliflower rice: process the cauliflower in a food processor until the cauliflower is a rice like structure. \$ eat the butter and cook the cauliflower for 5-6 minutes.
- % Remove from the heat and season with rice vinegar and salt.
- & Divide the cauliflower rice between bowls and top with salmon. Decorate with avocado slices and sprinkle all with sesame seeds.
- ' Serve after.

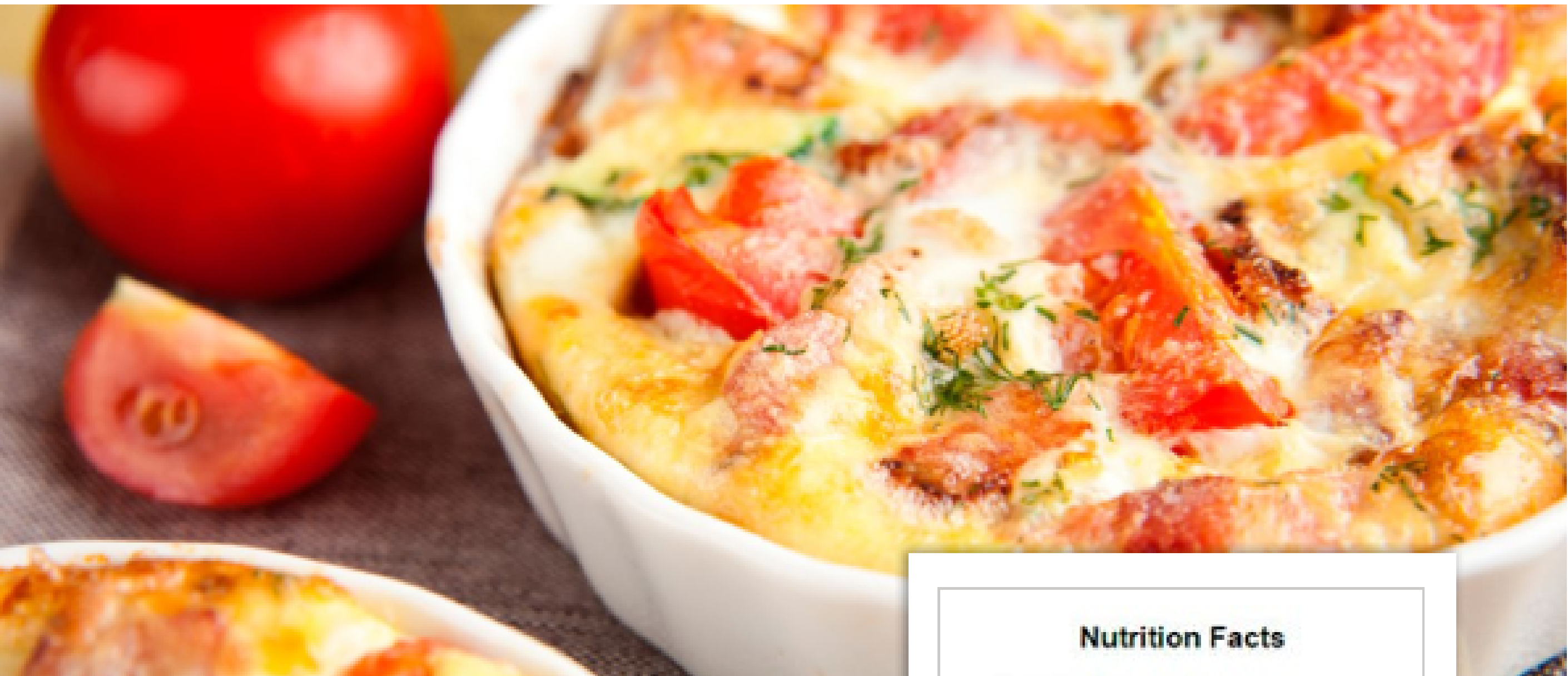
Nutrition Facts	
4 Servings	
Amount Per Serving	
Calories	454.6
Total Fat	35.8 g
Saturated Fat	11.3 g
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	10.3 g
Cholesterol	89.7 mg
Sodium	354.8 mg
Potassium	336.6 mg
Total Carbohydrate	12.7 g
Dietary Fiber	3.9 g
Sugars	6.1 g
Protein	21.4 g



Preparation time: 15 minutes  
Cooking time: 6 minutes



Servings: 4



# FRITTATA WITH PANCETTA

## INGREDIENTS:

10 organic eggs  
9oz. asparagus spears  
2 spring onions, chopped  
1 shallot, chopped  
1 green bell pepper, seeded,  
chopped ¼ cup full-fat heavy cream  
5.5oz. soft goats cheese  
4 tablespoons chopped parsley  
2 tablespoons butter or ghee  
3.5oz. Pancetta  
Salt and pepper, to taste

## DIRECTIONS:

!P "repare the veggies as described. Trim the asparagus.

Heat the butter in a large skillet. Add the asparagus, spring onions, shallots, and green bell pepper. Cook the veggies #for 5 minutes. Transfer into a baking dish.

\$In a bowl, whisk the eggs with heavy cream, parsley, salt, and pepper.

%Pour the egg mixture over veggies and top with crumbled goats cheese.

&Heat the oven to 400F/200C and cook the eggs for 20 minutes. Remove from the oven and top with the Pancetta.

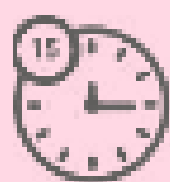
'Reduce the heat to 350F/175C and cook the frittata for 15-20 minutes more. Remove from the oven and place aside to cool. Slice before serving.

## Nutrition Facts

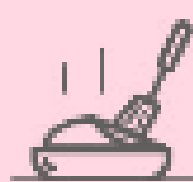
4 Servings

Amount Per Serving

<b>Calories</b>	653.0
<b>Total Fat</b>	43.2 g
Saturated Fat	21.1 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	7.5 g
<b>Cholesterol</b>	460.2 mg
<b>Sodium</b>	583.8 mg
<b>Potassium</b>	355.5 mg
<b>Total Carbohydrate</b>	6.3 g
Dietary Fiber	1.9 g
Sugars	1.6 g
<b>Protein</b>	31.7 g



Preparation time: 5  
minutes Cooking time: 35  
minutes



Servings: 4



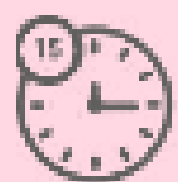
# AROMATIC PORK TENDERLOIN

## INGREDIENTS:

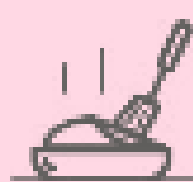
- 1lb. pork tenderloin
- 1 tablespoon fresh rosemary, copped
- 1 teaspoon garlic powder
- 1 teaspoon lemon zest
- 1 teaspoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

## DIRECTIONS:

- ! Preheat oven to 400F.
- " Preheat the grill pan over-medium-high heat.
- # Brush the pork tenderloin with olive oil, all sides. Sprinkle with salt, pepper, fresh rosemary, and orange zest.
- \$ Sear the pork tenderloin in a grill pan for 2 minutes per side. This way the pork will keep all the juices inside.
- % Transfer into a baking dish and bake for 18-20 minutes.
- & Remove from the oven and let the pork rest before slicing and serving.



Preparation Time: 10 minutes  
Cooking time: 20 minutes



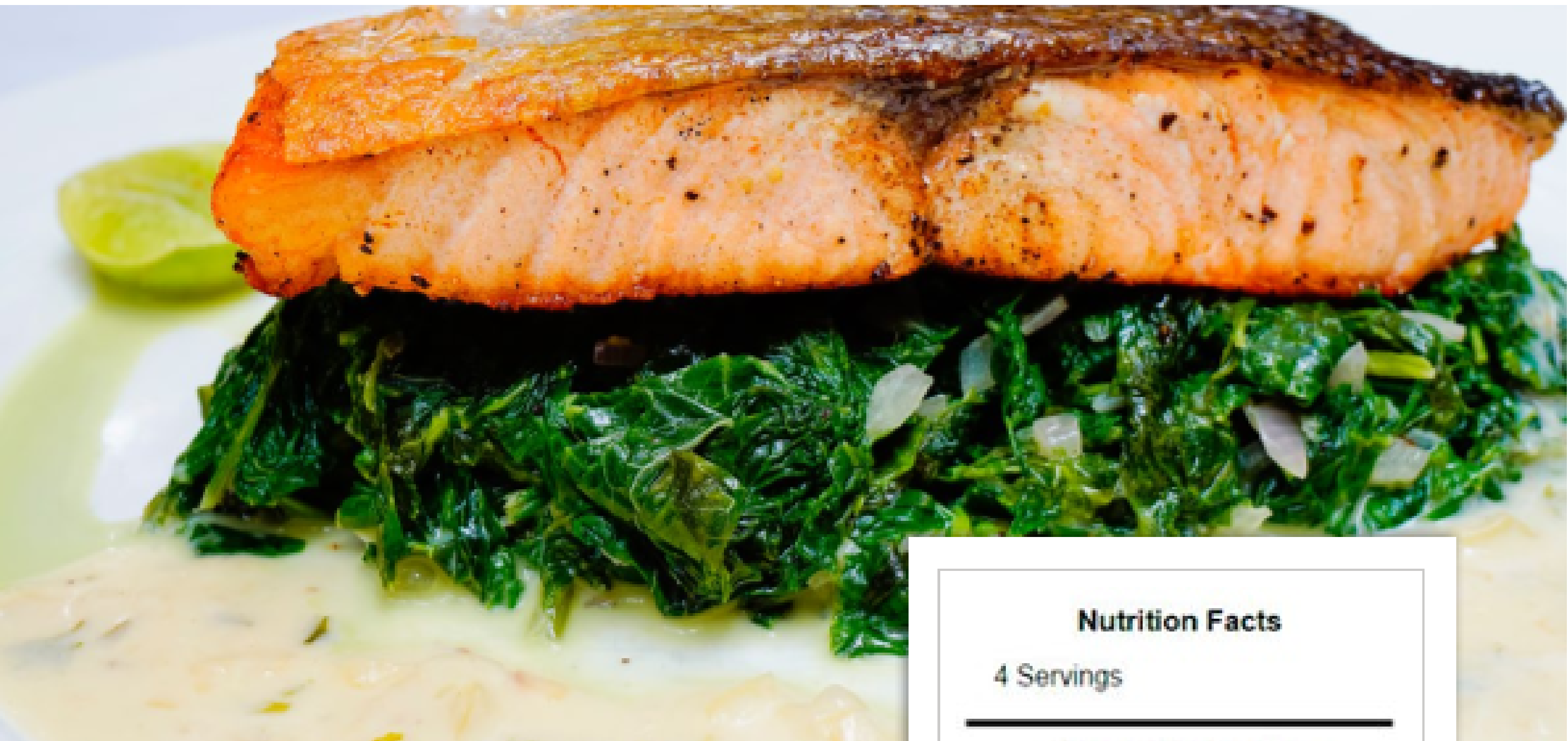
Servings: 4

## Nutrition Facts

4 Servings

Amount Per Serving

Calories	238.8
Total Fat	10.5 g
Saturated Fat	2.6 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.6 g
Cholesterol	89.5 mg
Sodium	101.2 mg
Potassium	494.3 mg
Total Carbohydrate	0.2 g
Dietary Fiber	0.1 g
Sugars	0.0 g
Protein	33.3 g



# SALMON AND CREAMY SPINACH

## INGREDIENTS:

4 4.5oz. salmon fillets  
1lb. spinach  
½ cup heavy whipping cream  
4 tablespoons butter  
Salt and pepper, to taste

### For the sauce:

6 tablespoons butter  
4 egg yolks, organic  
1 teaspoon mustard  
¼ cup lemon juice  
2 tablespoons water

## DIRECTIONS:

! Prepare the salmon and spinach: heat the oven to 400F/200C. place the salmon in a baking dish and dot with half the butter. Season to taste. Cook for 20-25 minutes.

" Meanwhile, prepare the spinach: heat the remaining butter in a skillet. Add the spinach and season to taste. Cook for 3-5 minutes. Add the heavy whipping cream remove from the heat and place aside.

# Prepare the sauce: melt the butter in a water bath and keep aside making sure it is not too hot.

\$ In a glass, heatproof bowl, mix the egg yolks, mustard, lemon juice and water.

% Bring 1 cup water to a boil in a saucepot. Keep it on medium heat.

& Place the bowl with the egg yolks over the saucepot, making sure the water is not touching the bowl.

' Cook the egg yolks over simmering water until thick. Pour in the butter and keep stirring to avoid clumps.

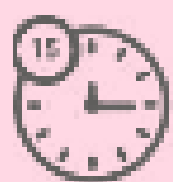
( To serve: place the spinach on a plate. Top with baked salmon and drizzle with the egg sauce.

## Nutrition Facts

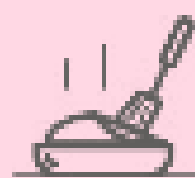
4 Servings

Amount Per Serving

Calories	701.4
Total Fat	60.2 g
Saturated Fat	29.6 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	13.4 g
Cholesterol	386.3 mg
Sodium	210.0 mg
Potassium	698.2 mg
Total Carbohydrate	6.9 g
Dietary Fiber	2.6 g
Sugars	1.0 g
Protein	35.1 g



Preparation time: 10 minutes  
Cooking time: 25 minutes



Servings: 4



# MEATBALLS AND CHORIZO ON SKEWERS

## INGREDIENTS:

1.5lb. ground beef  
2 garlic cloves, minced  
1 egg, organic  
1 teaspoon paprika  
3 tablespoons chopped fresh basil  
7.5oz. chorizo sausage, sliced  
Salt and pepper, to taste

## DIRECTIONS:

! Combine all ingredients in a bowl, except the chorizo. Cover and refrigerate overnight, but you can use at once.

" Form 24 meatballs from the mixture and arrange 3 meatballs onto skewer, with sliced chorizo at the beginning, at the end and in between.

# Preheat the grill and grill the meatballs for 8 minutes.

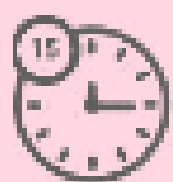
\$ Serve after.

## Nutrition Facts

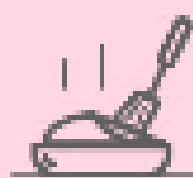
6 Servings

Amount Per Serving

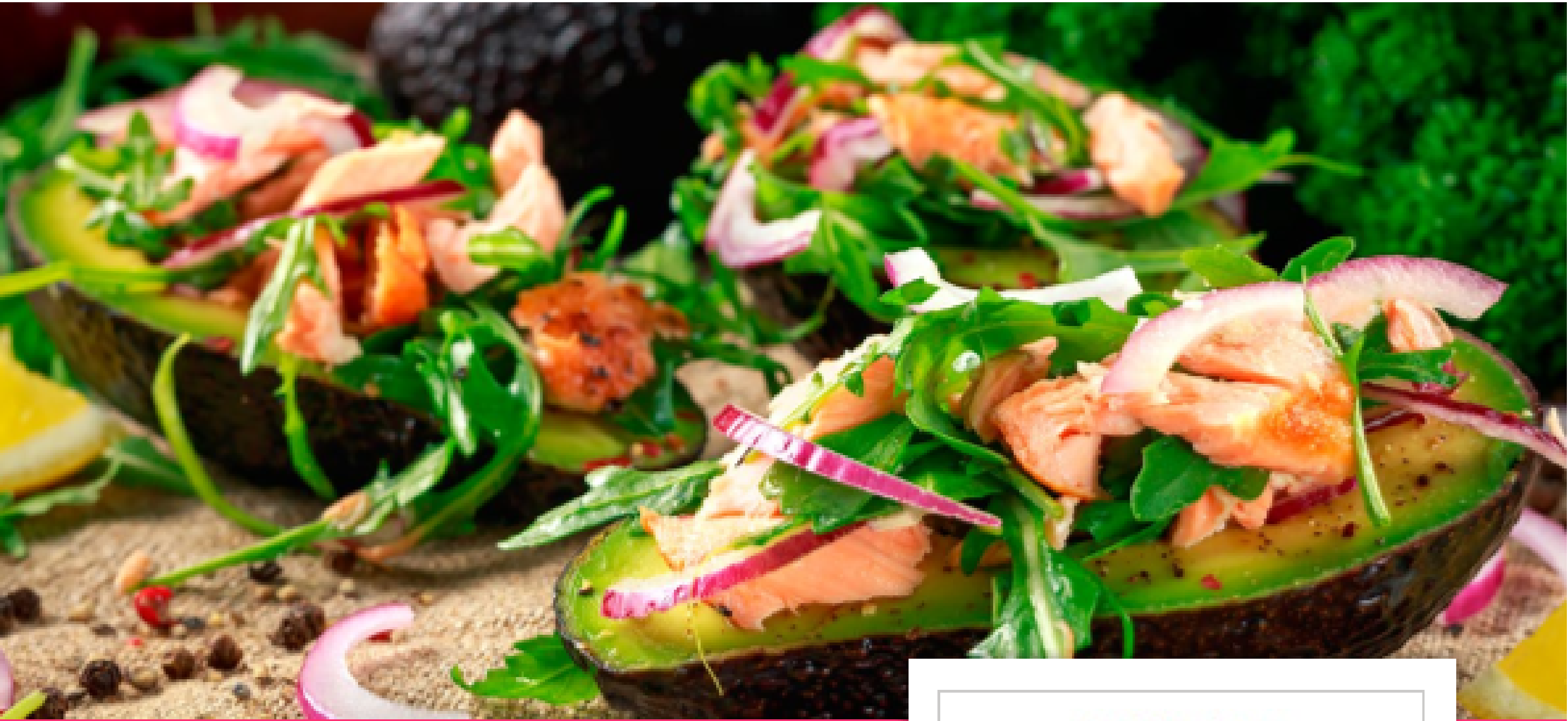
<b>Calories</b>	528.4
<b>Total Fat</b>	44.5 g
Saturated Fat	17.6 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	20.0 g
<b>Cholesterol</b>	158.5 mg
<b>Sodium</b>	526.8 mg
<b>Potassium</b>	427.5 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.3 g
Sugars	0.1 g
<b>Protein</b>	28.6 g



Preparation time: 10 minutes  
Cooking time: 8 minutes



Servings: 6



# SALMON STUFFED AVOCADO

## INGREDIENTS:

- 3 medium avocados, pitted
- 4 3.5oz. salmon fillets
- 2 garlic cloves, minced or 1 spring onion, finely chopped
- 1 cup crème fraiche
- ¼ cup lemon juice
- 4 tablespoons melted butter
- 3 tablespoons chopped dill
- Salt and pepper, to taste

## DIRECTIONS:

! Heat the oven to 400F and line a baking sheet with parchment paper.

" Drizzle with melted butter, half the lemon juice, and season to taste with salt.

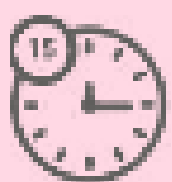
# Bake the salmon for 20-25 minutes. Place the salmon aside to cool down. Once cooled (5-10 minutes), flake the salmon. Transfer in a bowl and mix with garlic, crme fraiche, remain- ing lemon juice, and dill.

\$ Scoop the avocado flesh leaving a thin shell. Chop the flesh and combine with the salmon.

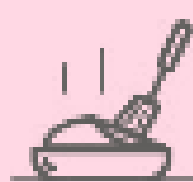
% Stuff the avocado shells with prepared mixture.

& Serve and enjoy.

Nutrition Facts	
6 Servings	
Amount Per Serving	
Calories	318.3
Total Fat	27.1 g
Saturated Fat	7.9 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	10.7 g
Cholesterol	54.2 mg
Sodium	41.4 mg
Potassium	453.6 mg
Total Carbohydrate	8.4 g
Dietary Fiber	5.9 g
Sugars	0.5 g
Protein	13.1 g



Preparation time: 10 minutes  
Cooking time: 25 minutes



Servings: 6



# RIB EYE STEAK WITH PESTO

## INGREDIENTS:

1lb. rib eye steaks, grass-fed  
 2 tablespoons butter, softened  
 Salt and pepper, to taste

### For the pesto:

½ cup (30g) parsley, chopped  
 4 garlic cloves, minced  
 1 tablespoon lemon zest, finely grated  
 6 tablespoons butter

## DIRECTIONS:

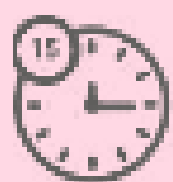
- ! Pat dry the steak with paper towels.
- " Season the steaks with salt and pepper and top with butter.
- # Place the steak aside and prepare the pesto: combine all ingredients in a mini blender. Blend for 10 seconds and place aside.
- \$ Prepare the steak: heat a grill pan over high heat. Add the steaks and fry 2-3 on each side minutes to close the pores and keep the juices within the meat.
- % Reduce heat to medium and cook for 7 minutes for medium, or 11 minutes for well done. If you like rare, 4 minutes are enough.
- & Remove the steaks from the pan and place aside to rest, covered with parchment paper.
- ' Serve with prepared pesto.

## Nutrition Facts

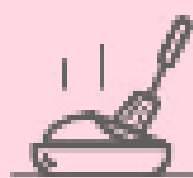
4 Servings

Amount Per Serving

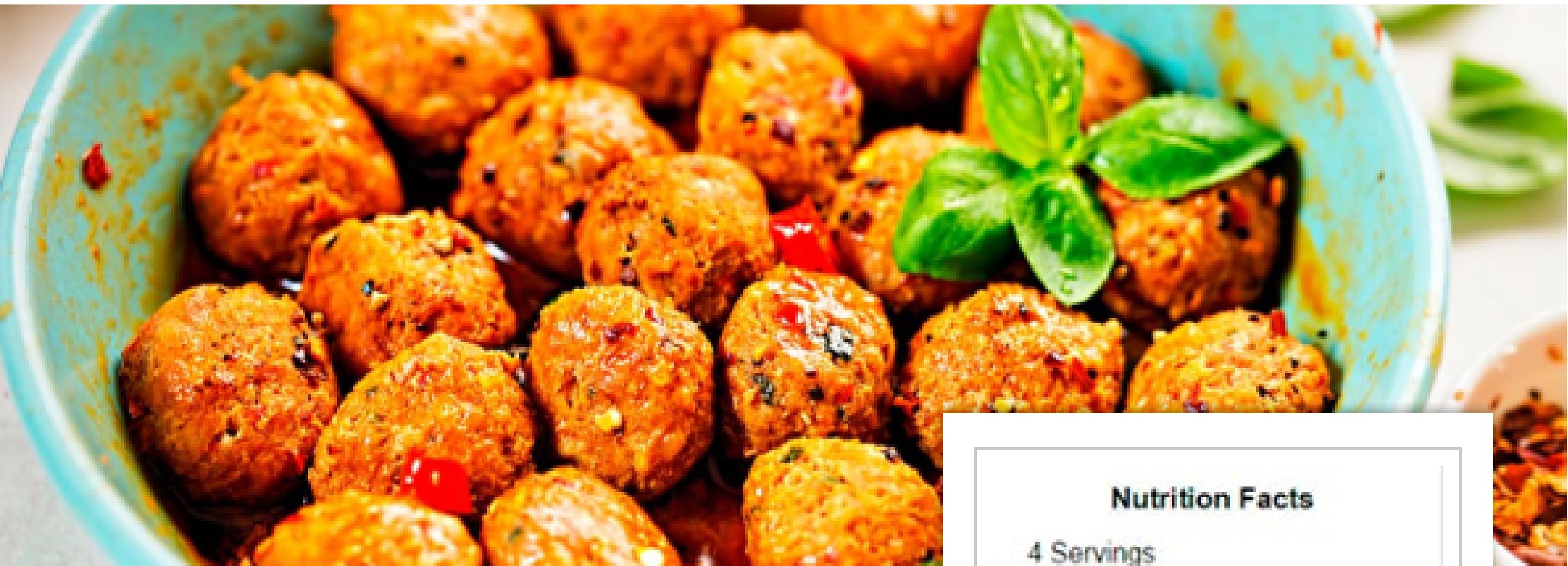
<b>Calories</b>	435.8
<b>Total Fat</b>	42.1 g
Saturated Fat	14.4 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	6.7 g
<b>Cholesterol</b>	287.2 mg
<b>Sodium</b>	80.8 mg
<b>Potassium</b>	61.0 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.3 g
Sugars	0.1 g
<b>Protein</b>	26.2 g



Preparation time: 10 minutes  
 Cooking time: 15 minutes



Servings: 4



# CHORIZO MEATBALLS WITH CHEESE SAUCE

## INGREDIENTS:

1lb. ground pork, 20%fat  
3oz. chorizo sausage, peeled, chopped  
1 egg, organic  
½ cup almond flour  
1 teaspoon ground cumin  
2 garlic cloves, minced  
1 teaspoon smoked paprika  
1 tablespoon butter  
Salt and pepper, to taste

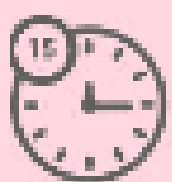
## For the sauce:

¼ cup heavy whipping cream  
2 tablespoons butter  
¼ cup cream cheese  
½ cup cheddar cheese, grated  
Salt and pepper, to taste  
Some water, to thin

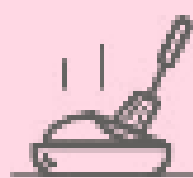
## DIRECTIONS:

- ! Prepare the meatballs: heat the butter in a skillet. Add the garlic and chorizo and cook for 6-8 minutes.
- " Remove from the heat and place aside.
- # In a large bowl, combine the ground pork with the egg, almond flour, cumin, smoked paprika, salt, and pepper. Mix to combine and add the chorizo mixture.
- \$ Shape the mixture into balls.
- % Heat the pan where you have cooked the chorizo and add the meatballs. Cook the meatballs for 2-3 minutes. Turn over and cook for 2 minutes.
- & Reduce heat and cook for 8-10 minutes.
- ' Meanwhile, prepare the sauce: heat the butter in a saucepot.  
( Add the cream and once heated add the cream cheese. Stir until melted and bring to a gentle bubble. Remove from the heat and stir in the grated cheddar. Season to taste and mix until creamy. If needed, thin with water.
- ) Serve meatballs with prepared sauce.

Nutrition Facts	
4 Servings	
Amount Per Serving	
Calories	703.6
Total Fat	57.5 g
Saturated Fat	24.4 g
Polyunsaturated Fat	5.2 g
Monounsaturated Fat	23.9 g
Cholesterol	229.8 mg
Sodium	457.2 mg
Potassium	633.2 mg
Total Carbohydrate	4.0 g
Dietary Fiber	1.7 g
Sugars	0.7 g
Protein	42.1 g



Preparation time: 10 minutes  
Cooking time: 20 minutes



Servings: 4



# COD CAKES WITH CREAMY SAUCE

## INGREDIENTS:

.5oz. cauliflower (processed in a food processor, to resemble the rice)  
 4 tablespoons coconut oil  
 1 garlic clove, minced  
 1.75lb. cod fillets, skinless  
 1 spring onion, finely chopped  
 1 teaspoon ground cumin  
 1 teaspoon lemon zest, finely grated  
 ½ cup grated parmesan  
 4 tablespoons flax meal  
 Salt and pepper, to taste

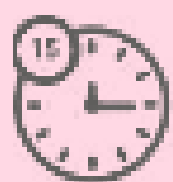
## For the sauce:

¾ cup avocado oil  
 1 egg yolk, organic  
 1 teaspoon mustard  
 1 tablespoon cider vinegar  
 1 tablespoon lemon juice  
 2 garlic cloves, minced  
 Salt and pepper, to taste

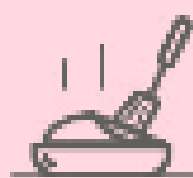
## DIRECTIONS:

- ! Prepare the sauce: in a bowl, whisk the egg yolk and mustard.
- " While whisking, (by hand or electric whisk), gradually add the oil in a steady thin stream.
- # Once you have mayonnaise looking mixture, add the remaining ingredients. Whisk until incorporated.
- \$ Cover and place in a fridge.
- % Prepare the cauliflower rice: heat 1 tablespoon coconut oil in a skillet. Add the garlic and cook for 30 seconds.
- & Add the cauliflower (processed in a food processor) and cook for 6- minute or until crisp-tender. Season to taste and remove from the heat.
- ' Prepare the fish cakes: heat 1 tablespoon coconut oil in a skillet. Add the fish fillets and cook for 3 minutes per side. Flake the fish and place in a bowl. add the remaining ingredients along with the cauliflower rice.
- ( Shape 18 patties from the mixture. You can use ¼ cup measure to measure them out and to shape easily.
- ) Heat the remaining oil in a skillet. Cook the patties for 4-5 minutes per side, without moving too much.
- \* Serve the patties with prepared sauce.

Nutrition Facts	
4 Servings	
Amount Per Serving	
Calories	848.7
Total Fat	65.0 g
Saturated Fat	21.1 g
Polyunsaturated Fat	8.9 g
Monounsaturated Fat	33.5 g
Cholesterol	166.0 mg
Sodium	423.1 mg
Potassium	737.3 mg
Total Carbohydrate	7.2 g
Dietary Fiber	3.6 g
Sugars	0.4 g
Protein	53.4 g



Preparation time: 15 minutes  
 Cooking time: 10 minutes



Servings: 18 cakes



# TURKEY IN SAUCE

## INGREDIENTS:

- 1lb. turkey meat, from the thighs, thinly sliced
- 3 tablespoons duck fat or lard
- 2 garlic cloves, minced
- 1 cup mushrooms, sliced
- 2 celery stalks, medium, chopped
- 1 cup chicken stock
- 2 tablespoons lemon juice
- 1 cup heavy cream
- 1 teaspoon smoked paprika
- 4 egg yolks
- 2 tablespoons fresh parsley, chopped
- Salt and pepper, to taste

## DIRECTIONS:

! Heat 2 tablespoons duck fat in a skillet. Add the turkey and cook until browned.

" Remove from the skillet and place aside.

# Heat 1 tablespoon of the duck fat in the same skillet. Add the garlic. Cook for 2 minutes. Add the celery and sliced mushrooms and cook for 6-7 minutes over medium heat.

\$ Add the broth, lemon juice, smoked paprika and bring to a boil. Reduce heat and simmer for 5 minutes.

% In a separate bowl, whisk the egg yolks with heavy cream. Slowly drizzle in the turkey mix and season to taste.

& Add the parsley and cook for 2 minutes. Place in the turkey and cook for 1 minute.

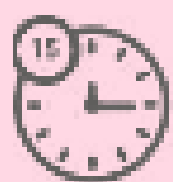
' Serve with cauliflower rice.

## Nutrition Facts

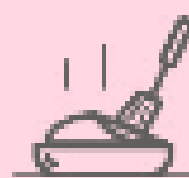
4 Servings

Amount Per Serving

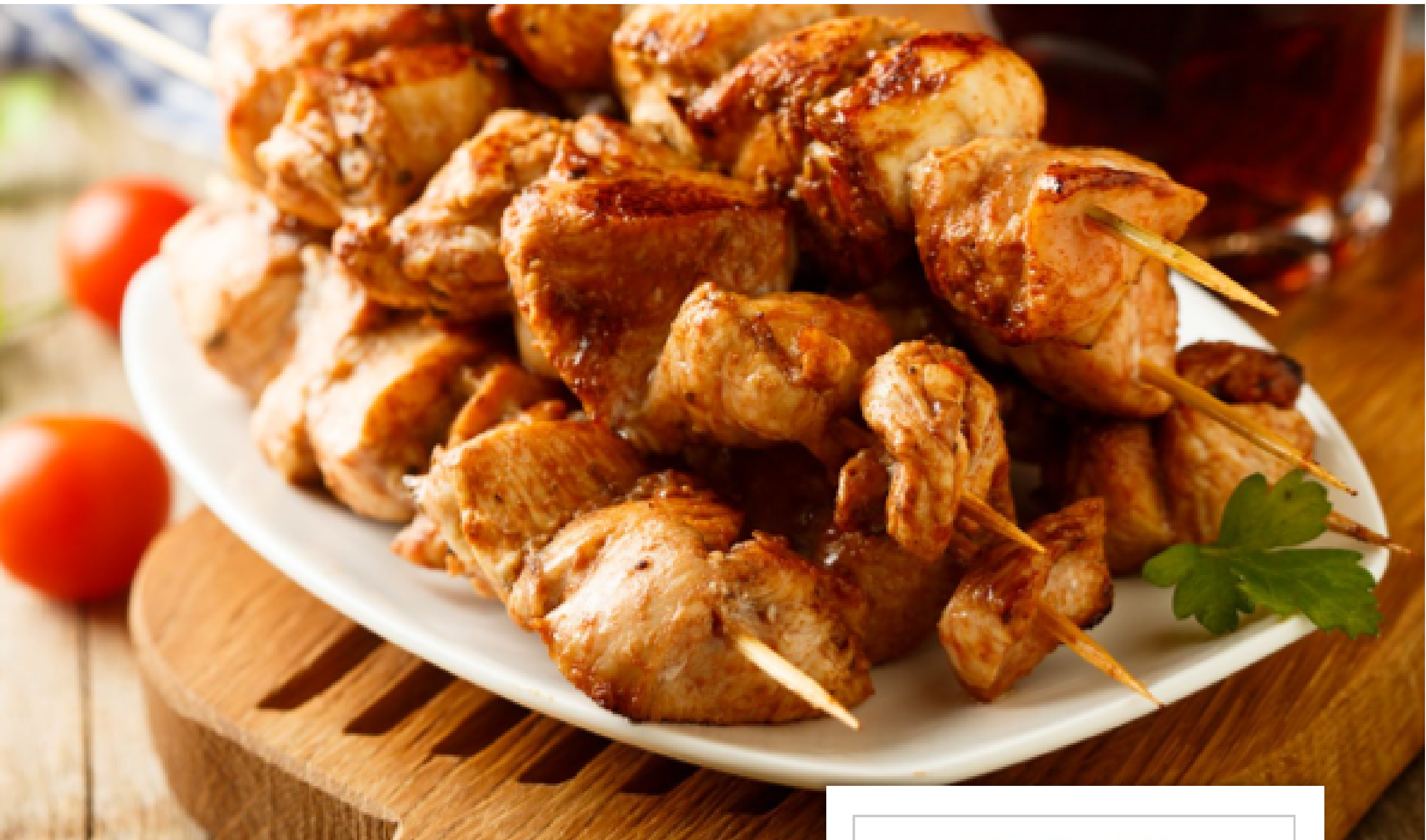
<b>Calories</b>	494.5
<b>Total Fat</b>	40.4 g
Saturated Fat	20.0 g
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	14.5 g
<b>Cholesterol</b>	375.0 mg
<b>Sodium</b>	378.6 mg
<b>Potassium</b>	611.3 mg
<b>Total Carbohydrate</b>	4.9 g
Dietary Fiber	0.8 g
Sugars	0.8 g
<b>Protein</b>	27.9 g



Preparation time: 5 minutes  
Cooking time: 15 minutes



Servings: 4



# SPICY CHICKEN SKEWERS

## INGREDIENTS:

1.5lb. chicken thighs, skinless, boneless  
1/3 cup spicy Harissa paste  
3/4 cup olive oil  
Salt, to taste

## DIRECTIONS:

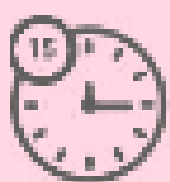
- ! Cut the chicken into 1 1/2-inch pieces.
- " Place the chicken in a bowl, with 2 tablespoons olive oil, some salt, and Harissa paste.
- # Cover and refrigerate for 1 hour.
- \$ Heat the oven to 440F and prepare baking pan.
- % Arrange the chicken meat onto skewers and place into a baking pan.
- & Bake/roast the chicken for 15 minutes. Remove from the oven and let the chicken cool for 5 minutes before serving.

## Nutrition Facts

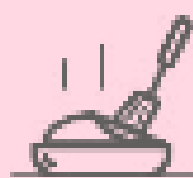
4 Servings

Amount Per Serving

<b>Calories</b>	511.0
<b>Total Fat</b>	45.7 g
Saturated Fat	6.7 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	31.2 g
<b>Cholesterol</b>	94.0 mg
<b>Sodium</b>	97.4 mg
<b>Potassium</b>	261.6 mg
<b>Total Carbohydrate</b>	1.9 g
Dietary Fiber	1.0 g
Sugars	1.1 g
<b>Protein</b>	22.7 g



Preparation time:  
5 minutes + inactive  
time Cooking time: 15  
minutes



Servings: 6



# FRIED GRAVIERA CHEESE

## INGREDIENTS:

5.5oz. Graviera cheese, or Halloumi  
3 tablespoons almond meal  
3 tablespoons flax meal  
¼ cup heavy cream  
Oil, to fry

## DIRECTIONS:

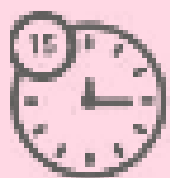
- ! Cut the cheese into 1 ½ -inch thick slices.
- " Pour the cream in a bowl.
- # In a separate bowl, combine the almond and flax meal.
- \$ Dip each cheese slice in a heavy cream then coat with the almond/flax mixture.
- % Heat ¼-inch oil in the pan. Fry the cheese for 2 minutes per side. & Serve after, with lime wedges.

## Nutrition Facts

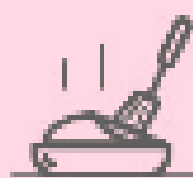
2 Servings

Amount Per Serving

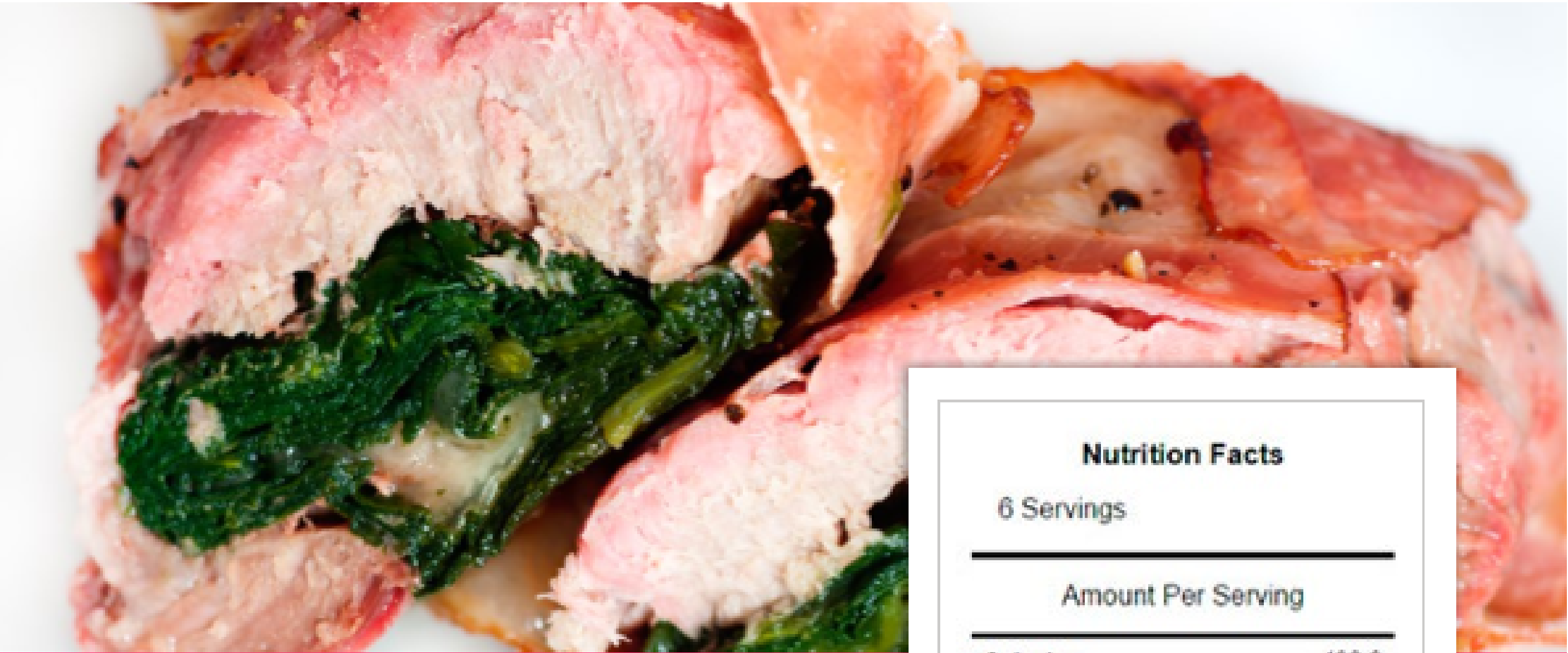
<b>Calories</b>	624.4
<b>Total Fat</b>	52.3 g
Saturated Fat	26.6 g
Polyunsaturated Fat	6.4 g
Monounsaturated Fat	17.0 g
<b>Cholesterol</b>	119.9 mg
<b>Sodium</b>	270.9 mg
<b>Potassium</b>	260.0 mg
<b>Total Carbohydrate</b>	10.3 g
Dietary Fiber	5.8 g
Sugars	2.5 g
<b>Protein</b>	30.5 g



Preparation time: 10 minutes  
Cooking time: 4 minutes



Servings: 2



# JUICY AND CRISPY PORK

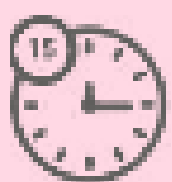
## INGREDIENTS:

1lb. pork tenderloin  
2 tablespoons bacon fat  
2 garlic cloves  
4oz. spinach  
4oz. cream cheese  
1 teaspoon dried thyme  
4oz. Gruyere cheese,  
grated 16 bacon slices,  
thinly sliced Salt and  
pepper, to taste

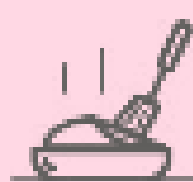
## DIRECTIONS:

- ! Heat the bacon fat in a skillet. Add the garlic and cook for 30 seconds or until fragrant.
- " Add the thyme and spinach. Cook until just wilted. Season to taste and stir in the cream cheese. Remove from the heat.
- # Heat the oven to 375F.
- \$ Cut the pork tenderloin in half, but not completely. Leave ½-inch of bond between the sides of pork tenderloin. Cover the meat with foil and pound the meat with meat tenderizer, until ½-inch thick.
- % Create the bacon grid (#) from the bacon strips and place the tenderloin onto the strips. Spread the spinach mix over the pork and sprinkle with grated Gruyere cheese. Roll all together. Secure with toothpicks and transfer the pork onto baking sheet lined with parchment paper, seam side down.
- & Bake the pork for 40 minutes and for the extra crunchiness broil the pork for 2 minutes.
- ' Let the pork rest for 10 minutes before slicing and serving. Remember to remove toothpicks.

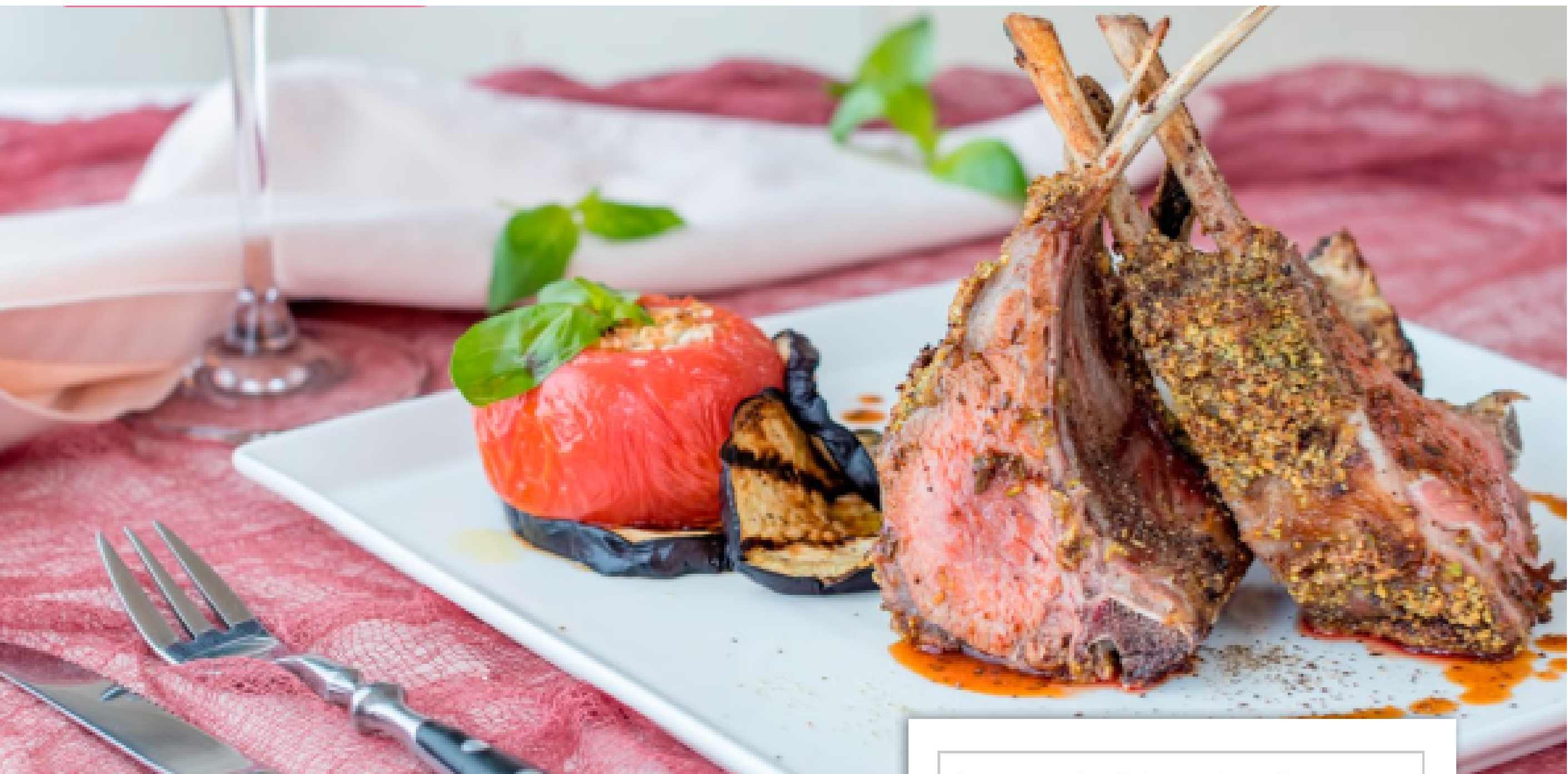
Nutrition Facts	
6 Servings	
Amount Per Serving	
Calories	493.9
Total Fat	40.7 g
Saturated Fat	18.4 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	15.4 g
Cholesterol	132.5 mg
Sodium	610.0 mg
Potassium	491.9 mg
Total Carbohydrate	1.6 g
Dietary Fiber	0.4 g
Sugars	0.8 g
Protein	29.8 g



Preparation time: 10 minutes  
Cooking time: 40 minutes



Servings: 6



# HERBED LAMB RACK WITH PORK RINDS

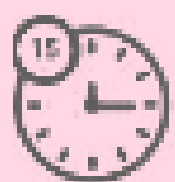
## INGREDIENTS:

- 2lb. lamb racks or 2 racks, will give 50% meat
- 4 tablespoons butter
- 1 tablespoon mustard
- 1 cup pork rinds, ground
- 4 garlic cloves, minced
- 2 sprigs rosemary
- Salt and pepper, to taste

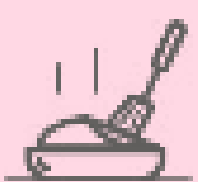
## DIRECTIONS:

- ! Heat the oven to 400F.
- " Heat 1 tablespoon butter in a large skillet and sear the lamb, fatty side down for 2 minutes. Flip and sear for 30 seconds. Lift with the tongues and sear the bottom an upper side for 30 seconds, per side.
- # Place the lamb aside.
- \$ In a food blender, combine the remaining ingredients, except the mustard. Process until crumbly.
- % Brush the lamb with mustard, fatty part, and cover with prepared crumbly mixture.
- & Transfer the lamb onto baking tray and bake for 15 minutes for medium-rare or 20 minutes for medium.
- ' Let the lamb rest for 10 minutes before serving.

Nutrition Facts	
6 Servings	
Amount Per Serving	
Calories	394.9
Total Fat	33.2 g
Saturated Fat	15.3 g
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	11.3 g
Cholesterol	105.0 mg
Sodium	198.4 mg
Potassium	213.0 mg
Total Carbohydrate	0.7 g
Dietary Fiber	0.0 g
Sugars	0.0 g
Protein	22.8 g



Preparation time: 10 minutes  
Cooking time: 20 minutes



Servings: 6



# CRISPY CHICKEN

## INGREDIENTS:

6 4oz. chicken thighs, skin on  
 1 cup (225g) butter  
 1 ½ tablespoons smoked paprika  
 ½ teaspoon baking soda  
 1 ½ teaspoon cream of tartar  
 Salt and pepper, to taste

## DIRECTIONS:

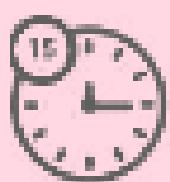
! Heat oven to 400F and line a baking sheet with parchment paper. " Pat dry the legs and arrange onto baking sheet or two sheets.  
 # Lift the skin and place the ghee under the skin. Top the chicken with remaining ghee, if any left.  
 \$ In a bowl, combine the paprika, cream of tartar and baking soda, with salt to taste.  
 % Rub the chicken with prepared mixture and bake for 35 minutes. & Serve after with favorite sauce.

### Nutrition Facts

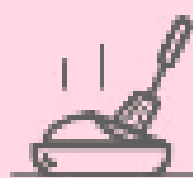
6 Servings

Amount Per Serving

<b>Calories</b>	404.3
<b>Total Fat</b>	34.9 g
Saturated Fat	20.2 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	10.1 g
<b>Cholesterol</b>	169.5 mg
<b>Sodium</b>	97.9 mg
<b>Potassium</b>	390.1 mg
<b>Total Carbohydrate</b>	0.7 g
Dietary Fiber	0.1 g
Sugars	0.0 g
<b>Protein</b>	22.2 g



Preparation time: 5 minutes  
 Cooking time: 35 minutes



Servings: 6



# BRISKET BURGERS

## INGREDIENTS:

1lb. veal or beef brisket, ground  
1oz. butter, cut in four slices  
2 garlic cloves, minced  
1 tablespoon ghee  
½ teaspoon dried thyme  
1 ½ tablespoon mayonnaise  
1 tablespoon olive oil  
4 slices Gouda cheese  
(optional) Salt and pepper, to taste

## DIRECTIONS:

! In a bowl, combine the brisket, garlic, thyme, mayonnaise, salt, and pepper.

" Shape the mixture into four burgers. Make a small pocket in each burger and place in the butter slice. Close the pocket.

# eat the olive oil in a skillet. Add the burgers and cook for 4 minutes, flip to the other side and add the ghee.

\$ Top the burgers with cheese slices and cook for 4 minutes. If not using cheese cook for 4 minutes anyway.

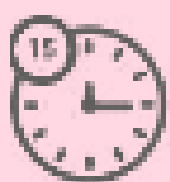
% Serve after.

## Nutrition Facts

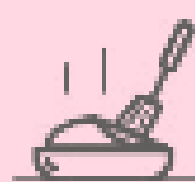
4 Servings

Amount Per Serving

<b>Calories</b>	569.2
<b>Total Fat</b>	46.8 g
Saturated Fat	18.5 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	18.0 g
<b>Cholesterol</b>	155.9 mg
<b>Sodium</b>	165.1 mg
<b>Potassium</b>	335.5 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.0 g
Sugars	0.2 g
<b>Protein</b>	35.6 g



Preparation time: 5 minutes  
Cooking time: 10 minutes



Servings: 4



# STUFFED PEPPERS

## INGREDIENTS:

- 16 mini peppers, colorful
- 8oz. cream cheese
- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1 lemon, zested
- 2 tablespoons chopped dill weed
- 8 slices bacon, cooked and crumbled
- Salt and pepper, to taste

## DIRECTIONS:

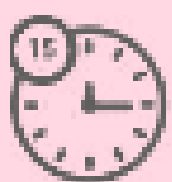
- ! Halve the mini peppers and remove seeds and membrane. Toss the peppers with olive oil, salt, and pepper in a bowl.
- " Heat the grill.
- # Grill the peppers for 2 minutes per side.
- \$ While the peppers are cooling, combine the cream cheese, garlic, dill weed, lemon zest, salt, and pepper.
- % Stuff the peppers with cream cheese filling. Sprinkle with bacon. & Serve after.

### Nutrition Facts

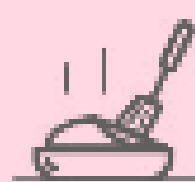
16 Servings

Amount Per Serving

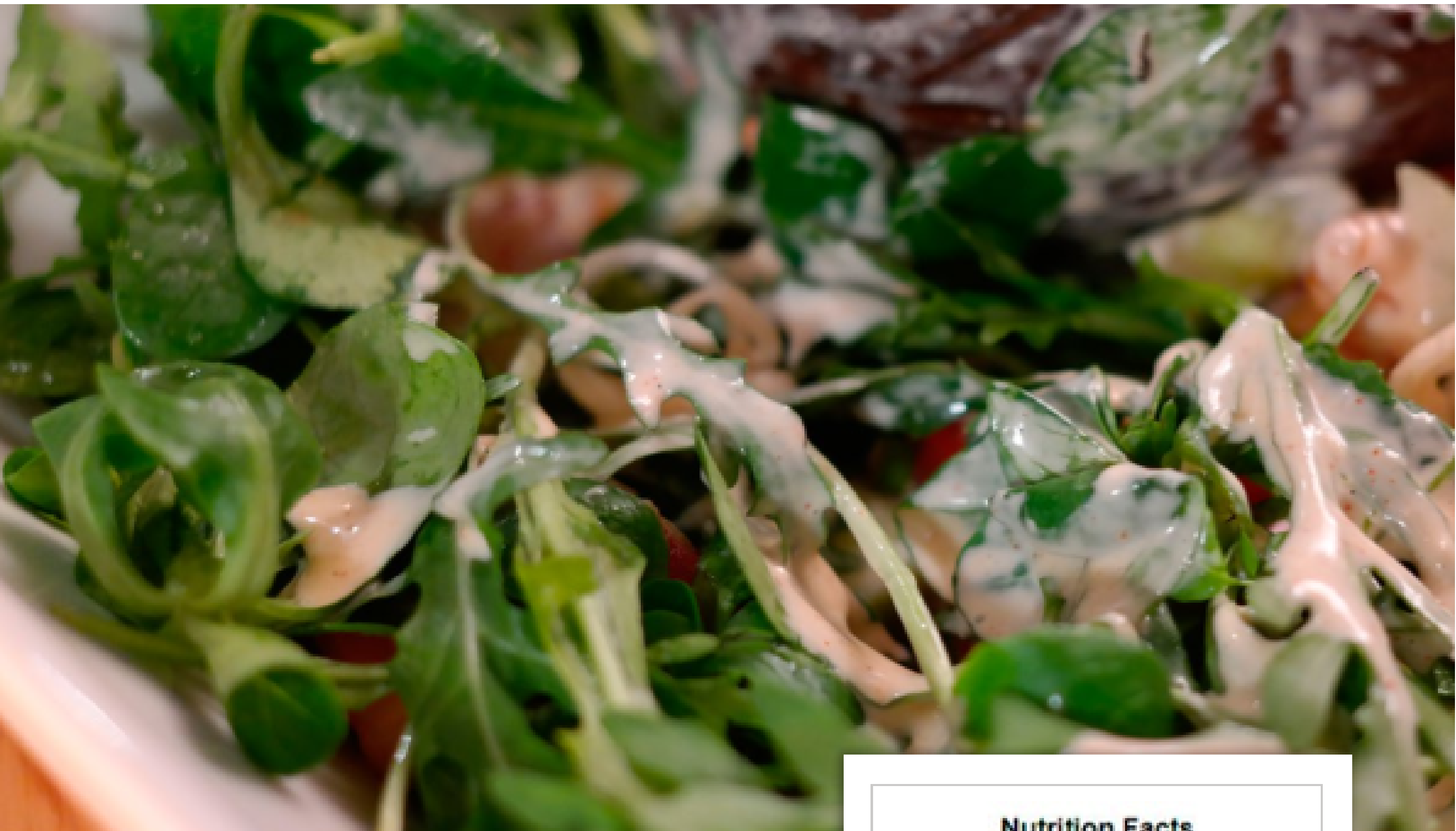
<b>Calories</b>	89.6
<b>Total Fat</b>	7.7 g
Saturated Fat	3.5 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	2.7 g
<b>Cholesterol</b>	21.7 mg
<b>Sodium</b>	143.4 mg
<b>Potassium</b>	95.0 mg
<b>Total Carbohydrate</b>	1.9 g
Dietary Fiber	0.3 g
Sugars	1.2 g
<b>Protein</b>	3.5 g



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 16 peppers



# GREEN TURKEY SALAD

## INGREDIENTS:

6oz. grilled turkey dark meat, sliced  
2 cups arugula  
1 cup baby spinach  
¼ sliced avocado  
¼ cup raw pumpkin seeds

## For the dressing:

1 garlic clove, minced  
3 tablespoons olive oil  
2 tablespoons lemon juice  
¼ teaspoon salt  
1 pinch ground pepper  
1 tablespoon raw cider vinegar  
1 teaspoon mustard

## DIRECTIONS:

! Prepare the dressing: in a mini blender combine all the dressing ingredients.

" Blend until smooth.

# Prepare the salad: toss the grilled turkey, arugula, baby spinach, pumpkin seeds, and avocado in a bowl.

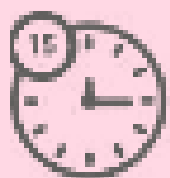
\$ Pour over prepared dressing and toss gently. Serve immediately.

## Nutrition Facts

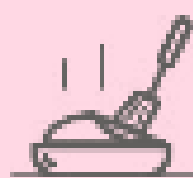
2 Servings

Amount Per Serving

<b>Calories</b>	384.7
<b>Total Fat</b>	28.8 g
Saturated Fat	3.3 g
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	15.5 g
<b>Cholesterol</b>	72.0 mg
<b>Sodium</b>	136.4 mg
<b>Potassium</b>	147.3 mg
<b>Total Carbohydrate</b>	5.8 g
Dietary Fiber	1.9 g
Sugars	0.7 g
<b>Protein</b>	26.5 g



Preparation time: 15 minutes



Servings: 2



# SALMON WITH STIR-FRIED SALAD

## INGREDIENTS:

- 4 4oz. salmon fillets, skin on
- 2 tablespoons melted coconut oil
- 2 tablespoon coconut aminos
- 1 teaspoon chopped ginger
- 2 green bell peppers, sliced
- 1 red chili pepper, seeded and chopped
- 2 cups baby spinach
- 2 tablespoons coriander leaves
- ¼ teaspoon salt
- 1/8 teaspoon black pepper

## DIRECTIONS:

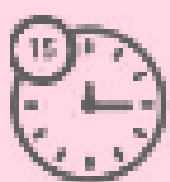
- ! In a bowl, combine the 1 tablespoon coconut oil, coconut aminos, chopped ginger, and chili pepper.
- " Preheat the grill. Brush the salmon fillets with oil and season to taste.
- # Grill over 500F for, for total 8 minutes, starting with the skin down.
- \$ Heat the remaining oil in the pan. Once hot, add the bell peppers and coriander.
- % Stir-fry for 1-2 minutes over medium-high heat. Remove from the heat and stir in the spinach. &
- ' Pour over prepared coconut aminos dressing and toss to combine.
- ' Serve with prepared salmon.

### Nutrition Facts

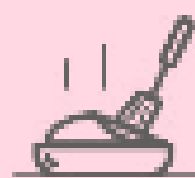
4 Servings

Amount Per Serving

<b>Calories</b>	205.3
<b>Total Fat</b>	11.3 g
Saturated Fat	6.9 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.4 g
<b>Cholesterol</b>	85.0 mg
<b>Sodium</b>	111.8 mg
<b>Potassium</b>	24.9 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.2 g
Sugars	0.5 g
<b>Protein</b>	23.1 g



Preparation Time: 5 minutes  
Cooking Time: 10 minutes



Servings: 4

# Pepperoni Passion Pizza

## Ingredients:

### Base:

- 4 large eggs.
- 6 oz mozzarella (grated).

### Topping:

- 5 oz cheddar cheese (grated).
- 2 oz pepperoni (slices).
- 3 tbsp tomato puree (unsweetened).
- 1 tsp Italian herbs (dried).

### Instructions:

- Preheat oven at 200 degrees.
  - To make the base, whisk the eggs and mozzarella together until well combined.
    - Line a baking sheet with greaseproof paper and spread on the mixture. Bake for 15 minutes until the base is golden brown.
- Increase oven temperature to 225 degrees.
  - Spread tomato puree over the base and sprinkle Italian herbs. Top with cheese and pepperoni.
  - Bake for an additional 8-10 minutes until cheese is bubbling and golden brown.

### *Nutritional Information:*

Total servings - 2

Per serving:

Fat: 92g

Carbohydrates: 5g

Protein: 51g

Calories: 1046

# Thick Crust Mozzarella Sensation Pizza

## Ingredients:

### Base:

- 2 large eggs.
- 2 tbsp parmesan (grated).
- 1 tbsp psyllium husk (powder).
- ½ tsp Italian seasoning.
- 2 tsp olive oil.

### Topping:

- 2 oz mozzarella (grated).
- 3 tbsp tomato puree (unsweetened).
- 1 tbsp basil (fresh & chopped).

### Instructions:

- In a bowl, whisk all base ingredients together until well combined.
  - Heat oil in a large frying pan, spoon in base mixture; creating a circle.
  - When edges are browned and slightly crisp, flip and fry for an additional 30-45 seconds.
- Spread on the tomato puree, sprinkle over mozzarella and basil.
- Place under the grill for 1-2 minutes until cheese is melted.

### *Nutritional Information:*

Total servings - 1

Per serving:

Fat: 37g

Carbohydrates: 3g

Protein: 29g

Calories: 463

# Spicy Italian Herb One-Pan Pizza

## Ingredients:

### Base:

- ¾ cup mozzarella (grated).
- ¼ tsp garlic powder.
- ¼ tsp chilli flakes.
- ¼ tsp oregano (dried).

### Topping:

- 2 tbsp red onion (finely chopped).
- 2 tbsp black olives (finely sliced).
- 1 oz pepperoni (slices).

### Instructions:

- In a large frying pan, sprinkle mozzarella to form a circle.
  - As the cheese begins to melt, sprinkle on garlic powder, chilli flakes and oregano. Place on black olives, red onion and pepperoni.
  - Cook for 7-10 minutes until the bottom and edges are browned and crisp.
- Remove the frying pan from heat and allow it to harden for 30-45 seconds.
- Cut pizza into 8 slices.

### Nutritional Information:

Total servings - 2

Per serving:

Fat: 21g

Carbohydrates: 3g

Protein: 14g

Calories: 243

# Monster Mushroom Pizza

## Ingredients:

- 4 large, deep mushrooms.
- 20 slices of chorizo.
- ½ cup marinara sauce.
- 3 oz mozzarella (grated).

## Instructions:

- Preheat oven at 190 degrees.
- Remove stems from mushrooms and finely chop.
  - Place mushrooms on a baking tray and spread 2 tbsp marinara sauce into each.
- Sprinkle ¼ mozzarella into each mushroom, followed by 5 slices of chorizo.
- Bake for 20 minutes until cheese is melted and golden brown.

## *Nutritional Information:*

Total servings - 4

Per serving:

Fat: 9g

Carbohydrates: 4g

Protein: 9g

Calories: 122

# Green Pepper & Spinach Pizza Pots

## Ingredients:

- 1 cup spinach (chopped).
- 1 cup mushrooms (chopped).
- 10 large eggs.
- ½ cup green peppers (chopped).
- ½ tsp paprika.
- ½ tsp chilli flakes.

## Instructions:

- Preheat oven at 200 degrees.
- Lightly grease a 12 cup muffin tray.
  - In a large bowl, whisk eggs and stir in paprika and chilli flakes.
  - Mix in spinach, mushrooms and peppers until well combined.
- Split the mixture evenly between the 12 muffin holes.
- Bake for 12-15 minutes until thoroughly set.

## ***Nutritional Information:***

Total servings - 12

Per serving:

Fat: 55g

Carbohydrates: 1g

Protein: 7g

Calories: 139

## Feta Salad and Grilled Steaks



Small portions of red meats are great sources of vitamin B12! Make 2 servings, 38.4 grams carbs.

### Ingredients:

- Olive oil for grill
- 2 3 oz. strips steaks
- 1 cup salad (divided)
- ½ tbsp pine nuts
- 1/2 cup diced
- mushrooms ½ tbsp diced
- parsley
- ½ tbsp diced oregano

- Italian dressing (optional) (vinaigrettes are the lowest in carbs, cream based are the highest)
- Crumbled feta cheese

Directions:

In a hot skillet, cook steak strips over olive oil approx. 1 minute and transfer to plates.

Sauté pine nuts and mushroom 30-45 seconds.

Divide salad between two bowls, top with mushrooms and pine nuts.

Top with feta, parsley, oregano and dressing.

# Trinity Chicken Soup



Sub rosemary for thyme! Make 2 servings 62.5 grams of carbs.

## Ingredients:

- ¼ cup trinity mix
- 1 tsp powdered ginger
- 2 cups organic chicken stock
- 1/2 cup cooked jasmine rice
- 1/2 tbsp diced thyme
- 1/3 tsp black pepper
- 2 oz chunked chicken

## Directions:

In pot over medium high heat, sauté trinity mix 1 minute.

Add in ginger, stock, rice, thyme, pepper, and chicken.

Lastly, bring to a boil, reduce heat, cover, and let simmer 15-20 minutes.

# Pancetta Casserole



Great as a wrap! Make 1 9x9 pan, 41.4 grams of carbs.

## Ingredients:

- 1 cup of pancetta, diced
- ½ cup uncooked brown rice
- 1/4 cup toasted coconut flakes
- 1/4 cup toasted almond slivers
- 1/3 cup multicolored bell peppers,
- diced 1/3 cup water
- Non-stick cooking spray

## Directions:

Prepare 8x8 casserole dish and preheat oven to 350.

Sauté pancetta over medium-high heat 1-2 minutes.

In dish, combine rice, pancetta, coconut flakes, almond slivers, and diced bell peppers.

Bake 25-30 minutes.

## One Pot Rice Noodle and Turkey Stew



Also, great pressure cooker meal! Make 2 servings 43.6 grams of carbs.

Ingredients:

- 1 tsp sesame oil
- $\frac{1}{4}$  tsp chili oil or paste
- $\frac{1}{2}$  tsp ginger paste
- 1 tsp sweet paprika
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  cup ground turkey
- 1 tsp garlic, minced
- $\frac{1}{4}$  cup matchstick
- carrots  $\frac{1}{2}$  tsp jalapeno powder

- ½ tbsp tomato paste
- 4 cups beef or vegetable
- broth 1 cup worth rice
- noodles

½ tsp diced oregano

Directions:

In pot, combine sesame oil, chili oil or paste, ginger paste, sweet paprika, onion powder, jalapeno powder, matchstick carrots, tomato paste, noodles, oregano, broth.

Lastly, bring to a boil, reduce heat, cover, and let simmer 15-20 minutes.

## One Pot Shrimp for Two



Try it with scallions or calamari! Make 2 servings, 46.4 grams of carbs.

### Ingredients:

- 10 medium shrimp
- 1/2 tbsp butter
- 1/4 cup white wine
- 1/3 tsp chicken granules
- 1 tsp paprika
- 1/2 tsp pepper
- 1 diced scallion
- 1/2 cup rice

- 1/2 cup chicken stock

Directions:

In pot warmed over medium high, melt butter then add chicken granules, paprika, pepper.

Add in shrimp and scallions. Sauté 30 seconds spooning butter over shrimp.

Add in rice and wine.

Bring to a boil, reduce heat, cover, and simmer 15-20 minutes.

## One Pot Veggie Stew



Also, a great pressure cooker meal. Make 2 servings, 16.5 grams of carbs

### Ingredients:

- 2 large chopped carrots
- 1 chopped Roma tomato
- ¼ cup peas
- ¼ cup green beans
- 1 tsp Worcestershire
- sauce ½ tsp chili powder
- 1 tsp diced parsley
- 1/3 cup sliced mushrooms

Directions:

In pot warmed over medium high heat, combine chopped carrots, chopped tomato, peas, green beans, Worcestershire sauce, chili powder, parsley, mushrooms.

Bring to a boil, reduce heat, cover, let simmer 10 minutes.

## Low Carb Egg Bowl



Start the day off with protein! Make 2 bowls, 9.5 grams of carbs.

### Ingredients:

- Coconut or avocado oil
- 4 eggs, beaten
- ½ tbsp tomato paste
- 2 scallions, thinly sliced
- 1 tsp turmeric

- ½ tsp basil, diced
- ½ tsp parsley diced

Directions:

In skillet warmed over medium high heat, whisk together oil, beaten eggs, turmeric, and paste.

Add in spinach and scallions.

Scramble and divide between two bowls.

# Microwave Rice Noodles and Brussel Sp ro u ts



Perfect for lean proteins! Make 2 servings, 37.6 grams of carbs.

## Ingredients:

- 1/4 cup diced onions
- 1/2 tsp minced garlic
- 1/2 tsp pepper
- 2 cups Brussel sprouts
- ½ cup matchstick carrots
- 1 -1 cup organic vegetable broth/stock
- 1 package spring onion rice noodles (such as Thai Kitchen)

## Directions:

- 1 tsp ground coriander

- 1 tsp brown sugar

- 1/4 tsp cayenne

pepper

Directions:

In a plastic bag, combine chicken strips, lime juice, chili powder, ground cumin, coriander, brown sugar, cayenne pepper.

Combine lettuce, tomatoes, and black beans then let chill in refrigerator.

Sauté chicken and peppers in skillet over olive oil 1-2 minutes.

Pour over salad and toss.

# Vegetarian Fajita Salad



Try it with various lean proteins! Make 2 servings, 34 grams of carbs.

## Ingredients:

- 2/3 cup garbanzo beans
- 1 bell pepper, julienned
- ¼ head of lettuce, washed and
- drained 2-3 diced tomatoes
- 1 can organic black beans, washed
- ½ tbsp lime juice
- 1 tbsp chili powder
- 1 tsp ground cumin

- 1/4 tsp cayenne
- pepper 4-5 pita chips

Directions:

Combine lettuce, tomatoes and let chill in fridge.

In skillet, combine beans, lime juice, chili powder, ground cumin, coriander, brown sugar, cayenne pepper.

Sauté chicken and peppers in skillet over olive oil 1-2 minutes

Pour over lettuce, tomatoes and toss.

## Whole Wheat Honey Garlic Pita



Also, great as a wrap! Make 2 servings, 23.7 grams of carbs.

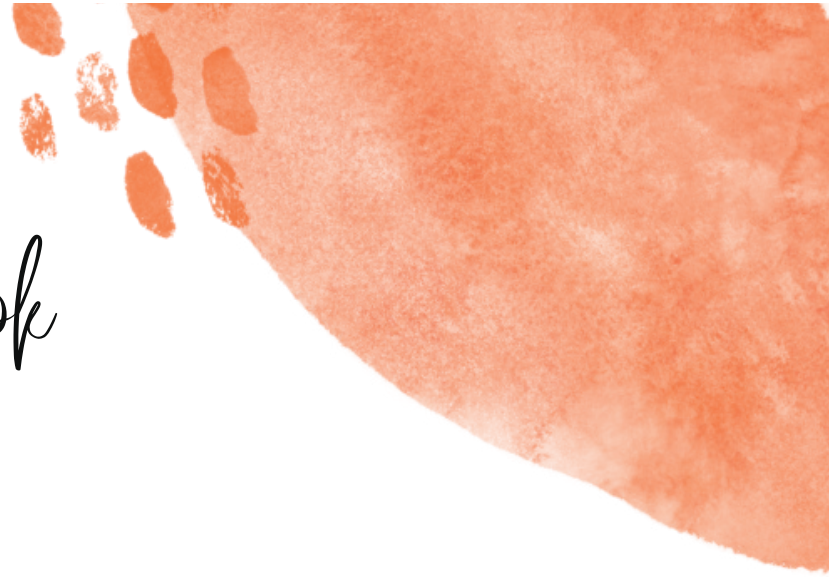
### Ingredients:

- 2 4-inch whole wheat pitas
- ½ cup baby spinach leaves
- 1/3 cup bell pepper, diced
- 1 clove garlic, minced or
- grated 1 tsp organic honey
- 1 tsp walnuts
- ½ tbsp diced parsley, diced
- Crumbled feta cheese (optional)

Directions:

Mix spinach leaves, diced bell peppers, garlic, honey, and walnuts.

Fill each pita shell with mixture.



# my Recipe book

SERVES

TIME		COOK TEMP

INGREDIENTS

NOTES

<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	
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DIRECTIONS

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