COOKBOOK

55 KETO

Dinner Recipe



BY ELLA ROSS

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Quick & Easy 55 Keto Dinner Recipes by Love Keto
Published by Ella Ross

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Ham & Cheese keto Stromboli

4 servings15 minutes

INGREDIENTS

1 1/4 Mozzarella Cheese, shredded
4 tbsp. Almond Flour
3 tbsp. Coconut Flour
1 large Egg
1 tsp. Italian Seasoning 4 oz. Ham
3.5 oz. Cheddar Cheese Salt and Pepper to Taste

NOTES

Each serving comes out to be 306 Calories, 21.8g Fats, 4.7g Net Carbs, and 25.6g Protein

DIRECTIONS

1. Preheat your oven to 400F and in a microwave or toaster oven, melt your mozzarella cheese. About 1 minute in the microwave, and 10 second intervals afterward, or about 10 minutes in an oven, stirring occasionally.
2. Combine almond and coconut flour, as well as your seasonings in a mixing bowl. I used salt, pepper and an Italian blend seasoning.
3. When the mozzarella is melted, place that into your flour mixture and begin working it in.
4. After about a minute, when the cheese has had a chance to cool down a bit, add in your egg and combine everything together. It helps to use two utensils here.
5. When everything is combined and you've got a moist dough, transfer it to a flat surface with some parchment paper.
6. Lay a second sheet of parchment paper over the dough ball and use a rolling pin or your hand to flatten it out.
7. Use a pizza cutter or knife to cut diagonal lines beginning from the edges of the dough to the center, leaving a row of dough untouched about 4 inches wide.
8. Alternate laying ham and cheddar on that uncut stretch of dough.
9. Then lift one section of dough at a time and lay it over the top, covering your filling.
10. Then bake it for about 15-20 minutes until you see it has turned a golden brown color.
11. Slice it up and serve!



Bacon Avocado & Chicken Sandwich

2 servings5 minutes

INGREDIENTS

Keto Cloud Bread

- **3 large** Eggs
- **3 oz.** Cream Cheese
- **1/8 tsp.** Cream of Tartar
- **1/4 tsp.** Salt
- **1/2 tsp.** Garlic Powder

The Filling

- **1 tbsp.** Mayonnaise
- **1 tsp.** Sriracha
- **2 slices** Bacon
- **3 oz.** Chicken
- **2 slices** Pepper Jack Cheese
- **2** Grape Tomatoes
- **1/4 medium** Avocado

NOTES

Each half comes out to be 361 Calories, 28.3g Fats, 2g Net Carbs, and 22g Protein.

DIRECTIONS

1. Preheat the oven to 300F. Begin separating 3 eggs into to two clean, dry bowls.
2. Add cream fo tartar and salt to the whites. Using an electric mixer, whip the egg whites until you see soft, foamy peaks form.
3. In the other bowl, combine 3 oz. of cubed cream cheese with the egg yolks and beat until a pale yellow color.
4. Gently fold the egg whites into the yolks, half at a time.
5. On a parchment paper lined baking sheet, spoon about 1/4 cup of the keto cloud bread batter. This recipe makes 6 large keto cloud bread.
6. Using a spatula, press gently on tops of the keto cloud bread to form squa- res. Then sprinkle the tops with garlic powder and bake for about 25 minutes. 7. While the keto cloud bread are baking, cook the chicken and bacon with some salt and pepper.
8. To arrange the sandwich, begin by combining mayo and sriracha and spreading that onto the underside of one keto cloud bread. Add your chicken onto your mayo mixture.
9. Add 2 slices of pepper jack cheese and the bacon, nestle some halved grape tomatoes and spread mashed avocado on top. Season to taste, and top with the other keto cloud bread.



Avocado Tuna Melt Bites

12 servings15 minutes

INGREDIENTS

- **10 oz.** Canned Tuna, drained
- **1/4 cup** Mayonnaise
- **1 medium** Avocado, cubed
- **1/4 cup** Parmesan Cheese
- **1/3 cup** Almond Flour
- **1/2 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **Salt and Pepper** to Taste
- **1/2 cup** Coconut Oil, for frying *(~1/4 cup absorbed)*

DIRECTIONS

1. Drain a can of tuna and add it to a large container where you'll be able to mix everything together.
2. Add mayonnaise, parmesan cheese, and spices to the tuna and mix toge- ther well.
3. Slice an avocado in half, remove the pit, and cube the inside.
4. Add avocado into the tuna mixture and fold together, trying to not mash the avocado into the mixture.
5. Form the tuna mixture into balls and roll into almond flour, covering com- pletely. Set aside.
6. Heat coconut oil in a pan over medium heat. Once hot, add tuna balls and fry until crisp on all sides.
7. Remove from the pan and serve.

NOTES

Per bite, each comes out to be 135 Calories, 11.8g Fats, 0.8g Net Carbs, and 6.2g Protein.



Keto Mixed Green Spring Salad

1 servings5 minutes

INGREDIENTS

- **2 OZ.** Mixed Greens
- **3 tbsp.** Pine Nuts, roasted
- **2 tbsp.** 5 Minute Keto Raspberry Vinaigrette
- **2 tbsp.** Shaved Parmesan
- **2 slices** Bacon
- **Salt and Pepper** to taste

DIRECTIONS

1. Cook bacon until very crisp. I let mine slightly burn on the edges to give the salad a slight addition in bitter notes in some bites.
2.Measure out your greens and set in a container that can be shaken.
3.Crumble bacon, then add the rest of the ingredients to the greens. Shake the container with a lid on to distribute the dressing and contents evenly.
4. Serve and enjoy!

NOTES

The macros come out to be 478 Calories, 37.3g Fats, 4.3g Net Carbs, and 17.1g Protein.



Cheese Stuffed Bacon Wrapped Hot Dogs

6 servings

INGREDIENTS

- **6 Hot** Dogs
- **12 slices** Bacon
- **2 oz. Cheddar** Cheese
- **1/2 tsp.** Garlic Powder
- **1/2 tsp.** Onion Powder
- **Salt and Pepper** to Taste

DIRECTIONS

1. Pre-heat oven to 400F. Make a slit in all of the hot dogs to make room for the cheese.
2. Slice 2 oz. Cheddar cheese from a block into small long rectangles and stuff into the hot dogs.
3. Start by tightly wrapping one slice of bacon around he hot dog.
4. Continue tightly wrapping the second slice of bacon around the hot dog, slightly overlapping with the first slice.
5. Poke toothpicks through each side of the bacon and hot dog, securing the bacon in place.
6. Set on a wire rack that's on top of a cookie sheet. Season with garlic pow- der, onion powder, salt and pepper.
7. Bake for 35-40 minutes, or until bacon is crispy. Additionally broil the bacon on top if needed.
8. Serve up with some delicious creamed spinach!

NOTES

Each comes out to be 380 Calories, 34.5g Fats, 0.3g Net Carbs, and 16.8g Protein



5 Minute Keto Egg Drop Soup

1 servings

INGREDIENTS

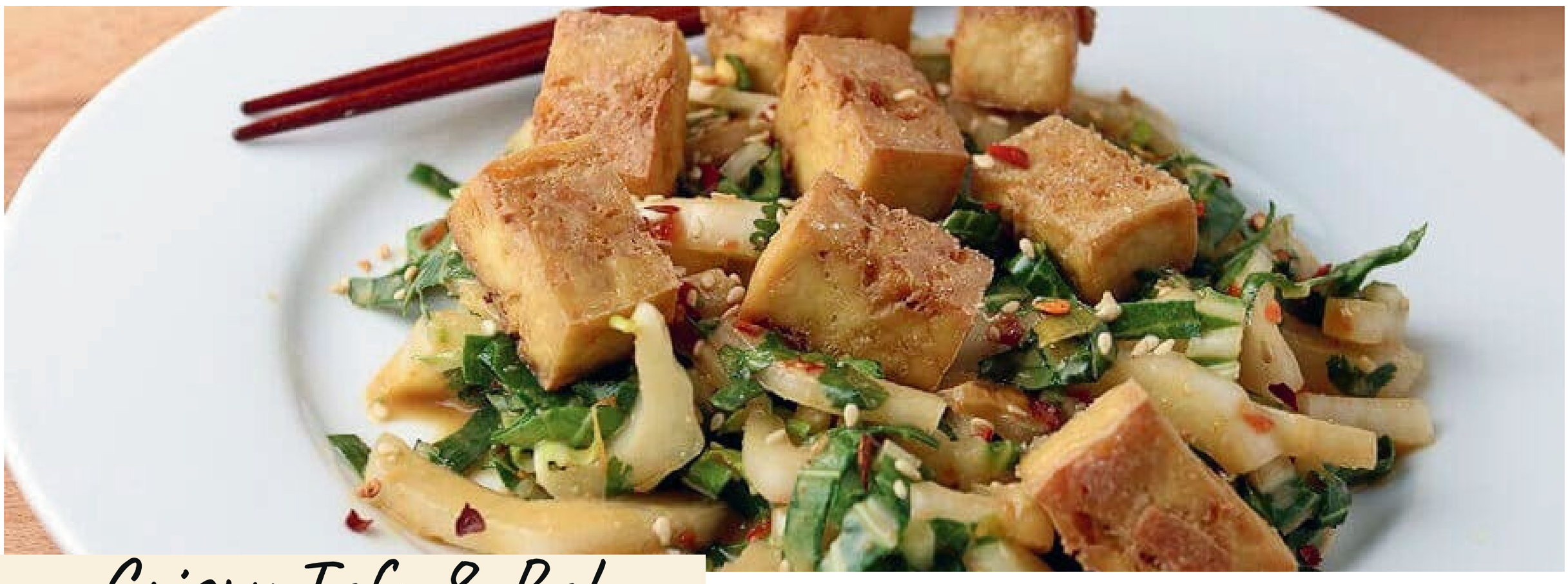
- **1 1/2 cups** Chicken Broth
- **1/2 cube** Chicken Boullion
- **1 tbsp.** Bacon Fat
- **2 large** Eggs
- **1 tsp.** Chili Garlic Paste

DIRECTIONS

1. Put a pan on the stove and turn it to medium-high right away. You want to get this done quick so hotter is better in this circumstance. Add to it the chic- ken broth, boullion cube, and bacon fat *(or butter).*
2. Bring the broth to a boil and stir everything together. Then, add the chili garlic paste and stir again. Turn the stove off.
3. Beat the eggs in a separate container and pour into the steaming broth.
4. Stir together well and let sit for a moment to cook.
5. It's all done! Serve up some awesome tasting keto egg drop soup in only 5 minutes.

NOTES

It comes out to be 279 Calories, 23g Fats, 2.5g Net Carbs, and 12g Protein.



Crispy Tofu & Bok Choy Salad

3 servings

INGREDIENTS

Oven Baked Tofu
- **15 oz.** Extra Firm Tofu
- **1 tbsp.** Soy Sauce
- **1 tbsp.** Sesame Oil
- **1 tbsp.** Water
- **2 tsp.** Minced Garlic
- **1 tbsp.** Rice Wine Vinegar
- **Juice** 1/2 Lemon

Bok Choy Salad
- **9 oz.** Bok Choy
- **1 stalk** Green Onion
- **2 tbsp.** Cilantro, chopped
- **3 tbsp.** Coconut Oil
- **2 tbsp.** Soy Sauce
- **1 tbsp.** Sambal Olek
- **1 tbsp.** Peanut Butter
- **Juice** 1/2 lime
- **7 drops** Liquid Stevia

NOTES

Each serving comes out to be442 Calories, 35g Fats, 5.7g Net Carbs, and 25g Protein.

DIRECTIONS

1. Start by pressing the tofu. Lay the tofu in a kitchen towel and put something heavy over the top *(like a cast iron skillet)*. It takes about 4-6 hours to dry out, and you may need to replace the kitchen towel half-way through.
2. Once the tofu is pressed, work on your marinade. Combine all of the ingredients for the marinade *(soy sauce, sesame oil, water, garlic, vinegar, and lemon).*
3. Chop the tofu into squares and place in a plastic bag along with the marin- ade. Let this marinate for at least 30 minutes, but preferably over night.
4. Pre-heat oven to 350F. Place tofu on a baking sheet lined with parchment paper *(or a silpat)* and bake for 30-35 minutes.
5. As the tofu is cooked, get started on the bok choy salad. Chop cilantro and spring onion.
6. Mix all of the other ingredients together *(except lime juice and bok choy)* in a bowl. Then add cilantro and spring onion. Note: You can microwave coco- nut oil for 10-15 seconds to allow it it to melt.
7. Once the tofu is almost cooked, add lime juice into the salad dressing and mix together.
8. Chop the bok choy into small slices, like you would cabbage.
9. Remove the tofu from the oven and assemble your salad with tofu, bok choy, and sauce. Enjoy!



Ketogenic Nasi Lemak

2 servings

INGREDIENTS

Fried Chicken
- **2 boneless** Chicken Thighs
- **1/2 tsp.** Curry Powder
- **1/4 tsp.** Turmeric Powder
- **1/2 tsp.** Lime Juice
- **1/8 tsp.** Salt
- **1/2 tsp.** Coconut Oil

Nasi Lemak
- **3 tbsp.** Coconut Milk *(from the can)*
- **3 slices** Ginger
- **1/2 small** Shallot, sliced
- **1/4 tsp.** Salt *(or to taste)*
- **7 oz. riced** Cauliflower
- **4 slices** Cucumber

Fried Egg
- **1 large** Egg
- **1/2 tbsp.** Unsalted Butter

NOTES

Each serving comes out to be 501.7 Calories, 39.9g Fats, 6.9g Net Carbs and 28.1g Protein.

DIRECTIONS

1. Prepare 7 oz. cauliflower rice *(by ricing cauliflower)* and squeeze water out. Set aside.
2. Marinade 2 boneless Chicken Thighs with 1/2 tsp. Curry Powder, 1/4 tsp. Turmeric Powder, 1/2 tsp. Lime Juice and 1/2 tsp. Salt. Set aside.
3. Prepare Sambal from this recipe on the website.
4. Fry the marinated chicken thighs until brown.
5. To prepare the rice, boil in a saucepan on medium heat: 3 tbsp. Coconut Milk, 3 slices Ginger, 1/2 small Shallot and 1/4 tsp. Salt *(or to taste).* It should take about a minute or less.
6. Once bubbling, add in the riced Cauliflower and mix well.
7. Serve with 2 slices cucumber and a fried egg, along with 1 tbsp. Sambal and 1 piece Chicken Thigh.



Sausage & Pepper Soup

6 servings

INGREDIENTS

- **32 oz.** Pork Sausage
- **1 tbsp.** Olive Oil
- **10 oz.** Raw Spinach
- **1 medium** Green Bell Pepper
- **1 can** Tomatoes w/ Jalapenos
- **4 cups** Beef Stock
- **1 tsp.** Onion Powder
- **1 tbsp.** Chili powder
- **1 tbsp.** Cumin
- **1 tsp.** Garlic Powder
- **1 tsp.** Italian Seasoning
- **3/4 tsp.** Kosher Salt

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Once hot, add sausage to the pan.
2. Once the sausage is seared on one side, mix it together to allow it to cook slightly.
3. As the sausage cooks, slice green pepper into pieces. I optionally add 1 jalapeno more because I prefer the spiciness of fresh jalapeno.
4. Add the peppers and stir everything together well. Season with salt and pepper.
5. Add the tomatoes and jalapenos from the can and stir once more.
6. Then, add the spinach on top of everything and place the lid on the pot.
7. Cook until spinach is wilted, about 6-7 minutes.
8. In the mean time, measure out all spices and grab your beef stock to have handy.
9. Once the spinach is wilted, mix it together with the sausage. Then add the spices and mix again. Lastly, add the broth and mix once again.
10. Replace the lid and cook for 30 minutes covered, reducing heat to medi- um-low.
11. Remove the lid from the pan and let simmer for 15 minutes longer

NOTES

Each serving comes out to be **526 Calories, 43g Fats, 3.8g Net Carbs, and 27.8g Protein.**



Jalapeno Popper Mug Cake

1 servings

INGREDIENTS

- **2 tbsp.** Almond Flour
- **1 tbsp.** Golden Flaxseed Meal
- **1 tbsp.** Butter
- **1 tbsp.** Cream Cheese
- **1 large** Egg
- **1 slice** Bacon, cooked
- **1/2 medium** Jalapeno Pepper
- **1/2 tsp.** Baking Powder
- **1/4 tsp.** Salt

DIRECTIONS

1. In a pan over medium heat, cook the sliced bacon until crisp.
2. Once bacon is crisp, remove from the pan and set aside. 3. In a container or a mug, mix together all of the ingredients. I like to add the bacon fat to this, but that will add extra fat macros – so make sure it fits into your macros. I find that it helps bring the bacon taste out more. 4. Clean off the sides of the container so that there is no excess batter run- ning up the sides.
5. Microwave for 75 seconds on high *(power level 10).*
6. Lightly slam cup against plate to take the mug cake out. Garnish with extra jalapeno and serve.

NOTES

It comes out to be 429 **Calories, 38g Fats, 4.2g Net Carbs and 16.5g Protein.**



Keto Pigs in a Blanket

37 servings

INGREDIENTS

- **37** Lit'l Smokies
- **8 oz.** Cheddar Cheese *(~2 cups)*
- **3/4 cup** Almond Flour
- **1 tbsp**. Psyllium Husk Powder
- **1.5 oz.** Cream Cheese *(~3 tbsp.)*
- **1 large** Egg
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper

DIRECTIONS

1. Measure out the dry ingredients and the wet ingredients.
2. Start by melting the cheddar cheese in the microwave. Go in 20 second intervals and stir to make sure the melting is even. once it's fully melted and slightly bubbling on the outside, it is ready.
3. While the cheddar is still hot, mix together all of the ingredients to make the dough.
4. Spread the dough out on a silpat until it fills the entire sheet. Make sure it is even.
5. Place dough in the fridge to harden up for 15-20 minutes. Pre-heat your oven to 400F while you do this.
6. Once the dough is cold, transfer to foil to cut. You should never use knives on your silpat.
7. Slice the dough into strips and wrap around the Lit'l Smokies. Then bake for 13-15 minutes. Before taking them out, you can additionally broil them for 1-2 minutes.
8. Serve while warm. A sauce that is acidic and slightly sweet would work very well.

NOTES

Each Pig in a Blanket comes out to be **72 Calories, 5.9g Fats, 0.6g Net Carbs, and 3.8g Protein.**



Chili Lime Meatball

3 servings

INGREDIENTS

The Meatballs
- 1 lb. Ground Chicken (90%/10%)
- 2 tbsp. Flaxseed Meal
- 2 tbsp. Almond Flour
- 2 medium Spring Onions, chopped
- 1/2 medium Red Bell Pepper
- 2 tbsp. Cilantro, chopped
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Salt
- 1/2 tsp. Red Pepper Flakes
- 1/2 medium Lime, juice and zest
- 2 oz. Cheddar Cheese

The Guacamole
- 1 medium Avocado
- 1/2 medium Lime, juice
- 1/4 tsp. Garlic Powder
- Salt & Pepper to Taste

NOTES

Each serving comes out to be **428 Calories, 31.3g Fats, 4.7g Net Carbs, and 33.7g Protein.**

DIRECTIONS

1. Preheat oven to 350F. Shred 2 oz. Cheddar Cheese and set aside in a bowl.
2. Prep all of the vegetables – finely chop 1/2 red bell pepper and 2 spring onions.
3. Add ground chicken and vegetables to the bowl the with cheese. Chop 2 tbsp. cilantro and add to the bowl. Season with spices.
4. Juice 1/2 lime into the chicken meatball mixture, then zest the lime and add in the zest. I find it really easily with a lemon/lime juicer.
5. Add 2 tbsp. almond flour and flaxseed meal, then mix everything together well.
6. Roll out the meatballs as uniform as you can get them and bake for 15-18 minutes or until cooked through.
7. Make the simple guacamole by mashing together avocado, lime juice, garlic powder, and salt and pepper to taste.
8. Serve with simple guac for a delicious meal.



Keto Fully Loaded Sub

4 servings

INGREDIENTS

The Bread
- 2 cups Mozzarella Cheese
- 3/4 cup Almond Flour
- 1 tbsp. Psyllium Husk Powder
- 3 tbsp. Cream Cheese
- 1 large Egg
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

Omelette
- 1 tbsp. Coconut Oil
- 1/2 small Onion, diced
- 1 clove Garlic, finely chopped
- 1 tsp. Water
- 1/4 tsp. Curry Powder
- 4 tbsp. Ground Beef
- Salt and Pepper to Taste
- 2 1/2 tbsp. Unsalted Butter
- 2 large Eggs
- 2 tbsp. chopped Green Onion
- 2 tbsp. chopped Cilantro
- 2 tbsp. Mayonnaise (optional)
- 2 tbsp. Reduced Sugar Ketchup (or favorite sauce, optional)
- 5 slices Cucumber (garnish)
- 3 slices Tomatoes (garnish)
- 1 piece Butter Lettuce (garnish)

NOTES

Each serving comes out to be **620 Calories, 53.3g Fats, 26g Protein, and 6.8g Net Carbs.**

DIRECTIONS

1. Preheat oven to 400F. Follow the pizza base recipe for Low Carb Pepperoni Pizza, exclude the Italian Seasoning. Divide the dough into two. Shape each dough into a long bun, making sure both will fit on a large pan. Bake for about 30-40 minutes.
2. While waiting, preheat a pan on medium heat. Add in 1 tbsp. Coconut Oil. Once melted, saute the diced Onion. Once the onion turns translucent, add in the chopped Garlic.After 1 minute, add in 1/4 tsp. Curry Powder and 1 tsp. Water. Let the curry powder cook for 2 minutes.
3. Add in 4 tbsp. Ground Beef and cook until brown. Season with Salt and Pepper to taste. It should be cooked in such a way you would eat this on its own.
4. When the buns are ready, remove the buns from the oven. Cool both buns on a cooling rack. The buns should deflate a bit.
5. Once the buns become cool enough, slice them horizontally but not completely. Spread about 1/2 tbsp. of Unsalted Butter onto both buns.
6. Toast the buttered side of the buns with a pan.
7. In a mixing bowl, crack an egg. Add in about half of the cooked Ground Beef, 1 tbsp. each Green Onion and Cilantro. Season with a bit of Salt and Pepper. Mix well.
8. Preheat a large pan on medium heat. Melt 1 tbsp. of Unsalted Butter. Than, add in the omelette mixture to the pan.
9. Immediately cover the omelette with a bun.
10. When the omelette is cooked (after about 2-3 minutes), flip and toast the bun side until brown.
11. Remove from the pan and spread about 1 tbsp. of Mayonnaise and Reduced Sugar Ketchup (or any kinds of sauce) onto the omelette side. **Garnish** with some sliced Cucumber and Tomatoes, and Lettuce. Repeat steps 7-10 for the other bun.
12. Fold the buns and serve while hot!



BBQ Chicken Soup

4 servings

INGREDIENTS

The Base
- 3 medium Chicken Thighs
- 2 tsp. Chili Seasoning
- 2 tbsp. Chicken Fat or Olive Oil
- 1 1/2 cup Chicken Broth
- 1 1/2 cup Beef Broth
- Salt and Pepper to Taste

BBQ Sauce
- 1/4 Cup Reduced Sugar Ketchup
- 1/4 cup Tomato Paste
- 2 tbsp. Dijon Mustard
- 1 tbsp. Soy Sauce
- 1 tbsp. Sambal Olek (or hot sauce) • 2 1/2 tsp. Liquid Smoke
- 1 tsp. Worcestershire Sauce
- 1 1/2 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tsp. Chili Powder
- 1 tsp. Red Chili Flakes
- 1 tsp. Cumin
- 1/4 cup Butter

NOTES

Each serving comes out to be **487 Calories, 38.3g Fats, 4.3g Net Carbs, and 24.5g Protein.**

DIRECTIONS

1. Preheat the oven to 400F. De-bone chicken thighs, set bones aside, and season well with your favorite chili seasoning (I used Penzey's Chili 9000). Place on a baking tray with foil.

2. Place in oven and bake for 50 minutes.

3. In the mean time, place 2 tbsp. Chicken Fat or Olive Oil in a pot. Heat this to a medium high heat and once hot, add chicken bones. Let these cook for at least 5 minutes and then add broths. Season with salt and pepper to taste.

4. Once the chicken is done, remove the skins and set aside. Add all of the fat from the chicken thighs into the broth and stir.

5. Make the BBQ sauce by combining all ingredients above.

6. Add bbq sauce to the pot and stir together. Let this simmer in a pot for 20-30 minutes.

7. Use an immersion blender to emulsify all of the fats and liquids together. Then, shred chicken thighs and add to the soup. You can optionally add spring onion or bell pepper here. Simmer for another 10-20 minutes.

8. Serve up and enjoy! I like to garnish with a little bit of spring onion, yellow bell pepper, and cheddar cheese. Don't forget to serve with the crispy and delicious chicken skins on the side.



Crockpot Buffalo Chicken Soup

5 servings

INGREDIENTS

- **3 medium** Chicken Thighs, deboned and sliced *(~1.2 lbs without bones)*
- **1 tsp.** Onion Powder
- **1 tsp.** Garlic Powder
- **1/2 tsp.** Celery Seed
- **1/4 cup** Butter
- **1/3 – 1/2 cup** Frank's Hot Sauce *(depending on how spicy you like it)*
- **3 cups** Beef Broth
- **1 cup** Heavy Cream
- **2 oz.** Cream Cheese
- **1/4 tsp.** Xanthan Gum
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to be **523 Calories, 44.2g Fats, 3.4g Net Carbs, and 20.8g Protein.**

DIRECTIONS

1. De-bone the chicken thighs *(I find scissors are the easiest to do this with)*.
2. Cut or slice the chicken into chunks and drop them in the crockpot.
3. Add all the rest of the ingredients to the crockpot except for cream, cheese, and xanthan gum. Set crockpot on low for 6 hours *(or high for 3 hours)* and let cook completely.
4. Once everything is cooked, remove the chicken from the crockpot and shred using a fork.
5. Add cream, cheese, and xanthan gum to the crockpot. Using an immersion blender, emulsify all of the liquids together. This will help the soup from sepa- rating while you are eating.
6. Place the chicken back into the crockpot and stir together. Taste and sea- son with extra salt, pepper, and hot sauce if you'd like.
7. Serve up and enjoy!



Roasted Red Pepper & Cauliflower Soup

5 servings

INGREDIENTS

- **2 medium** Red Bell Peppers, cut in half and de- seeded
- **1/2 head** Cauliflower, cut into florets
- **2 tbsp.** Duck Fat
- **3 medium** Green Onions, diced
- **3 cups** Chicken Broth
- **1/2 cup** Heavy Cream
- **4 tbsp.** Duck Fat
- **1 tsp.** Garlic Powder
- **1 tsp.** Dried Thyme
- **1 tsp.** Smoked Paprika
- **1/4 tsp.** Red Pepper Flakes
- **4 oz.** Goat Cheese, crumbled *(to top)*
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to be **345 Calories, 32g Fats, 6.2g Net Carbs, and 6.4g Protein.**

DIRECTIONS

1. Put oven on broil setting. Slice peppers in half and de-seed them. Lay them skin side up on a foil-covered baking tray and broil for 10-15 minutes or until skin is charred and blackened.
2. While peppers are broiling, cut cauliflower into florets. If the florets are large, cut florets in half or quarters.
3. Once peppers are done, remove from oven and place in a container with a lid, or a food saver bag and seal. Let the peppers steam and cook longer to soften while cauliflower roasts.
4. Use 2 tbsp. melted duck fat, salt, and pepper to season the cauliflower. Roast cauliflower in 400F oven for 30-35 minutes.
5. Remove the skins from the peppers by peeling it off carefully.
6. In a pot, bring 4 tbsp. duck fat to heat and add diced green onion. Once green onion is slightly cooked, add seasonings into the pan to toast.
7. Add chicken broth, red pepper, and cauliflower to the pan. Let this simmer for 10-20 minutes.
8. Take an immersion blender to the mixture. Make sure that all fats are emul- sified with the mixture by the time you're finished – about 1-2 minutes. Season to taste, then add cream and mix.
9. Serve with some crispy bacon and goats cheese. Garnish with extra thyme and green onion.



Southwestern Pork Stew

4 servings

INGREDIENTS

- **2 medium** Red Bell Peppers, cut in half and de- seeded
- **1/2 head** Cauliflower, cut into florets
- **2 tbsp.** Duck Fat
- **3 medium** Green Onions, diced
- **3 cups** Chicken Broth
- **1/2 cup** Heavy Cream
- **4 tbsp.** Duck Fat
- **1 tsp.** Garlic Powder
- **1 tsp.** Dried Thyme
- **1 tsp.** Smoked Paprika
- **1/4 tsp.** Red Pepper Flakes
- **4 oz.** Goat Cheese, crumbled *(to top)*
- **Salt and Pepper** to Taste

DIRECTIONS

1. Prep all vegetables by slicing and chopping them.
2. Let your bone broth start to come to room temperature. This is my own bone broth that I made with the pork bones – I will post a recipe on this some- time in the future.
3. Bring a pan to high heat with 2 tbsp. Olive Oil. Once hot, add vegetables and saute them until they are slightly cooked and aromatic.
4. Measure out all spices into a small container so you can use them as needed.
5. Slice pork *(I use the tougher meat for this)* into bite size chunks.
6. Add bone broth, chicken broth, and coffee to slow cooker.
7. Add pork and mushrooms to the slow cooker and mix together.
8. Add spices and vegetables *(with oil)* to the slow cooker. Mix together well, cover, and set on low for 4-10 hours.
9. Once it's finished, take the lid off and stir together.
10. Serve it up!

NOTES

Each serving comes out to be 386 Calories, 28.9g Fats, 6.4g Net Carbs, and 19.9g Protein. Feel free to add butter or sour cream on the finish to extra fats.



Thai BBQ Pork Salad

2 servings

INGREDIENTS

The Salad

- 10 oz. Pulled Pork
- 2 cups Romaine Lettuce
- 1/4 cup Cilantro, chopped
- 1/4 medium Red Bell Pepper, chopped

The Sauce

- 2 tbsp. Tomato Paste
- 2 tbsp. + 2 tsp. Soy Sauce (or coconut aminos) • 1 tbsp. Creamy Peanut Butter
- 2 tbsp. Cilantro, chopped
- Juice & Zest of 1/2 Lime
- 1 tsp. Five Spice
- 1 tsp. Red Curry Paste
- 1 tbsp. + 1 tsp. Rice Wine Vinegar
- 1/4 tsp. Red Pepper Flakes
- 1 tsp. Fish Sauce
- 10 drops Liquid Stevia
- 1/2 tsp. Mango Extract

NOTES

Each serving comes out to be **461 Calories, 32.6g Fats, 5.2g Net Carbs, and 29.2g Protein.**

DIRECTIONS

1. In a bowl, combine all the sauce ingredients together (except for cilantro and lime zest).
2. Chop cilantro and zest a lime and add to the sauce.
3. Mix the Thai BBQ sauce together well, and then set aside.
4. Using your fingers, or a knife, pull apart the pork.
5. That's it! Assemble the salad and glaze over the pork with some sauce. Depending on how you like it, you may have extra sauce to work with so you can save it for another salad!



Chicken Enchilada Soup

4 servings

INGREDIENTS

- **3 tbsp.** Olive Oil
- **3 stalks** Celery, diced
- **1 medium** Red Bell Pepper, diced
- **2 tsp.** Garlic, minced
- **4 cups** Chicken Broth
- **1 cup** Diced Tomatoes
- **8 oz.** Cream Cheese
- **6 oz.** Chicken, shredded
- **2 tsp.** Cumin
- **1 tsp.** Oregano
- **1 tsp.** Chili Powder
- **1/2 tsp.** Cayenne Pepper
- **1/2 cup** Cilantro, chopped
- **1/2 medium** Lime, juiced
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to **345 Calories, 31.3g Fats, 6g Net Carbs, and 13.3g Protein.**

DIRECTIONS

1. Dice 3 stalks of celery *(cut the tips off of each end)* and 1 medium red bell pepper. Mince the 2 tsp. of garlic *(about 2 cloves)* and get your cilantro out.
2. In a pot, heat 3 tbsp. olive oil over medium high heat.
3. Once the oil is hot, add celery, pepper, and garlic. Let this cook until the celery softens. Add salt and pepper to taste.
4. Once celery is cooked, add 1 cup Diced Tomatoes and stir well. Let this cook for about 2-3 minutes.
5. Add spices and additional salt and pepper if needed. Stir this up and leave for a 1-2 minutes.
6. In the mean time, chop up the cilantro *(make sure you cut the stems off).*
7. You'll need about 1/2 cup in total.
8. Add 4 cups chicken broth and cilantro to the pan. Stir everything together.
9. Bring the soup up to a boil and then reduce heat to low. Let this simmer for 20 minutes.
10. Measure out the cream cheese and add it to the pan. Stir in well and bring to a boil again. Once boiling, turn to low and simmer for 20-25 minutes.
11. Shred the chicken with a fork. You can either cook this fresh as you're mak- ing the soup or you can use leftover rotisserie chicken like I did.
12. Once simmered, add chicken to the pan and squeeze the lime juice over the top. Stir together until everything is mixed.
13. Serve up with extra limes and sour cream! You can additionally garnish with shredded cheese, extra bell pepper, or fresh cilantro.



Spiced Pumpkin Soup

4 servings

INGREDIENTS

- **1 1/2 cups** Chicken Broth
- **1 cup** Pumpkin Puree
- **4 tbsp.** Butter
- **1/4 medium** Onion, chopped
- **2 cloves** Roasted Garlic,
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper
- **1/2 tsp.** Freshly Minced Ginger
- **1/4 tsp.** Cinnamon
- **1/4 tsp.** Coriander
- **1/8 tsp.** Nutmeg
- **1 Bay** Leaf
- **1/2 cup** Heavy Cream
- **4 slices** Bacon

~3 tbsp. Leftover Bacon Grease *(from the bacon)*

Optional:
- **Freshly** Grated Parmesan
- **2 tbsp.** Sour Cream

(per serving)

NOTES

Each serving comes out to **345 Calories, 31.3g Fats, 6g Net Carbs, and 13.3g Protein.**

DIRECTIONS

1. In a large saucepan over medium-low heat, add butter and let it melt com- pletely. You want it to darken into a golden color.
2. Dice the 1/4 medium, mince the 2 cloves of roasted garlic, and mince 1/2 tsp. fresh ginger.
3. In a small container, mix together all of your spices so you have them to- gether. 1/2 tsp. Salt, 1/2 tsp. Pepper, 1/2 tsp. Freshly Minced Ginger, 1/4 tsp. Cinnamon, 1/4 tsp. Coriander, 1/8 tsp. Nutmeg, and 1 Bay Leaf.
4. Once the butter has turned a dark golden color, add onion, garlic, and gin- ger to the pan and stir well. Let this saute for about 2-3 minutes or until onions start to go translucent.
5. Measure out 1 cup of pumpkin puree and set aside.
6. Once onions are translucent, add spices to the pan and let cook for 1-2 minutes.
7. Add pumpkin puree to pan and stir into the onions and spices well.
8. Once the pumpkin is mixed well, add 1 1/2 cup chicken broth to the pan. Stir until everything is combined.
9. Bring to a boil and then turn to low, let this **simmer for 20 minutes**.
10. Once simmered, use an immersion blender to blend together all of the ingredients. You want a smooth puree here so make sure you take your time. Cook for an **additional 20 minutes**.
11. In the mean time, cook 4 slices of bacon over medium heat. Use a grease catcher to keep the mess off of your stove-top.
12. Once the soup is ready, pour in 1/2 cup heavy cream and the grease from the cooked bacon *(this should be around 3 tbsp.)* mix well.
13. Crumble the bacon over the top of the soup. **Optional: Serve with chop- per parsley and 2 tbsp. sour cream.**



Thai Peanut Shrimp Curry

2 servings

INGREDIENTS

- **2 tbsp.** Green Curry Paste
- **1 cup** Vegetable Stock
- **1 cup** Coconut Milk
- **6 oz.** Pre-cooked Shrimp
- **5 oz.** Broccoli Florets
- **3 tbsp.** Cilantro, chopped
- **2 tbsp.** Coconut Oil
- **1 tbsp.** Peanut Butter
- **1 tbsp.** Soy Sauce *(or coconut aminos)* • **Juice** of 1/2 Lime
- **1 medium** Spring Onion, chopped
- **1 tsp.** Crushed Roasted Garlic
- **1 tsp.** Minced Ginger
- **1 tsp.** Fish Sauce
- **1/2 tsp.** Turmeric
- **1/4 tsp.** Xanthan Gum
- **1/2 cup** Sour Cream

NOTES

Each serving comes out to be **455 Calories, 31.5g Fats, 8.9g Net Carbs, and 27g Protein.**

DIRECTIONS

1. Start by adding 2 tbsp. coconut oil in a pan over medium heat.

2. When the coconut oil is melted and the pan is hot, add the 1 tsp. roasted garlic, 1 tsp. minced ginger, and 1 spring onion *(chopped)*. Allow to cook for about a minute, then add 1 tbsp. green curry paste, and 1/2 tsp. turmeric.

3. Add 1 tbsp. soy sauce *(or coconut aminos)*, 1 tsp. fish sauce, and 1 tbsp. peanut butter to the pan and mix together well.

4. Add 1 cup of vegetable stock and 1 cup of coconut milk (from the carton). Stir well and then add another 1 tbsp. green curry paste.

5. Let simmer for a few minutes. In the mean time, measure out 6 oz. pre- cooked shrimp.

6. Add 1/4 tsp. xanthan gum to the curry and mix well.

7. Once your curry begins thickening up a little bit, add the broccoli florets and stir well.

8. Chop 3 tbsp. fresh cilantro and add to the pan.

9. Finally, once you are happy with the consistency of the curry, add the shrimp and lime juice from 1/2 lime, and mix everything together.

10. Let simmer for a few minutes. Taste and season with salt and pepper if needed.

11. Serve! You can stir in 1/4 cup of sour cream per serving.



Keto Grilled Cheese Sandwich

1 servings

INGREDIENTS

Bun Ingredients

- **2 large** Eggs
- **2 tbsp.** Almond Flour
- **1 1/2 tbsp.** Psyllium Husk Powder
- **1/2 tsp.** Baking Powder
- **2 tbsp.** Soft Butter

Fillings & Extras

- **2 oz.** Cheddar Cheese (or white cheddar, if you're feeling frisky) • **1 tbsp.** Butter, for frying

NOTES

For the sandwich, it comes out to **793 Calories, 70g Fats, 4.7g Net Carbs, and 29g Protein.**

DIRECTIONS

1. Let 2 tbsp. butter come to room temperature in a mug. Once it's soft, add 2 tbsp. Almond Flour, 1 1/2 tbsp. Psyllium Husk, and 1/2 tsp. Baking Powder.
2. Mix this together as well as you can so that a thick dough is formed.
3. Add 2 large eggs and continue mixing together. You want a dough that is pretty thick. If your dough isn't thick, continue mixing the dough – it will thicken up as you mix it *(this can take up to 60 seconds).*
4. Pour the dough into a square container or bowl. Level it off and clean off the sides that that it comes out as level as you can get it.
5. Microwave for about 90-100 seconds. **You will have to check the do- ne-ness of it to make sure it doesn't need longer.**
6. Remove from the container or bowl by flipping it upside down and lightly tapping the bottom. Cut it in half using a bread knife.
7. Measure out the cheese you can and stick it between the buns.
8. Bring 1 tbsp. butter to heat in a pan over medium heat. Once hot, add bun and allow to cook in the butter. This should be absorbed by the bread as you cook and give a delicious, crisp outside.
9. Serve up with a side salad for some delicious ooey-gooey grilled cheese!



Keto Fresh Pepper Basil Pizza

2 servings

INGREDIENTS

Pizza Base
- **6 oz.** Mozzarella Cheese
- **1/2 cup** Almond Flour
- **2 tbsp.** Psyllium Husk
- **2 tbsp.** Cream Cheese
- **2 tbsp.** Fresh Parmesan Cheese
- **1 large** Egg
- **1 tsp.** Italian Seasoning
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper

Toppings
- **4 oz.** Shredded Cheddar Cheese
- **1 medium** Vine Tomato
- **1/4 cup** Rao's Tomato Sauce
- **2/3 medium Bell** Pepper
- **2-3 tbsp.** Fresh Chopped Basil

NOTES

Per 1/2 of a pizza, this is **410 Calories, 31.3g Fats, 5.3g Net Carbs, and 24.8g Protein.**

DIRECTIONS

1. Preheat oven to 400F. Start by measuring out all of your dry spices and flours in a bowl. 1/2 cup Almond Flour, 2 tbsp. Psyllium Husk, 2 tbsp. Fresh Parmesan Cheese, 1 tsp. Italian Seasoning, 1/2 tsp. Salt, and 1/2 tsp. Pepper.
2. Measure out 6 oz. Mozzarella Cheese into a bowl.
3. Microwave the cheese for 40-50 seconds until it's completely melted and pliable with your hands. Add 2 tbsp. Cream Cheese to the top.
4. Add 1 egg to the dry ingredients and mix together a little bit.
5. Add the melted mozzarella cheese and cream cheese to the egg and dry ingredients and mix everything together. Don't mind getting your hands dirty here – they'll be the best tool for the job. You'll get a bit messy, but it'll be oh so worth it in the end.
6. Break the dough into 2 equal *(or almost equal)* portions. Roll the dough out quite thin – a little under 1/4. Here, you can use the top of a pot or other large round object to cut out your pizza base. You can form the circles by hand, but 7. I'm not a very smart person and mine always turn out oval. When I work with this, I always like to work on top of a silpat because it's naturally non-stick.
8. Fold the edges of the dough inward and form a small crust on the dough. If you have any scraps remaining, you can add it into the crust if you want.
9. Bake the dough for 10 minutes. Just enough so they're starting to get slight- ly golden brown.
10. Remove the crust from the oven and let cool for a moment.
11. Slice a medium vine tomato and put half on each pizza along with 2 tbsp. 12. Rao's tomato sauce per pizza. Aww...they look like little peace signs.
13. Top these suckers with cheese – about 2 oz. Shredded Cheddar per pizza. 14. Chop up the bell peppers. You can use 1 bell pepper or 2 different colors. I am using 1/3 red bell pepper and 1/3 yellow bell pepper for the topping.
15. Arrange the peppers how you like and throw it back in the oven for anoth- er 8-10 minutes.
16. Remove the pizzas from the oven and let cool. In the meantime, slice up some fresh basil and have it ready for serving.
17. Serve it up – top with fresh basil and enjoy the fresh bites of summer!



Keto Pasta Carbonara

3 servings

INGREDIENTS

- **2/3 Pasta** keto friendly
- **5 Oz.** Bacon
- **2 large** Egg Yolks
- **1 large** Egg
- **1 tbsp.** Heavy Cream
- **1/3 cup** Fresh Grated Parmesan *(Plus garnish)* • **3 tbsp.** Fresh Chopped Basil
- **Fresh** Ground Black Pepper to Taste

DIRECTIONS

1. Prepare pasta keto friendly or buy one
2. Freeze bacon for 15 minutes prior for easier cutting. Slice bacon into small cubes and cook until crisp over high heat.
3. Set bacon aside to cool on paper towels and become even crispier.
4. Save 1/3 bacon grease and keep other 2/3 in the pan. Mix together 1 large egg and 2 large egg yolks.
5. Measure out 1/3 cup freshly grated parmesan cheese.
6. Add parmesan, cream, and saved 1/3 bacon grease that was saved to the egg and egg yolk mixture. Stir together well until a thick sauce is formed.
7. Cook pasta in a pan with the bacon grease that is left over high heat.
8. Add pasta to a mixing bowl, then add crisped bacon and toss.
9. Add carbonara sauce to the pasta along with 2 tbsp. freshly chopped basil and fresh cracked black pepper. Mix together until all strands of pasta is cov- ered completely.
10. Garnish with extra fresh cracked black pepper and chopped basil.

NOTES

Per serving, it comes out to **553 Calories, 44g Fats, 3.8g Net Carbs, and 21.7g Protein. A perfectly ketogenic meal that includes delicious and realistic tasting pasta!**



Simple Caprese Salad

2 servings

INGREDIENTS

- **1 Fresh** Tomato
- **6 Oz.** Fresh Mozzarella Cheese
- **1/4 Cup** Fresh Basil, chopped • **3 tbsp.** Olive Oil • **Fresh** Cracked Black Pepper
- **Kosher** Salt

DIRECTIONS

1. In a food processor, pulse chopped fresh basil leaves with 2 tbsp. Olive Oil to make the Basil Paste.

2. Slice tomato into 1/4 slices. You should be able to get at least 6 slices from the tomato.

3. Cut Mozzarella into 1 oz. Slices.

4. Assemble caprese salad by layering tomato, mozzarella, and basil paste. 5. Season with salt, pepper, and extra olive oil.

Optional: Reduce balsamic vinegar for balsamic reduction (be careful of carb count).

NOTES

Each serving has **405 Calories, 36g Fats,4.5g Net Carbs, and 15.5g Protein.**



Spicy Jalapeno Poppers

8 servings

INGREDIENTS

- **5 OZ.** Cream Cheese
- **1/4 cup** Mozzarella Cheese
- **8 medium** Jalapeno Peppers
- **1/4 tsp.** Salt
- **1/4 tsp.** Pepper
- **1/2 tsp.** seasoning Mrs. Dash Table Blend
- **8 slices** Bacon

DIRECTIONS

1. Preheat oven to 400F. Wash all of your jalapeno peppers (for this, I am using 8 peppers). Foil a baking sheet and remove the stems of your peppers.

2. Slice each pepper in half, making sure that it is an even cut on each pepper.

3. Using a spoon, scrape out all of the guts of the peppers. You can leave a few seeds inside for extra heat if you'd like.

4. In a bowl, combine 5 oz. Cream Cheese, 1/4 cup Mozzarella Cheese, and spices of your choice. I used 1/4 tsp. Salt, 1/4 tsp. Pepper, and 1/2 tsp. Seasoning Mrs. Dash Table Blend.

5. Pack the cream cheese mixture into each pepper, creating a mound that the other half will fit on top of.

6. Press the other half of the peppers into the cream cheese mixture, closing the peppers up like they were never cut.

7. Wrap each pepper in bacon, starting from the bottom and working your way up to the top.

8. Bake for 20-25 minutes or until bacon begins it crisp up and is cooked completely. Broil for additional 2-3 minutes to get a darker color and more crisp on the bacon.

9. Serve up – I served with a saute of broccoli, red pepper, and celery in the leftover bacon fat from the baking sheet.

NOTES

Each jalapeno popper comes out to **182 Calories, 16.5g Fats, 1.3g Net Carbs, and 4.8g Protein.**



Asian Cucumber Salad

1 servings

INGREDIENTS

- **3/4 large** Cucumber
- **1 packet** Shiritaki Noodles
- **2 tbsp.** Coconut Oil
- **1 medium** Spring Onion
- **1/4 tsp.** Red Pepper Flakes • **1 tbsp.** Sesame Oil • **1 tbsp.** Rice Vinegar
- **1 tsp.** Sesame Seeds
- **Salt and Pepper** to Taste

DIRECTIONS

1. Remove shiritaki noodles from the package and rise off completely. This may take a few minutes, but make sure that all of the extra water that came in its package is washed off.

2. Set noodles on a kitchen towel and thoroughly dry them.

3. Bring 2 tbsp. Coconut Oil to medium-high heat in a pan.

4. Once the oil is hot, add noodles and cover (it will splatter). Let these fry for 5-7 minutes or until crisp and browned.

5. Remove shiritaki noodles from the pan and set on paper towels to cool and dry.

6. Slice cucumber thin and arrange on a plate in the design you'd like.

7. Add 1 medium Spring Onion, 1/4 tsp. Red Pepper Flakes, 1 tbsp. Sesame Oil, 1 tbsp. Rice Vinegar, 1 tsp. Sesame Seeds, and Salt and Pepper to taste. You can also pour over the coconut oil from the pan you fried the noodles in. This will add a salty component so keep that in mind. Store this in the fridge for at least 30 minutes before serving!

NOTES

which comes out to **416 Caloies, 43g Fats, 7g Net Carbs, and 2g Protein.**



Morocca n Meatballs

18 servings

INGREDIENTS

Low Carb Moroccan Meatballs •
1 lb. Ground Lamb
• **1 tbsp.** Finely Chopped Fresh Mint
• **1 tbsp.** Finely Chopped Fresh Cilantro • **2 tsp.** Fresh Thyme
• **1 tsp.** Minced Garlic
• **1 tsp.** Ground Coriander
• **1 tsp.** Kosher Salt
• **1 tsp.** Ground Cumin
• **1/2 tsp.** Onion Powder
• **1/2 tsp.** Allspice
• **1/4 tsp.** Paprika
• **1/4 tsp.** Oregano
• **1/4 tsp.** Curry Powder
• **1/4 tsp.** Freshly Ground Black Pepper

Faux Yogurt Sauce
• **1/2 cup** Coconut Cream
• **2 tbsp.** Coconut Water
• **1 1/4 tsp.** Cumin
• **1 tbsp.** Finely Chopped Fresh Cilantro • **1 tbsp.** Finely Chopped Fresh Mint
• **Zest** 1/2 Lemon
• **1 tsp.** Lemon Juice
• **1/4 tsp.** Salt

DIRECTIONS

1. Preheat oven to 350F. Finely chop 1 tbsp. fresh mint, 1 tbsp. fresh cilantro, and 2 tsp. Fresh Thyme.

2. Break up the ground lamb, then add the chopped spices plus 1 tsp. Minced Garlic, 1 tsp. Ground Coriander, 1 tsp. Kosher Salt, 1 tsp. Ground Cumin, 1/2 tsp. Onion Powder, 1/2 tsp. Allspice, 1/4 tsp. Paprika, 1/4 tsp. Oregano, 1/4 tsp. Curry Powder and 1/4 tsp. Freshly Ground Black Pepper.

3. Mix together the mixture well so that all of the spices are evenly distributed.

4. Roll the meat into 15-18 meatballs. You can alternatively make larger meat- balls if you want to make this an entree. Put the meatballs in the oven for 15-18 minutes or until the center is no longer pink.

5. While meatballs are baking, measure out 1/2 cup coconut cream from the top of a can of coconut milk.

6. Add 2 tbsp. coconut water from underneath the cream in the can. Then, add 1 1/4 tsp. Cumin, 1 tbsp. Finely Chopped Cilantro, 1 tbsp. Finely Chopped Mint.

7. Mix the sauce well, then zest 1/2 lemon and add 1 tsp. lemon juice. Mix well.

8. Let the meatballs cool for a moment before serving. Optional: Add runoff fats from the meatballs into the sauce and mix well.

9. Serve with faux yogurt sauce on the side!

NOTES

399 Calories, 32.5g Fats, 3g Net Carbs, and 19.5g Protein.



Portobello Personal Pizza

4 servings

INGREDIENTS

- **4 large** Portobello Mushroom Caps
- **1 medium** Vine Tomato
- **4 oz.** Fresh Mozzarella Cheese
- **1/4 cup** Fresh Chopped Basil
- **6 tbsp.** Olive Oil
- **20 slices** Pepperoni
- **Salt and Pepper** to Taste

DIRECTIONS

1. Get your 4 portobello mushrooms ready.

2. Scrape out all of the innards of the mushroom. Then dig into the flesh and get the mushroom about 1cm thick.

3. Set the oven to broil on high and rub the insides of each mushroom with just under 1 tbsp. Olive Oil. You should use 3 tbsp. Olive Oil between the 4 mushrooms. Season with salt and pepper to taste.

4. Broil the mushroom for about 4-5 minutes.

5. Flip the mushrooms over and rub again with 3 tbsp. Olive Oil. Season with salt and pepper to taste. Broil the mushrooms with the other side facing up for about 3-4 minutes longer.

6. Slice a tomato thin, about 12-16 slices in total. Chop 1/4 cup basil into strips.

7. Lay the tomato and basil into each mushroom. depending on how many slices of tomato, you will put 3-4 slices in each mushroom. About 1 tbsp. of basil on top of each mushroom also.

8. Lay 5 slices of pepperoni onto each mushroom and top with fresh cubed mozzarella cheese (1 oz per mushroom).

9. Broil again for 2-4 minutes, or until cheese is melted and starts to brown. 10. Serve up!

NOTES

Per Pizza it is 321 Calories, 31g Fats, 2.8g Net Carbs, and 8.5g Protein.



BBQ Bacon Wrapped Smokies

4 servings

INGREDIENTS

- **24** Lit'l Smokies
- **6 slices** Bacon
- **3 tbsp.** Keto BBQ Sauce
- **Salt and Pepper** to taste

DIRECTIONS

1. Preheat oven to 375F. Start by chopping 6 slices of bacon into quarter-pie- ces. In total, you should have 24 quarter-slices of bacon. Place a little smokie on top of the slice of bacon.

2. Roll the little smokie up in the bacon so that there is a small amount of overlap.

3. Stick a toothpick into the overlapping piece and set on a cookie sheet cov- ered with foil.

4. Repeat the process for all of the smokies and place into the oven to bake for 25 minutes.

5. Take the smokies out of the oven and use a basting brush to brush BBQ sauce on the little smokies. They should be coated quite well.

6. Place back in the oven and bake for another 10-12 minutes.

7. Remove from the oven and let cool slightly.

8. Serve on a platter. Feel free to sprinkle some parmesan cheese and chopped spring onion over them.

NOTES

Each serving comes out to be 329 Calories, 28.5g Fats, 2.2g Net Carbs, and 13.5g Protein.



Keto Slow Cooker Braised Oxtails

3 servings15 minutes

INGREDIENTS

- **2 lbs.** Oxtails *(Bone-in)*
- **2 cups** Beef Broth
- **1/3 cup** Butter
- **2 tbsp.** Soy Sauce
- **1 tbsp.** Fish Sauce
- **3 tbsp.** Tomato Paste
- **1 tsp.** Onion Powder
- **1 tsp.** Minced Garlic
- **1/2 tsp.** Ground Ginger
- **1 tsp.** Dried Thyme
- **Salt and Pepper** to Taste • **1/2 tsp.** Guar Gum

NOTES

Each serving comes out to be **433 Calories, 29.7g Fats, 3.2g Net Carbs, and 28.3g Protein.**

DIRECTIONS

1. Heat up the beef broth on the stove and mix in the soy sauce, fish sauce, tomato paste, and butter. Transfer to the slow cooker once mixed together and hot, then place the oxtails inside as well.

2. Season the oxtails and broth with onion powder, minced garlic, ground ginger, dried thyme, and salt and pepper to taste.

3. That's it! Set it and forget it: **Cook on low for 6-7 hours**.
4. Once cooked, remove the oxtail from the slow cooker and set aside on paper towels to drain *(if you are going to serve them dry).*

5. Using an immersion blender, blend together the leftover juices in the slow cooker. Add 1/2 tsp. Guar Gum while blending to make a cohesive and thic- kened gravy.

6. Enjoy! Serve with Cauliflower Mashed Potatoes or your favorite fatty side dish with gravy on top.



Bacon Cheese Burger Casserole

6 servings5 minutes

INGREDIENTS

- **1 lb.** Ground Beef *(80/20)*
- **3 slices** Bacon
- **1/2 cup** Almond Flour
- **265g** Cauliflower, riced *(~3 cups chopped)*
- **1 tbsp.** Psyllium Husk Powder
- **1/2 tsp.** Garlic Powder
- **1/2 tsp.** Onion Powder
- **2 tbsp.** Reduced Sugar Ketchup
- **1 tbsp.** Dijon Mustard
- **2 tbsp.** Mayonnaise
- **3 large** Eggs
- **4 oz.** Cheddar Cheese **(2 oz. inside, 2 oz. on top)**
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to be **478 Calories, 35.5g Fats, 3.6g Net Carbs, and 32.2g Protein.**

DIRECTIONS

1. Pre-heat oven to 350F. Rice cauliflower in food processor. Add dry ingre- dients and mix together.

2. Process bacon and ground beef in food processor until crumbly and slight- ly pasty. Cook over medium-high, seasoning with salt and pepper to taste.

3. Shred the cheese while meat is cooking. Once the meat is done, combine all ingredients in a large bowl and add 2 oz. *(half)* of the cheddar cheese.

4. Add eggs, mayo, ketchup, and mustard to the mixture. Using a fork or your hands, mix everything together well.

5. Press mixture into a 9×9 baking pan lined with parchment paper. Then, top with 2 oz. *(the other half)* of the cheddar cheese.

6. Place on top rack and bake for 25-30 minutes. For additional crisp on top, broil 2-3 minutes or until browned.

7. Remove from oven and let cool for 5-10 minutes.

8. Slice, and serve with additional toppings. Ideas: mustard, extra reduced sugar ketchup, and pickes.



Nacho Chicken Casserole

6 servings15 minutes

INGREDIENTS

- **1.75 lbs.** Chicken Thighs, boneless skinless
- **1 1/2 tsp.** Chili seasoning
- **2 tbsp.** Olive Oil
- **4 oz.** Cream Cheese
- **4 oz.** Cheddar Cheese
- **1 cup** Green Chilies and Tomatoes
- **3 tbsp.** Parmesan Cheese *(~45g)*
- **1/4 cup** Sour Cream
- **16 oz. package** Frozen Cauliflower
- **1 medium** Jalapeno Pepper
- **Salt and Pepper** to Taste

DIRECTIONS

1. Pre-heat oven to 375F. Using kitchen shears, chop chicken into bite-size chunks. Season chicken with salt, pepper, and chili seasoning.
2. Over medium-high heat, cook chicken in olive oil until browned on all sides.
3. Add cream cheese, sour cream and 3/4 of the cheddar cheese to the chic- ken, then stir together until melted and mixed. Add tomatoes and green chili and mix well.
4. In a casserole dish, add chicken mixture from the pan.
5. Microwave frozen cauliflower until cooked through. Use an immersion blender to blend with remaining cheese into a mashed potato-like consistency. Season with salt and pepper.
6. Cut a jalapeno into chunks. Spread cauliflower mixture over the top of the casserole, then sprinkle jalapeno pepper over the top. Bake for 15-20 minutes or until some color is on the top and the jalapenos are cooked.
7. Slice and serve. Some fresh chopped cilantro tastes great over the top!

NOTES

Each serving comes out to b e **426 Calories, 32.2g Fats, 4.3g Net Carbs, and 30.8g Protein.**



Keto Kung Pao Chicken

3 servings

5 minutes

INGREDIENTS

The Ingredients
2 medium Chicken Thighs, bone in skin on
1 tsp. Ground Ginger
Salt and Pepper to Taste
1/4 cup Peanuts
1/2 medium Green Pepper
2 large Spring Onions
4 red Bird's Eye Chilis, de-seeded The Sauce
1 tbsp. Soy Sauce
2 tsp. Rice Wine Vinegar
2 tbsp. Chili Garlic Paste
1 tbsp. Reduced Sugar Ketchup
2 tsp. Sesame Oil
1/2 tsp. Maple Extract
10 drops Liquid Stevia

NOTES

Per serving, it comes out to be **362 Calories, 27.4g Fats, 3.2g Net Carbs, and 22.3g Protein.**

DIRECTIONS

1. Debone chicken using kitchen shears. Cut chicken into bite sized pieces. Season with salt, pepper, and ground ginger.
2. Heat a pan over medium-high heat and once very hot, add chicken. Let the chicken cook until browned (about 10 minutes). I advise using a splatter screen or covering the pan with paper towels as there will be grease splash back.
3. Chop up and prep vegetables and chilis. Set aside.
4. Prepare sauce by combining all ingredients together and mixing well.
5. Once the chicken is browned, stir everything together and let cook for a few minutes more. Add vegetables and peanuts to the pan and allow to cook down (about 3-4 minutes).
6. Add sauce to the pan and let it boil down to reduce slightly. It should have almost a sticky texture once done.
7. Serve on top of your favorite side dish. For us, it's fried cauliflower rice!



Keto Coconut Curry Chicken Tenders

6 servings

INGREDIENTS

Coconut Curry Chicken Tenders
- **24 oz.** Chicken Thighs, deboned with skin on *(~5 thighs)*
- **1 large** Egg
- **1/2 cup** Pork Rinds, crumbled *(~1 1/2 oz.)*
- **1/2 cup** Unsweetened Shredded Coconut
- **2 tsp.** Curry Powder
- **1/2 tsp.** Coriander
- **1/4 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **Salt and Pepper** to Taste

Sweet and Spicy Mango Dipping Sauce
- **1/4 cup** Mayonnaise
- **1/4 cup** Sour Cream
- **2 tbsp.** Sugar Free Ketchup
- **1 1/2 tsp.** Mango Extract
- **1/2 tsp.** Red Pepper Flakes
- **1/2 tsp.** Garlic Powder
- **1/2 tsp.** Ground Ginger
- **1/4 tsp.** Cayenne Pepper
- **7 drops** Liquid Stevia

NOTES

Each serving (with sauce) comes out to be

494 Calories, 39.4g Fats, 2.1g Net Carbs, and 29.4g Protein

DIRECTIONS

1. Pre-heat oven to 400F. Get a cookie sheet with a wire rack ready. In a shallow bowl or plate with lips, beat an egg.

2. In large resealable plastic bag, place pork rinds, coconut and spices.

3. Debone chicken thighs with kitchen shears. Make sure that you leave the skin on the chicken thighs.

4. Cut the chicken thighs into strips *(or tenders)*, lengthwise. This should get around 4 chicken tenders per thigh.

5. Dip half of the chicken into egg and place into bag. Seal and shake to coat. Place chicken on wire rack. Repeat step 4 with the other half of the chicken.

6. Bake on the top rack in the oven for 15 minutes. Remove from the oven, flip each chicken tender, and bake for 20 minutes more.

7. While the chicken is cooking, prepare the sauce by mixing together all of the ingredients. Set aside until chicken is finished.

8. Once chicken is ready, remove from the oven and serve immediately.



Grilled Keto Short Ribs

4 servings

INGREDIENTS

Ribs and Marinade
- **6 large** Short Ribs, flanken cut *(~ 1 1/2 lb.)*
- **1/4 cup** Soy Sauce
- **2 tbsp.** Rice Vinegar
- **2 tbsp.** Fish Sauce

Asian Spice Rub
- **1 tsp.** Ground Ginger
- **1/2 tsp.** Onion Powder
- **1/2 tsp.** Minced Garlic
- **1/2 tsp.** Red Pepper Flakes
- **1/2 tsp.** Sesame Seed
- **1/4 tsp.** Cardamom
- **1 tbsp.** Salt

NOTES

Per serving (taking into account the marinade not absorbing all liquids) is **417 Calories, 31.8g Fats, 0.9g Net Carbs, and 29.5g Protein.**

DIRECTIONS

1. Mix together the soy sauce, rice vinegar, and fish sauce. You can optiona- lly add some olive oil and sesame oil to the marinade.

2. Set short ribs in a casserole dish or container that has raised edges. Pour the marinade over the ribs and let sit for at 45-60 minutes.

3. Mix together the spice rub.

4. Empty marinade from the casserole dish, then pour the spice mixture evenly over both sides of the ribs.

5. Heat your grill and grill the ribs up! About 3-5 minutes per side depending on thickness.

6. Serve up with your favorite vegetables or side dish.



Keto BBQ Chicken Pizza

3 servings

INGREDIENTS

THE PREPARATION

Dairy Free Pizza Crust
- **6 large** Eggs
- **6 tbsp.** Parmesan Cheese
- **3 tbsp.** Psyllium Husk Powder
- **1 1/2 tsp.** Italian Seasoning

Salt and Pepper to Taste

Toppings
- 4 oz. Cheddar Cheese
- 6 oz. Rotisserie Chicken, shredded
- 1 tbsp. Mayonnaise
- 4 tbsp. BBQ Sauce
- 4 tbsp. Rao's Tomato Sauce

NOTES

Each serving comes out to be **357 Calories, 24.5g Fats, 2.9g Net Carbs, and 24.5g Protein**

DIRECTIONS

1. Pre-heat oven to 425F and shred cheese. Set aside.

2. Using an immersion blender, combine all ingredients for the crust until very well mixed. It should be rather thick.

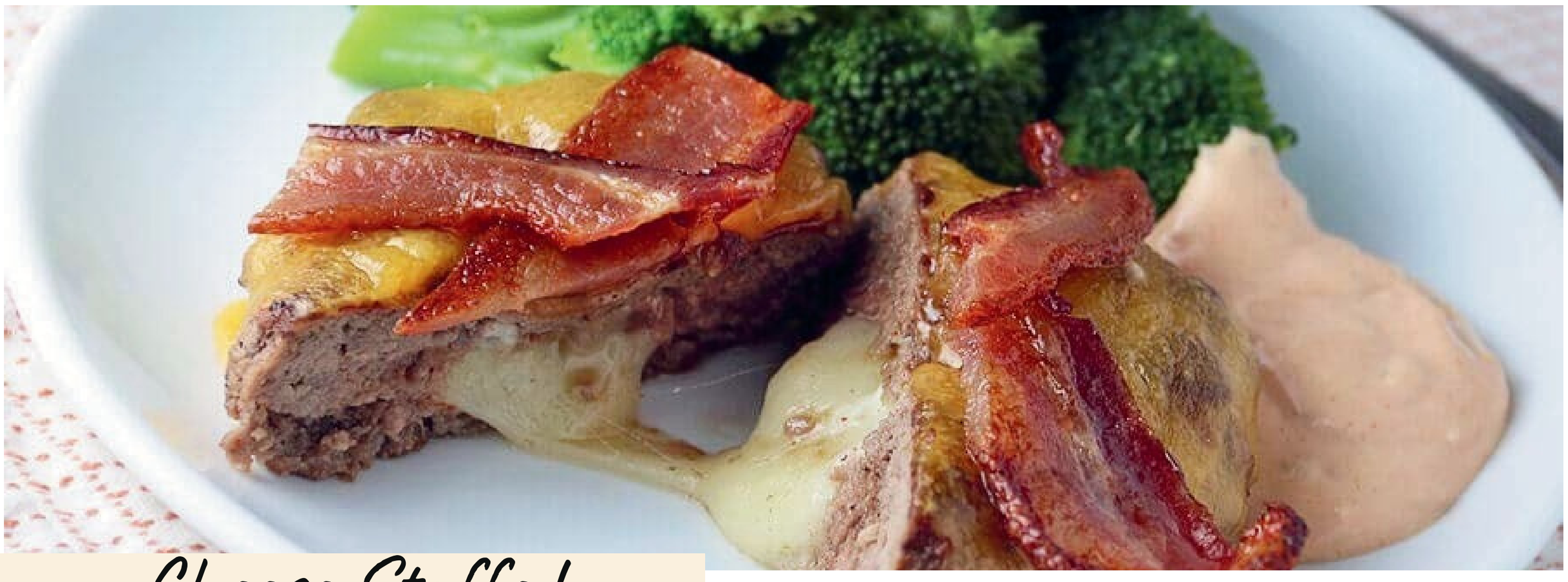
3. Spread dough out on a silpat using a silicone spatula. It's too sticky to use your hands for *(I tried it and it was a mess)*. Silicone really helps keep the dough from sticking on to everything. This will take you a few minutes to do, but your oven should be pre-heating in the meantime.

4. Once the crust is spread out evenly, place in the oven and bake on the top rack for 10 minutes.

5. Once done in the oven, flip the pizza over. I tried flipping it with a flipper, but ended up using my hands by holding 2 corners.

6. Top with your favorite toppings, then broil for an additional 3 minutes in the oven.

7. Slice and serve! Feel free to top with chives, spring onion, or other herbs/ vegetables that match the toppings.



Cheese Stuffed Bacon Cheeseburger

2 servings

INGREDIENTS

- **8 oz.** Ground Beef
- **2 slices** Bacon, pre-cooked
- **1 oz.** Mozzarella Cheese
- **2 oz.** Cheddar Cheese
- **1 tsp.** Salt
- **1/2 tsp.** Pepper
- **1 tsp.** Cajun Seasoning
- **1 tbsp.** Butter

NOTES

Each burger comes out to be **614 Cal ories, 51g Fats, 1.5g Net Carbs, and 33g Protein.**

DIRECTIONS

1. Season ground beef with all of the spices and mix together lightly.

2. Prepare the cheese by cubing 1 oz. Mozzarella, and slicing 2 oz. of Cheddar.

3. Form rough patties with the ground beef and place mozzarella inside, enclosing the cheese with the beef.

4. Heat 1 tbsp. butter *(per burger)* in a pan, and wait until bubbling and hot. 5. Add burger to the pan.

6. Cover with a cloche and let cook for 2-3 minutes.

7. Flip the burger and place cheddar cheese on top. Place the cloche over the top again and let cook until desired temperature is reached, about 1-2 minutes more.

8. Chop bacon slice in half and place over the top of the burger. Enjoy!



5 Minute Keto Pizza

1 servings

INGREDIENTS

Pizza Crust
- **2 large** Eggs
- **2 tbsp.** Parmesan Cheese
- **1 tbsp.** Psyllium Husk Powder
- **1/2 tsp.** Italian Seasoning
- **Salt** to Taste
- **2 tsp.** Frying Oil

Toppings
- **1.5 oz.** Mozzarella Cheese
- **3 tbsp.** Rao's Tomato Sauce
- **1 tbsp.** Freshly Chopped Basil

NOTES

Each pizza comes out to be **459 Calories, 35g Fats, 3.5g Net Carbs, and 27g Protein.**

DIRECTIONS

1. Measure out all dry ingredients into a bowl or container that can fit your immersion blender.

2. Add 2 eggs and mix everything together using your immersion blender. Make sure you continue blending for about 30 seconds, allowing the psyllium husk to absorb some of the liquid.

3. Heat 2 tsp. frying oil *(I used bacon fat)* in a pan over medium-high heat. Once very hot, spoon your mixture into the pan and spread out into a circle shape.

4. Once the edges have started to set and look slightly brown, flip the pizza crust. You can optionally transfer it to a plate and flip from there. Turn the broiler on high in the oven.

5. Cook on the opposite side for 30-60 seconds, then turn the stove off. Spoon 3 tbsp. Rao's *(or other low carb)* tomato sauce over the pizza and spread.

6. Add cheese, then put pizza into the oven to broil. Leave a crack open in the oven so you can keep an eye on it. Once it's bubbling, remove it from the oven.

7. Serve with some freshly chopped basil over the top!



Keto Crisp Baked Chicken Wings

20 servings

INGREDIENTS

- **3 lbs.** Chicken Wings, drum-sticks and wings *(~20 wings)*
- **1/4 cup** Butter
- **1 tsp.** Baking Soda
- **2 tsp.** Baking Powder
- **1 tbsp.** Salt

NOTES

Per 4 wings, it comes out to be **500 Calories, 38.8g Fats, 0g Net Carbs, and 34g Protein.**

DIRECTIONS

1. Put all of your chicken wings into a plastic bag and mix together the baking soda, baking powder, and salt.

2. Pour all of the baking powder mixture into the bag with the chicken wings.

3. Shake the bag very well to make sure all of the wings are coated in the mixture.

4. Place all chicken wings on a wire rack and set in the fridge overnight. This helps dry them out and breaks down the peptide bonds in the proteins of the chicken *(allowing for more crisp).*

5. When you're ready the next day, position a rack in the top middle position and pre-heat your oven to 450F. Once the oven is heated, place the chicken wings in and bake for 20 minutes.

6. Remove the chicken from the oven and flip the chicken wings. Bake again for 15 minutes or until very crisp.

7. Toss with your favorite wing sauce – butter and cilantro, butter and hot sauce (buffalo sauce), or make something fancier *(like garlic parmesan sauce).*



Chili Lime Meatball

3 servings

INGREDIENTS

The Meatballs
- 1 lb. Ground Chicken (90%/10%)
- 2 tbsp. Flaxseed Meal
- 2 tbsp. Almond Flour
- 2 medium Spring Onions, chopped
- 1/2 medium Red Bell Pepper
- 2 tbsp. Cilantro, chopped
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Salt
- 1/2 tsp. Red Pepper Flakes
- 1/2 medium Lime, juice and zest
- 2 oz. Cheddar Cheese

The Guacamole
- 1 medium Avocado
- 1/2 medium Lime, juice
- 1/4 tsp. Garlic Powder
- Salt & Pepper to Taste

NOTES

Each serving comes out to be **428 Calories, 31.3g Fats, 4.7g Net Carbs, and 33.7g Protein.**

DIRECTIONS

1. Preheat oven to 350F. Shred 2 oz. Cheddar Cheese and set aside in a bowl.
2. Prep all of the vegetables – finely chop 1/2 red bell pepper and 2 spring onions.
3. Add ground chicken and vegetables to the bowl the with cheese. Chop 2 tbsp. cilantro and add to the bowl. Season with spices.
4. Juice 1/2 lime into the chicken meatball mixture, then zest the lime and add in the zest. I find it really easily with a lemon/lime juicer.
5. Add 2 tbsp. almond flour and flaxseed meal, then mix everything together well.
6. Roll out the meatballs as uniform as you can get them and bake for 15-18 minutes or until cooked through.
7. Make the simple guacamole by mashing together avocado, lime juice, garlic powder, and salt and pepper to taste.
8. Serve with simple guac for a delicious meal.



Thai Chicken Flatbread Pizza

4 servings

INGREDIENTS

Peanut Sauce
- **4 tbsp.** PBFit
- **2 tbsp.** Rice Wine Vinegar
- **4 tbsp.** Soy Sauce
- **4 tbsp.** Reduced Sugar Ketchup
- **4 tbsp.** Coconut Oil
- **1 tsp.** Fish Sauce
- **Juice of 1/2** Lime

Pizza Base
- **2 cups** Mozzarella Cheese *(~8 oz.)*
- **3/4 cup** Almond Flour
- **1 tbsp.** Psyllium Husk Powder
- **3 tbsp.** Cream Cheese *(~1.5 oz.)*
- **1 large** Egg
- **1/2 tsp.** Onion Powder
- **1/2 tsp.** Garlic Powder
- **1/2 tsp.** Ginger Powder
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper

Toppings
- **2 small** Chicken Thighs, cooked
- **3 oz.** Mung Bean Sprouts
- **6 oz.** Mozzarella Cheese
- **2 medium** Green Onions
- **1 1/2 oz.** Shredded Carrot
- **2 tbsp.** Peanuts, chopped
- **3 tbsp.** Cilantro, chopped

NOTES

Each slice comes out to be **268 Calories, 21g Fats, 3.2g Net Carbs, and 15g Protein.**

DIRECTIONS

1. Pre-heat oven to 400F. First combine all of the ingredients for the sauce. Use an immersion blender if you need to to emulsify the coconut oil into the sauce. I didn't have too big an issue because I was using melted coconut oil.

2. Get the ingredients ready for the base of your pizza. The mozzarella and cream cheese in one bowl, then all of the dry ingredients in another. Micro- wave the cheese for about 1 minute on high or until it's melted and bubbling on the sides.

3. Add the egg to the cheese and mix together well. Then, add the dry ingre- dients into the cheese and thoroughly mix.

4. On a silpat, press the pizza base from edge to edge, creating a large rect- angle the size of a cookie sheet.

5. Put the pizza in the oven for about 12-14 minutes, or until it's nice and browned on the top.

6. Chop the pre-cooked chicken into bite sized chunks and set aside.

7. Flip the pizza over so that the bottom is now facing the top.

8. Top the pizza with the sauce, chicken, shredded carrots, and mozzarella. Place back into the oven for 7-10 minutes, or until cheese is nice and melted. 9. Top with mung bean sprouts, chopped spring onion, chopped peanuts and cilantro to taste.



Reverse Seared Ribeye Steak

3 servings

INGREDIENTS

- **2 medium** Ribeye Steaks
- **3 tbsp.** Bacon Fat
- **Salt and Pepper** to Taste

DIRECTIONS

1. Preheat oven to 250F. Put your steaks on a wire rack on top of a cookie sheet. Season heavily with salt and pepper on all sides of the meat.

2. Stick an instant-read thermometer through the side of the steak so that the tip reaches the middle. Set thermometer for 123F internal temperature and bake in the oven until internal temperature is reached. About 40-45 minutes.

3. Let the steaks rest for a few minutes. Usually only a few minutes. The juices won't run as much with this method because it's cooking low and slow, rather than a fast sear.

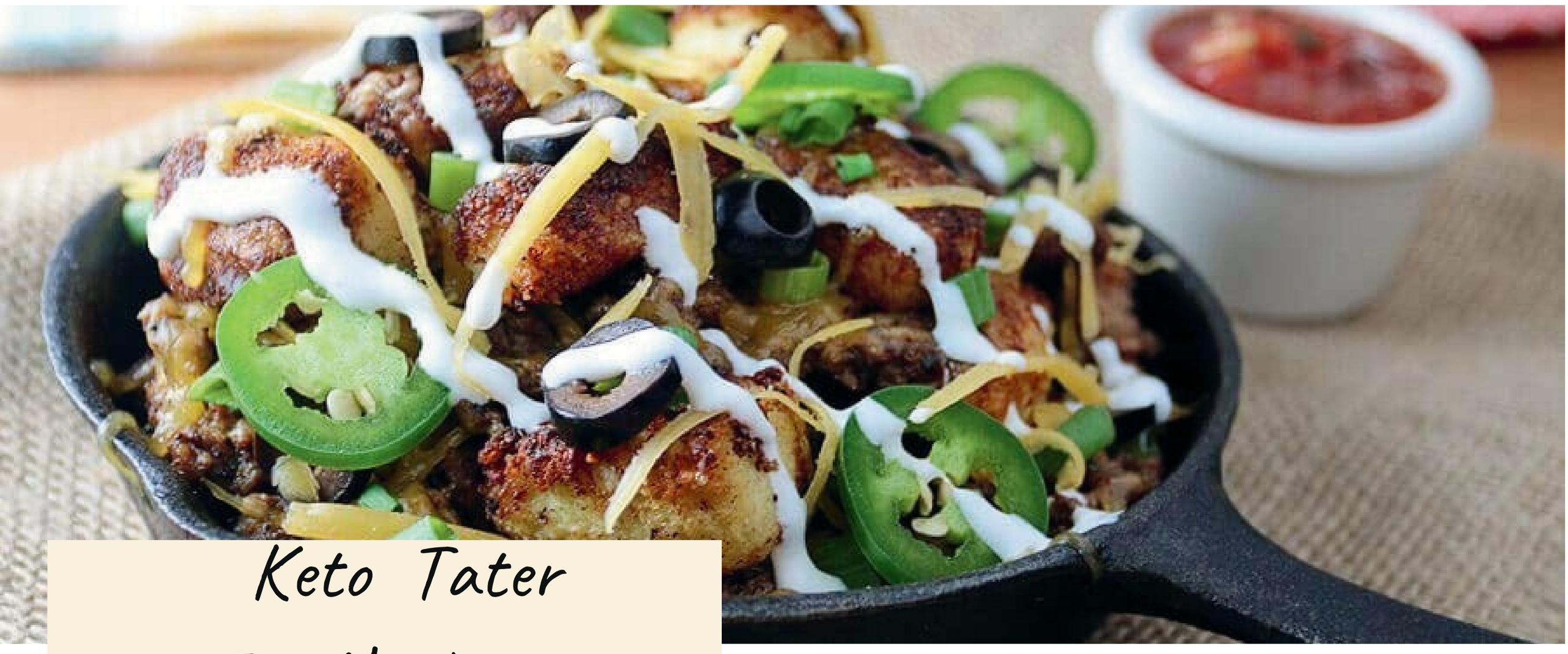
4. Heat the bacon grease in a cast iron skillet or cermic cast iron skillet and wait until the pan is very hot. I normally wait until the smoke point of the grea- se is hit. Place the steaks in and sear for 30 – 45 seconds on each side.

5. Don't forget to sear the sides of the steak!

6. Let rest for 2-3 minutes and serve warm. Enjoy! Feel free to serve up with some awesome and super Easy Creamy Cauliflower Mashed Potatoes.

NOTES

Each ~6.5 oz. serving comes out to be **430 Calories, 31.7g Fats, 0g Net Carbs, and 30.3g Protein.**



Keto Tater Tot Nachos

2 servings

INGREDIENTS

- **2 servings** Keto Tater Tots *(recipe here)*
- **6 oz.** Ground Beef *(80/20)*, cooked
- **2 oz.** Cheddar Cheese, shredded
- **2 tbsp.** Sour Cream
- **6 Black** Olives, sliced
- **1 tbsp.** Salsa
- **1/2 medium** Jalapeno Pepper, sliced

DIRECTIONS

1. In a small casserole dish or mini cast iron skillet, lay down 9-10 keto tater tots .

2. Add 1/2 ground beef, and 1/2 of the shredded cheese. Start the second layer with less tater tots, 1/2 of the remaining beef, and 1/2 of the remaining cheese. Repeat with the last of the tater tots. Broil in the oven for 4-5 minutes so that the cheese melts.

3. Serve with jalapenos, sour cream, black olives, and salsa. Enjoy!

NOTES

Each serving comes out to be **637 Calories, 52.5g Fats, 5.5g Net Carbs, and 32.3g Protein**



Blackberry Chipotle Chicken Wings

20 servings

INGREDIENTS

- **3 lbs.** Chicken Wings *(~20 wings, butchered)*
- **1/2 cup** Blackberry Chipotle Jam
- **1/2 cup** Water
- **Salt and Pepper** to Taste

NOTES

Per 4 wings, it comes out to be **503 Calories, 39.1g Fats, 1.8g Net Carbs, and 34.5g Protein.**

DIRECTIONS

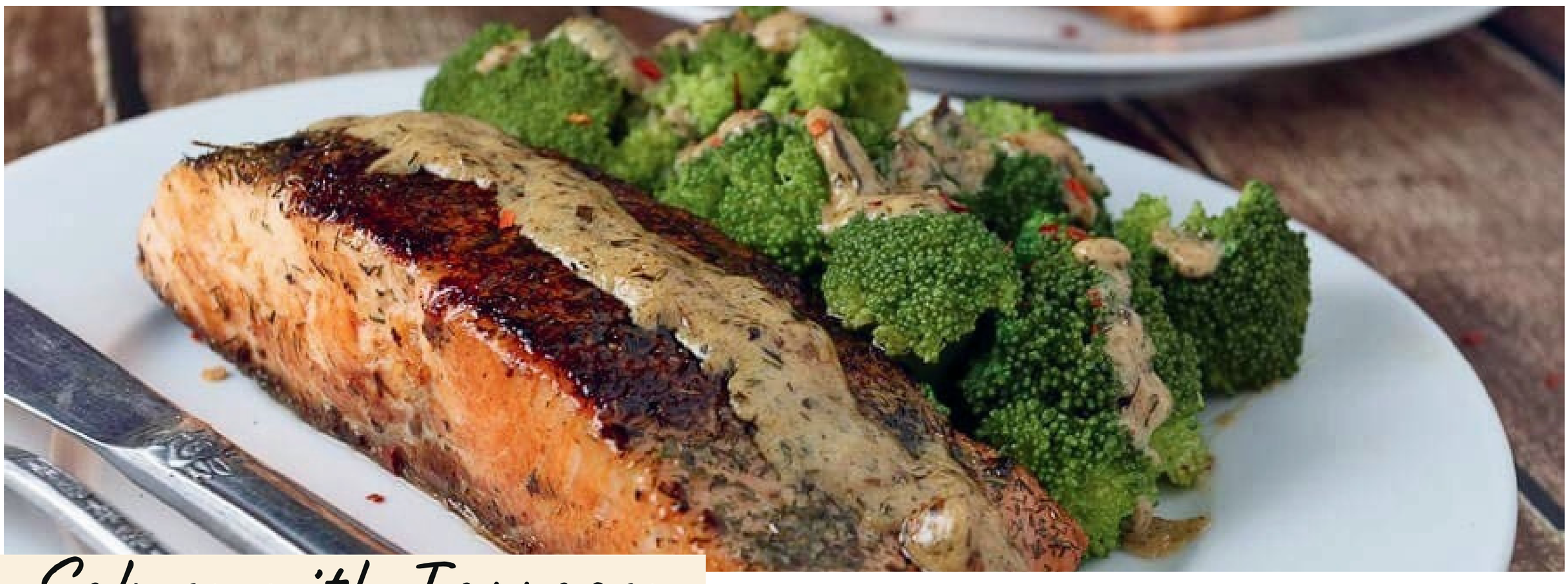
1. Start by butchering the chicken wings. Place the chicken wing down on a cutting board and let the "V" naturally occur. Cut into the V, allowing your kni- fe to do most of the work. You should only be cutting through cartilage, and not bone.

2. Once you have the drummette detached from the wing, locate the sec- ondary "V" that occurs between the wing and the wing tip. Use the weight of your knife to cut the wing tip off. You can freeze these to make bone broth with later.

3. In a bowl, combine 1/2 cup Blackberry Chipotle Jam and 1/2 cup water. Whisk to combine, then add 2/3 marinade with the chicken wings and salt and pepper in a plastic bag. Let this sit for at least 30 minutes, or up to overnight.

4. In the meantime, preheat oven to 400F. Once the chicken is finished mar- inating, lay on a cookie sheet with a wire rack on top. Bake for 15 minutes at 400F, then flip and turn the oven up to 425F. Brush the remaining marinade over each wing *(now the bottom side*) and bake for an additional 20-30 minutes, or until wings are crispy

5. Remove from the oven, let cool, and enjoy!



Salmon with Tarragon Dill Cream Sauce

3 servings

INGREDIENTS

Salmon Filets

- **1 1/2 lb.** Salmon Filet
- **3/4-1 tsp.** Dried Tarragon
- **3/4-1 tsp.** Dried Dill Weed
- **1 tbsp.** Duck Fat
- **Salt and Pepper** to Taste

Cream Sauce

- **2 tbsp.** Butter
- **1/4 cup** Heavy Cream
- **1/2 tsp.** Dried Tarragon
- **1/2 tsp.** Dried Dill Weed
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to be **469 Calories, 40g Fats, 1.5g Net Carbs, and 22.5g Protein.**

DIRECTIONS

1. Slice the salmon in half to create 2 1/4 lb. filets. Season meat of fish with tarragon, dill weed, and salt and pepper. Turn around and season skin with salt and pepper only.

2. Heat 1 tbsp. duck fat in a ceramic cast iron skillet over medium heat *(or any pan that will hold heat well)*. Once hot, add salmon skin side down.

3. Allow salmon to cook for 4-6 minutes while skin crisps up. Once the skin is crisp, reduce to low heat and flip salmon.

4. Cook salmon until done-ness you want is achieved. Generally about 7-15 minutes over low heat.

Optional: If desired, cook on sides for 20-40 seconds to get darker edges.

5. Remove salmon from the pan and set aside. Add butter and spices to the pan and let brown. Once browned, add cream mix together.

6. Serve with broccoli or asparagus *(or your favorite side dish)* and be generous with cream sauce. Garnish with a small amount of red pepper flakes.



Buffalo Chicken Jalapeno Popper

6 servings

INGREDIENTS

- **6 small** Chicken Thighs
- **6 slices** Bacon
- **3 medium** Jalapenos
- **12 oz.** Cream Cheese
- **1/4** cup Mayonnaise
- **4 oz.** Shredded Cheddar
- **2 oz.** Shredded Mozzarella Cheese
- **1/4** cup Frank's Red Hot
- **Salt and Pepper to Taste**

NOTES

Each serving is **740 Calories, 61.2g Fats, 2.5g Net Carbs, and 31.8g Protein.**

DIRECTIONS

1. De-bone all chicken thighs and pre-heat oven to 400F. Season chicken thighs well with salt and pepper, then lay on a cooling rack over a cookie sheet wrapped in foil. Bake chicken thighs for 40 minutes at 400F.

2. Once your timer hits 20 minutes, start on the filling. Chop 6 slices of bacon into pieces and put into a pan over medium heat.

3. Once bacon is mostly crisped, add jalapenos into the pan.

4. Once jalapenos are soft and cooked, add cream cheese, mayo, and frank's red hot to the pan. Mix together and season to taste.

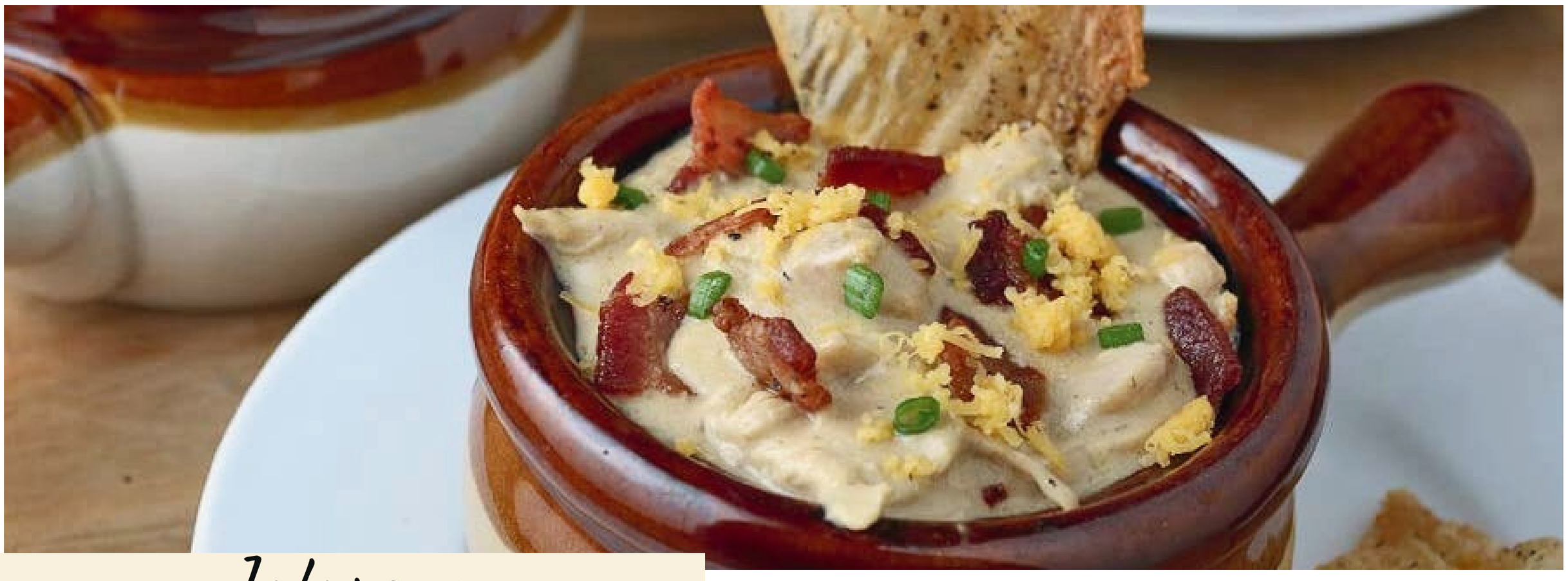
5. Remove chicken from the oven and let cool slightly. Once they are cool enough, remove the skins from the chicken.

6. Lay chicken into a casserole dish, then spread cream cheese mixture over it, then top with cheddar and mozzarella cheese.

7. Bake for 10-15 minutes at 400F. Broil for 3-5 minutes to finish.

Optional: Top with extra jalapenos before you broil.

8. Let cool for 5 minutes. Slice and serve up!



Jalapeno Popper Soup

6 servings

INGREDIENTS

- **4 medium** Chicken Thighs, deboned
- **1 tbsp.** Chicken Fat
- **3 medium** Jalapenos, diced
- **2 tsp.** Minced Garlic
- **1 tsp.** Onion Powder
- **1 tsp.** Dried Cilantro
- **1 tsp.** Cajun Seasoning
- **3 cups** Chicken Broth
- **6 oz.** Cream Cheese
- **4 oz.** Cheddar Cheese
- **4 slices** Bacon, for topping
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to be **550 Calories, 42.7g Fats, 3g Net Carbs, and 33.7g Protein.**

DIRECTIONS

1. Preheat oven to 400F. De-bone chicken thighs, then season on both sides with salt and pepper to taste. Lay to rest on a cooling rack while you cook in the oven.
2. Bake chicken thighs for 50-55 minutes at 400F.
3. In the mean-time, heat 1 tbsp. chicken fat on the stove over medium-high heat. Once hot, add chicken bones to pot and fry for 5-10 minutes.
4. Add diced jalapeno peppers and garlic to the mixture. Let this cook for 3-4 minutes or until soft.
5. Add broth and spices to the mixture and stir until pan is deglazed. Once boiling, reduce heat to simmer until chicken thighs are cooked.
6. Once the chicken thighs are cooked, remove the crispy chicken skin from the meat and keep to the side. Remove chicken bones from the broth and discard.
7. Add excess chicken fat to the pot, then use an immersion blender to puree the jalapenos and garlic into the broth. Shred chicken meat and add to the pot. Let this simmer for 10-15 minutes.

8. Add cream cheese and cheddar cheese to the soup and stir while simmer- ing for 5 minutes, or until all cheese has dissolved.

9. Cook sliced bacon under medium-high heat until crisp. Lay to rest on paper towels to crisp up.

10. Serve soup up with pieces of bacon. Add crispy chicken skin on the side.



Keto Pasta Carbonara

3 servings

INGREDIENTS

- **2/3 Pasta** keto friendly
- **5 Oz.** Bacon
- **2 large** Egg Yolks
- **1 large** Egg
- **1 tbsp.** Heavy Cream
- **1/3 cup** Fresh Grated Parmesan *(Plus garnish)* • **3 tbsp.** Fresh Chopped Basil
- **Fresh** Ground Black Pepper to Taste

DIRECTIONS

1. Prepare pasta keto friendly or buy one
2. Freeze bacon for 15 minutes prior for easier cutting. Slice bacon into small cubes and cook until crisp over high heat.
3. Set bacon aside to cool on paper towels and become even crispier.
4. Save 1/3 bacon grease and keep other 2/3 in the pan. Mix together 1 large egg and 2 large egg yolks.
5. Measure out 1/3 cup freshly grated parmesan cheese.
6. Add parmesan, cream, and saved 1/3 bacon grease that was saved to the egg and egg yolk mixture. Stir together well until a thick sauce is formed.
7. Cook pasta in a pan with the bacon grease that is left over high heat.
8. Add pasta to a mixing bowl, then add crisped bacon and toss.
9. Add carbonara sauce to the pasta along with 2 tbsp. freshly chopped basil and fresh cracked black pepper. Mix together until all strands of pasta is cov- ered completely.
10. Garnish with extra fresh cracked black pepper and chopped basil.

NOTES

Per serving, it comes out to **553 Calories, 44g Fats, 3.8g Net Carbs, and 21.7g Protein. A perfectly ketogenic meal that includes delicious and realistic tasting pasta!**



Simple Caprese Salad

2 servings

INGREDIENTS

- **1 Fresh** Tomato
- **6 Oz.** Fresh Mozzarella Cheese
- **1/4 Cup** Fresh Basil, chopped • **3 tbsp.** Olive Oil • **Fresh** Cracked Black Pepper
- **Kosher** Salt

DIRECTIONS

1. In a food processor, pulse chopped fresh basil leaves with 2 tbsp. Olive Oil to make the Basil Paste.

2. Slice tomato into 1/4 slices. You should be able to get at least 6 slices from the tomato.

3. Cut Mozzarella into 1 oz. Slices.

4. Assemble caprese salad by layering tomato, mozzarella, and basil paste. 5. Season with salt, pepper, and extra olive oil.

Optional: Reduce balsamic vinegar for balsamic reduction (be careful of carb count).

NOTES

Each serving has **405 Calories, 36g Fats,4.5g Net Carbs, and 15.5g Protein.**



Spicy Jalapeno Poppers

8 servings

INGREDIENTS

- **5 OZ.** Cream Cheese
- **1/4 cup** Mozzarella Cheese
- **8 medium** Jalapeno Peppers
- **1/4 tsp.** Salt
- **1/4 tsp.** Pepper
- **1/2 tsp.** seasoning Mrs. Dash Table Blend
- **8 slices** Bacon

DIRECTIONS

1. Preheat oven to 400F. Wash all of your jalapeno peppers (for this, I am using 8 peppers). Foil a baking sheet and remove the stems of your peppers.

2. Slice each pepper in half, making sure that it is an even cut on each pepper.

3. Using a spoon, scrape out all of the guts of the peppers. You can leave a few seeds inside for extra heat if you'd like.

4. In a bowl, combine 5 oz. Cream Cheese, 1/4 cup Mozzarella Cheese, and spices of your choice. I used 1/4 tsp. Salt, 1/4 tsp. Pepper, and 1/2 tsp. Seasoning Mrs. Dash Table Blend.

5. Pack the cream cheese mixture into each pepper, creating a mound that the other half will fit on top of.

6. Press the other half of the peppers into the cream cheese mixture, closing the peppers up like they were never cut.

7. Wrap each pepper in bacon, starting from the bottom and working your way up to the top.

8. Bake for 20-25 minutes or until bacon begins it crisp up and is cooked completely. Broil for additional 2-3 minutes to get a darker color and more crisp on the bacon.

9. Serve up – I served with a saute of broccoli, red pepper, and celery in the leftover bacon fat from the baking sheet.

NOTES

Each jalapeno popper comes out to **182 Calories, 16.5g Fats, 1.3g Net Carbs, and 4.8g Protein.**



Asian Cucumber Salad

1 servings

INGREDIENTS

- **3/4 large** Cucumber
- **1 packet** Shiritaki Noodles
- **2 tbsp.** Coconut Oil
- **1 medium** Spring Onion
- **1/4 tsp.** Red Pepper Flakes • **1 tbsp.** Sesame Oil • **1 tbsp.** Rice Vinegar
- **1 tsp.** Sesame Seeds
- **Salt and Pepper** to Taste

DIRECTIONS

1. Remove shiritaki noodles from the package and rise off completely. This may take a few minutes, but make sure that all of the extra water that came in its package is washed off.

2. Set noodles on a kitchen towel and thoroughly dry them.

3. Bring 2 tbsp. Coconut Oil to medium-high heat in a pan.

4. Once the oil is hot, add noodles and cover (it will splatter). Let these fry for 5-7 minutes or until crisp and browned.

5. Remove shiritaki noodles from the pan and set on paper towels to cool and dry.

6. Slice cucumber thin and arrange on a plate in the design you'd like.

7. Add 1 medium Spring Onion, 1/4 tsp. Red Pepper Flakes, 1 tbsp. Sesame Oil, 1 tbsp. Rice Vinegar, 1 tsp. Sesame Seeds, and Salt and Pepper to taste. You can also pour over the coconut oil from the pan you fried the noodles in. This will add a salty component so keep that in mind. Store this in the fridge for at least 30 minutes before serving!

NOTES

which comes out to **416 Caloies, 43g Fats, 7g Net Carbs, and 2g Protein.**



Morocca n Meatballs

18 servings

INGREDIENTS

Low Carb Moroccan Meatballs •
1 lb. Ground Lamb
• **1 tbsp.** Finely Chopped Fresh Mint
• **1 tbsp.** Finely Chopped Fresh Cilantro • **2 tsp.** Fresh Thyme
• **1 tsp.** Minced Garlic
• **1 tsp.** Ground Coriander
• **1 tsp.** Kosher Salt
• **1 tsp.** Ground Cumin
• **1/2 tsp.** Onion Powder
• **1/2 tsp.** Allspice
• **1/4 tsp.** Paprika
• **1/4 tsp.** Oregano
• **1/4 tsp.** Curry Powder
• **1/4 tsp.** Freshly Ground Black Pepper

Faux Yogurt Sauce
• **1/2 cup** Coconut Cream
• **2 tbsp.** Coconut Water
• **1 1/4 tsp.** Cumin
• **1 tbsp.** Finely Chopped Fresh Cilantro • **1 tbsp.** Finely Chopped Fresh Mint
• **Zest** 1/2 Lemon
• **1 tsp.** Lemon Juice
• **1/4 tsp.** Salt

DIRECTIONS

1. Preheat oven to 350F. Finely chop 1 tbsp. fresh mint, 1 tbsp. fresh cilantro, and 2 tsp. Fresh Thyme.

2. Break up the ground lamb, then add the chopped spices plus 1 tsp. Minced Garlic, 1 tsp. Ground Coriander, 1 tsp. Kosher Salt, 1 tsp. Ground Cumin, 1/2 tsp. Onion Powder, 1/2 tsp. Allspice, 1/4 tsp. Paprika, 1/4 tsp. Oregano, 1/4 tsp. Curry Powder and 1/4 tsp. Freshly Ground Black Pepper.

3. Mix together the mixture well so that all of the spices are evenly distributed.

4. Roll the meat into 15-18 meatballs. You can alternatively make larger meat- balls if you want to make this an entree. Put the meatballs in the oven for 15-18 minutes or until the center is no longer pink.

5. While meatballs are baking, measure out 1/2 cup coconut cream from the top of a can of coconut milk.

6. Add 2 tbsp. coconut water from underneath the cream in the can. Then, add 1 1/4 tsp. Cumin, 1 tbsp. Finely Chopped Cilantro, 1 tbsp. Finely Chopped Mint.

7. Mix the sauce well, then zest 1/2 lemon and add 1 tsp. lemon juice. Mix well.

8. Let the meatballs cool for a moment before serving. Optional: Add runoff fats from the meatballs into the sauce and mix well.

9. Serve with faux yogurt sauce on the side!

NOTES

399 Calories, 32.5g Fats, 3g Net Carbs, and 19.5g Protein.



Portobello Personal Pizza

4 servings

INGREDIENTS

- **4 large** Portobello Mushroom Caps
- **1 medium** Vine Tomato
- **4 oz.** Fresh Mozzarella Cheese
- **1/4 cup** Fresh Chopped Basil
- **6 tbsp.** Olive Oil
- **20 slices** Pepperoni
- **Salt and Pepper** to Taste

DIRECTIONS

1. Get your 4 portobello mushrooms ready.

2. Scrape out all of the innards of the mushroom. Then dig into the flesh and get the mushroom about 1cm thick.

3. Set the oven to broil on high and rub the insides of each mushroom with just under 1 tbsp. Olive Oil. You should use 3 tbsp. Olive Oil between the 4 mushrooms. Season with salt and pepper to taste.

4. Broil the mushroom for about 4-5 minutes.

5. Flip the mushrooms over and rub again with 3 tbsp. Olive Oil. Season with salt and pepper to taste. Broil the mushrooms with the other side facing up for about 3-4 minutes longer.

6. Slice a tomato thin, about 12-16 slices in total. Chop 1/4 cup basil into strips.

7. Lay the tomato and basil into each mushroom. depending on how many slices of tomato, you will put 3-4 slices in each mushroom. About 1 tbsp. of basil on top of each mushroom also.

8. Lay 5 slices of pepperoni onto each mushroom and top with fresh cubed mozzarella cheese (1 oz per mushroom).

9. Broil again for 2-4 minutes, or until cheese is melted and starts to brown. 10. Serve up!

NOTES

Per Pizza it is 321 Calories, 31g Fats, 2.8g Net Carbs, and 8.5g Protein.



Italian Stuffed Meatballs

4 servings

INGREDIENTS

- **1 1/2 lb.** Ground Beef *(80/20)*
- **1 tsp.** Oregano
- **1/2 tsp.** Italian Seasoning
- **2 tsp.** Minced Garlic
- **1/2 tsp.** Onion powder
- **3 tbsp.** Tomato Paste
- **3 tbsp.** Flaxseed Meal
- **2 large** Eggs
- **1/2 cup** Olives, sliced
- **1/2 cup** Mozzarella Cheese
- **1 tsp.** Worcestershire Sauce
- **Salt and Pepper** to Taste

NOTES

Each serving comes out to be 594 Calories, 44.8g Fats, 3.8g Net Carbs, and 36.8g Protein.

DIRECTIONS

1. In a large mixing bowl, add your ground beef, oregano, Italian seasoning, garlic and onion powder. Mix together well using your hands.

2. Add your eggs, tomato paste, flaxseed, and Worcestershire to the meat and mix together again.

3. Finally, slice your olives into small pieces and add this to your meat along with the shredded mozzarella cheese. Mix everything together well.

4. Preheat your oven to 400F and then start to form the meatballs. You should end up with about 20 meatballs in total. Lay these on a foil-covered cookie sheet.

5. Bake the meatballs for 16-20 minutes or until the desired done-ness is reached.

6. Serve up with a simple spinach salad underneath and drizzle with excess fat from the cookie sheet.

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SERVES

TIME		COOK TEMP

INGREDIENTS	NOTES

DIRECTIONS