55 KETO SNACKS

Recipes











By Ella Ross

YOUR FAT INTAKE

Yes, you can get away with bacon and pork rinds in the short run. In the long run, your body isn't going to like it.

For fat ideas, I stick to the following:

1. High quality butter
2. High fat meat
3. Coconut Milk
4. Olive Oil
5. Nuts (watch the carbs!)
6. Avocado - This is my go to food for fat intake.

Aim to get Healthy Fats into your diet.





KETO DESSERTS

I do miss the sugary taste once in a while. I usually buy berries such as strawberries or blueberries and have a handful to meet my sugar craving.

Then you have the fat bombs.....

These range from Keto Ice Cream you can make or buy or the homemade fat bomb that is basically cream cheese with sugar alcohol and some type of flavoring.

Fat bombs work. I've made my fair share of keto ice cream.

It can get addicting and even though sugar alcohol is deemed to be safe, some people do experience stomach issues. I try to stick with natural low glycemic sugars such as stevia and monk fruit.

I stay away from consistently eating fat bombs. Cream cheese is not nutritionally dense and you need to watch the calories. They still do count! I learned the hard way.

HOW TO USE THIS COOK BOOK

It’s pretty straight forward. We’ve broken up the recipes by meals: Breakfast, Lunch, Dinner, Snacks and Desserts. Just flip through and give it a go!

QUICK KETO TIPS

1. Keep your fat intake high. It’s your energy source to produce ketones.

2. Keep net carb levels below 30g. Try to aim at 20g when starting out.

3. Your success will increase with meal planning.

4. Keep a food journal. You’ll be surprised on what you find out. It makes you more conscious on what you’re eating.

5. Create a lifestyle around healthy fats.

6. It’s ok to have keto desserts. Don’t make it a daily habit.

7. Build a support system around your health journey.

8. Make cooking fun. Try new keto recipes!

9. Meal prep your week to keep yourself on track.



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Published by Ella Ross.

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CINNAMON ROLLS

Serving: 1
Calories: 471 | 45.8g Fat | 2.71g Net Carbs

INGREDIENTS

CAKE

1. 1 tbsp butter, melted
2. 2 tbsp almond flour
3. ½ tsp cinnamon
4. 1 tsp stevia or sweetener of choice
5. ½ tsp baking powder
6. 1 egg

GLAZE

1. 1 tsp cinnamon
2. 1 ½ tbsp butter, melted 3. ½ tbsp stevia

ICING

1. 1 tbsp cream cheese
2. 1 tbsp heavy cream 3. ½ tbsp stevia

INSTRUCTIONS

• Mix all your cake ingredients into your preferred mug. Mix extremely well until you get a smooth batter. Set aside.

• In another small bowl, mix glaze ingredients. Put in the microwave for about 20-30 seconds or until they're melted together nicely. Stir your glaze so everything is mixed together well with no lumps.

• Use about half the glaze mixture and drop it onto your mixed cake batter. Then take a knife or toothpick to swirl the glaze within the mixture.

• Pop the cake mixture into the microwave for 60 seconds. Your mixture should rise nicely and pull away from the sides of your mug or ramekin. Remove from microwave and set aside.

(Note: Every microwave is different so keep a close eye on your cake as it's cooking and don't be afraid to pull it out early if it looks quickly or give it extra time if your microwave heats a little slower.)

- Put your icing mixture into a small bowl and microwave for about 15-20 seconds or until all the ingredients easily melt together when stirred. Depending on how thin and "drippy" you want your icing, feel free to add a bit more cream if it appears to be too thick. Mix thoroughly until there are no lumps.

- Use a knife to loosen your cake from the sides of your mug or ramekin. Flip onto a plate. Take the rest of your glaze and pour over cake.

- Take icing and pour over cake. You can use a knife to smooth the icing all over the cake *(depending on thickness)* or let the icing drip over your cake. Enjoy!

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	103.9g
Calories	471
Total Fat	45.8g
Saturated Fat	28.6g
Cholesterol	288mg
Sodium	128mg
Total Carbohydrate	5.5g
Dietary Fiber	2.8g
Proteins	8.9g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	45.8	2.71	8.9
Calories	412.3	10.8	35.7
Percentage	89.9 %	2.4 %	7.8 %



KETO TACO HEAVEN

Serving: 5
Calories: 583 | 41g Fat | 10.4g Net Carbs

INGREDIENTS

1. 3 ½ cup shredded cheddar
2. 1 tbsp extra virgin olive oil
3. 1 onion, chopped
4. 3 cloves garlic, minced
5. 1 lb ground beef
6. 1 tsp chili powder
7. ½ tsp ground cumin
8. ½ tsp paprika
9. Kosher salt
10. Freshly ground black pepper 11. Sour cream, for serving
12. Diced avocado, for serving
13. Chopped cilantro, for serving
14. Chopped tomatoes, for serving

INSTRUCTIONS

• Preheat oven to 375°F and line a large baking sheet with parchment paper. Spoon about a tablespoon of cheese a few inches apart. Bake until bubbly and edges are beginning to turn golden, about 6 minutes. Let cool on baking sheet for a minute.

• Meanwhile, grease bottom of a muffin tin with cooking spray, then carefully pick up melted cheese slices and place on bottom of muffin tin. Let cool 10 minutes.

• In a large skillet over medium heat, heat olive oil. Add onion and stir occasionally until soft (about 5 minutes).

• Add garlic and ground beef. Break up the meat with a wooden spoon. Cook until beef is no longer pink (about 6 minutes).

• Drain fat. Season with chili powder, cumin, paprika, salt, and pepper.

• Transfer cheese cups to a serving platter. Fill with cooked ground beef then top with sour cream, avocado, cilantro, and tomatoes.

NUTRITION FACTS

Servings Per	5
Recipe Serving Size	313.6g
Calories	583
Total Fat	41g
Saturated Fat	21.5g
Cholesterol	144.8mg
Sodium	612.4mg
Total Carbohydrate	13.7g
Dietary Fiber	3.3g
Proteins	40.3g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	41	10.4	40.3
Calories	369.4	41.6	161.2
Percentage	28.2 %	7.3 %	28.2 %



COCONUT OATMEAL

Serving: 1
Calories: 498 | 41g Fat | 11g Net Carbs

INGREDIENTS

1. 2 eggs
2. 2/
3 cup coconut milk
3. 20 grams coconut flour
4. 1or 2 tbsp butter or ghee
5. Sweetener to taste
6. Any keto toppings you wish

INSTRUCTIONS

• Whisk eggs till frothy, add milk , coconut flour and sweetener.

• Cook stirring till it thickens.

• Add butter and any toppings to taste.

• You can put cinnamon and strawberries and this is sweet enough for without any stevia.

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	270g
Calories	498
Total Fat	41g
Saturated Fat	29g
Cholesterol	347mg
Sodium	158mg
Total Carbohydrate	18g
Dietary Fiber	7g
Proteins	15g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	41	11	15
Calories	371.9	44	60.2
Percentage	78.1 %	9.2%	12.6 %



PORK RIND BREAD

Serving: 12
Calories: 148 | 11g Fat | 2.3g Net Carbs

INGREDIENTS

1. 8 oz cream cheese
2. 2 cups mozzarella cheese grated *(about 210 grams)*
3. 3 large eggs
4. ¼ cup parmesan cheese grated *(about 27 grams)*
5. 1 cup pork rinds crushed *(about 46 grams)*
6. 1 tbsp baking powder
7. Herbs and spices to taste

INSTRUCTIONS

• Preheat oven to 375°F. Line baking sheet *(I used a 12 x 17 jelly roll pan)* with parchment paper.

• Place cream cheese and mozzarella cheese in large microwaveable bowl.

• Microwave cheese on high power for one minute, stir, then microwave for another minute and stir again. The cheese should be fully melted.

• Add egg, parmesan, pork rinds, and baking powder. Stir until all ingredients have been incorporated.

• Spread mixture onto parchment paper lined pan. Bake at 375°F for 15-20 or until lightly brown on top.

• Allow pan to cool on rack for 15 minutes, then remove bread from pan and cool directly on rack.

• Slice into 12 equal sized pieces. Can be eaten plain or used to make sandwiches.

NUTRITION FACTS

Servings Per	12
Recipe Serving Size	53g
Calories	148
Total Fat	11g
Saturated Fat	7g
Cholesterol	73mg
Sodium	265mg
Total Carbohydrate	2g
Dietary Fiber	0g
Proteins	10g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	11	2.	10
Calories	99.1	3	38.3
Percentage	67.6 %	9. 2 6. 3 %	26.1 %



90-SECOND KETO BREAD

Serving: 1
Calories: 311 | 29g Fat | 2.6g Net Carbs

INGREDIENTS

1. 1 egg
2. 3 tbsp almond flour
3. ½ tsp baking powder
4. 1 tbsp butter

INSTRUCTIONS

- Mix all ingredients in a mixing bowl.
- Microwave for 90 seconds.
- Enjoy!

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	79g
Calories	311
Total Fat	29g
Saturated Fat	11g
Cholesterol	207mg
Sodium	92mg
Total Carbohydrate	5g
Dietary Fiber	2g
Proteins	10g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	29	2.6	10
Calories	259.7	10.4	40.1
Percentage	83.7 %	3.4 %	12.9 %



KETO BREAD

Serving: 12
Calories: 239 | 22g Fat | 2.2g Net Carbs

INGREDIENTS

1. ½ cup butter, melted
2. 2 tbsp coconut oil
3. 7 eggs
4. 1 tsp baking powder 5.
2 cup almond flour
6. ½ tsp xanthan gum
7. ½ tsp salt

INSTRUCTIONS

- Preheat oven to 180°C.
- Put the eggs into a bowl and heat for 1-2 mins on high.
- Add coconut oil and melted butter to eggs, continue beating.
- Scrape into a loaf pan lined with baking paper.
- Add remaining ingredients. Will become quite thick.
- Bake for 45 minutes. Remove once skewer comes out of the middle clean.

NUTRITION FACTS

Servings Per	12
Recipe Serving Size	60g
Calories	239
Total Fat	22g
Saturated Fat	9g
Cholesterol	129mg
Sodium	207mg
Total Carbohydrate	4g
Dietary Fiber	2g
Proteins	8g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	22	2.	8
Calories	199.9	2	31.0
Percentage	83.5 %	8. 7 3. 6 %	12.9 %



NO OAT OVERNIGHT “OATMEAL”

Serving: 1
Calories: 786 | 71g Fat | 11.6g Net Carbs

INGREDIENTS

1. 6 tbsp flax seeds
2. 2 tsp chia seeds
3. 1 tsp cinnamon
4. 2 tbsp crushed pecans
5. 5 tbsp organic coconut milk 6. 2 tbsp water
7. ¼ tsp of stevia

INSTRUCTIONS

- Stack up the ingredients in the order as listed.
- Stir it all up to have an even consistency.
- Refrigerate overnight.
- You can top in blueberry if you want in the morning.

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	177g
Calories	786
Total Fat	71g
Saturated Fat	33g
Cholesterol	0mg
Sodium	17mg
Total Carbohydrate	30g
Dietary Fiber	18g
Proteins	12g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	71	11.6	12
Calories	637.7	46.5	46.4
Percentage	87.3 %	6.4 %	6.4 %



KETO PANCAKES

Serving: 10
Calories: 268 | 23g Fat | 3.2g Net Carbs

INGREDIENTS

BASE

1. 1 ½ cup almond flour
2. 8 oz cream cheese *(softened)*
3. 6 large eggs
4. 2 tbsps vanilla extract
5. ¼ tsp baking powder *(optional)*
6. 2 tsps pyure sweetener *(optional)*
7. Butter *(salted)*

FOR SYRUP

1. Either Walden Farms Calorie Free Pancake Syrup or Lakanto Monkfruit Syrup

INSTRUCTIONS

• Place the Softened Cream Cheese into a large mixing bowl, or a Food Processor if you want it to be even easier!

• Pour the Vanilla Extract on top *(Pure Vanilla Extract is best, but you can use Imitation Vanilla Flavor if you have that handy)*.

• Crack the 6 Large Eggs on top of the Cream Cheese.

• Blend by hand, or with a hand mixer or stand mixer if you prefer.

• After blending the wet and softened ingredients together, slowly add in the Almond Flour as you continue to mix. If you notice the mixture getting thick enough to your liking you don't have to add all of the almond flour. If it's not thick enough, just slowly add a little more almond flour while continuing to mix.

• Heat a Large Skillet up to about 290° and add enough Butter to coat the bottom of the pan.

• Once the butter has been melted and begins to bubble a little slowly pour in the pancake mixture to create the size pancakes that you prefer.

• Cook for about 2 minutes on each side, but be careful not to over-cook them.

• Plate them and smother with butter, or topping of your choice.

***Optional**: You can experiment with adding different flavoring extracts or spices to the mix to make them taste the way you like. Sometimes we add cinnamon or pumpkin spice mix for a seasonal flavor, other times we may add Maple Extract for a little old fashioned flavor.*

NUTRITION FACTS

Servings Per	10
Recipe Serving Size	79g
Calories	268
Total Fat	23g
Saturated Fat	9g
Cholesterol	144mg
Sodium	170mg
Total Carbohydrate	5g
Dietary Fiber	2g
Proteins	9g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	23	3.2	9
Calories	208.1	12.6	36.1
Percentage	81.0 %	4.9 %	14.1 %



FRENCH TOAST

Serving: 1
Calories: 483 | 44.4g Fat | 6.7g Net Carbs

INGREDIENTS

BASE

1. 1 tablespoon coconut flour
2. 1¼ tablespoon butter melted
3. 1 egg
4. 1 teaspoon cream cheese
5. ¼ teaspoon baking powder 6. ¼ tsp cinnamon
7. pinch of nutmeg

FOR THE FRENCH TOAST

1. 1 egg
2. ¼ cup heavy whipping cream 3. ¼ tsp Swerve Confectioners Sugar

OPTIONAL

1. Lakanto Sugar - Free Maple Syrup

INSTRUCTIONS

• Melt butter in a ceramic or glass bowl.

• Add the rest of the ingredients and whisk together until combined.

• Cook in the microwave for 90 seconds.

• Remove from the microwave and allow to cool for a minute or two.

• Cut bread in half like a bun *(each side will be thin)*.

• Bake for 45 minutes. Remove once skewer comes out of the middle clean.

• Cut bread in half like a bun *(each side will be thin)*.

• In a flat dish add 1 egg and ¼ cup heavy whipping cream and combine with a whisk.

• Soak bread on both sides in egg and heavy whipping cream mixture.

• Heat 1 tablespoon of butter in a skillet and fry each side until crisp.

• Sprinkle ¼ teaspoon Swerve Confectioners Sugar on top and serve with sugar-free syrup.

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	180.7g
Calories	483
Total Fat	44.4g
Saturated Fat	27.3g
Cholesterol	447mg
Sodium	302.5mg
Total Carbohydrate	7.6g
Dietary Fiber	3.4g
Proteins	13g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	44.4	6.7	13
Calories	399.3	26.9	51.8
Percentage	83.5 %	5.6 %	10.8 %



BREAKFAST PIZZA

Serving: 3
Calories: 299 | 16g Fat | 7.7g Net Carbs

INGREDIENTS

1. 6 eggs
2. ¼ cup frozen spinach
3. Bacon
4. Tomatoes
5. ½ avocado
6. Cheese

INSTRUCTIONS

• Mix 6 eggs with ¼ c frozen spinach in a bowl while the pan heats up with a little oil.

• Pour in the egg mix and let cook until the bottom is set.

• Sprinkle with bacon and tomatoes.

• Put in oven at 350° until the egg is cooked through.

• Add half an avocado. Then you can add cheese to the slices after.

NUTRITION FACTS

Servings Per	3
Recipe Serving Size	293g
Calories	299
Total Fat	16g
Saturated Fat	4g
Cholesterol	363mg
Sodium	799mg
Total Carbohydrate	11g
Dietary Fiber	3g
Proteins	29g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	16	7.7	29
Calories	141.5	30.8	117.2
Percentage	48.9 %	10.6 %	40.5 %



BEEF AND EGGS CHEESE MUFFINS

Serving: 54
Calories: 75 | 5g Fat | 0.6g Net Carbs

INGREDIENTS

1. 3 lbs ground beef
2. 1 cup spinach chopped
3. ½ cup cheese
4. ½ cup onions chopped
5. 14 eggs scrambled
6. 1 spoon Himalaya salt
7. Jalapeno as desired, chopped
8. 3 spoons of mustard
9. 1 tomato chopped
10. ½ cilantro chopped

INSTRUCTIONS

• Mix ground beef with the mustard, jalapeno, onions and salt, cilantro, tomatoes.

• Transfer ingredients to cupcake pan.

• Make small meatball with ground beef. Everything to be mixed.

• Cover your little tray to the top. Leave space in the middle to fill it with the cheese and spinach. Then last would be your scrambled eggs.

• Preheat oven to 350° to 400°. Once hot, put your trays and lower down to 300°.

• Cook for 25 to 30 minutes. Once the eggs turn golden brown, you are all done.

NUTRITION FACTS

Servings Per	54
Recipe Serving Size	45g
Calories	75
Total Fat	5g
Saturated Fat	2g
Cholesterol	55mg
Sodium	104mg
Total Carbohydrate	1g
Dietary Fiber	0g
Proteins	6g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	5	0.	6
Calories	44.2	6	26.0
Percentage	61.0 %	2. 3 3. 1 %	35.8 %



KETO OVEN BAKED DENVER OMELETTE

Serving: 4
Calories: 361 | 26g Fat | 9.4g Net Carbs

INGREDIENTS

1. 8 eggs
2. ½ cup half and half cream
3. 1 cup shredded cheddar cheese
4. 1 cup chopped fully cooked ham
5. ½ cup onion
6. ½ cup green pepper

INSTRUCTIONS

- Preheat oven to 400°.
- In a medium sized mixing bowl whisk together eggs and cream. Add in cheese, ham, onion and green pepper.
- Pour into a greased 9x9 inch pan. Bake for 25 minutes or until golden brown.

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	200g
Calories	361
Total Fat	26g
Saturated Fat	12g
Cholesterol	429mg
Sodium	1459mg
Total Carbohydrate	10g
Dietary Fiber	0g
Proteins	26g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	26	9.4	26
Calories	237.6	37.	103.5
Percentage	62.7 %	7 10 %	27.3 %



CHICKEN CORDON BLEU CASSEROLE

Serving: 8
Calories: 291 | 16g Fat | 2.1g Net Carbs

INGREDIENTS

1. 6 cups shredded cooked chicken *(from about 2 lbs chicken)*
2. 6 oz ham, cut into bite size pieces
3. 4 oz butter, melted
4. 6 oz cream cheese, softened 5. 1 tbsp dijon mustard
6. 1 tbsp white wine, optional
7. 1-2 oz lemon juice *(use the full amount if you love lemon)*
8. ½ tsp salt
9. 5 oz Swiss cheese

INSTRUCTIONS

- Preheat the oven to 350°F. Put the chicken in the bottom of a 9x13 baking dish. Layer the pieces of ham on the top.
- In a blender, combine the melted butter, softened cream cheese, white wine *(optional)*, mustard, lemon juice, and salt. Blend until a thick sauce forms. Spread this sauce over the chicken and ham in the baking dish.
- Lay the slices of Swiss cheese on top of the sauce. Bake for 30-40 minutes until hot.
- Broil for 2 minutes at the end so the cheese would get more golden and bubbly but don't leave unattended as it's easy to burn the cheese topping.

NUTRITION FACTS

Servings Per	8
Recipe Serving Size	201g
Calories	291
Total Fat	16g
Saturated Fat	8g
Cholesterol	106mg
Sodium	1010mg
Total Carbohydrate	2g
Dietary Fiber	0g
Proteins	33g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	16	2.	33
Calories	146.7	1	131.2
Percentage	51.2 %	8. 5 3. 0 %	45.8 %



KETO WHITE CHICKEN CHILI

Serving: 3
Calories: 479 | 42g Fat | 5.7g Net Carbs

INGREDIENTS

1. 1 lb chicken
2. 1.5 cups chicken broth
3. 2 garlic cloves, finely minced 4. 1 4.5 can chopped green chiles
5. 1 diced jalapeño
6. 1 diced green
7. ¼ cup diced onion
8. 4 tbsp butter
9. ¼ cup heavy whipping cream
10. 4 oz cream cheese
11. 2 tsp cumin
12. 1 tsp oregano

INSTRUCTIONS

• In large pot, season chicken with cumin, oregano, cayenne, salt and pepper.
• Sear both sides over medium heat until golden.
• Add broth to pot, cover and cook chicken for 15-20 minutes or until fully cooked.
• While chicken is cooking, melt butter in medium skillet.
• Add chiles, diced jalapeño, green pepper and onion to skillet and saute until veggie soften.
• Add minced garlic and saute additional 30 seconds and turn off heat, set aside.
• Once chicken is fully cooked, shred with fork and add back into broth.
• Add sauteed veggies to pot with chicken and broth and simmer for 10 minutes.
• In medium bowl, soften cream cheese in microwave until you can stir it *(-20 sec)*.
• Mix cream cheese with heavy whipping cream.
• Stirring quickly, add mixture into pot with chicken and veggies.
• Simmer additional 15 minutes.
• Serve with favorite toppings such as: pepper jack cheese, avocado slices, cilantro, sour cream.

NUTRITION FACTS

Servings Per	3
Recipe Serving Size	433g
Calories	479
Total Fat	42g
Saturated Fat	25g
Cholesterol	158mg
Sodium	454mg
Total Carbohydrate	8g
Dietary Fiber	2g
Proteins	13g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	42	5.7	13
Calories	381.8	22.9	53.5
Percentage	81.73 %	5.0 %	11.46%



ITALIAN STUFFED PORTABELLOS

Serving: 2
Calories: 288 | 20g Fat | 13.5g Net Carbs

INGREDIENTS

1. 1 tbsp butter
2. 2 cloves garlic, minced
3. 2 mushrooms
4. ¼ small yellow onion
5. ¼ green bell pepper
6. Onion
7. Pepper
8. ½ lb ground Italian sausage
9. 1/3 cup shredded mozzarella
10. 2 oz cream cheese
11. Salt
12. Red Pepper, fresh basil and parsley *(or any seasoning you like)*

INSTRUCTIONS

• Remove stem of mushroom and save.

• Scrape gills from inner part of mushroom.

• In microwave or stove, melt butter with 2 cloves of smashed garlic and Italian seasoning. Brush butter on outside and inside of mushroom.

• In a food processor, grind onion, bell pepper, mushroom stems, and garlic. Sautee on stove top for a few minutes until softened.

• In a mixing bowl, add onion and pepper mixture, Italian sausage, mozzarella, cream cheese, salt, pepper, and other seasonings of your choice and stuff meat mixture into mushrooms.

• Top with additional mozzarella.

• Bake in 375° oven for 30 minutes or until meat is cooked.

• Serve.

NUTRITION FACTS

Servings Per	2
Recipe Serving Size	287g
Calories	288
Total Fat	20g
Saturated Fat	9g
Cholesterol	31mg
Sodium	583mg
Total Carbohydrate	16g
Dietary Fiber	3g
Proteins	11g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	20	13.	11
Calories	175.8	5	42.3
Percentage	64.6 %	53. 9 19. 8 %	15.5 %



FAT HEAD PIZZA CRUST

Serving: 8
Calories: 170 | 14g Fat | 3g Net Carbs

INGREDIENTS

1. 1 ½ cups shredded mozzarella
2. ¾ cup almond flour
3. 2 tbsp of cream cheese, cubed
4. 1 egg
5. Garlic powder, onion powder, mixed herbs for seasoning

INSTRUCTIONS

• Put mozzarella and cream cheese in a medium bowl.

• Microwave for 1 minutes, stir and then another 30 sec, stir.

• Stir in egg and almond flour.

• Wet hands and spread “doug” thin on parchment paper. It should spread evenly with dough-like consistency.

• Poke rows of holes with a fork to avoid bubbles.

• Put in 425° oven.

• After 8 minutes, check the crust and poke holes if there is bubbles.

• Add desired pizza toppings.

• Continue cooking for a total of 12-14 minutes or until slightly brown and golden.

• Divide into 8 equal slices.

NUTRITION FACTS

Servings Per	8
Recipe Serving Size	46g
Calories	170
Total Fat	14g
Saturated Fat	3g
Cholesterol	26mg
Sodium	269mg
Total Carbohydrate	4g
Dietary Fiber	1g
Proteins	7g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	14	3.0	7
Calories	127.1	12.1	27.2
Percentage	76.4 %	7.3 %	16.4 %



COCONUT FLOUR CHICKEN TENDERS

Serving: 6
Calories: 131 | 7g Fat | 0.9g Net Carbs

INGREDIENTS

1. ¼ cup coconut flour
2. 2 tablespoons grated parmesan (*optional)*
3. ½ teaspoon kosher or natural sea salt
4. ½ teaspoon ground cumin
5. ¼ - ½ teaspoon ground smoked paprika
6. ½ teaspoon garlic powder (*optional)*
7. ½ teaspoon onion powder (*optional)*
8. ½ teaspoon black or white pepper
9. 1 pound chicken tenderloins 6-8 pieces
10. ¼ cup olive oil or a beaten egg

INSTRUCTIONS

• On plate or shallow container, mix coconut flour, Parmesan and spices with a fork.

• Pour olive oil *(or beaten egg)* in small container. Drench each tenderloin in olive oil then gently press each chicken tenderloin in coconut flour mixture. Spray extra olive oil over the coating until wet to prevent dryness.

• Ensure each tenderloin is completely covered with coating then place on a rack inside shallow baking pan. Spraying extra olive oil on top prevents dry coating.

• Bake at 400°F for 10-12 minutes then flip each tenderloin.

• Continue baking for an additional 10-12 minutes. To brown the outside, place tenders about 6-inches from top broiler on high and broil each side for about 1 minute. *(You'll need to flip the tenders again to brown each side using the broiler)*

• Eat plain or dip in your favorite sauce.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	89g
Calories	131
Total Fat	7g
Saturated Fat	2g
Cholesterol	32mg
Sodium	319mg
Total Carbohydrate	3g
Dietary Fiber	2g
Proteins	16g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	7	0.	16
Calories	62.0	9	65.1
Percentage	47.5 %	3. 6 2. 8 %	49.8 %



CROCK POT CRUSTLESS PIZZA

Serving: 10
Calories: 513 | 38g Fat | 7.4g Net Carbs

INGREDIENTS

1. 2 lbs ground beef
2. Garlic, salt, pepper and dried minced onion to taste
3. 2 cups shredded mozzarella cheese
4. 14 oz jar pizza sauce
5. 2 cup shredded pizza blend cheese
6. Your favorite pizza toppings

INSTRUCTIONS

• Brown your beef and seasonings in a skillet on the stove over medium/high heat and drain.

• Put your beef and mozzarella in a bowl and mix it together.

• Spray your crock pot lightly with cooking spray.

• Evenly spread out your beef mixture in your crock pot.

• Pour your pizza sauce across the top and spread out evenly.

• Top with your pizza blend cheese and toppings.

• Cover and cook on low for around 4 hours.

NUTRITION FACTS

Servings Per	10
Recipe Serving Size	221g
Calories	513
Total Fat	38g
Saturated Fat	13g
Cholesterol	77mg
Sodium	1105mg
Total Carbohydrate	8g
Dietary Fiber	0g
Proteins	32g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	38	7.4	32
Calories	340.7	29.7	128.1
Percentage	68.3 %	6.0 %	25.7 %



LOW CARB CAULIFLOWER TORTILLAS

Serving: 4
Calories: 314 | 20g Fat | 4.4g Net Carbs

INGREDIENTS

1. 4 cups of cauliflower *(riced)*
2. or 12 oz of frozen riced cauliflower
3. 2 eggs
4. ½ tsp garlic powder
5. ¼ tsp salt
6. 9 oz of Mexican cheese *(cheese of your choice)*
7. 2 stalks of green onion

INSTRUCTIONS

- Preheat oven to 400°.
- Use parchment paper on 2 baking pans *(so you can swap pans during cooking)*.
- Use a food processor for the cauliflower florets on pulse mode.
- Add the remaining ingredients in the processor and continue pulse mode until blended.
- Use a tablespoon scoop and scoop 3 tables per tortilla: placing it on the parchment paper; pat out to ¼ to ⅛ in thick *(whatever your preference might be).* Do this with the remaining batter until out.
- Bake for 15-20 minutes until golden brown.
- If you are making a huge batch, wait for them to cook on the parchment paper before removing them for a new batch.

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	173g
Calories	314
Total Fat	24g
Saturated Fat	14g
Cholesterol	157mg
Sodium	973mg
Total Carbohydrate	6g
Dietary Fiber	2g
Proteins	20g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	24	4.4	20
Calories	214.2	17.5	80.9
Percentage	68.5 %	5.6 %	25.9 %



KETO KABOBS

Serving: 6
Calories: 245 | 16g Fat | 7.3g Net Carbs

INGREDIENTS

1. Zucchini
2. Yellow squash
3. Red onion
4. Mushroom
5. Grape tomotoes
6. Bell pepper
7. Chicken
8. Angus beef
9. 2 tbsp worcestershire
10. 1 tbsp soy sauce
11. ½ tsp black pepper
12. ½ tsp pink salt
13. ¼ tsp garlic powder
14. ¼ tsp meat tenderizer powder

(chicken only add the chicken and poultry rub)

INSTRUCTIONS

• Marinate both chicken and beef with worcestershire sauce, soy sauce, black pepper, pink salt, garlic powder. Mix and leave.

• Dice up all veggies into bit larger than bite size pieces. Begin to stack meat and veggies in whatever order you wish.

• Top with tomato.

• Grill for about 15-20 minutes constantly flipping to ensure proper cooking of all meat, eat.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	272g
Calories	245
Total Fat	16g
Saturated Fat	9g
Cholesterol	50mg
Sodium	501mg
Total Carbohydrate	10g
Dietary Fiber	3g
Proteins	16g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	16	7.3	16
Calories	144.2	29.2	65.4
Percentage	60.4 %	12.2 %	27.4 %



CHEESY CHICKEN FRITTERS

Serving: 16
Calories: 136 | 10g Fat | 2.4g Net Carbs

INGREDIENTS

1. 1 ½ lbs *(3 large)* chicken breasts
2. 2 large eggs
3. 5 Tbsp *(about 1/3 cup)* mayonnaise
4. 1/3 cup all-purpose flour *(or cornstarch or potato starch for*
5. *gluten free option)*
6. 4 oz *(1 1/3 cups)* shredded mozzarella cheese
7. 1 ½ Tbsp chopped fresh dill
8. ½ tsp salt and 1/8 tsp black pepper, or to taste
9. Extra light olive oil, or any high heat cooking oil to sautee

INSTRUCTIONS

• Using a sharp knife, dice chicken into 1/3″ to 1/2″ thick pieces and set aside.

• In a medium bowl combine batter ingredients: 2 eggs, 5 Tbsp mayo, 1/3 cup flour, 1 1/3 cups mozzarella, 1 ½ Tbsp dill, ½ tsp salt and 1/8 tsp black pepper. Stir until well combined. Stir in diced chicken, cover with plastic wrap and marinate in the refrigerator at least 2 hours, or overnight.

• Heat a large non-stick pan over medium heat. Add 2 Tbsp oil and when oil is hot, add the chicken mixture a heaping tablespoon at a time *(I used a flat ice cream scoop for uniform sizes)*.

• Pat down the fritters with the back of your spoon to flatten them slightly. Saute uncovered 3 - 4 min on the first side then flip and saute uncovered 3 min on the second side or until golden brown and fully cooked through. Repeat with remaining fritters. Remove to a paper towel lined plate.

• Serve these chicken fritters with garlic aioli dip if desired and enjoy!! They'd also be great as mini sandwiches .
(sliders)

**NOTE: We use regular flour which will not knock out out of ketosis if you factor the carbs and make sure you are within your limitations. Or you can substitute with almond or coconut flour.*

NUTRITION FACTS

Servings Per	16
Recipe Serving Size	64g
Calories	136
Total Fat	10g
Saturated Fat	2g
Cholesterol	61mg
Sodium	209mg
Total Carbohydrate	2g
Dietary Fiber	0g
Proteins	9g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	10	2.	9
Calories	87.0	4	37.7
Percentage	64.9 %	9. 4 7. 0 %	28.1 %


CHOCOLATE MANJERICÃO
PROSCIUTTO
ALCAPARRAS
FRANCISCANA
PIMENTÃO
BRÓCOLIS
PROVOLONE
CAMARÃO
CAMPONESA
CALABRESA
MUSSARELA
PALMITO
RICOTA
SHITAKE
GORGONZOLA
BACON
CHAMPIGNON
LOMBINHO
PEPPERONI

ENCHILADA BAKE

Serving: 6
Calories: 565.5 | 44g Fat | 7.1g Net Carbs

INGREDIENTS

CRUST

1. 4 Oz cream cheese softened 2. 2 eggs
3. ½ Tsp taco seasoning
4. 8 Oz cheddar cheese shredded

TOPPING

1. 1 Lb ground beef
2. 1 Tbsp taco seasoning
3. 1 jar enchilada sauce 8.5oz
4. 8 Oz pepper jack cheese shredded

INSTRUCTIONS

CRUST

- Beat or whisk the cream cheese and eggs until smooth.
- Add the seasoning; mix well.
- Stir in the cheese and mix well.
- Grease a 9x13” baking dish or line with parchment paper; spread the cheese mixture evenly over the bottom.
- Bake at 350º for 35 minutes or until browned.
- Let stand 5-10 minutes before adding the topping.

TOPPING

- Brown the hamburger; drain fat.
- Stir in the seasoning and enchilada sauce.
- Spread over the crust and top with the cheese.
- Bake another 20 minutes or so until hot and bubbly.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	227.4g
Calories	565.5
Total Fat	44g
Saturated Fat	23.4g
Cholesterol	209.7mg
Sodium	939.5mg
Total Carbohydrate	7.4g
Dietary Fiber	0.3g
Proteins	36.3g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	44	7.1	36.3
Calories	396.4	28.5	145.1
Percentage	69.6 %	5.0 %	25.5 %



BACON RANCH CHICKEN CASSEROLE

Serving: 8
Calories: 386 | 32g Fat | 3.7g Net Carbs

INGREDIENTS

1. 1.5 lb cooked chicken, cubed
2. 1 lb fresh broccoli, steamed and drained or frozen broccoli, thawed and drained
3. 1 tbsp minced onion
4. 1 tbsp parsley
5. ½ tbsp garlic powder
6. ½ tbsp dill
7. ½ tsp salt
8. ½ tsp pepper
9. ¼ cup + 2 tbsp bacon crumbles
10. 8 oz cream cheese softened
11. 4 oz sour cream
12. 4 oz mayo
13. 8 oz shredded cheddar

INSTRUCTIONS

- Preheat oven to 350° if baking immediately. Or you can prep ahead and keep in the refrigerator for a day or two.
- In a big bowl combine cream cheese, sour cream, mayo, and spices and mix thoroughly.
- Add the chicken, broccoli, ¾ of the cheese, and the ¼ cup bacon crumbles and mix well.
- Place mixture into a 9x13 baking dish sprayed with cooking spray. Sprinkle remaining cheese and 2 tbsp bacon crumbles on top.
- Bake until hot. *(about 35 minutes)*

NUTRITION FACTS

Servings Per	8
Recipe Serving Size	176g
Calories	386
Total Fat	32g
Saturated Fat	13g
Cholesterol	133mg
Sodium	535mg
Total Carbohydrate	4g
Dietary Fiber	1g
Proteins	20g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	32	3.7	20
Calories	291.8	14.8	81.9
Percentage	75.1 %	3.8 %	21.1 %



CHICKEN NUGGETS

Serving: 5
Calories: 230 | 16g Fat | 0.9g Net Carbs

INGREDIENTS

1. 1 lb diced boneless chicken
2. 1 tsp black pepper
3. 1 tsp salt
4. 1 tsp smoked paprika
5. ½ tsp chili powder or cayenne 6. ½ tsp garlic powder
7. 2 tsp Italian seasoning
8. ½ bag pork rinds
9. 3 tbsp mayo
10. 3 tbsp dijon mustard
11. 1 egg

INSTRUCTIONS

• Dice raw boneless into tiny nuggets.

• Season with black pepper, salt, smoked paprika, chili powder or cayenne, garlic powder and Italian seasoning. Mix well.

• Crush pork rinds.

• In a mixing bowl, mix mayo, dijon mustard, egg. Whisk well.

• Add seasoned raw chicken nuggets to wet ingredients then toss pork rinds.

• Coat chicken nuggets well with sauce and pork rinds.

• Bake nuggets on 425° for 35 minute or you can fry at 350° for 10 minutes.

NUTRITION FACTS

Servings Per	5
Recipe Serving Size	126g
Calories	230
Total Fat	16g
Saturated Fat	3g
Cholesterol	121mg
Sodium	856mg
Total Carbohydrate	1g
Dietary Fiber	0g
Proteins	20g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	16	0.	20
Calories	142.7	9	79.5
Percentage	63.2 %	3. 7 1. 6 %	35.2 %



MAYO PARMESAN BAKED CHICKEN

Serving: 4
Calories: 573 | 46g Fat | 3.1g Net Carbs

INGREDIENTS

1. 4 boneless, skinless chicken breasts
2. ¾ cup mayo
3. 6 tbsp coarsely-grated Parmesan
4. ¾ tsp poultry seasoning
5. ¾ tsp garlic powder
6. Fresh grounded black pepper to taste

INSTRUCTIONS

• Preheat oven to 375°F / 190°C. Spray a baking dish with non-stick spray, choosing a dish just large enough to hold the chicken.

• Trim chicken breasts well, cutting larger ones in half if desired. Put each piece of trimmed chicken inside a small Ziploc bag and pound with a meat mallet (or something heavy), just until the chicken is an even thickness, about ½ inch thick. *(Don't pound too hard or too long or the chicken breasts will start to shred apart.)* Then cut small shallow crosswise slits going down each chicken breast, being careful not to cut through.

• Mix the mayo, poultry seasoning, garlic powder, and black pepper, then stir in the coarsely grated Parmesan. Put chicken breasts into the baking dish and use a rubber scraper to spread the mayo-parmesan coating over the top of each chicken breast, covering the entire surface.

• Bake chicken 35-40 minutes, or until the chicken is firm and the top is nicely browned. *(There will be some liquid and congealed cheese in the bottom of the baking dish, but just ignore it and move the chicken breasts to a serving platter.)*

• Serve hot, and wait for compliments!

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	220g
Calories	573
Total Fat	46g
Saturated Fat	8g
Cholesterol	154mg
Sodium	567mg
Total Carbohydrate	3g
Dietary Fiber	0g
Proteins	33g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	46	3.1	33
Calories	414.2	12.4	130.6
Percentage	74.3 %	2.2 %	23.4 %



WARM KALE SALAD

Serving: 4
Calories: 601 | 61g Fat | 0.4g Net Carbs

INGREDIENTS

1. ¾ cup heavy whipping cream
2. 2 tbsp mayonnaise
3. 1 tsp Dijon mustard
4. 2 tbsp olive oil
5. 1 garlic clove, minced or finely chopped salt and pepper
6. 2 oz butter
7. 8 oz kale
8. 4 oz blue cheese or feta cheese

INSTRUCTIONS

• Mix together heavy cream, mayonnaise, mustard, olive oil and garlic in a small beaker. Salt and pepper to taste.

• Rinse the kale and cut into small, bite-size pieces. Remove and discard the thick stem.

• Heat a large frying pan and add the butter. Sauté the kale quickly so it turns a nice color, but no more than that. Salt and pepper to taste.

• Place in a bowl and pour the dressing on top. Stir thoroughly and serve with crumbled blue cheese or another flavorful cheese of your choice.

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	189g
Calories	601
Total Fat	61g
Saturated Fat	34g
Cholesterol	167mg
Sodium	597mg
Total Carbohydrate	3g
Dietary Fiber	2g
Proteins	10g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	61	0.	10
Calories	552.0	4	39.2
Percentage	93.1 %	1. 6 0. 3 %	6.6 %


MANJERICÃO
BANANA
MASSA
PORTUG
SICILIANA
CHOCOLATE
HICHE OVO

JALAPEÑO FATHEAD PIZZA

Serving: 8
Calories: 198 | 18g Fat | 2.4g Net Carbs

INGREDIENTS

1. 1 ½ cup mozzarella cheese
2. 2 tbsp cream cheese
3. 2 large egg
4. 1/3 cup coconut flour

INSTRUCTIONS

• Preheat the over to 425°F *(218°C)*. Line a baking sheet or pizza pan with parchment paper.

• Combine the shredded mozzarella and cubed cream cheese in a large bowl. Microwave for 90 seconds, stirring halfway through. Stir again at the end until well incorporated.

• Stir in the beaten eggs and coconut flour. Knead with your hands until a dough forms. If the dough becomes hard before fully mixed, you can microwave for 10-15 seconds to soften it.

• Spread the dough onto the lined baking pan to ¼" or 1/3" thickness, using your hands or a rolling pin over a piece of parchment *(the rolling pin works better if you have one)*. Use of toothpick or fork to poke lots of holes throughout the crust to prevent bubbling.

• Bake for 6 minutes. Poke more holes in any places where you see bubbles forming. Bake for 3-7 more minutes, until golden brown.

NUTRITION FACTS

Servings Per	8
Recipe Serving Size	67g
Calories	198
Total Fat	18g
Saturated Fat	8g
Cholesterol	84mg
Sodium	372mg
Total Carbohydrate	4g
Dietary Fiber	2g
Proteins	14g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	18	2.	14
Calories	164.9	4	54.5
Percentage	72.0 %	9. 6 4. 2 %	23.8 %



LOW CARB EGGPLANT

Serving: 6
Calories: 144 | 3g Fat | 22.1g Net Carbs

INGREDIENTS

1. 1 big eggplant
2. ½ cup onion *(chopped)*
3. 10 walnuts
4. 1 green chili
5. 4 tbsp hung curd
6. 10 leaves mint leaves
7. Salt to taste
8. 20 grams coriander

INSTRUCTIONS

• Firstly cut off the top of the eggplant and then cut lengthwise into long thin slices, about a quarter of an inch wide.

• Cut the onion in a ring shape.

• Heat up the pan and grease it with olive oil.

• Place the slices of eggplant in the pan and let them Cook from both the sides.

• Now take out these slices into a bowl.

• In the same pan add 1 tablespoon olive oil and saute onion rings, green chili, and mint leaves until they change color. Then take out the onion in the same bowl.

• Mix well with the help of a fork.

• With the help of mortar and pestle crush walnuts.

• Then add hung curd, crushed walnuts, and salt to the eggplant and onion mixture. Mix well.

• Refrigerate this for about an hour before serving.

• Garnish with hung curd, onion rings, and coriander leaves.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	147g
Calories	144
Total Fat	3g
Saturated Fat	0g
Cholesterol	2mg
Sodium	101mg
Total Carbohydrate	27g
Dietary Fiber	4g
Proteins	3g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	3	22.	3
Calories	26.2	1	12.9
Percentage	20.5 %	88. 5 69. 4 %	10.1 %



CHICKEN PIZZA

Serving: 6
Calories: 104 | 6g Fat | 0.1g Net Carbs

INGREDIENTS

1. 10 oz canned chicken
2. 1 oz grated parmesan
3. 1 large egg

INSTRUCTIONS

• Thoroughly drain the canned chicken, getting as much moisture out as possible.

• Spread chicken on a baking sheet lined with a silicone mat. Bake at 350° for 10 minutes to dry out the chicken.

• Once chicken is done baking for 10 minutes, remove and place in a mixing bowl. Increase heat of oven to 500°.

• Add cheese and egg to the bowl with chicken and mix.

• Pour mixture onto baking sheet lined with a silicon mat and spread thin. Placing parchment paper on top and using a rolling pin makes this easier.

• Optional: with a spatula press the edges of the crust in to for a ridge for the crust. This is beneficial if you're using topping that may slide off.

• Bake the crust for 8-10 minutes at 500°.

• Remove crust from oven. Add desired toppings and bake for another 6-10 minutes at 500°. Toppings will dictate final cook time.

• Remove from oven and allow to cool for a few minutes. Your life is not changed. Enjoy!

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	61g
Calories	104
Total Fat	6g
Saturated Fat	2g
Cholesterol	77mg
Sodium	115mg
Total Carbohydrate	0g
Dietary Fiber	0g
Proteins	11g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	6	0.	11
Calories	54.9	1	45.0
Percentage	54.8 %	0. 3 0. 3 %	44.9 %



SALMON PATTIES

Serving: 4
Calories: 398 | 30g Fat | 2.4g Net Carbs

INGREDIENTS

1. 1 14.5 oz can canned salmon 2. ½ onion, minced
3. ½ cup almond flour
4. 2 eggs
5. 1 avocado, diced small
6. 1 tsp salt
7. ½ tsp pepper
8. ¼ cup butter

INSTRUCTIONS

• Combine salmon, minced onion, almond flour, eggs, salt and pepper together in a mixing bowl. Mix in the avocado and form into 6 patties.

• Melt the butter in a large skillet, once hot brown fry the patties about 4-5 minutes per side.

• Drain on a paper towel and serve.

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	161g
Calories	398
Total Fat	30g
Saturated Fat	10g
Cholesterol	180mg
Sodium	1032mg
Total Carbohydrate	6g
Dietary Fiber	3g
Proteins	27g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	30	2.	27
Calories	271.1	4	108.4
Percentage	69.7 %	9. 5 2. 4 %	27.9 %



CROCKPOT KETO SPAGHETTI

Serving: 6
Calories: 379 | 24g Fat | 8.4g Net Carbs

INGREDIENTS

1. 1 ½ lb Beef
2. 2-3 Medium Zucchini
3. 1 ½ can Diced Tomatoes
4. ¾ Cup chopped Onion
5. 1 ½ cup Parmesan Cheese 6. Seasoning of your choice
7. Salt and Pepper to taste

INSTRUCTIONS

• Cook beef, spiral zucchini, and shred cheese. Put all ingredients minus cheese in crockpot.

• Cook on High for 1 ½ to 2 hours or on low for 3-4 hours. Add cheese to top of spaghetti when serving.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	310g
Calories	379
Total Fat	24g
Saturated Fat	10g
Cholesterol	96mg
Sodium	603mg
Total Carbohydrate	10g
Dietary Fiber	2g
Proteins	31g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	24	8.4	31
Calories	217.8	33.4	123.8
Percentage	58.1 %	8.9 %	33.0 %



SLOW COOKER ZUPPA TOSCANA SOUP

Serving: 10
Calories: 220 | 17g Fat | 7.2g Net Carbs

INGREDIENTS

1. 1 lb mild or hot ground Italian sausage
2. 1 tbsp oil
3. ½ cup finely diced onion or
4. 1 medium onion, finely diced 5. 3 garlic cloves, minced
6. 36 ounces chicken or vegetable stock
7. 1 large cauliflower head, diced into small florets
8. 3 cups chopped kale
9. ¼ tsp crushed red pepper flakes
10. 1 tsp salt
11. ½ tsp pepper
12. ½ cup heavy cream

INSTRUCTIONS

• Brown the ground sausage in a skillet over medium heat until done.

• Using a slotted spoon, remove the sausage and place it into at least a 6-quart slow cooker. Discard the grease.

• Place the oil in the same skillet and saute the onions for 3-4 minutes or until translucent.

• Add the onions, chicken or vegetable stock, cauliflower florets, kale, crushed red pepper flakes, salt, and pepper to the slow cooker. Mix until combined.

• Cook on high for 4 hours or on low for 8 hours.

• Add the heavy cream and mix until combined.

• Serve hot.

NUTRITION FACTS

Servings Per	10
Recipe Serving Size	285g
Calories	220
Total Fat	17g
Saturated Fat	7g
Cholesterol	52mg
Sodium	1122mg
Total Carbohydrate	11g
Dietary Fiber	4g
Proteins	11g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	17	7.2	11
Calories	151.9	28.9	43.3
Percentage	67.8 %	12.9 %	19.3 %



NO NOODLE LASAGNA

Serving: 8
Calories: 572 | 52g Fat | 10.6g Net Carbs

INGREDIENTS

1. 1 jar of Rao's marinara sauce 2. 1 lb ground meat
3. 1 ½ cups of mozzarella
4. 12 slices of Canadian bacon 5. Pepperoni

INSTRUCTIONS

- Line the bottom of pan with Canadian bacon.
- Then add a mixture of the ground meat with marinara sauce, mozzarella cheese and then pepperoni.
- You can layer this 3 times or as desired.
- Bake at 375° for about 25 minutes.

NUTRITION FACTS

Servings Per	8
Recipe Serving Size	209g
Calories	572
Total Fat	52g
Saturated Fat	20g
Cholesterol	85mg
Sodium	992mg
Total Carbohydrate	12g
Dietary Fiber	1g
Proteins	16g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	52	10.6	16
Calories	467.1	42.5	63.1
Percentage	81.6 %	7.4 %	11.0 %



CHEESEBURGER CASSEROLE

Serving: 6
Calories: 460 | 37g Fat | 4.3g Net Carbs

INGREDIENTS

1. 1 pound ground beef
2. ½ cup onion chopped
3. 2 garlic cloves minced
4. 1 teaspoon worcestershire sauce
5. 2 oz cream cheese
6. 2 eggs
7. 2 tablespoons mustard
8. ½ cup heavy whipping cream 9. 2 cup Mexican style shredded cheese divided
10. 1 teaspoon Steak Seasoning
11. Salt and pepper to taste
12. 6 slices bacon cooked and cut up

INSTRUCTIONS

• Preheat oven to 350°.

• Place the ground beef in a skillet over medium-high heat.

• Add the garlic, onions, steak seasoning, and salt and pepper to taste. Add the worcestershire sauce and cream cheese.

• Cook until the ground beef is no longer pink and the cream cheese has melted.

• In a bowl, combine the eggs, 1 cup cheese, heavy cream, and mustard.

• Spray a 9x9 baking dish with cooking spray. Pour the ground beef mixture into the dish.

• Sprinkle with bacon. Drizzle the liquid mixture on top. Sprinkle the remaining 1 cup cheese on top.

• Bake for 15-20 minutes.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	182g
Calories	460
Total Fat	37g
Saturated Fat	21g
Cholesterol	185mg
Sodium	570mg
Total Carbohydrate	4g
Dietary Fiber	0g
Proteins	26g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	37	4.3	26
Calories	329.2	17.2	103.5
Percentage	73.2 %	3.8 %	23.0 %



TUNA PATTIES WITH HOMEMADE TARTAR SAUCE

Serving: 2
Calories: 661.5 | 52.7g Fat | 8.2g Net Carbs

INGREDIENTS

BASE

1. 1 can tuna, drained well
2. 1 egg
3. 1 heaping tbsp grated or shredded Parmesan cheese
4. 1 heaping tbsp almond flour 5. Salt and pepper to taste
6. 1 tsp mustard *(I used Dijon)*

TARTAR SAUCE

1. 1/4 c Mayo
2. 1 tbs mustard

INSTRUCTIONS

BASE

• Mix together in bowl.

• Spoon into hot buttered skillet and flatten with back of spoon. The smaller they are the easier they are to flip.

• Allow to cook for 3 minutes or so on each side or until the party is firm and crispy.

• You may need to add a little butter to the pan when you flip.

TARTAR SAUCE

• Dill relish, cut up pickles, or sweet relish if you're not strict. You can use jalapeño sweet relish for some spice.

• Mix and serve over patties or on the side.

NUTRITION FACTS

Servings Per	2
Recipe Serving Size	191.2g
Calories	661.5
Total Fat	52.7g
Saturated Fat	6.7g
Cholesterol	110.5mg
Sodium	903.0mg
Total Carbohydrate	8.5g
Dietary Fiber	0.3g
Proteins	29.6g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	52.7	8.2	29.6
Calories	473.9	32.9	118.5
Percentage	75.8 %	5.3 %	19.0 %



CHIPOTLE SHRIMP ZUCCHINI PASTA

Serving: 4
Calories: 529.5 | 36.7g Fat | 14.2g Net Carbs

INGREDIENTS

BASE

1. Zucchini pasta

CHIPOTLE SAUCE

1. Olive oil
2. 1 tbsp butter
3. ¼ white onion
4. 2 cloves garlic minced
5. 3 Roma tomatoes
6. Pinch of cumin, salt, and pepper
7. Pinch of chipotle pepper to taste
8. 1 cup cream cheese
9. 1 cup sour cream
10. Shrimp

INSTRUCTIONS

• Mix all ingredients of the chipotle sauce and cook.

• Cook shrimp with butter, salt, pepper, and garlic.

• Remove from heat and cook zucchini pasta.

• Add the chipotle sauce and the shrimp and cook on low heat for about 7 minutes.

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	435.8g
Calories	529.5
Total Fat	36.7g
Saturated Fat	22.1g
Cholesterol	272.5mg
Sodium	358.8mg
Total Carbohydrate	16.4g
Dietary Fiber	2.2g
Proteins	26.4g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	36.7	14.	26.4
Calories	330.4	2	105.8
Percentage	67.0 %	57. 0 11. 5 %	21.4 %



KETO SOUP

Serving: 5
Calories: 410 | 30g Fat | 5.6g Net Carbs

INGREDIENTS

1. 1 lb hamburger
2. 8 oz of cream cheese
3. 1 can of diced tomatoes and green chiles
4. 1 box beef broth
5. 1 geen pepper
6. 1 small onion

INSTRUCTIONS

- Brown hamburger, green pepper and onion.
- Add remaining ingredients until cream cheese is melted.
- Serve.

NUTRITION FACTS

Servings Per	5
Recipe Serving Size	417g
Calories	410
Total Fat	30g
Saturated Fat	16g
Cholesterol	105mg
Sodium	1034mg
Total Carbohydrate	7g
Dietary Fiber	1g
Proteins	24g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	30	5.6	24
Calories	274.4	22.4	94.2
Percentage	70.2 %	5.7 %	24.1 %



CRISPY PARMESAN CHICKEN TENDERS

Serving: 5
Calories: 782 | 57g Fat | 3.9g Net Carbs

INGREDIENTS

1. 2 pounds chicken tenders
2. 5 tbsp Olive oil
3. 1 ¼ cups Almond flour
4. 3-4 eggs
5. 3 cups pork rinds, crushed 6. 1 cup grated Parmesan cheese
7. 1 ½ tsp garlic powder
8. 1 ½ Italian seasoning

INSTRUCTIONS

• Set up 3 large bowls or pans. Place chicken in the first bowl. Beat 2 eggs in middle bowl. In another bowl, mix together the almond flour, pork rinds, Parmesan, garlic powder, and seasoning.

• Pour enough olive oil into a skillet to cover the bottom and heat over medium-low.

• While skillet is heating up, dip floured chicken in egg and cover completely. Add a third beaten egg, if needed.

• Then dip chicken in the pork rind mixture and coat with the mixture.

• Repeat again. Dip in egg then coat in mixture.

• Once the oil in the skillet is hot, place the chicken in the pan - tongs work well for this. Do not turn the chicken until it is golden, crunchy brown.

• Brown the second side until chicken is cooked through. To be sure, remove a piece and cut through the chicken.

• Set up a plate lined with paper towels. Remove cooked chicken and place on your towels.

NUTRITION FACTS

Servings Per	5
Recipe Serving Size	275g
Calories	782
Total Fat	57g
Saturated Fat	15g
Cholesterol	318mg
Sodium	744mg
Total Carbohydrate	7g
Dietary Fiber	3g
Proteins	60g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	57	3.9	60
Calories	517.1	15.6	239.6
Percentage	67.0 %	2.0 %	31.0 %



KETO CREAMY TUSCAN CHICKEN

Serving: 3
Calories: 548 | 43g Fat | 7.3g Net Carbs

INGREDIENTS

1. 2 chicken breasts
2. 3 tbsps butter, divided
3. Salt and pepper to taste
4. 1 tsp oregano
5. 1 medium onion, minced
6. 4 cloves garlic, mined
7. 1 small jar sun-dried tomatoes, drained from il and chopped
8. ½ cup chicken broth
9. ½ cup heavy cream
10. 1/3 cup grated Parmesan cheese
11. 1 cup spinach *(or more if you like)*

INSTRUCTIONS

• Thoroughly season chicken with salt, pepper and ½ teaspoon oregano on both sides.

• In a large skillet, melt 2 tablespoons butter with a bit of oil from the tomatoes over medium-high heat. Add chicken breasts and cook for about 4 minutes on each side until browned. Once done and no longer pink, transfer to a plate and set aside.

• To make the sauce, add the remaining tablespoon butter to the same pan. Cook onion, garlic, ½ teaspoon oregano and sun-dried tomatoes. Slowly add chicken broth, heavy cream, and Parmesan cheese and mix to combine until smooth while simmering for 2-3 minutes. Adjust seasoning with salt and pepper.

• Add spinach to the mixture and continue cooking until wilted. Add the chicken back to the pan and reheat for 2-3 minutes.

• Serve immediately, garnished with fresh chopped parsley. Enjoy!

NUTRITION FACTS

Servings Per	3
Recipe Serving Size	374g
Calories	548
Total Fat	43g
Saturated Fat	21g
Cholesterol	181mg
Sodium	546mg
Total Carbohydrate	9g
Dietary Fiber	2g
Proteins	27g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	43	7.3	27
Calories	390.5	29.3	108.4
Percentage	73.9 %	5.6 %	20.5 %



KETO EGG DROP SOUP

Serving: 1
Calories: 235 | 11g Fat | 14.3g Net Carbs

INGREDIENTS

1. 2 eggs
2. 1 parsley
3. 200 ml bone broth

INSTRUCTIONS

• Bring bone broth to boil

• In a separate bowl, mix 2 eggs with a fork.

• Once the broth is simmering, add slowly through the back of the fork the egg mixture and keep stirring.

• Enjoy your meal!

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	301g
Calories	235
Total Fat	11g
Saturated Fat	4g
Cholesterol	376mg
Sodium	1155mg
Total Carbohydrate	15g
Dietary Fiber	1g
Proteins	16g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	11	14.	16
Calories	97	3	63.9
Percentage	44.5%	57. 3 26. 3 %	29.3 %



GARLIC BUTTER MUSHROOM STUFFED CHICKEN

Serving: 4
Calories: 646 | 57g Fat | 10.5g Net Carbs

INGREDIENTS

MUSHROOMS

1. 4 tbsp butter
2. 8 oz brown mushrooms, sliced 3. 4 cloves garlic, minced
4. 2 tbsp fresh parsley chopped
5. Salt and pepper to taste

CHICKEN GARLIC PARMESAN CREAM SAUCE

1. 4 chicken breasts, skinless and boneless
2. Salt and pepper to taste
3. 1 tsp onion powder
4. 1 tsp dried parsley
5. 8 slices mozzarella cheese
6. ¼ cup fresh grated parmesan cheese

SAUCE

1. 1 tbsp olive oil
2. 2 large cloves garlic minced or finely chopped
3. 1 tbsp Dijon mustard
4. 1 ½ cups half and half or use reduced fat cream or evaporated milk*
5. ½ cup finely grated fresh parmesan cheese
6. Salt and pepper
7. ½ tsp cornstarch corn flour mixed with 2 tsp of water *(optional for a thicker sauce)*
8. 2 tbsp fresh chopped parsley

INSTRUCTIONS

CHICKEN

• Preheat oven to 400˚F.

• Melt butter in a large *(over 12 inch or 30cm)* oven-proof pan or skillet over medium heat. Add garlic and saute until fragrant *(about 1 minute)*. Add in mushroom, salt and pepper, and parsley. Cook while stirring occasionally until soft. Set aside and allow to cool while preparing your chicken.

• Pat breasts dry with a paper towel. Season with salt, pepper, onion powder and dried parsley. Rub each piece to evenly coat in seasoning.

• Horizontally slice a slit through the thickest part of each breast to form a pocket. Place 2 slices of mozzarella into each breast pocket.

• Divide the mushroom mixture into four equal portions and fill each breast with the mushroom mixture *(leave the juices in the pan for later. If there are any leftover mushrooms, don't worry. You'll use them later)*. Top the mushroom mixture with 1 tablespoon of parmesan cheese per breast. Seal with two or three toothpicks near the opening to keep the mushroom inside while cooking.

• Heat the same pan the mushroom were in along width the pan juices *(the garlic butter will start to brown and take on a "nutty" flavour)*. Add the chicken and sear until golden. Flip and sear on the other side until golden. Cover pan and continue cooking in preheated oven for a further 20 minutes, or until completely cooked through the middle and no longer pink.

• Serve, with pan juices and any remaining mushrooms, on top of pasta, rice or steamed vegetables.

• *(To make the optional cream sauce, transfer chicken to a warm plate, keeping all juices in the pan.)*

SAUCE

• Fry the garlic in the leftover pan juices until fragrant *(about 1 minute)*. Reduce heat to low heat, and add the mustard and half and half *(or cream)*.

• Bring the sauce to a gentle simmer and add in any remaining mushrooms and parmesan cheese. Allow the sauce to simmer until the parmesan cheese has melted slightly. *(If the sauce is too runny for your liking, add the cornstarch/water mixture into the center of the pan and mix through fast to combine in to the sauce. It will begin to thicken immediately)*.

• Season with a little salt and pepper to your taste. Add in the parsley and the chicken back into the pan to serve.

*****Half and half is an American product blending equal parts whole milk and light cream. If you don't have access to half and half, make your own with ¾ cup full fat milk and ¾ cup reduced fat cream.*

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	461g
Calories	646
Total Fat	57g
Saturated Fat	25g
Cholesterol	272mg
Sodium	984mg
Total Carbohydrate	12g
Dietary Fiber	2g
Proteins	57g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	57	10.5	63
Calories	517.2	42.1	253.9
Percentage	63.6 %	5.2 %	31.2 %



FATHEAD PIZZA

Serving: 4
Calories: 304 | 25g Fat | 5.5g Net Carbs

INGREDIENTS

1. 1 ½ cups shredded mozzarella
2. cheese or marble
3. ¾ cup almond flour
4. 2 tbsp cream cheese
5. 1 egg beaten
6. Garlic powder, to taste

INSTRUCTIONS

• Put mozzarella and cream cheese in a microwavable bowl and microwave for 1 minute. Stir and replace in microwave for another 30 seconds *(very hot).*

• Stir in beaten egg and flour.

• Wet hands and spread “dough” thin on parchment paper. It should spread evenly with dough-like consistency *(if “stringy” then your cheese has hardened too much-- just put it back in the microwave for maybe another 20 seconds).*

- Dock (poke rows of holes) with a fork to avoid bubbling.
- Sprinkle with garlic powder.
- Put in 425°F oven. After 8 minutes, check it and poke holes where any large bubbles may be. Continue cooking for a total 10-12 minutes or until slightly brown on top.
- Top with your favorite toppings and then cook for 8-10 minutes.

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	83g
Calories	304
Total Fat	25g
Saturated Fat	5g
Cholesterol	53mg
Sodium	479mg
Total Carbohydrate	8g
Dietary Fiber	2g
Proteins	12g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	25	5.5	12
Calories	227.2	21.9	48.9
Percentage	76.2 %	7.4 %	16.4 %

LOW CARB BACON CHEESEBURGER CASSEROLE

Serving: 12
Calories: 487 | 34g Fat | 3.3g Net Carbs

INGREDIENTS

1. 2 pounds ground beef
2. 2 cloves large garlic
3. ½ teaspoon onion powder
4. 1 pound no sugar bacon cooked and chopped
5. 8 eggs
6. 1 can tomato paste 6 ounces 7. 1 cup heavy cream
8. ½ teaspoon salt
9. ¼ teaspoon ground pepper 10. 12 ounces grated cheddar cheese divided

INSTRUCTIONS

- Brown ground beef with garlic and onion powder.
- Drain excess grease, then spread beef on bottom of 9x13-inch casserole pan.
- Stir bacon pieces into cooked beef.
- In medium bowl, whisk together eggs, tomato paste, heavy cream, salt, and pepper until well combined.
- Stir 8 ounces grated cheese into egg mixture.
- Pour egg mixture over beef and bacon.
- Top with remaining 4 ounces of grated cheese.
- Bake at 350°F for 30-35 minutes or until golden brown on top.

NUTRITION FACTS

Servings Per	12
Recipe Serving Size	186g
Calories	487
Total Fat	34g
Saturated Fat	15g
Cholesterol	248mg
Sodium	703mg
Total Carbohydrate	4g
Dietary Fiber	0g
Proteins	34g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	34	3.3	34
Calories	305.7	13.2	137.8
Percentage	66.9 %	2.9 %	30.2 %



GREEN BEANS WITH BACON AND PARMESAN

Serving: 2
Calories: 219 | 19g Fat | 7g Net Carbs

INGREDIENTS

1. 3 slices of bacon cooked
2. 2 handfuls of green beans
3. 2 Tablespoon bacon grease

INSTRUCTIONS

• Cut the green beans' ends. Cut in thirds then wash.

• Cook bacon and place on plate. Place bacon grease in a warm pan.

• Mix the green beans into the bacon grease and cook on medium heat until beans change to a darker color.

• Add bacon to the green beans and cook for 30 seconds before plating it. Add any seasoning such as parmesan, salt, pepper, etc.

NUTRITION FACTS

Servings Per	2
Recipe Serving Size	34g
Calories	219
Total Fat	19g
Saturated Fat	6g
Cholesterol	20mg
Sodium	220mg
Total Carbohydrate	9g
Dietary Fiber	2g
Proteins	3g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	19	7	3
Calories	169.5	28	10
Percentage	81.7 %	13.5%	4.8%



SIMPLE CHEESE SANDWICH

Serving: 1
Calories: 998 | 98g Fat | 0.2g Net Carbs

INGREDIENTS

1. 4 slices of natural cheddar *(or marble)* cheese
2. 4 Tbsp butter
3. 2 Tbsp Mayonnaise
4. Meat of your choice
5. Lettuce

INSTRUCTIONS

- Divide and spread the 4 tbsp of butter onto two of the cheese slices.
- Divide and spread the 2 tbsp of mayonnaise onto the other two cheese slices.
- Put amount of meat you want on 2 cheese slices with mayonnaise and top with amount of lettuce you want.
- Put cheese slices with butter on top, butter side to the lettuce.

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	217g
Calories	998
Total Fat	98g
Saturated Fat	48g
Cholesterol	230mg
Sodium	1114mg
Total Carbohydrate	0g
Dietary Fiber	0g
Proteins	30g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	98	0.	30
Calories	879.6	2	121.4
Percentage	87.8 %	0. 8 0. 1 %	12.1 %



KETO LASAGNA

Serving: 4
Calories: 544 | 40g Fat | 7.3g Net Carbs

INGREDIENTS

NOODLES

1. 2 eggs
2. 4 oz cream cheese, softened 3. ¼ cup Parmesan cheese, grated 1 1/4 cup mozzarella cheese, shredded *(130g)*
4. Pinch of each: majoram, thyme, rosemary
5. ½ tsp basil
6. ½ tsp oregano
7. ¼ tsp garlic powder
8. ¼ tsp onion powder
9. ¼ tsp salt

FILLING

1. 1 lb ground beef
2. 1 ½ cups of lower-carb pasta sauce
3. ¾ cup *(90g)* mozzarella cheese, shredded
4. 6 tbsp 2% cottage cheese
5. 1/3 chopped onion
6. 1oz finely chopped green pepper
7. 1 minced garlic clove
8. ½ tsp chili pepper flakes *(optional)*
9. 1 tsp dried oregano
10. 1 tsp dried basil
11. Pinch of each: majoram, thyme, rosemary
12. Salt and pepper to taste

INSTRUCTIONS

NOODLES

• Preheat oven to 375° Line a 9 X 13 baking dish with tinfoil sprayed with oil or parchment paper.

• In mixing bowl, using a hand mixer, cream together cream cheese and eggs.

• Next, add Parmesan cheese and spices. Mix to combine.

• Fold in mozzarella cheese and mix until well incorporated.

• Spread the mixture into the baking dish, forming an even layer.

• Bake for 20-25 minutes.

• When the “noodles” are done baking, cool in the fridge for about 20 minutes and then cut into thirds. This makes three perfectly sized “noodle” layers for an 8.5 X 4.5 X 2.5 loaf pan.

**NOTE: You can also make the noodles ahead of time and store them in your fridge or freezer!*

FOR THE FILLING

• In a large skillet over medium-high heat, combine ground beef, onion, peppers and your spices. Cook until the meat is browned.

• Drain excess fat from pan and add ¾ cup of your sauce to meat. Reduce heat to low and simmer for 10 minutes.

• Pour ¼ cup marinara sauce into bottom of loaf pan. Top with the first “noodle” layer. Layer a third of the ground beef mixture. Top with ¼ cup mozzarella cheese and 3 tbsp cottage cheese, and cover with another “noodle” layer. Repeat these steps.

• Cover the top “noodle” layer with remaining ground beef, and mozzarella cheese.

• Sprinkle a little parmesan and basil over top. Bake for 20 minutes. Enjoy!

NUTRITION FACTS

Servings	Per	4
Recipe Serving Size		307g
Calories		544
Total Fat		40g
Saturated Fat		16g
Cholesterol		202mg
Sodium		1058mg
Total Carbohydrate		9g
Dietary Fiber		1g
Proteins		33g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	40	7.3	33
Calories	360.9	29.3	130.5
Percentage	69.3 %	5.6 %	25.1 %



CHORIZO CHICKEN WITH ZOODLES

Serving: 6
Calories: 364 | 19g Fat | 9.3g Net Carbs

INGREDIENTS

FOR THE CHICKEN AND ZOODLES

1. 10 oz chorizo
2. 3 large chicken breasts *(cut in half width wise)*
3. 1 can rotel diced tomatoes and green chilies
4. ½ tsp cumin
5. 3 tbsp cream cheese
6. 3 tbsp sour cream
7. ¼ c cheddar
8. ¼ c parmesan
9. 4 zucchini cut on a 5mm spiral 10. 1 tbsp butter

FOR THE SPICY AVOCADO SOUR CREAM

1. 1 avocado
2. 3 tbsp sour cream
3. Juice of one lime
4. 4 cloves of garlic
5. Salt
6. Pepper
7. Handful of cilantro
8. Dash of cumin
9. A few shakes of hot sauce 10. ½ tsp crushed red pepper

INSTRUCTIONS

• Cook down the chorizo for 7-8 minutes, add cumin, sour cream, cream cheese, and rotel, cook until combined.

• Lay chicken flat in a 9x13 baking dish, cover with chorizo mixture, top with cheddar and parmesan, bake uncovered at 350° for 35 minutes.

• Melt butter in a saute pan, once the chicken is pulled from the oven add 4-5 large spoonfuls of the sauce to the pan, toss zoodles in sauce, kill the heat, they will be perfectly al dente in just a couple minutes using the residual heat from both the sauce and pan.

• You can garnish with tomato and cilantro but it isn't necessary.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	373g
Calories	364
Total Fat	19g
Saturated Fat	7g
Cholesterol	88mg
Sodium	802mg
Total Carbohydrate	16g
Dietary Fiber	6g
Proteins	28g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	19	9.3	28
Calories	175.3	37.3	110.7
Percentage	54.2 %	11.5 %	34.2 %



EASY KETO SKILLET CHICKEN

Serving: 6
Calories: 343 | 25g Fat | 1.1g Net Carbs

INGREDIENTS

1. 6 strips bacon chopped
2. 6 boneless skinless chicken thighs
3. Salt and pepper
4. 1 tbsp butter
5. 2 cloves garlic minced
6. 5 ounces baby spinach
7. 1 cup heavy cream
8. ½ cup grated Parmesan
9. ½ cup crumbled feta

INSTRUCTIONS

- In a large skillet over medium heat, cook the chopped bacon until crisp. Remove to a paper towel lined plate to drain, reserving the bacon grease in the pan.
- Season the thighs with salt and pepper and add to the pan, laying them flat if they are folded up. Cook 4 minutes per side, until cooked through. Remove to a plate.
- Add the butter and let melt. Add the garlic and cook 1 minute, until fragrant. Add the spinach and sauté until wilted, 2 or 3 minutes.
- Stir in the heavy cream and the parmesan and cook until thickened, about 3 minutes. Add the bacon back into the sauce and stir to combine. Add the chicken back into the pan and toss to coat. Sprinkle the pan with crumbled feta.

  Serve over cauliflower rice or zucchini noodles.
-

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	169g
Calories	343
Total Fat	25g
Saturated Fat	14g
Cholesterol	126mg
Sodium	552mg
Total Carbohydrate	2g
Dietary Fiber	0g
Proteins	22g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	25	1.	22
Calories	228.6	6	86.6
Percentage	71.1 %	6. 3 2. 0 %	26.9 %



KETO SKILLET PIZZA

Serving: 4
Calories: 179 | 14g Fat | 1.8g Net Carbs

INGREDIENTS

1. Mozzarella cheese
2. Toppings of choice
3. 10 inch non-stick skillet

INSTRUCTIONS

• Set skillet over medium high heat. Add a layer of mozzarella cheese to the bottom of the pan. When the cheese starts bubbling, add toppings *(don't overload it or you'll have a tough time later)*.

• Start watching the edges of the cheese. Once the edges start to brown, you can use a spatula to lift them.

• Once the edges are browned all the way around, you can carefully slide the spatula under the pizza and slide it off onto the plate.

• Let the pizza cool just a bit so the cheese will firm up. Then you can use a pizza cutter to slice it up. Now you can pick it up with your hands and eat it just like a regular pizza. It gives you all the taste, but leave out all the carbs!

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	0g
Calories	179
Total Fat	14g
Saturated Fat	7g
Cholesterol	36mg
Sodium	1821mg
Total Carbohydrate	2g
Dietary Fiber	0g
Proteins	13g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	14	1.	13
Calories	128.6	8	50
Percentage	69.2 %	7. 1 3. 8 %	26.9%



BACON WRAPPED CHICKEN TENDERS WITH RANCH DIP

Serving: 6
Calories: 281 | 18g Fat | 1.6g Net Carbs

INGREDIENTS

BASE

1. 12 chicken tenderloins, about 1.5 lb
2. 12 slices of bacon

RANCH DIP

1. 1/3 cup sour cream
2. 1/3 cup mayo
3. 1 tsp each garlic powder, onion powder, parsley, and dill
4. 1/2 tsp salt

INSTRUCTIONS

• Preheat the oven to 400°.

• Wrap each chicken tender tightly in a piece of bacon. Stretch the bacon as you wrap it around the chicken.

• Place on a baking sheet. Bake for 35-45 minutes until the bacon is crispy and the chicken is fully cooked.

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	149g
Calories	281
Total Fat	18g
Saturated Fat	6g
Cholesterol	110mg
Sodium	637mg
Total Carbohydrate	2g
Dietary Fiber	0g
Proteins	25g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	18	1.	25
Calories	165.8	6	99.2
Percentage	61.1 %	6. 4 2. 4 %	36.5 %



GROUND BEEF EMPANADAS

Serving: 8
Calories: 360 | 31g Fat | 3.9g Net Carbs

INGREDIENTS

DOUGH

1. 1 ½ cups mozzarella 2.
3 oz cream cheese
3. 1 ¼ cup almond flour
4. 1 egg

FILLING

1. 1 lb ground beef
2. ½ cup chopped onion
3. ¼ cup chopped green olives *(if desired)*
4. 1 tsp each: chile powder, cumin, smoke paprika
5. 1 tbsp olive oil
6. 1/3 cup salsa of choice

INSTRUCTIONS

• Preheat oven to 425°.
• In a pan over medium heat, cook onions in 1-2 tbsp olive oil until slightly softened. Add in ground beef and break up with a spatula. Season meat mixture with chile powder, cumin and smoked paprika. Cook until browned.
• While meat is cooking, add mozzarella and cream cheese to a bowl and microwave for one minute. Take out and stir well, then put back in the microwave for another minute. Stir well.
• Add egg to mozzarella and cream cheese mixture and mix well. Then add in the almond flour and combine well again.
• Roll the dough flat with a rolling pin or with a piece of plastic wrap on top and use a wine bottles. Once you've rolled it flat, about ¼" thick, use a bowl to cut circle shapes.
• For excess dough, form into a ball then roll out again and repeat the process until all the dough has been used.
• Lay on a lightly greased cooking sheet, parchment paper or a silicone baking mat.
• Place a couple spoonfuls of meat mixture into each circle on one half and then fold the other half over. Make sure to press down firmly on the edges. You can also slightly roll the edges to make sure they're together well or use a fork to gently push down the edges.
• Once you've made all the empanadas, cook at 425° for 12 minutes until starting to turn golden brown.

NUTRITION FACTS

Servings Per	8
Recipe Serving Size	126g
Calories	360
Total Fat	31g
Saturated Fat	11g
Cholesterol	86mg
Sodium	304mg
Total Carbohydrate	5g
Dietary Fiber	1g
Proteins	18g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	31	3.9	18
Calories	277.	15.4	72.2
Percentage	1 76%	4.2 %	19.8 %



CHEESE CRACKERS

Serving: 6
Calories: 246 | 18g Fat | 11.3g Net Carbs

INGREDIENTS

1. 2 cups cheese of your choice
2. 1 cup almond flour
3. 2 oz cream cheese
4. 1 egg
5. ½ tsp sea salt
6. 1 tsp rosemary *(or seasoning of choice : basil, chives, garlic, dill weed, spicy chili, thyme, oregano)*

INSTRUCTIONS

• Mix all cheeses *(including the cream cheese)* along with the almond flour in a microwave safe bowl and cook it for exactly one minute.
• Immediately stir the ingredients until the almond flour and cheeses combined fully.
• Allow to cool for a few minutes because if you put the egg in these ingredients too soon, it will cook the egg.
• Now add the egg, sea salt, and seasoning of choice.
• Mix it together until all the ingredients are fully combined. If your cheese has gotten too hard or it's too hard to mix, you can microwave your cheese for another 20 seconds to get it soft again.
• Now you will place the ball of dough on a large sheet of parchment paper. Then place another sheet of parchment paper of equal size on top of the ball of dough.
• You can use your hands or a rolling pin to spread the dough out into a thin layer. It spread so easily that I used my hands to have more control and keep the dough inside the square piece of parchment paper. Make sure the parchment paper is the same size as your baking sheet.
• Next, use a pizza cutter to cut the crackers into small squares as seen in the photos.
• Bake these crackers on each side at 450° for about 5 or 6 minutes on each side. If the crackers are thin, you will cook them about 5 minutes on each side but if the dough is thick, it may take 7 to 9 minutes to get the crispy cracker texture you are looking for. When you keep the dough on the parchment paper it's really easy to flip it over while it's hot after cooking it on the first side. I ended up using the pizza cutter again to define the lines on the flip side too. Feel free to leave the crackers in the oven longer *(but watch them closely)* if you love a very crispy texture. The crispier the better for me!
• Allow the crackers to cool for about 5 minutes and they are ready to eat!

NUTRITION FACTS

Servings Per	6
Recipe Serving Size	75g
Calories	246
Total Fat	18g
Saturated Fat	4g
Cholesterol	39mg
Sodium	499mg
Total Carbohydrate	13g
Dietary Fiber	2g
Proteins	10g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	18	11.	10
Calories	159.9	3	40.2
Percentage	65.2 %	45. 3 18. 4 %	16.4 %



BISCUITS AND SAUSAGE GRAVY

Serving: 5
Calories: 356 | 31g Fat | 5.8g Net Carbs

INGREDIENTS

FOR BISCUITS

1. 1 cup plus 2 tablespoons almond flour
2. 1 tsp aluminum free baking powder
3. ½ tsp sea salt
4. 2 tablespoons cold salted butter
5. Egg whites from 3 large eggs

FOR GRAVY

1. 2 tbsps cream, half and half
2. 1 tbsp cream cheese, room temperature
3. 1 tbsp bacon fat
4. ¼ cup water
5. 1 tsp chipotle in adobo, mashed - *optional*
6. Pepper
7. Salt, as needed

INSTRUCTIONS

FOR BISCUITS

• Preheat oven to 400°F.

• Mix almond flour, baking powder, and salt together in a medium size bowl. Add cold butter and mix until crumbly. Next in a small bowl, whisk the eggs with a fork until they are slightly frothy, about 30 seconds. Blend the eggs in with the almond flour mixture until combined. Place in the fridge for 20 minutes to allow the bits of butter to harden.

• Divide the biscuit mixture into 4-6 portions and spoon to parchment lined baking sheet or into a well-greased muffin top pan. Bake right a ways for 10-12 minutes. Remove when golden brown.

FOR GRAVY

- Heat the cream and cream cheese up with the bacon fat, whisking until smooth.
- Add a little water as needed to get the right consistency.
- Stir in a little mashed chipotle in adobo if desired.
- Tasked and adjust salt.
- Add a liberal amount of fresh ground black pepper.

NUTRITION FACTS

Servings Per	5
Recipe Serving Size	88g
Calories	356
Total Fat	31g
Saturated Fat	6g
Cholesterol	18mg
Sodium	505mg
Total Carbohydrate	11g
Dietary Fiber	5g
Proteins	13g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	31	5.8	13
Calories	282.	23.3	52
Percentage	9 79%	6.5 %	14.5%



CAULIFLOWER MAC AND CHEESE

Serving: 4
Calories: 336 | 26g Fat | 8.9g Net Carbs

INGREDIENTS

BASE

1. 6-8 cups cauliflower
2. 2 slices bacon thick cut
3. ½ medium onion diced
4. 2 cloves garlic finely chopped

CHEESE SAUCE

1. 2 tbsp butter
2. 1 cup cheddar cheese shredded
3. ¼ cup heavy whipping cream 4. salt/pepper to taste

BAKED TOPPING

1. ½ cup cheddar cheese shredded
2. ½ oz pork rinds crushed

INSTRUCTIONS

CAULIFLOWER BASE

• Heat a skillet on medium heat and preheat the oven to 425°.

• Dice the bacon and separate the cauliflower into “macaroni” sized pieces. We do this by hand, but you can also use a knife. Add bacon and cauliflower to the skillet and allow to cook for 5 minutes, or until the bacon is nearly fully booked.

• Dice the onion, finely chop the garlic and add items to the skillet. Cook for 10 more minutes or until the cauliflower is cooked and the onions are tanslucent. You’ll want to cauliflower to be slightly al dente so that it cooks the remainder of the way in the oven.

CHEESE SAUCE

• Combine butter, cheddar cheese *(1 cup)*, and heavy cream in a small saucepan. Cook on low heat until everything is melted and combined. Season with salt and pepper.

BAKE

- Place the cauliflower mixture into a baking dish. We use an 8x8.
- Pour the cheese sauce over top and mix everything together with a
- spoon. Top with crushed pork rinds and the remaining cheddar cheese.
- Bake at 425° for 10 minutes and then broil for 3-5 minutes to crisp up the topping. Enjoy!

NUTRITION FACTS

Servings Per	4
Recipe Serving Size	256g
Calories	336
Total Fat	26g
Saturated Fat	15g
Cholesterol	80mg
Sodium	471mg
Total Carbohydrate	13g
Dietary Fiber	4g
Proteins	17g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	26	8.9	17
Calories	231.	35.4	68.5
Percentage	5 69%	10.6 %	20.4 %



FAT BOMBS

Serving: 1
Calories: 1338 | 114g Fat | 62.4g Net Carbs

INGREDIENTS

1. ¼ cup coconut oil
2. 4 oz Choco Zero sugar-free chocolate
3. ¼ cup peanut butter
4. 3 tbsp lakanto monk fruit powdered sweetener
5. ½ tsp vanilla
6. ½ - 1 tsp Hiamalayan pink salt
7. Chopped almonds

INSTRUCTIONS

- In double broiler melt coconut oil. Add in chocolate while whisking and then the peanut butter.
- Whisk until fully melted.
- Add in powder sweetener, vanilla, and Himalayan pink salt.
- In a mini muffin silicone pan, fill half way.
- Chop almonds and sprinkle on top mixture.
- Pour remaining chocolate mixture on top.
- Freeze for 15 minutes.

NUTRITION FACTS

Servings Per	1
Recipe Serving Size	339g
Calories	1338
Total Fat	114g
Saturated Fat	54g
Cholesterol	0mg
Sodium	1750mg
Total Carbohydrate	82g
Dietary Fiber	20g
Proteins	28g

KETO CONVERSION

	FAT	NET CARBS	PROTEIN
Grams	19	10	5
Calories	171.4	41.6	18.9
Percentage	69.9 %	17.9 %	8.1 %

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SERVES

TIME		COOK TEMP

INGREDIENTS	NOTES

DIRECTIONS