



55 KETO AVOCADO RECIPES

ELLA ROSS

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Quick & Easy Keto Avocado Recipes by Love Keto

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AVOCADO CHICKEN SALAD (LOW CARB, KETO)

It's easy to make a healthy avocado chicken salad without mayo simply by replacing it with mashed avocado. The result is a creamy chicken salad suitable for low carb and Paleo diets.

SERVINGS: 3

INGREDIENTS

- 2 cups** poached chicken finely diced (10 oz)
- 1** medium Hass Avocado, mashed
- 1/3 cup** celery, finely diced (1 large rib)
- 2 tbsp** red onion or scallion, minced

- 2 tbsp** cilantro, finely chopped
- 2 tbsp** avocado oil (or your favorite)
- 1 tbsp** fresh lemon juice (or lime juice) salt and pepper to taste

INSTRUCTIONS

- 01.** Prepare the celery, onion, and cilantro, placing in a medium bowl. Dice the chicken and add it to the bowl with the vegetables.
- 02.** Cut into the avocado with a chef's knife until the blade hits the pit. Slide the knife around the pit, cutting the avocado in half. Twist the halves to separate. Remove the pit by tapping the knife into the pit until it sticks, make sure the avocado half is held steadily on a cutting board before attempting. Scoop out the avocado flesh with a spoon and place into a small bowl. Mash with a fork until smooth and creamy. Stir in the lemon juice and oil.
- 03.** Add the mashed avocado to the to the chicken and vegetables and stir to mix. Serve over lettuce or enjoy on a low carb bagel.
- 04.** Makes 3, 3/4-1 cup servings.

NUTRITION

Calories	267 kcal
Carbohydrates	4 g
Protein	19 g
Fat	20 g
Sodium	70 mg
Potassium	509 mg
Fiber	1 g



AVOCADO EGG SALAD

This healthy egg salad is made extra creamy from the addition of avocado. Such a tasty twist on the traditional egg salad. The nutrition information is for the egg salad only and doesn't include info on lettuce if you choose to make lettuce wraps with this.

SERVING: 6

INGREDIENTS

- 6 boiled eggs
- 2 avocado, diced
- ½ lemon
- ¼ cup minced red onion

2 **tsp** fresh dill ½

tsp salt

½ **tsp** pepper

INSTRUCTIONS

- 01.** Peel and dice the boiled eggs and place in a medium mixing bowl.
- 02.** Add the avocado to the eggs and stir well. The avocado will become creamier the more you stir and coat the eggs.
- 03.** Squeeze the lemon half over the eggs and stir in the onion, dill, salt, and pepper. Stir well to combine the mixture.
- 04.** Serve immediately.

NOTES

This avocado egg salad is best served immediately or within a few hours of making as the avocados will start to brown otherwise. To keep the avocados from turning as long as possible, squeeze an extra bit of lemon juice over the top of the mixture and press plastic wrap directly onto the egg salad.

NUTRITION

Yield	6
Serving Size	1
Amount Per Serving	
Calories	160
Total Fat	12 g
Saturated Fat	3g
Trans Fat	0 g
Unsaturated Fat	8 g
Cholesterol	187 mg
Sodium	242 mg
Carbohydrates	6 g
Fiber	3 g
Sugar	1 g
Protein	7 g

KETO AVOCADO TOAST RECIPE WITH PISTACHIO AND TOMATO

YIELD: 1 SERVING

INGREDIENTS

- 1 slice of Keto bread, toasted (recipe here)
- ½ ripe avocado
- ½ tsp lime juice
- ⅛ tomato, dice
- 6 pistachios, crushed
- Sea salt to taste
- 2 tsp (10 ml) extra virgin olive oil

INSTRUCTIONS

01. Toast a slice of Keto bread.

02. Cut the avocado in half and drizzle the lime juice over it.

03. Place the avocado half on top of the toast and smash it into the toast.

04. Sprinkle the diced tomatoes, crushed pistachios, and sea salt over the avocado.

05. Drizzle extra virgin olive oil over the avocado toast.

06. Enjoy with a knife and fork or using your hands.

NUTRITION

Serving Size	1 slice
Calories	376
Sugar	1 g
Fat	38 g
Carbohydrates	11 g
Fiber	8 g
Protein	5 g





EASY KETO GUACAMOLE RECIPE WITH LIME PIECES

YIELD: 2 SERVINGS

INGREDIENTS

- 1 medium ripe avocado
- ½ **tsp** lime juice
- 1 slice of lime with the peel on, diced into really small pieces
- ½ **tsp** onion powder
- ½ **tsp** garlic powder

Cayenne pepper to taste (if you want it spicy)

2 cherry tomatoes, chopped

1 **Tbsp** cilantro chopped (or 1 tsp dried cilantro)

Salt to taste.

INSTRUCTIONS

01. Mash the avocado in a bowl and add in the lime juice and lime pieces.
02. Add in the onion powder, garlic powder, cayenne powder (optional), cilantro, and diced cherry tomatoes and mix well.
03. Add salt to taste and serve.

NUTRITION

Calories	300
Sugar	3 g
Fat	25 g
Carbohydrates	19 g
Fiber	14 g
Protein	4 g



EASY BREAKFAST BAKED EGG IN AVOCADO RECIPE

YIELD: 2 SERVINGS

INGREDIENTS

- 1 avocado
- 2 egg yolks
- 2 tsp olive oil or coconut oil
- Salt and pepper and other seasoning/spices/herbs to taste (smoked paprika goes well with eggs)

INSTRUCTIONS

01. Preheat oven to 400 F (200 C).
02. Slice the avocado in half and remove the stone.
03. Crack the 2 eggs into a bowl.

04. Scoop out each egg yolk and place each into an avocado half.
05. Pour 1 teaspoon of olive oil onto each egg yolk in the avocado.
06. Bake for 12 minutes.
07. Sprinkle salt and pepper and whatever additional herbs and spices you'd like on top.

NUTRITION

Calories	250
Sugar	1 g
Fat	23 g
Carbohydrates	9 g
Fiber	7 g
Protein	3 g

BACON AVOCADO RANCH CHICKEN BURGER WITH TABASCO® SAUCE

SERVINGS: 5 PEOPLE

INGREDIENTS

- 1 lb.** ground chicken
- 1 Tbsp** dry ranch mix
- 3 strips** bacon diced
- 1 Tbsp** fresh parsley minced
- 8 dashes** TABASCO® Sauce
- 1** Avocado from Mexico sliced, you can put lemon juice on the slices to prevent browning

INSTRUCTIONS

- 01.** In a mixing bowl combine the ground chicken, dry ranch mix, diced bacon, minced parsley and TABASCO Sauce and blend until well combined. Form 5 3”wide patties and set onto a plate.
- 02.** Place a skillet over medium high heat. Add the burgers when the pan is hot and cook for 8 to 10 minutes per side, then flip and repeat.
- 03.** Serve on your favorite bun or lettuce wrapped with Avocado on top!



NUTRITION

Calories	257
Calories from Fat	162
Total Fat	18 g
Saturated Fat	4 g
Cholesterol	86 mg
Sodium	374 mg
Potassium	694 mg
Total	5 g
Carbohydrates	2 g
Dietary Fiber	18 g

Protein

FRIED ROCKFISH WITH CREAMY GINGER AVOCADO DRESSING

INGREDIENTS

Fish:

1lb fresh rockfish cut in 4 fillets (you can also use Barramundi or Cod)

2 egg whites

½ tsp sea salt

½ cup coconut flour

3 Tbsp coconut oil

Dressing:

1 medium avocado

½ cup coconut cream

½ tsp fresh ginger, grated

½ Tbsp fresh cilantro, chopped

⅓ fresh serrano pepper (de-seeded if you do not want spicy)

1 tsp fresh lemon juice

1 tsp sea salt

INSTRUCTIONS

Fish:

01. In a shallow bowl, whisk the egg whites with the salt until foamy.

02. Pass the coconut flour through a fine sieve to eliminate chunks, then place in a large plate

03. Dip the rockfish fillets in the egg first, then into the coconut flour, coating evenly.



04. In a large ceramic nonstick skillet, heat the coconut oil on a high flame.

05. Check if oil is ready by dropping 1 drop of water into the skillet, if it sizzles vigorously, then it's ready for the fish.

06. Lay the fillets gently into the skillet. Cook for about 2 minutes, then turn with a spatula, being careful not to break them, add another tablespoon of coconut oil if needed.

07. Lower the flame to medium and cook for about another 3 minutes, until fish will flake easily with a fork. Remove from the skillet and place on the serving plates.

Dressing:

01. In a small food processor, add all ingredients and mix on high until they form a smooth cream.

02. Serve the fish with about 2 tablespoons of cream on top.

03. Serve with a salad of choice.

NUTRITION

Serves	4 servings
Serving size	1 serving
Calories	255
Fat	25 g
Carbohydrates	2 g NET
Fiber	5.25 g
Protein	23 g



SMOKED SALMON AND CREAMY AVOCADO KETO WRAPS

This Smoked Salmon and Creamy Avocado Keto Wraps is a simple but sophisticated recipe that can double as an “impress your guest” or a “take to work” lunch.

INGREDIENTS

Wraps

- 3 medium eggs
- ¼ cup coconut flour
- ½ cup creme fraiche or sour cream

1 Tbsp extra virgin olive oil

1 tsp sea salt

coconut oil to coat pan

Creamy avocado spread

1 avocado

1 Tbsp extra virgin olive oil

½ cup creme fraiche or sour cream

1 Tbsp chives, finely chopped

1 Tbsp lemon juice

¼ tsp sea salt

Filling

4 oz smoked salmon (gravlax)

4 oz canned crab meat

Garnish

chopped chives

4 small strips of lemon zest

INSTRUCTIONS

01. Wraps
02. in a blender mix all ingredients until a very smooth batter is formed.
03. In a 9” nonstick pan, on medium/high heat add a teaspoon of coconut oil.
04. Once pan is warm add ½ cup of batter and move around to coat bottom of pan.
05. Cook wrap until golden on the bottom, for about a minute.
06. Flip the wrap with the aid of a lid, inverting it on it, then sliding back on the pan.
07. Make 4 wraps, layer with paper towels in between and refrigerate.
08. Creamy avocado spread

- 09.** Put all ingredients in the blender and blend until a smooth cream is formed.
- 10.** Remove from blender and set aside.
- 11.** To assemble wraps:
- 12.** Place the wrap shell on a piece of plastic wrap.
- 13.** Spread about 2 tablespoons of Avocado Cream on each wrap, then distribute salmon and crab on top.
- 14.** Now roll into a tight roll, with the aid of the plastic.
- 15.** Cut in to 4 pieces.
- 16.** Serve on a bed of mixed baby greens, garnishing with chives and lemon rind strips.

NUTRITION

Serves	4 wraps / 8 portions
Serving size	1 portion
Calories	282
Fat	25 g
Carbohydrates	1.5 g NET
Fiber	2.8 g
Protein	9.35 g Net



LOADED TWICE BAKED FAUX-TATO WITH CAULI & AVOCADO

SERVINGS: 2

INGREDIENTS

- 2 cups** chopped cauliflower (steamed)
- 1** large perfectly ripe avocado
- ½ – 1 tsp** sea salt (see instructions below)
- ⅛ tsp** freshly cracked pepper
- 1 Tbsp** heavy cream
- 4 Tbsp** butter (melted)
- ¼ tsp** onion powder
- ½ cup** shredded cheddar

- ½ cup** crumbled bacon divided
- 1 Tbsp** chopped green onions
- 1 tsp** chopped chives
- sour cream

INSTRUCTIONS

- 01.** Before you cook, steam your cauliflower, cook and crumble the bacon, and melt the butter.
- 02.** Preheat your oven to 375F
- 03.** Slice an avocado in half the long way (you will use this as your shell). Twist and split apart.
- 04.** Remove and discard the nut, then carefully remove the avocado meat and set aside.

05. In a blender, or with an immersion blender, combine steamed cauliflower (drained if it was frozen first), avocado meat, salt, pepper, cream, onion powder, and butter. Blend until smooth.

06. Use a spoon to taste and see if it fits your salt preferences, I lean toward 1 tsp.

07. Add green onions and ¼ cup of bacon (save the rest for the topping). Mix.

08. Spoon into the avocado shells.

09. Top with the cheddar cheese. (If you want, you can also add this at the end instead)

10. Bake in the oven for about 15-20 minutes or until hot all the way through.

11. Remove and top with crumbled bacon, chives, and a dollop of sour cream.

12. Enjoy (but don't eat the avocado shell!)

NUTRITION

Serving Size	2
Calories	578
Fat	56 g
Carbohydrates	1 g
Fiber	0 g
Protein	15 g



WHITE CHEDDAR AND SUN DRIED TOMATO AVOCADO STUFFED MEATBALLS – LOW CARB, GLUTEN FREE

SERVING: 12 LARGE MEATBALLS

INGREDIENTS

- 2 lb** ground beef
- 2** large eggs
- 4** cloves garlic, minced
 - 1 cup** shredded sharp white cheddar cheese
 - ¼ cup** chopped sun-dried tomatoes
- 3 Tbsp** rough chopped Italian flat leaf parsley
- 2 Tbsp** Dijon mustard

1 Tbsp dried minced onion (I use this brand)

1 ½ tsp sea salt

½ tsp black pepper

1 medium avocado, pitted and cubed

3 Tbsp olive oil

INSTRUCTIONS

- 01.** In a large mixing bowl, combine ground beef, egg, garlic, cheese, sun-dried tomatoes, parsley, Dijon mustard, minced onion, sea salt, and black pepper. Mix until all ingredients are well incorporated.
- 02.** Form the meat mixture into 25 equal sized meatballs. No need to make them perfectly round at this stage as we still need to stuff them.
- 03.** Press your thumb into the center of the meatball to make a pocket. Put the avocado

in the center and then form the meatball around it.

04. Repeat this process with each meatball.

05. Heat the olive oil in a large skillet over medium-high heat. Once the pan is hot, add the meatballs to the pan. Brown on all sides. Cook for 6-8 minutes.

06. If the meatballs are sticking to the pan, slide a rubber spatula underneath them to unstick them while still keeping them in tact.

NUTRITION

Per Serving (5 Meatballs)

Calories	502
Fat	33 g
Protein	45 g
Total Carbs	6.6 g
Fiber	2.4 g
Net Carbs	4.2 g



CHILI CHICKEN AVOCADO SALSA

SERVING: 4

INGREDIENTS

FOR THE CHICKEN

- 1** ½ pounds boneless skinless chicken breasts (4 total)
- juice of ½ lime
- 2 Tbsp** olive oil
- 3 cloves** garlic, minced
- 1 tsp** chopped fresh cilantro
- 1 Tbsp** cumin (I use this brand of organic seasoning)

LIME WITH FETA

- 1 Tbsp** chili powder
- ½ tsp** garlic powder
- ½ tsp** onion powder
- ½ tsp** sea salt
- ¼ tsp** ground black pepper

FOR THE AVOCADO FETA SALSA

- 1** ripe avocado, peeled, pitted, and cubed
- 1** roma tomato, diced
- ¼ cup** chopped red onion
- ¼ cup** chopped artichoke hearts
- ¼ cup** capers
- 1 Tbsp** chopped fresh cilantro
- 3 cloves** garlic, minced
- 1/3 cup** crumbled feta cheese
- 3 Tbsp** avocado oil
- juice of ½ lime
- sea salt and black pepper, to taste

INSTRUCTIONS

FOR THE AVOCADO FETA SALSA

01. In a large bowl, combine all of the ingredients and lightly toss until well combined. If time allows, refrigerate the salsa for at least one hour before serving. Doing this will allow all of the vibrant flavors in this salsa to really come together.

FOR THE CHICKEN:

- 01.** Pre-heat your barbecue or on the stove top, heat a grill pan over medium-high heat.
- 02.** In large bowl, combine the lime juice, olive oil, garlic, and cilantro, cumin, chili powder, garlic powder, onion powder, salt, and pepper. Whisk to thoroughly mix.

03. Toss the chicken breasts in the marinade until evenly coated. (If time allows, let the chicken marinate in the sauce for a few hours)

04. Place the chicken breasts on the pre-heated grill, pour over any marinade that is left in the bowl. Grill the chicken until it is cooked all the way through or if you are using a thermometer, until it has an internal temperature of 165°F. Top with Avocado-Feta Salsa, and enjoy!

NUTRITION

Serving Size	1 chicken breast and ¼ of the salsa
Calories	347
Fat	10 g
Carbohydrates	4 g net
Protein	32 g



EASY AVOCADO BOATS — 3 WAYS

This is recipe heaven for those who don't like to cook. Healthy easy avocado boats filled with tuna mayo, prawn cocktail or a baked egg with bacon bits. Keto, Paleo low-carb heaven.

SERVINGS: 2

INGREDIENTS

1 avocado

Tuna Mayonnaise

100 g tinned/canned tuna drained

6 Tbsp mayonnaise

Baked Egg With Bacon & Chives

2 egg

4 Tbsp cooked bacon pieces

2 Tbsp fresh chives chopped

Prawn Cocktail

100 g prawns pre-cooked

6 Tbsp mayonnaise

4 tsp tomato paste

pinch chilli optional

INSTRUCTIONS

Tuna Mayonnaise

01. Mix the tuna and mayonnaise and any spices you like, add to the centre of the avocado boat.

02. Sprinkle with salt and cracked pepper.

Baked Egg With Bacon & Chives

01. Crack an egg into the hollowed out centre of the avocado. Bake at 180C/350F for 10 minutes, or until the egg is cooked to your preference.

02. Serve with cooked bacon pieces and chopped chives (optional) with salt and cracked pepper.

Prawn Cocktail

01. Mix the pre-cooked prawns, mayonnaise, tomato paste and chilli (optional) together.

02. Place into the avocado centre. Garnish with a sprinkle of chilli, salt and cracked pepper.

NUTRITION

Easy Avocado Boats - 3 ways.

Amount Per Serving (1 half avocado (topics additional))	
Calories	160
Calories from Fat	126
Total Fat	14 g
Potassium	487 mg
Total	8 g
Carbohydrates	6 g
Dietary Fiber	2 g

Protein



CHICKEN AVOCADO CASSEROLE

SERVING: 6

INGREDIENTS

8 Boneless Chicken Thighs, cooked **4** Small Avocados
1 Medium Onion
1 Medium Pepper
8 oz Sour Cream
8 Oz Cheddar Cheese
1 Tbsp Frank's Red Hot
Salt and Pepper to taste

INSTRUCTIONS

- 01.** Preheat oven to 350 F
- 02.** Start by cooking the chicken thighs, for this recipe I had them already cooked, but just bake at 350 for 1.5 hours covered with some water or cube and pan fry until juices are clear
- 03.** Peel avocados, cut in half, and slice into thin strips
- 04.** Grease a baking dish and line the bottom with avocado slices, reserve any extra
- 05.** Cut the peppers and onions into strips and pan fry until caramelized

06. Add the chicken into a large bowl and flake apart

07. Add remaining ingredients, including any extra avocado, and mix

08. Spoon mixture over the avocado

slices

09. Bake for 20 minutes

NUTRITION

Serving size	1/6th
Calories:	549
Fat	40 g
Carbohydrates	13 g
Sodium	465 mg
Fiber	7 g
Protein	39 g
Cholesterol	170 mg

CAPRESE AVOCADO SALAD

You can't go wrong with the delicious caprese salad combination, but when you add avocado you might just feel like you've died and gone to heaven! Avocado, tomatoes, fresh mozzarella, drizzled with olive oil and balsamic--yum! This Caprese Avocado Salad is just what you're looking for to add to your keto diet meal plan!

SERVING: 1

INGREDIENTS

- 2 ripe avocados, diced
- 12 grape tomatoes, diced
- 2/3 cup fresh mozzarella, cubed
- 1 cup peeled, diced cucumber
- 1-2 Tbsp chopped fresh basil or 1 t dried basil
- 3 Tbsp chopped fresh parsley
- 5 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- Fresh ground black pepper
- Pink Himalayan salt



INSTRUCTIONS

- 01.** Place the avocados, tomatoes, mozzarella, cucumber, basil, and parsley in a bowl. Gently turn over with a large spoon until all ingredients are evenly incorporated. Take care not to mash the avocado.
- 02.** Drizzle with olive oil and balsamic vinegar.
- 03.** Sprinkle with pepper and salt to taste.
- 04.** Enjoy!

NUTRITION

Yield	6
Serving Size	1
Amount Per Serving:	
Calories	247
Total Fat	25.8 g
Carbohydrates	15.6 g
Fiber	4 g
Protein	4.4 g

CHOCOLATE AVOCADO MOUSSE (KETO)

Creamy, thick and super simple chocolate avocado mousse - the ultimate healthy Keto dessert. Try this sugar free and vegan chocolate avocado pudding packed with nutrients!

SERVINGS: 6 PORTION

INGREDIENTS

2 large ripe avocados 350g avocado flesh

½ cup / 50g cocoa powder unsweetened

½ cup / 120g coconut cream

½ cup / 60g powdered sweetener

½ tsp vanilla extract

1 tsp cinnamon

pinch of nutmeg

pinch of sea salt

INSTRUCTIONS

01. Add all ingredients into a food processor and blend until creamy and smooth.

02. Divide between 6 shot glasses or small serving bowls and chill until ready to serve.

03. Recipe Notes

04. The cinnamon, nutmeg and vanilla extract are not essential, but make the pudding taste better.

05. Make sure you use really ripe avocados and blend the mousse until it is very



06. For a boozy pudding add a tablespoon of Brandy.

07. You can decorate your chocolate avocado mousse with a spoonful of whipped coconut cream (sweeten it with a bit of powdered sweetener) and berries or grated dark chocolate.

NUTRITION

Amount Per Serving (80 g)

Calories	157
Calories from Fat	126
Total Fat	14 g
Total	10.5 g
Carbohydrates	6.7 g
Dietary Fiber	0.8 g
Sugars	2.8 g

Protein

START TO KETO CHALLENGE: SWEET POTATO TOAST WITH AVOCADO (LOW CARB, PALEO)

SERVING: 1

INGREDIENTS

- 1 large sweet potato
- 1 ripe avocado, sliced
- 1 **package** of tempeh (or 2 eggs)
- Extra virgin coconut or olive oil
- Black pepper and sea salt
- Smoked paprika and turmeric (optional)
- 2 large handfuls spinach or kale (optional)
- 1 to 2 Tbsp MCT oil (optional)

INSTRUCTIONS

- 01.** If you're using organic sweet potatoes you don't need to peel them, because the skin contains lots of minerals and flavor. Just rinse and dry.
- 02.** Cut the sweet potato in thin slices of 0,2 to 0,4 inches. Put them in your toaster on its highest setting. Repeat three to four times until the sweet potato is completely cooked.
- 03.** You could also use your oven to make the sweet potato toast. Preheat at 350°F and roast for 5 to 10 minutes. I like to rub the sweet potato slices with some extra



virgin coconut oil (or you could use olive oil) and sea salt.

04. In the meantime, heat a spoonful of extra virgin coconut oil in a frying pan. Cut the tempeh in smaller pieces and bake until golden. Flavor with black pepper and sea salt. I also love adding smoked paprika and turmeric. If you wish, you can add two large handfuls of spinach too.

05. Serve the sweet potato toast with sliced avocado, tempeh scramble and if you wish a spoonful of MCT oil to feel satisfied even longer. I also added some hemp seeds and garden cress.

06. For a vegetarian version: replace the fried tempeh with one to two softly boiled or poached eggs.

TIPS & TRICKS

Are you using a toaster? Try to pick round sweet potatoes that fit in the toaster and cut them into thin slices of about ½ to 1 cm (0,2 to 0,4 inches) to make sure they cook properly.

I love serving this sweet potato toast with tomato and baked mushrooms too, English breakfast style, or for lunch with a simple salad.

NUTRITIONAL

per person with 1 avocado and 2 eggs

Total carbs	33,1 g
Fiber	7,9 g
Net carbs	25,1 g
Protein	15,1 g
Fats	40,9 g
Of which	7,8 g
saturated Calories	547,5 kcal



SUGAR FREE LOW CARB KETO AVOCADO BROWNIES

The BEST keto brownies you'll ever make! Gluten free, sugar free, dairy free and can also be made nut free! Seriously, they're the best!

SERVING: 12 SQUARES

INGREDIENTS

- 250 g** avocado (1 cup mashed)
- ½ tsp** vanilla
- 4 Tbsp** cocoa powder
- 3 Tbsp** refined coconut oil (or butter, ghee, shortening, lard)

- 2** eggs
- 100 g** Lily's chocolate chips (½ cup (melted))
- Dry Ingredients
 - 90 g** blanched almond flour (¾ cup (For Nut Free See Note *2))
 - ¼ tsp** baking soda
 - 1 tsp** baking powder
 - ¼ tsp** salt
 - 60 ml** erythritol
 - 1 tsp** stevia powder

INSTRUCTIONS

- 01.** Preheat the oven to 180C/350F.
- 02.** In a separate bowl, combine the dry ingredients together and whisk together.
- 03.** Peel the avocados. Weigh or measure your avocados. Place in a food processor. Process until smooth.
- 04.** Add each wet ingredient to the food processor, one at a time, and process for a few seconds until all of the wet ingredients have been added to the food processor.
- 05.** Add the dry ingredients to the food processor and mix until combined.
- 06.** Place a piece of parchment paper over a 30x20cm (12"x8") baking dish and pour the batter into it. Spoon evenly and place in the preheated oven. Bake for 30 minutes, or until a toothpick inserted in the middle comes out half clean. The top should be soft when you touch it with your fingers.
- 07.** Take out of the oven, let it cool completely before slicing into 12 pieces.

NOTES

*1 For different sweetener substitutions, here are some possible options.

1 tsp stevia extract powder + ¼ cup (60ml) erythritol

1 tsp monk fruit extract powder + ¼ cup (60ml) erythritol

6 tbsp Lakanto Golden (90ml)

½ cup + 3 tbsp Sukrin Gold (165ml)

½ cup + 2 tbsp Xylitol (150ml)

*2 For nut free brownies:

Replace the 90g (¾ cup) almond flour for 3 tbsp coconut flour.

NUTRITION

Sugar Free Low Carb Keto Avocado Brownies

Amount Per Serving (1 brownie)	
Calories	155
Calories from Fat	126
Total Fat	14.05 g
Saturated Fat	5.85 g
Polyunsaturated Fat	0.62 g
Monounsaturated Fat	2.69 g
Cholesterol	35 mg
Sodium	14 mg
Potassium	140 mg
Total Carbohydrates	9.78 g
Dietary Fiber	6.98 g
Sugars	0.5 g
Protein	4.02 g



KETO LOVERS CRAB STUFFED AVOCADOS RECIPE

SERVINGS:4

INGREDIENTS

- 5 Avocados, Peeled & Cut in Half
- 2 cans of Crabmeat, Drained (6 oz cans)
- ½ cup of Full Fat Mayonnaise
- 2 Tbsp of Lemon Juice
- ⅛ cup of Shallot, Cut Very Small
- Salt/White or Black Pepper to Taste
- 2 Lemons, Quartered

INSTRUCTIONS

01. Slice one avocado in half and scoop out contents, throwing away the pit. Slice both halves and then cube them small. Set aside.

02. In a bowl, add crabmeat, red onion, lemon juice, salt, pepper and mayonnaise. Mix well. Add in cubed avocado.

03. Slice the remaining 4 avocados in half, removing and discarding pits. Scoop some of the avocado out of each half and set aside. Don't go too deep, just make a well.

04. Preheat broiler. Line a baking sheet with parchment paper and put avocado halves on it and stuff with crab mixture. Broil 5 minutes and remove. Serve with extra scooped avocado on the side along with lemon wedges.

NUTRITION

Each serving	5.4 Net Carbs
Fiber	11.7 g
Protein	11.7 g
Fat	17.1 g



KETO TOAST RECIPE

AVOCADO WITH EGG

SERVING: 1

INGREDIENTS

- 1 Trader Joe's Crispbread
- 1 Fried or scrambled egg
- ½ an avocado
- pinch of salt
- pinch of black pepper
- pinch of red pepper flakes

INSTRUCTIONS

01. Fry or scramble 1 egg
02. In a small bowl use a fork to mash half of a skinned avocado
03. Spread avocado onto 1 Crispbread, top with cooked egg and sprinkle with salt, pepper and red pepper flakes

NUTRITION

Calories	311.8 Kcal
Total fat	24.1 g
Cholesterol	164.1 mg
Sodium	230 mg
Total	12.4 g
Carbohydrate	10.9 g

Protein



KETO ASPARAGUS, AVOCADO, AND TOMATO SALAD

SERVING: 8

INGREDIENTS

- 1 lb** asparagus, trimmed and cut in half
- 3 cups** halved cherry tomatoes
- 1** ripe avocado, cut into cubes
- 1 cup** Bocconcini Mozzarella,
- ¼ cup** drained
- packed basil leaves, sliced

- ¼ cup** extra-virgin olive oil
- 2** tsp lemon juice
- 1 tsp** Dijon mustard
- ¼ tsp** salt
- ¼ tsp** pepper

INSTRUCTIONS

- 01.** Boil asparagus in a large pot of salted water for 1 ½ minutes, or until fork tender. Be careful not to overcook!
- 02.** Drain and rinse with cold water.
- 03.** Add the asparagus, tomatoes, avocados and mozzarella into a large bowl.
- 04.** In a small bowl or mixing cup combine the basil, oil, lemon juice, mustard and salt and pepper. Mix well until everything is combined and pour over salad ingredients.
- 05.** Toss to coat.

NUTRITION

Serves	8
Amount Per Serving	
Calories	141
Total Fat	10.3 g
Cholesterol	2.5 mg
Sodium	182.8 mg
Total	7.9 g
Carbohydrate	4 g
Dietary Fiber	3.8 g
Sugars	7.1 g
Protein	



KETO BREAKFAST TACOS WITH BACON AND GUACAMOLE

SERVES: 2 (1 TACO PER SERVING)

INGREDIENTS

- 1 Tbsp** Brain Octane Oil
- 2** pasture-raised eggs
- 1 Tbsp** grass-fed ghee
- 1** medium organic avocado
- ¼ tsp** Himalayan pink salt
- ¼ cup** chopped organic romaine lettuce
- 2** slices cooked pastured bacon
- 3 Tbsp** diced cooked organic sweet potatoes
- Optional: garnish of organic micro cilantro

INSTRUCTIONS

- 01.** Heat a small skillet to medium heat and add 1 tablespoon of ghee.
- 02.** Crack one egg into the center of the skillet and pierce the yolk.
- 03.** Cook the egg for approximately 1-2 minutes on each side or until solid but not overcooked. Remove from pan and place on a paper towel or parchment paper-lined plate.
- 04.** Repeat with other egg. These will be your taco shells.
- 05.** In a small bowl, mash avocado along with 1 tablespoon of Brain Octane Oil plus Himalayan pink salt.

Assemble:

- 01.** Divide avocado mixture evenly and spread half on each egg taco shell.

02. Top each taco with half of the chopped romaine lettuce.

03. Place one slice of bacon and half of the diced sweet potatoes on each taco.

04. Garnish with optional micro cilantro and a tiny sprinkle of Himalayan pink salt.

05. Fold in half and eat as a taco.

NUTRITIONAL

Calories	387
Protein	11 g
Carbs	9 g
Fiber	5 g
Net Carbs	4 g
Sugar	0 g
Sugar Alcohol	0 g
Fat	35 g
Saturated Fat	16 g
Polyunsaturated	3 g
Monounsaturated	10 g
Trans fat	0 g
Cholesterol	210 g
Sodium	525 mg
Potassium	369 mg



KETO BREAKFAST SAUSAGE & GUAC STACKS

INGREDIENTS

(makes 2 servings)

Quick Guacamole:

- 1 medium avocado (150 g/ 5.3 oz) ½ small white or yellow onion, chopped (35 g/ 1.2 oz)
- 2 **tbsp** fresh lime juice (30 ml/ 1 fl oz)
- salt and pepper to taste

Stacks:

ghee for frying (about 1-2 **tbsp**)

170 g gluten-free (Italian) sausage meat (6 oz)

2 large eggs

salt and pepper to taste

Note: Most of the cooking fat is not included in the nutrition facts as you will only use it for cooking (most of it remains in the skillet).

INSTRUCTIONS

01. Prepare the quick guacamole. Halve the avocado and scoop into a bowl. Add the lime juice, onion, salt and pepper. Mash using a fork and set aside.
02. Heat a pan greased with half of the ghee over a medium heat. Using your hands,

create small patties from the sausage meat. Place on the pan and cook undisturbed for 2-3 minutes. Flip on the other side and cook for 1-2 more minutes and set aside.

03. Grease the pan with the remaining ghee and crack in the eggs. Cook until the egg whites are cooked through and the egg yolks are still runny. If you use an egg mold like this one, make sure to lower the heat, as it will take longer to cook through.

04. When done, top each patty with the prepared guacamole and fried egg. Season with salt and pepper to taste and eat immediately. Meal-prep tip: You can prepare the guacamole and fry the sausage patties in advance and keep in an airtight container for up to 3 days. Serve with fried or poached egg.

NUTRITIONAL

Net carbs	4.4 g
Protein	20.1 g
Fat	43.9 g
Calories	509
Total carbs	kcal 9.8
Fiber	g
Sugars	5.4 g
Saturated fat	2 g
Sodium	13.6 g
Magnesium	775 mg
Potassium	43 mg



KETO BREAKFAST WRAP

SERVES: 1

INGREDIENTS

- 3 pastured eggs
- 1 organic nori sheet
- ¼ **tsp** salt
- ½ avocado, sliced
- ½ **Tbsp** grass-fed butter or ghee, for cooking

INSTRUCTIONS

01. Whisk the eggs and salt together in a bowl until combined.
02. Heat a frying pan on medium heat. Add butter or ghee and swirl to coat the pan.

03. Add whisked eggs to the frying pan and cook until the top of the omelette is no longer runny.

04. When omelette is cooked, slide it out of the frying pan and straight on top of the nori sheet.

05. Add avocado slices on top of the egg and carefully roll up the breakfast wrap with your hands.

06. Slice wrap in half and serve.

NUTRITIONAL

Calories	300
Total Fat	23 g
Sat Fat	8 g
Cholesterol	506 mg
Sodium	812 mg
Total Carbs	4 g
Fiber	2 g
Sugars	1 g
Sugar Alcohols	0 g
Net Carbs	2 g
Protein	19 g
Vit D	50
Calcium	mcg
Iron	72 mg
Potassium	3 mg

KETO GREEN LEMON SMOOTHIE

INGREDIENTS

- ½ large avocado
- ½ cucumber
- 3 Tbsp** lemon juice
- 2 cups** organic baby spinach leaves, lightly steamed
- ½ **cup** coconut cream or coconut milk
- 1 Tbsp** .Brain Octane Oil
- 1 scoop** Bulletproof Collagen Protein
- 1 scoop** Bulletproof Whey Protein
- 1 cup** ice
- Xylitol or stevia to taste
- Optional:** Add just a few drops of food grade lemon essential oil in to take it to the next level!

INSTRUCTIONS

- 01.** Add all ingredients except collagen to a high-powered blender and blitz until evenly combined, smooth and creamy.
- 02.** Depending on how thick you like your smoothie you can add in extra water and re-blend it until you reach your desired consistency.
- 03.** Taste and adjust the flavors if needed. Add the collagen last, and blend on low to avoid damaging the proteins.
- 04.** Pour into glasses and top with your chosen toppings. Enjoy!



Optional toppings

- Chopped Bulletproof Chocolate Fuel Bar
- Fresh organic raspberries or blueberries
- Nut or seed butter (Jordan uses homemade sunflower seed butter)
- Shredded coconut
- 1-inch fresh ginger root

NUTRITION

Serving size	1 smoothie
Calories	339
Total fat	22.6 g
Sat Fat	20.7 g
Cholesterol	19 mg
Sodium	105 mg
Total Carb	12.7 g
Dietary	2.2 g
Fiber Sugars	6.1 g
Protein	21.5 g



CHOCOLATE MINT AVOCADO SMOOTHIE

SERVES: 1

INGREDIENTS

- ½ cup coconut milk
- 1 cup water
- ½ cup ice
- 2 scoops of Chocolate Collagen Protein
- ½ a frozen avocado
- 4 mint leaves
- 1 Tbsp of crushed cacao butter
- 2 Tbsp of shredded coconut

INSTRUCTIONS

01. Add all ingredients excluding the collagen protein and shredded coconut to a blender.
02. Blend for 45 seconds on high.
03. Add collagen protein and blend for 5 seconds on low
04. Top with coconut flakes.

NUTRITIONAL

Calories	552
Protein	26 g
Carbs	10 g
Fiber	9 g
Sugar	2 g
Fat	44 g
Saturated Fat	25 g
Polyunsaturated	1 g
Monounsaturated	7 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	100 mg
Potassium	354 mg
Vitamin A	2 mg
Vitamin C	12 mg
Calcium	3 mg
Iron	4 mg

LOW-CARB PICKLED AVOCADO

INGREDIENTS

(makes 4-8 servings)

2 medium avocados, peeled, pitted and cut into eighths (300 g/ 10.6 oz)

1 clove garlic, crushed
sprig of cilantro

1 cup white wine vinegar (240 ml/ 8 fl oz)

1 cup water (240 ml/ 8 fl oz)

1 heaped Tbsp Swerve or Erythritol
(15 g/ 0.5 oz)

1 Tbsp sea salt or pink Himalayan salt

½ tsp black peppercorns

pinch red pepper flakes

Nutrition facts are estimated as some of the ingredients are only used for pickling (due to negligible effects on nutrition facts, I fully included them in the calculation).

INSTRUCTIONS

01. Place the avocado cut into eighths, crushed garlic, and cilantro in a jar.

02. Bring the remaining ingredients to a boil then pour over the avocado. Place the lid on and transfer to the refrigerator for at least one hour before serving.

03. Pickled avocados will keep up to one week in the refrigerator.



NUTRITIONAL

(per serving, ¼ avocado/ 2 slices)

Net carbs	1.1 g	
Protein	0.8 g	
Fat	5.5 g	
Calories	68 kcal	
Total carbs	3.8 g	
Fiber	2.7 g	
Sugars	0.4 g	
Saturated fat	0.8 g	
Sodium	866 mg	
Magnesium	17 mg	
Potassium	282 mg	



KETO HALIBUT

SCEREVEVS: I2CHE

INGREDIENTS

8 oz fresh wild-caught halibut, cubed
(preferably sushi grade)

1 lime, juiced

2 tsp Brain Octane Oil

pinch of Himalayan pink salt

1 small avocado, cubed

1 organic green onion, thinly sliced

2 Tbsp chopped fresh organic cilantro

Optional:

2 Tbsp diced quick-pickled radishes

INSTRUCTIONS

01. In a medium bowl, whisk together lime juice, Brain Octane Oil, and salt.

02. Add remaining ingredients to the bowl and gently toss.

03. Divide into 2 portions. Serve immediately if using sushi grade fish suitable to eat raw. Otherwise, cover and refrigerate for a few hours to allow the lime juice to penetrate the fish and “cook” it.

NUTRITIONAL

(Per Serving):

Calories	198
Protein	20 g
Carbs	2 g
Fiber	2 g
Sugars	0 g
Sugar Alcohol	0 g
Net Carbs	0 g
Fat	10 g
Saturated Fat	5 g
Polyunsaturated	1 g
Monounsaturated	4 g
Trans fat	0 g
Sodium	5 mg
Potassium	197 mg



SIMPLE AVOCADO TOMATO SALAD

SERVING: 1, 1 CUP

INGREDIENTS

½ cup heirloom or grape tomatoes,
halved

½ avocado, cubed

salt, to taste

½ lime, juiced

INSTRUCTIONS

01. Add all ingredients to a large mixing bowl and toss to coat.

02. Serve and enjoy!

03. *If prepping ahead of time, it's best to add the avocado at the time you're going to eat to prevent it from browning.

NOTES

*Per avocado tomato salad: 7g net carbs.

NUTRITION

Serving Size	1 serving (entire recipe)
Calories	149
Sugar	5
Fat	11
Carbohydrates	13
Fiber	6
Protein	3



GRILLED SHRIMP SALSA STUFFED AVOCADOS

These Grilled Shrimp Salsa Stuffed Avocados are a great low-carb lunch, appetizer, or snack option.

INGREDIENTS

- 4** avocados, halved
- 1 Tbsp** avocado oil
- 6 oz** shrimp, peeled and deveined
- ¼ cup** diced tomato
- ¼ cup** diced cucumber

- 2 Tbsp** minced red onion
- 1** serrano or jalapeno, thinly sliced
- 1 Tbsp** cilantro, minced
- 1 Tbsp** lime juice
- pinch** salt

INSTRUCTIONS

- 01.** Preheat your cast iron grill pan over medium high heat. Drizzle with the oil and sear shrimp 2 minutes per side. Remove, chop into small pieces and place in a medium bowl.
- 02.** Cut the avocados in half and grill cut side down for 2-3 minutes until grill lines form.
- 03.** Add the tomato, cucumber, serrano, onion, cilantro, and lime juice to the shrimp. Toss to combine. Season with salt to taste. Stuff each avocado halve with the salsa and serve.

NUTRITION

Calories	196
Fat	15.1 g
Sat. Fat	2.3 g
Carbs	10.1 g
Net	3.1 g
carbs	8.4 g
Protein	



TUNA STUFFED AVOCADOS

Tuna stuffed avocados are a simple combination of tuna salad and avocados. They're easy to make, loaded with healthy protein, healthy fats and utterly delicious. Watch the video above to see how easy they are to make!

INGREDIENTS

- 4 avocados
- 2.5 oz cans tuna (I prefer albacore tuna) $\frac{1}{4}$ cup mayonnaise
- 1 stalk of celery, diced

- 2 Tbsp red onion, diced
- 1-2 Tbsp chopped parsley, chives and/or other herbs
- $\frac{1}{2}$ Tbsp Dijon mustard
- salt and pepper, to taste

INSTRUCTIONS

01. Add the tuna, mayonnaise, diced celery, diced red onion, herbs, Dijon mustard, salt and pepper to a mixing bowl. Stir together until well combined.
02. Slice the avocados in half and remove the seed. Dollop a few spoonfuls of tuna salad onto each avocado half.

NUTRITION

Calories	478.4 kcal
Carbohydrates	12.8 g
Protein	23.3 g
Fat	39 g
Saturated Fat	5.1 g
Cholesterol	24.8 mg
Sodium	277.9 mg
Fiber	9.6 g
Sugar	0.9 g

