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KETO COOKBOOK

100 DELICIOUS RECIPES FOR RAPID WEIGHT LOSS

VICTORY ELIAS

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INTRODUCTION

INTRODUCTION

The keto diet is one of the best diets to follow if you are trying to lose weight fast and transform your lifestyle. The keto diet is a dramatic diet shift for most people, making it notoriously difficult to start. One of the best ways to start your keto diet is to arm yourself with the most reliable and helpful information possible.

That is why I have decided to create this eBook. In *Easy Keto*, I provide you with a straightforward and practical guide to the keto diet. This includes keto recipes and meal plans for beginners. To make this book a bit easier to follow, I separated it into three parts.

In Part 1, I go over the keto diet and what you should expect from it. Next, I cover what meal planning is and how you should set up a meal plan based on your day in Part 2. Finally, I give you several keto recipes to try out in Part 3.

By the end of this eBook, you'll know all of the most crucial information needed to master the keto diet successfully. This is a great resource to start with if you have never tried the keto diet before. Even if you aren’t new to the diet, I offer more advanced recommendations that everyone will benefit from.

Let's get started!

PART 1
THE KETO DIET

PART 1 – THE KETO DIET

Just like with everything else, *Easy Keto* starts at the beginning – defining the keto diet. Without a firm foundation, it is impossible to master a keto diet successfully.

The key to starting a keto diet is understanding the keto diet, how it works, and how to go keto. Without a basic understanding of what going keto means, you can never successfully lose weight and take charge of your health using the keto diet.

In Part One, I am going to tell you all about the keto diet. This includes the keto diet, the benefits of the diet, side effects, and more. The first chapter lays out all the key information for what it means to go keto.

Then, I am going to give you key tips for going keto. Since the first couple of weeks on a new diet is always the hardest, you need key tips and techniques for honing your mindset, so you stick to your keto diet.

The keto diet has become a popular fad for weight loss and quick results. Many people jump on the keto bandwagon without knowing exactly what the keto diet is, how to master it successfully, and why it works so well.

As a result, people quickly switch to a keto diet and give it up even more quickly. With such short bouts of keto dieting, it is impossible to see the results you want. The only way to see the lasting results you want is to live a keto lifestyle.

What is the Keto Diet?

The keto diet is a low-carb diet. It is similar to other low-carb diets, but it requires you to eat even fewer carbs than you would on other diets. Many people find the keto diet incredibly hard to follow because of how restrictive it is on carbohydrate intake.

By lowering your carbohydrate intake, you must make up those calories by eating a high amount of healthy fats and protein. In other words, you make healthy fats and protein the star of your meals, not carbohydrates.

Food like bread, pasta, potatoes, and carrots are removed from your diet, while foods like steak, avocados, and nuts are added. Although cutting out carbohydrates is hard, at least you can still eat a lot of the yummy, filling foods that you love, like burgers and chicken.

The most important aspect of the keto diet is consistency. You will not see any lasting results if you go back and forth on your diet. Of course, the occasional cheat day is permitted, but you must rigidly stick to your low-carb diet if you want to see lasting results on your weight and health.

If you stick to the keto diet rigidly, you can expect to see lasting results quickly. The keto diet is wildly praised for how it can make a noticeable difference in a short amount of time.

Ketosis – the Secret to the Keto Diet

You may be wondering, *But what makes it so great?* The answer to that question is simple – ketosis.

Our bodies are programmed to run on two energy sources – fat and sugar (glucose). When we eat a regular diet filled with carbohydrates, our body prefers to run on glucose. Glucose requires insulin as a transporter and breaks the brain-blood barrier.

Whenever our bodies do not have enough carbohydrates, they naturally use fat as our fuel. Our brains cannot run on fat directly, so our bodies use ketones as fuel. Ketones are a great fuel source, but they don't require insulin as a transporter and still break the brain-blood barrier.

The process of your body switching over to ketones as a fuel source is known as ketosis. As you probably assumed, the name "keto" comes from ketosis, a metabolic process where our bodies run on fat, not sugar.

Benefits of the Keto Diet

Since the keto diet puts your body in ketosis, you can expect to lose more fat quicker when on the keto diet. This is because ketosis gives you easier access to your fat stores, which in turn makes it easier to burn off.

This is an excellent fact if you are trying to lose weight. Although your weight loss will eventually plateau, the first months you are on keto will dramatically change your weight and body.

The keto diet is good for more than just weight loss, though. Since ketones don't require insulin as a transporter, the keto diet helps regulate your blood sugar levels. Without the need for as much insulin, your blood sugars can normalize.

Those with diabetes or prediabetes will significantly benefit from the keto diet for this reason. The diet can help regulate their blood sugars so they can decrease their insulin and blood sugar medication.

Another benefit of the keto diet is that you don't have the peaks and lows of other diet types or a high sugar intake. When you eat a lot of sugar, your body gets a natural high that eventually crashes. When you decrease your carbohydrate intake, your body normalizes better, so you have a more consistent feel.

Similarly, you don't feel as hungry on the keto diet. Fat takes longer to process than sugar. This means that you will feel full longer when you are on a keto diet. Many keto dieters enjoy this benefit because it means they don't feel like they're dieting; they still feel full and satisfied.

Below is a complete list of the benefits of the keto diet:

- Reduces appetite
- Feel fuller longer
- Weight loss
- Decreases triglycerides
- Increases HDL cholesterol
- Decreases LDL cholesterol
- Reduces blood sugar and insulin levels
- Effective against metabolic syndrome

- Benefits brain disorders like Parkinson's and Alzheimer's

Side Effects

Although the keto diet is mostly beneficial for your health and wellbeing, it does come with some side effects as well. Make sure that you recognize these side effects so that you don't harm yourself in the process of losing weight.

Most people who switch to a keto diet experience something that many people call the keto flu. Although it is not a recognized medical condition, switching to a keto diet can cause flu-like symptoms for the first week or so that you are on the diet. Vomit, gastrointestinal distress, fatigue, and lethargy are all signs of the keto flu, though they usually pass within a couple of days.

The reason for the keto flu is the adjustment period between switching from sugar fuel to fat fuel. Your body gets tired and worn down in the process, but it quickly adjusts to the change. Sleeping well, drinking water, and drinking matcha green tea are great ways to bust these symptoms.

People on the keto diet also experience diarrhea. This is often due to the gallbladder, the organ associated with fat breakdown, feeling overworked. Diarrhea can also be due to a lack of fiber, a common problem for those on the keto diet. Eat fiber-rich vegetables or supplements to help lessen this effect.

One of the more severe side effects of the keto diet is ketoacidosis. Though ketoacidosis is unlikely for people without a prior health concern, those with

type 1 or type 2 diabetes should only use the keto diet while being monitored by a doctor due to this side effect.

Ketoacidosis is when the body stores too many ketones and the blood becomes too acidicup This can cause liver, kidney, and brain damage. Dry mouth, frequent urination, nausea, bad breath, and breathing difficulties are signs of ketoacidosis.

Here is a list of all the adverse side effects that have been reported due to a keto diet:

- Keto flu
- Insomnia
- Fatigue
- Nausea and vomiting
- Endurance issues
- Headaches
- Constipation
- Dizziness
- Diarrhea
- Vitamin and mineral deficiencies
- Kidney stones
- Hepatic steatosis (fatty liver)
- Hypoproteinemia (low levels of protein in the blood)

Although the list of side effects may be long, most healthy people do not experience any symptoms other than the keto flu. If you are sure to get ample vitamins and minerals, you should be all set.

The Keto Lifestyle

After looking at the benefits and drawbacks of the keto diet, that brings us to this chapter's main point – the keto lifestyle. Unlike other diets, the keto diet is one that must be committed to. Yo-yoing back and forth will not let you see the results you want, and you may suffer extreme weight fluctuation.

More than this, though, the keto diet is not about feeling hungry or irritable. Instead, the keto diet is about eating until you're satisfied but doing so in a way that is healthy and conducive to weight loss. With this in mind, the keto diet is more of a lifestyle than a diet.

By learning what foods you can eat, the keto diet becomes an everyday part of your life. Simply eat the foods you want and avoid carbohydrates. It's as simple as that.

How to Go Keto

Getting started on your ketogenic diet can be overwhelming at first. There are a lot of factors to consider, like what you can eat, how to eat, and how to kickstart ketosis. In this chapter, we're going to look at how to go keto so you can start seeing results fast.

Choose a Ketogenic Diet

As we have already discussed, the keto diet is one with high fat and protein intake and low carbohydrate intake. There are different versions of the ketogenic diet you can choose from. Select which version you want based on your needs and body type. Here are the four types of ketogenic diets:

- Standard Keto Diet (SKD): The standard ketogenic diet is low carb with moderate protein and high fat intake. Your macros should be about 70% fat, 20% protein, and 10% carbs.

- Clinical Keto Diet (CKD): The clinical ketogenic diet is when you alternate between low carb intake and high carb intake days. Most people prefer having five ketogenic days, followed by two high carb intake days.

- Targeted Keto Diet (TKD): The targeted ketogenic diet permits you to add carbs around workouts.

- High Protein Keto Diet: The high protein keto diet is like the standard ketogenic diet, but you eat more protein. The ratio is often 60% fat, 35% protein, and 5% carbs.

If you are unsure which diet to choose, you should probably select the standard keto diet. Only the standard keto diet and high protein diet have been studied extensively. Bodybuilders and athletes often use the clinical keto diet and the targeted keto diet.

What You Can Eat

No matter what keto diet you choose, you will have a low carbohydrate intake and high fat intake. The exact ratio will depend on your body and diet of choice.

Always look for foods that are high in healthy fat. Your meals should revolve around fat and protein, not carbohydrates. This does not give you an excuse to eat as much butter or bacon as you want, though. Processed foods and unhealthy fats are still bad for you.

Instead, look for the following food types to plan your meals around:

- **Meat:** red meat, steak, ham, bacon, lamb, and poultry
- **Fatty Fish:** mackerel, salmon, trout, and tuna
- **Eggs:** pasteurized or omega-3 whole eggs
- **Butter and Cream:** grass-fed butter and heavy cream
- **Cheese:** unprocessed cheeses like cheddar, Colby jack, cream, blue, goat, or mozzarella
- **Nuts and Seeds:** almonds, walnuts, flaxseeds, chia seeds, etcup
- **Avocados:** avocados or guacamole
- **Low Carb Veggies:** green veggies, onions, peppers
- **Condiments:** salt, pepper, spices, and herbs

The easiest way to stick to a keto diet is to use one ingredient foods. For example, make a chicken dish using only chicken and herbs, and pair it with a green veggie or side of cheese. This one-ingredient approach is easier to make keto, and it will save you money.

What You Can’t Eat

On a keto diet, you have to restrict your carbohydrate and sugar intake. If you don't, then your body cannot go into ketosis, defeating the entire purpose of the diet. Here are the foods to avoid when on a keto diet:

- **Sugary Foods:** soda, fruit juice, candies, cake, ice cream, dessert, etcup
- **Grains or Starches:** wheat-based products, rice, pasta, cereal, bread, etcup
- **Fruit:** all fruit except berries in small portions
- **Beans or Legumes:** peas, kidney beans, lentils, chickpeas, etcup
- **Root Vegetables/Tubers:** potatoes, sweet potatoes, carrots, etcup
- **Low Fat Diet Products:** low fat mayonnaise, low fat butter, etcup
- **Condiments High in Sugar:** BBQ, honey mustard, teriyaki, ketchup, etcup
- **Unhealthy Fats:** processed foods, vegetable oils, mayonnaise, etcup
- **Alcohol:** beer, wine, liquor, and mixed drinks
- **Sugar-Free Diet Food:** sugar-free candies, syrups, puddings, desserts, etcup

It is not the end of the world if you eat these foods every now and then. After all, our bodies do need a little bit of sugar. However, limit your intake

of these items so your body can kickstart ketosis and you don’t yo-yo on your diet.

Kickstarting Ketosis

Ketosis is your body's process of using fat for fuel instead of sugar. The keto diet forces your body to go into ketosis for a longer period of time. Although going into ketosis may be tiresome and annoying at first, it will help you lose weight quickly, and the mild flu-like symptoms should not last more than a couple of days.

Obviously, you have to cut out your carbohydrates to get into ketosis. One way you can do this is by switching to the keto diet immediately. This means limiting your carbohydrate intake to between 20 to 50 grams a day.

If you want to get into ketosis faster, you can always try a short term fast. Many people mildly go into ketosis between dinner and breakfast. This is due to how you aren't eating during those hours you are asleep.

You can make the most of this fact by trying intermittent fasting with your keto diet. Intermittent fasting is when you eat for 8 hours a day and fast for the other 16 hours. This is a great way to kickstart your ketoses in a way that is safe and effective.

Extreme fasting is unhealthy for your body. You need calories and food to sustain life. Intermittent fasting, however, is safe because you eat every day. Although fasting for 16 hours may be annoying at first, most bodies adjust within a couple of days. Many intermittent fasters choose to eat between 12:00 PM and 8:00 PM, though the exact timing doesn't matter.

Tips for Going Keto

Once you have decided what keto diet you want to follow and commit to it, it may be time to start trying your keto diet. Before you start, you may want to find a way to incorporate these techniques into your routine to make the process of switching to a keto diet a bit easier:

Plan Your Meals

Eliminating carbohydrates can be difficult at first simply because they are the star of most western diets. Adjust to a keto diet by planning every meal you eat. This includes breakfast, lunch, dinner, and snacks. Do not leave it up to chance because it might be more challenging to stick to your keto diet if you do this.

Part 2 is completely dedicated to meal planning, so I won't spend much time on this now.

Make It Fun

Most people think of diets and sigh. Try to make your keto diet fun so that you can stick to it longer. Getting a keto recipe book or doing it with your friends can be a great way to make the diet more fun and engaging. The more fun you make it, the more rewarding the diet feels. Not to mention, it will be easier to stick to it if you make it fun.

If you like cooking, definitely try to find keto versions of your favorite meals. That's a great way to keep it fun and fresh. If you don't like cooking, then maybe it is time to start.

Try Intermittent Fasting

As I have previously mentioned, intermittent fasting is a great way to kickstart ketosis. Even after you have reached ketosis, try to incorporate intermittent fasting into your daily life anyway. Intermittent fasting paired with keto is a great way to see weight loss results fast. At the same time, they are also healthy to use together.

Listen to Your Body

Many people who support a keto diet don't tell you this: you need to listen to your body. Not everyone needs the same amount of carbohydrates. Some people will need more than others. Your goal should never be to eliminate all carbohydrates.

Listen to your body first and foremost. The goal of any diet should be to make you healthier, not sicker. If your body does not feel right, you need to adjust the diet to live the healthiest and happiest version of yourself possible.

PART 2
MEAL PLANNING

PART 2 – MEAL PLANNING

Meal planning is when you plan out what meals and snacks you are going to eat in advance. Depending on your schedule, you can either plan out your meals but make them the day of it or make all of the meals in advance, put them in a freezer, and reheat them up later on in the week.

No matter what approach you prefer, meal planning is a great way to make sure you stick to your diet, even on the days when you feel tired.

In Part 2, we are going to look at how to meal plan and give you meal plan ideas. Use Part 2 as inspiration for starting your ketogenic diet journey in a way that is fun, exciting, and easy to follow.

How to Meal Plan

Do you ever think you're going to eat healthily, but your plans are derailed by a busy week? Whether you have had a busy day at work or don't feel good, it might be difficult to stick to your diet when the realities of life come knocking at your door. That is where meal planning comes in.

Meal planning takes a lot of the stress and pressure away from preparing your meals. It forces you to plan your meals so that you don't have to think about food on your working or busy days. No matter what diet you prefer, meal planning is a great way to make sure you stick to it and hold yourself accountable for eating healthily.

In this chapter, we are going to look at what meal planning means. Though you probably already have a general notion of what it is, this chapter goes into more detail so that you can start meal planning now.

Meal Planning and Meal Prepping

Meal planning means planning your meals in advance. Most people like to meal plan on a Saturday or Sunday when they don't have as much work to do. This makes it much easier to eat healthily on the days that you are busy with work and other pressures of life.

To meal plan, come up with the meals and snacks you intend to eat for the week. Depending on what you have in your pantry, you may need to go to the grocery store to get any ingredients or items. You may want to write down the recipes or ideas for the week, so you don't forget later on.

The beauty of meal planning is that you have ample time to figure out what you want to eat. This gives you plenty of time to look online or on Pinterest for yummy ideas that you are dying to try.

Some people like to take meal planning a step further and try meal prepping as well. Meal prepping is when you also make the meals in advance. Most people will make meals on a Sunday and then put them in the freezer. As the week goes on, you pop the frozen meals into the microwave or oven for quick and easy homemade meals.

Meal prepping is great for those who know that they are having a busy week. It means you won't have to take the time even to make the meals later on.

Steps for Creating a Great Meal Plan

Creating a meal plan is pretty easy. It really only takes four steps, and most of them you already do. You just might not do them as organized or keto centric as I am recommending.

1. **Find Recipes**

When you meal plan, you need to think of your recipes in advance. Look in keto cookbooks or online for keto recipes that you can try out. Remember, look for recipes that are high in fat and low in carbohydrates.

The only way you will stick to your diet is to find that eating keto is enjoyable and satisfying. Try different recipes to find your favorites. Don't eat the same thing every day because you will quickly grow bored of it and potentially get mineral deficiencies.

Try a variety of recipes to keep yourself feeling happy, full, and satisfied with your diet. I will offer recipes at the end of this book but feel free to look online for other sources and recipes.

If you have a favorite meal, try to find a keto version of it. Today, there are so many options that allow you to eat exactly what you want while still maintaining your diet. Remember: the keto diet is a lifestyle. Try to incorporate it into your life as best as you can.

More than just your meals, also meal plan for snacks and desserts. So many pesky carbs and calories are hidden in snacks. Prevent yourself from overeating on snacks by meal planning accordingly.

2. **Target Recipes for Your Ratios**

Once you know what recipes you might be interested in, come up with a plan every week for how you want your meals to go. This includes selecting recipes that match your intended ratios. Make sure that your weekly plan consists of a variety of vitamins and minerals to keep you healthy.

For example, if you have spinach and chicken on Monday, you might want to opt for steak and peppers on Tuesday. This gives you a variety to look forward to that is also healthy and packed full of fat and vitamins.

3. **Get Ingredients**

After you have decided on what meals you intend to make throughout the week, get all of the ingredients and items in advance. Waiting until the day of to get your ingredients is a surefire way to ruin your diet since there might be some days when you don't want to go to the grocery store.

You may even want to mark what meals the ingredients go with in advance. This will make it super easy to cook the meals whenever the time comes. No matter what style you have for storing your ingredients, just make sure you get them in advance to be more motivated to cook later on.

4. **Make Meals**

You will need to make your meals at some point. If you don't have a busy week coming up and know that you enjoy cooking, then make your meals the day of. This is a great way to keep fresh and tasty food flowing for your life.

On the other hand, there may be some weeks when you know that you will be too busy to make meals. Go ahead and meal prep so you can take away the hassle later on. Make the meals as you normally would, but store them in the refrigerator or freezer so that you can heat them later in the week.

The trick to meal prepping is making sure that you make enough food to last you the entire week. You also might want to opt for two different meal options so that you aren't eating the same thing every day of the week.

Meal Plan Ideas

Meal planning for the keto diet can be stressful at first. I have put together some meal plan ideas to make the process a bit easier. In this chapter, I talk about how to create a meal plan. This includes looking at your ratios and variety of food.

If you look at your meal plan as a way to strategize your diet, you are more likely to stick to it. Here is how to create a meal plan that you stick to and get the most out of:

Breakfast

Though the keto diet is low carb, you will still eat some carbs, nonetheless. You cannot completely remove carbs from your diet while still remaining healthy. Breakfast is the best time to incorporate carbs into your day. Eating your carbs earlier in your day will allow you to burn them off and go into ketosis over the night.

Even though breakfast is a good time to eat carbs, also try to pack your breakfast with fats since they keep you feeling fuller longer. If you eat them during the morning, you are less likely to munch throughout the day.

For a killer breakfast meal plan idea, consider a small portion of berries paired with a morning sausage and egg. This will allow your breakfast to be high in fat and protein while still refreshing from the berries.

You may also want to incorporate avocado into your breakfast. These fruits are great for the keto diet and taste delicious. Avocados are great for adding a creamy texture to just about anything. Sprinkle on Everything But The Bagel Seasoning to add a savory twist to the avocado as well.

Lunch

Like breakfast, you might want to add some carbs to your lunch. If you ate carbs at breakfast, though, you might want to avoid them the rest of the day. Many people like to opt for a nice veggie with protein at lunch because it will keep you full without overstuffing you. Try to avoid overeating during lunch to keep you energized during the midday.

Consider adding grilled chicken or a fatty fish to your lunch. These high-fat foods are tasty and filling, but they won't leave you overstuffed either. As a side, consider a small portion of green veggies. These veggies will give a few carbs, but they primarily give you fiber, vitamins, and minerals.

You might want to meal prep your lunches so that you don't have to make them the morning of. This will make your mornings go smoother and encourage you to eat healthier foods for lunch instead of fast food.

Dinner

Try to avoid carbs at night. Since you will be fasting as you sleep, make sure you don't have excess carbohydrates in your system so you can go into ketosis during the nighttime. Look for high fat and high protein meals for dinner.

If you have followed our other meal plan ideas, then you should avoid carbs at dinner. Instead, look for extremely high-fat foods like red meat or pork. Pair the meat with cheese or peppers for low carb sides. You can also consider adding avocado to dinner as well.

On days when you have eaten almost no carbs and have exercised thoroughly, it is perfectly fine to reward yourself with a keto treat after

dinner. There are keto ice creams and desserts you can try out on these days.

Snacks

You probably get hungry throughout the day. Instead of eating chips or another processed, high carb food, opt for nuts or seeds. Almonds and walnuts are great options because they are filling, tasty, and healthy. You can also opt for things like a freshly sliced bell pepper with cream cheese.

If you absolutely love chips, then you can make your own keto chips in advance. Avocado and cheese are two ingredients that are often used for keto chips. These chips will still be tasty, salty, and crispy, but they don’t come packed full of carbs.

When meal planning for your snacks, just make sure they are low carb and fulfilling. If you only eat bell peppers, for example, you will quickly become hungry again. Pairing snack veggies with something like cream cheese ensures that you remain satisfied without breaking your diet.

PART 3

RECIPES

PART 3 – RECIPES

Recipes are what make or break a diet, and that includes the keto diet. Look for fun and easy to make recipes to add a little spice to your diet. The blander your food is, the less likely you are to stick to your diet.

In Part 3, I offer a variety of recipes to try for your keto diet. I separated the recipes into breakfast, lunch, dinner, and snacks to make it easier to find recipes for your exact needs. If you have any allergies, you can look for substitutes online.

For each meal type, I have provided my three favorite keto recipes. These recipes are all delicious, easy to make, and keto-friendly. Let’s dig in!

Recipes – Breakfast

As you've probably heard, breakfast is the most important meal of the day. It is when you fuel up for the day so you can take it on confidently and strongly. Without breakfast, you won't have the energy to complete all your tasks.

Although breakfast is the best time to incorporate a few low carbs, you still want to have a primarily fat and protein driven meal. Here, I am going to give you a few breakfast keto recipes to try out.

Keto Cereal

Just because you are on a keto diet doesn't mean that you have to forego the classic breakfast staple – cereal. Here is a delicious cereal recipe that is perfect for those on keto:

Ingredients

- Cooking spray
- 1 cup almonds, chopped
- 1 cup walnuts, chopped
- 1 cup unsweetened coconut flakes
- 1/4 cup sesame seeds
- 2 tbsp. flax seeds
- 2 tbsp. chia seeds
- 1/2 tsp. ground clove
- 1 1/2 tsp. ground cinnamon
- 1 tsp. pure vanilla extract
- 1/2 tsp. kosher salt
- 1 large egg white
- 1/4 cup melted coconut oil

Directions

1. Preheat oven to 360 degrees.
2. Grease baking sheet with a cooking spray.

3. Mix the almonds, walnuts, coconut flakes, sesame seeds, flax seeds, and chai seeds into a large mixing bowl.

4. Add in the cloves, cinnamon, vanilla, and salt.

5. In a separate bowl, beat egg white until foamy. Stir into the granola mixture.

6. Add coconut oil to the mixture.

7. Pour onto the prepared baking sheet and spread it into an even layer.

8. Bake for 20 to 25 minutes, or until golden. Stir halfway through.

9. Let cool before serving.

Cabbage Hash Browns

Hash browns are one of the best breakfast staples. I know what you're thinking. There is no way that cabbage taste like actual hash browns, but this recipe does. With this recipe, you will feel like you're eating a classic hearty breakfast while still sticking to your diet.

Ingredients

- 2 large eggs
- 1/2 tsp. garlic powder
- 1/2 tsp. kosher salt
- Freshly ground black pepper

- 2 cup shredded cabbage
- 1/4 small yellow onion, thinly sliced
- 1 tbsp. vegetable oil

Directions

1. Whisk the eggs, garlic powder, and salt in a large mixing bowl. Season it with black pepper.
2. Add the cabbage and onion to the egg mixture and combine.
3. Heat oil in a large skillet over medium heat.
4. Divide the cabbage mixture into four patties in the pan. Flatten them out by pressing with a spatula.
5. Cook for about 3 minutes per side or until they are golden and tender.
6. Serve with eggs, bacon, or another food of your choice.

Keto Breakfast Cups

Whether you are keto or not, this recipe is hearty and delicious. This may be a great option if you have guests coming over.

Ingredients

- 2 lb. ground pork
- 1 tbsp. freshly chopped thyme

- 2 cloves garlic, minced
- 1/2 tsp. paprika
- 1/2 tsp. ground cumin
- 1 tsp. kosher salt
- Freshly ground black pepper
- 2 1/2 cup chopped fresh spinach
- 1 cup shredded white cheddar
- 12 eggs
- 1 tbsp. freshly chopped chives

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Combine ground pork, thyme, garlic, paprika, cumin, and salt in a large bowl. Season with pepper.
3. Add the mixture to a muffin tin so that the pork presses up on the sides to create a cup.
4. Divide spinach and cheese evenly and place them in the cup.
5. Crack an egg over the top of each cup.
6. Season with salt and pepper.

7. Cook for about 25 minutes, or until the eggs are set and sausage is cooked through.

8. Sprinkle chives over the top and serve.

Recipes – Lunch

For your keto lunch recipes, you want to get a good energy boost for the day without feeling too full or lethargic by mid afternoon. Here are some great pick me up lunches to try out that are also keto-friendly:

Taco Stuffed Avocados

If you are new to the keto diet, you are going to learn to love avocados. They are a great food to pair with any meal. This taco stuffed avocado is a great choice for lunch and will make your colleagues jealous of their boring lunches.

Ingredients

- 4 ripe avocados
- Juice of 1 lime
- 1 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 1 lb. ground beef

- 1 packet taco seasoning
- Kosher salt
- Freshly ground black pepper
- 2/3 cup shredded Mexican cheese
- 1/2 cup shredded lettuce
- 1/2 cup quartered grape tomatoes
- Sour cream, for topping

Directions

1. Cut the avocados in half and remove the pit.
2. Using a spoon, scoop out a little bit of the avocado so that you create a larger well.
3. Cut up the avocado that you removed with the spoon and set it aside for later.
4. Squeeze lime juice over all avocados. This will prevent them from browning.
5. Heat a medium skillet over medium heat. Add oil.
6. Add the onion to the skillet and cook for about 5 minutes, or until tender.

7. Add the ground beef and taco seasoning. Break up the meat using a wooden spoon.

8. Season with salt and pepper.

9. Cook for about 6 minutes, or until the beef is no longer pink.

10. Remove from heat and drain the fat.

11. Fill each avocado with beef.

12. Add the cut avocado, cheese, lettuce, tomato, and sour cream overtop the beef.

13. Serve and eat.

Buffalo Shrimp Lettuce Wraps

This Buffalo shrimp lettuce wrap recipe is quickly going to turn into your favorite lunch. It packs a large flavor without ruining your diet. Those not on keto will also love this meal.

Ingredients

- 1/4 tbsp. butter
- 2 garlic cloves, minced
- 1/4 cup hot sauce, such as Frank's
- 1 tbsp. extra-virgin olive oil

- 1 lb. shrimp, peeled and deveined, tails removed
- Kosher salt
- Freshly ground black pepper
- 1 head romaine, leaves separated, for serving
- 1/4 red onion, finely chopped
- 1 rib celery, sliced thin
- 1/2 cup blue cheese, crumbled

Directions

1. Begin by making the Buffalo sauce. Melt butter in a saucepan over medium heat.
2. Add garlic to the melted butter once it has been completely melted. Cook until fragrant, which is normally about one minute.
3. Add hot sauce to the garlic butter and stir to combine.
4. Turn heat to low.
5. As the Buffalo sauce sets on a low heat burner, grab a different large skillet and heat oil over medium heat.
6. Add shrimp to the skillet and season with salt and pepper.
7. Cook for about 2 minutes per side, or until pink and opaque.

8. Turn off heat and add Buffalo sauce to the shrimp skillet. Toss to coat the shrimp.

9. Wash and prepare romaine leaves.

10. Add a scoop of shrimp to each romaine leaf.

11. Top with red onion, celery, and blue cheese.

12. Serve and eat.

Loaded Cauliflower Salad

Some people's favorite lunch is a baked potato or loaded potato wedges. This loaded cauliflower salad tastes a lot like a loaded potato, but it lacks the excessive carbohydrates.

Ingredients

- 1 large head cauliflower, cut into florets
- 6 slices bacon
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1 tbsp. lemon juice
- 1/2 tsp. garlic powder
- Kosher salt

- Freshly ground black pepper
- 1 1/2 cup shredded cheddar
- 1/4 cup finely chopped chives

Directions

1. Boil about 1/4 inch of water in a large skillet.
2. Add cauliflower and cover the pan. Let the cauliflower steam for about 4 minutes, or until tender.
3. Drain and let the cauliflower cool as you make the other ingredients.
4. Cook bacon until crispy in a skillet over medium heat. This will be about 3 minutes per side.
5. Transfer the bacon to a paper towel-lined plate. Drain and chop the bacon.
6. Whisk the sour cream, mayonnaise, lemon juice, and garlic powder in a large bowl.
7. Add cauliflower to the bowl and toss gently.
8. Season with salt and pepper.
9. Fold in bacon, cheddar, and chives.
10. You can serve either warm or at room temperature.

Recipes – Dinner

Many people look forward to dinner the most out of all of their meals. It is a great way to reward yourself for your hard day's work and effort. Here are some great keto dinner recipes to try out:

Keto Mac & Cheese

Mac & cheese is a lot of people’s favorite meal, but it is a definite no-go for those on a keto diet. This keto mac & cheese recipe delivers the same cheesy goodness as regular mac & cheese without the guilt.

Ingredients

Mac & Cheese

- Butter, for baking dish
- 2 medium heads cauliflower, cut into florets
- 2 tbsp. extra-virgin olive oil
- Kosher salt
- 1 cup heavy cream
- 6 oz. cream cheese, cut into cubes
- 4 cup shredded cheddar
- 2 cup shredded mozzarella

- 1 tbsp. hot sauce (optional)
- Freshly ground black pepper

Topping

- 4 oz. pork rinds, crushed
- 1/4 cup freshly grated Parmesan
- 1 tbsp. extra-virgin olive oil
- 2 tbsp. freshly chopped parsley, for garnish

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Butter a 9 by 13 inch baking dish. Set aside.
3. Add cauliflower and two tablespoons of oil to a large bowl and toss. Season with salt.
4. Spread cauliflower onto two large baking sheets. Roast for about 40 minutes, or until tender and lightly brown.
5. As the cauliflower is roasting, make the cream. Heat the cream in a large pot over medium heat.
6. Bring to a simmer and then decrease heat to low.
7. Add cheeses and stir until melted. Remove from heat.

8. Add hot sauce and season with salt and pepper.

9. Fold in roasted cauliflower.

10. Move mixture to the prepared baking dish.

11. Stir pork rinds, parmesan, and oil in a medium bowl. Sprinkle over the cauliflower and cheese.

12. Bake for about 15 minutes, or until golden.

13. You can bring the oven to a broil for about 2 minutes after.

14. Garnish with parsley.

15. Serve and eat.

Keto Fried Chicken

Even though chicken is a good ingredient for those on a keto diet, fried chicken is avoided because of the carbohydrate filled batter. This keto friendly fried chicken is delicious and tasty, but it does not have excessive carbohydrates.

Ingredients

Chicken

- 6 bone-in, skin-on chicken breasts (about 4 lbs.)
- Kosher salt

- Freshly ground black pepper
- 2 large eggs
- 1/2 cup heavy cream
- 3/4 cup almond flour
- 1 1/2 cup finely crushed pork rinds
- 1/2 cup freshly grated Parmesan
- 1 tsp. garlic powder
- 1/2 tsp. paprika

Sauce

- 1/2 cup mayonnaise
- 1 1/2 tsp. hot sauce

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a large baking sheet with parchment papers.
3. Pat chicken dry paper towels. Season with salt and pepper.
4. Whisk eggs and heavy cream together in a shallow bowl.

5. Combine almond flour, pork rinds, parmesan, garlic powder, and paprika in a separate bowl. Season with salt and pepper.

6. One at a time, dip a chicken piece into the egg mixture and into the almond flour mixture.

7. Press the almond flour into the coat. Place on the prepared baking sheet.

8. Bake for about 45 minutes, or until the chicken is golden and the internal temperature is 165 degrees Fahrenheit.

9. As the chicken is baking, combine the mayonnaise and hot sauce in a medium sized bowl. You can adjust the exact amount of hot sauce based on your preferred spiciness level.

10. Serve chicken warm.

Keto Meatballs

Even though meatballs are fat and protein heavy, traditional meatballs have to be avoided on keto because they use flour as a binding agent. This meatball recipe, however, uses cheese instead of flour, making it a keto friendly alternative.

Ingredients

Meatballs

- 1 lb. ground beef

- 1 clove garlic, minced

- 1/2 cup shredded mozzarella
- 1/4 cup freshly grated Parmesan, plus more for serving
- 2 tbsp. freshly chopped parsley
- 1 large egg, beaten
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 tbsp. extra-virgin olive oil

Sauce

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (28-oz.) can crushed tomatoes
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper

Directions

1. Combine the beef, garlic, mozzarella, parmesan, parsley, egg, salt, and pepper in a large bowl.

2. Form the mixture into 16 meatballs.

3. Heat oil in a large skillet over medium heat.

4. Add meatballs to skillet. Cook them for about 10 minutes, or until all sides are golden. Turn occasionally.

5. Remove meatballs from skillet and place on a paper towel-lined plate.

6. Add onion to the same skillet you cooked the meatballs in and cook for about 5 minutes, or until soft.

7. Add garlic for about one minute more. Add tomatoes and oregano. Season with salt and pepper.

8. Add meatballs back to the skillet and cover it so the meatballs can simmer in the sauce. Simmer for about 15 minutes, or until the sauce has thickened.

9. Garnish with parmesan and serve.

Recipes – Snacks

Throughout the day, you might need a quick pick me up in the form of a snack. These snacks are great options to have on hand because they are tasty and keto-friendly.

Avocado Chips

Chips are easily one of the best snack options. Their salty flavor and satisfying crunch make them a favorite among many. Unfortunately, most

chips are not suitable for the keto diet. For our chip-lovers, here is a great keto chip option made from avocados!

Ingredients

- 1 large ripe avocado
- 3/4 cup freshly grated Parmesan
- 1 tsp. lemon juice
- 1/2 tsp. garlic powder
- 1/2 tsp. Italian seasoning
- Kosher salt
- Freshly ground black pepper

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Line two large baking sheets with parchment paper.
3. Mash avocado with a fork until smooth in a medium sized bowl.
4. Add parmesan, lemon juice, garlic powder, and Italian seasoning to the mashed avocado mixture. Season with salt and pepper.
5. Place large teaspoon-sized scoops of avocado to the baking sheet. Leave about 3 inches apart between each scoop.

6. Flatten each scoop so that it is about 3 inches wide. You can use the back of a spoon or a measuring cup to do this.

7. Bake for about 30 minutes, or until crisp and golden.

8. Let cool and serve at room temperature.

Keto Ice Cream

Even the best of the best dieters need a scoop of ice cream every now and then. Here is a great ice cream keto recipe that you can try next time your sweet tooth demands satisfaction.

Ingredients

- 2 (15-oz.) cans coconut milk
- 2 cup heavy cream
- 1/4 cup swerve confectioner's sweetener
- 1 tsp. pure vanilla extract
- Pinch kosher salt

Directions

1. Chill coconut milk in the fridge for at least three hours, but it is best to leave the coconut milk in the refrigerator overnight.

2. Make whipped coconut: Spoon the coconut cream into a large bowl. Leave the liquid in the can.

3. Use a hand mixer to beat the coconut cream until it is creamy. Set aside.

4. Make whipped cream: Beat the heavy cream and a separate large bowl using a hand mixer. Beat the cream until it softens and a peak forms.

5. Beat sweetener and vanilla into the whipped cream mixture.

6. Fold the whipped coconut into the whipped cream.

7. Move the mixture into a loaf pan.

8. Freeze the loaf pan for about 5 hours, or until solid.

9. Serve and eat once solid.

Bacon Guac Bombs

Bacon and avocado: two of the keto dieters favorite ingredients. This bacon guac bomb is delicious, super savory, and is guaranteed to keep you full and satisfied. Here's how to make it:

Ingredients

- 12 slices of bacon, cooked and crumbled

- 2 avocados, pitted, peeled, and mashed

- 6 oz. cream cheese, softened

- Juice of 1 lime

- 1 garlic clove, minced
- 1/4 red onion, minced
- 1 small jalapeno (seeded if you prefer less heat), chopped
- 2 tbsp. freshly chopped cilantro
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- Kosher salt
- Freshly ground black pepper

Directions

1. Cook bacon until crispy and crumbled them. Set aside.
2. Combine all the ingredients except for the slices of bacon into a large bowl.
3. Stir until the mixture is mostly smooth. Some chunks are okay. Season with salt and pepper.
4. Place the mixture in the refrigerator for about 30 minutes so it can firm up slightly.
5. Once the mixture has firmed up, place the crumbled bacon on a large plate.

6. Use a small cookie scoop to place the guacamole mixture on the bacon.

7. Roll the mixture over the bacon so it can be coated in bacon.

8. Repeat until all guacamole and bacon is used.

9. Store in the refrigerator.

CONCLUSION

CONCLUSION

The keto diet is an extremely low carb diet that replaces carbohydrates with fat and protein. It is a great way to see results fast to lose weight and become a healthier version of yourself. By creating a meal plan and following keto recipes, you can expect to lose weight in a short period of time.

With that being said, you will not see results overnight. It will take a couple of weeks to really see a noticeable difference. Don't get discouraged in the meantime. Instead, keep focused on your results and don't give up. If you stick to a keto diet strictly, you are going to see results eventually.

Additionally, make sure that you listen to your body. It may be helpful to consult your doctor first. The point of the keto diet is to help you become the healthiest version of yourself. Don't do anything that pushes your body to its extreme.

Instead, practice healthy eating habits and mentalities by using the keto diet. By doing this, you can transform both your mind and body to become the healthiest version of yourself possible.

We hope that is eBook has helped you understand the keto diet and start your keto journey today. Good luck!