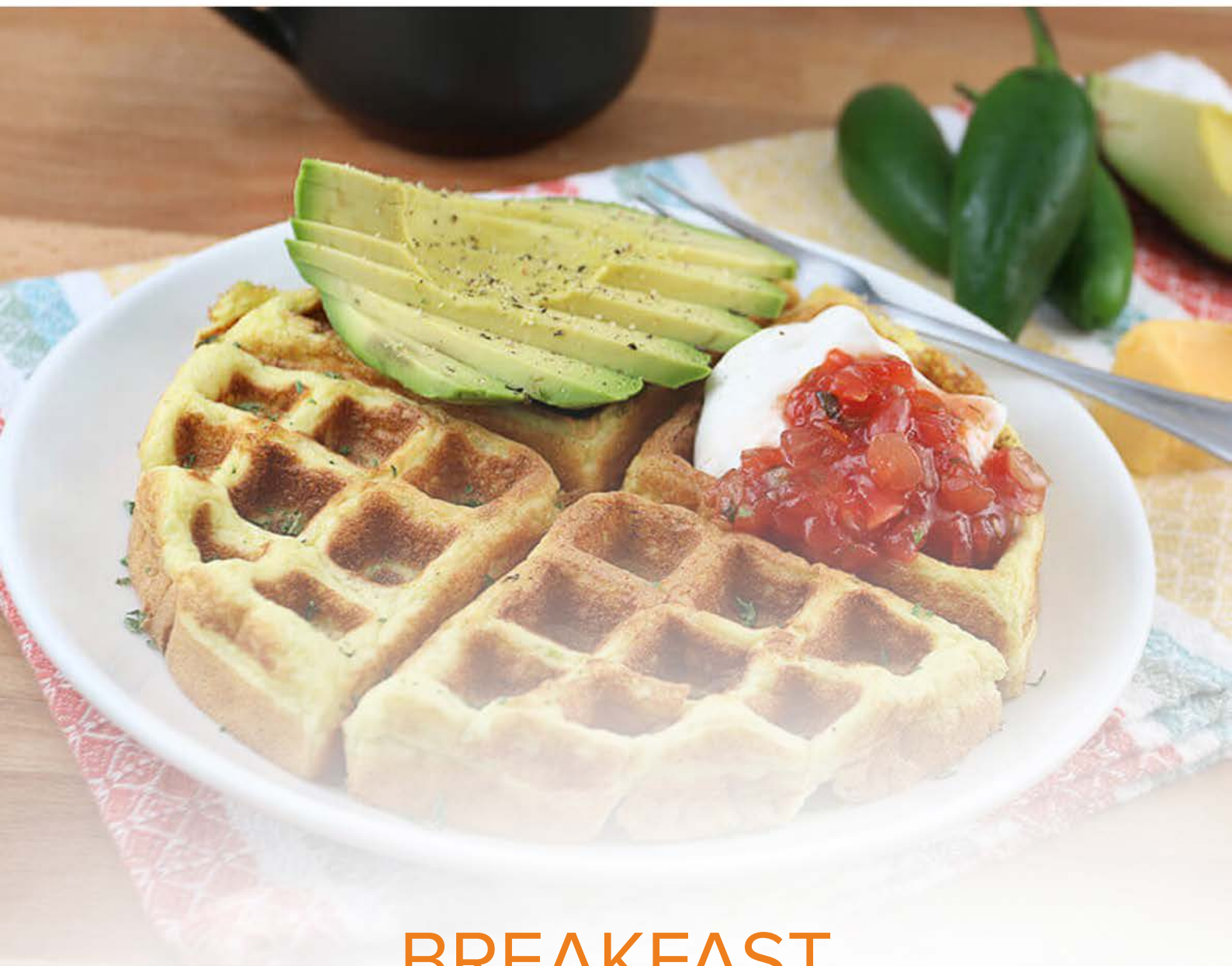




200+ KETO RECIPES

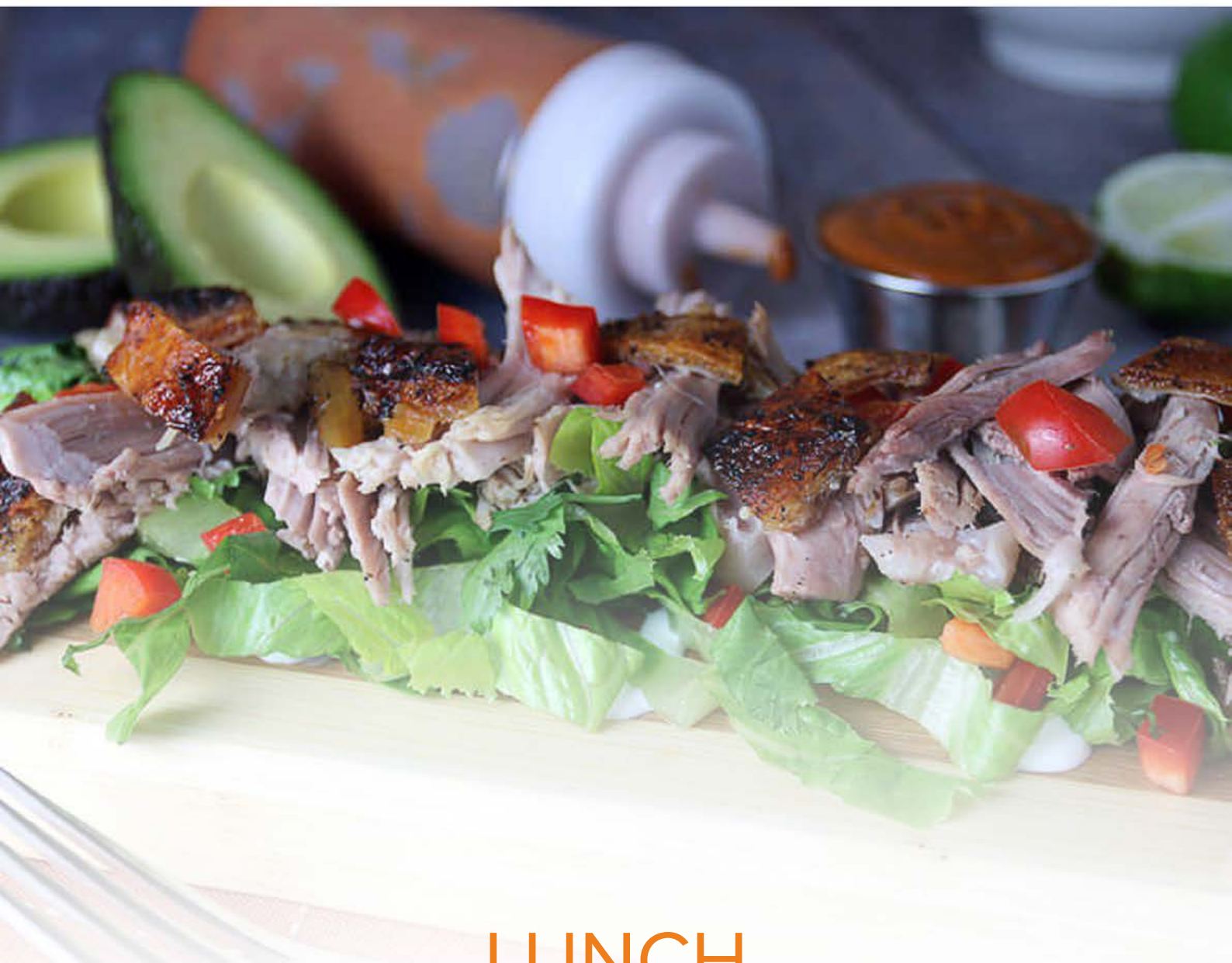
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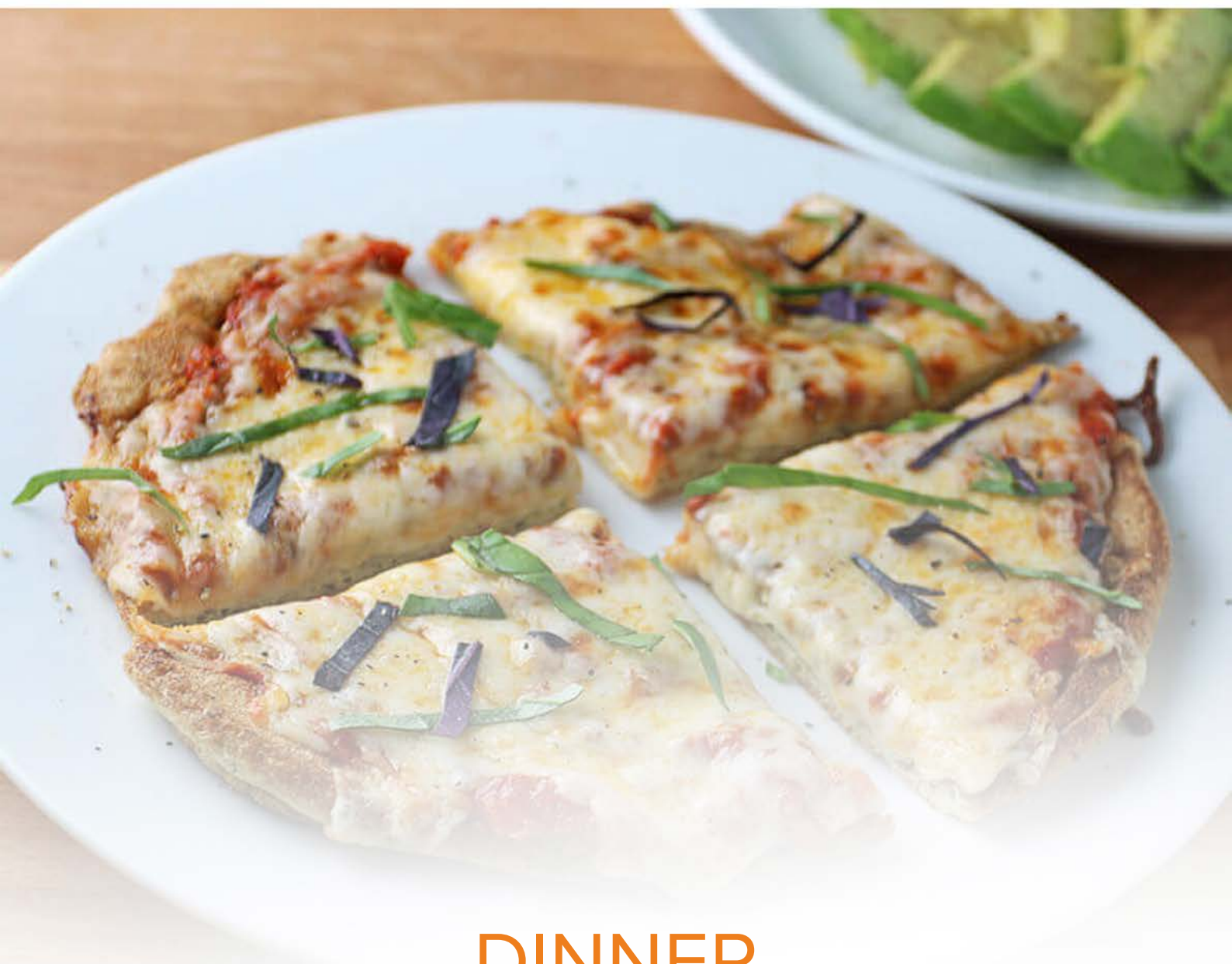
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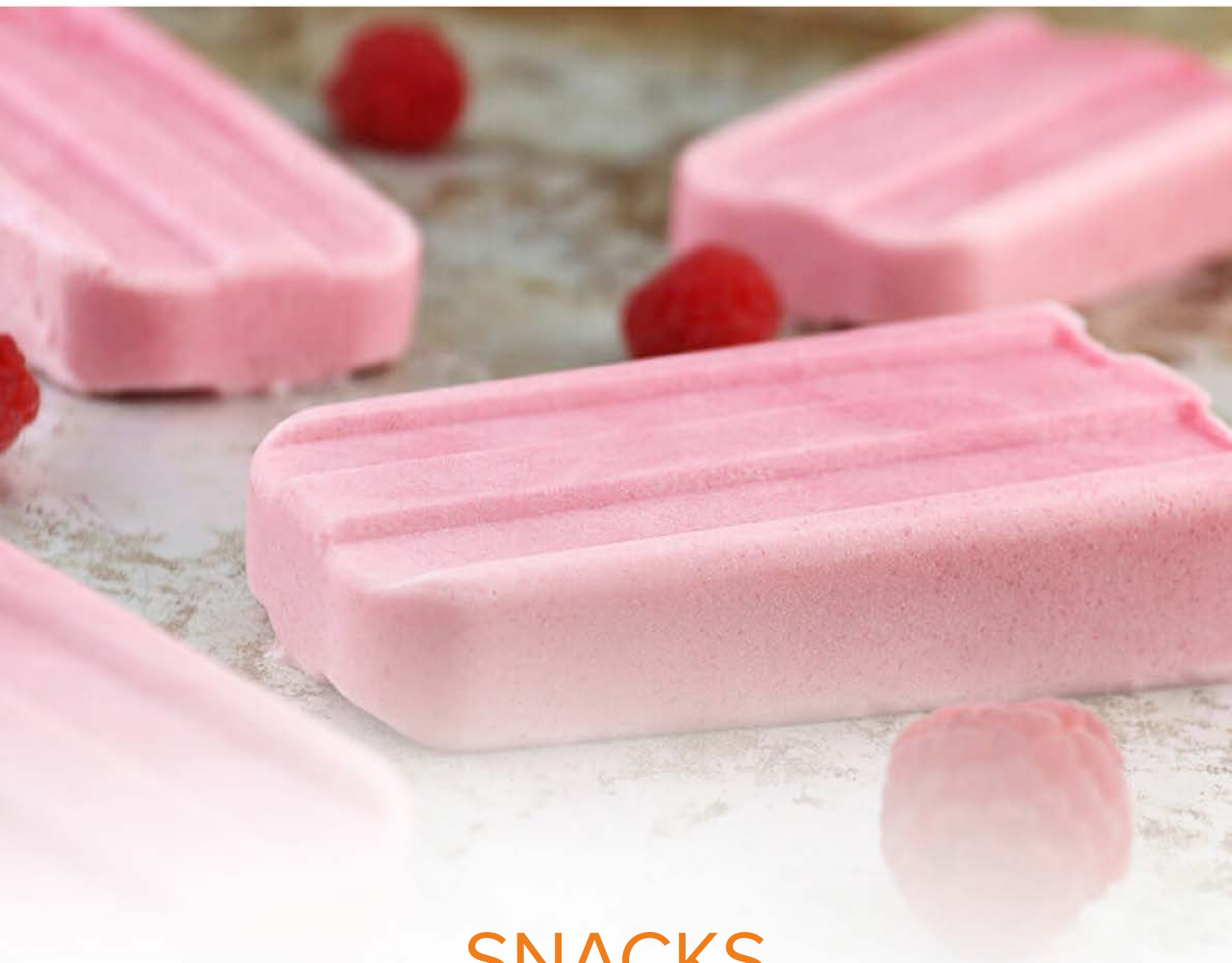
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MOUTH WATERING
KETOGENIC
RECIPES:
BREAKFAST



CRAIG CLARKE



BREAKFAST

KETO PIZZA WAFFLES

THE PREPARATION

- **4 large** Eggs
- **4 tbsp.** Parmesan Cheese
- **3 tbsp.** Almond Flour
- **1 tbsp.** Psyllium Husk Powder
- **1 tbsp.** Bacon Grease
(or Butter)
- **1 tsp.** Baking Powder
- **1 tsp.** Italian Seasoning
(or spices of choice)
- **Salt and Pepper** to Taste
- **1/2 cup** Tomato Sauce
(we use Rao's)
- **3 oz.** Cheddar Cheese
- **14 slices** Pepperoni (optional)

THE EXECUTION

1. Add all ingredients (except for tomato sauce and cheese) to a container.
2. Use an immersion blender to blend everything together. About 30-45 seconds until the mixture thickens.
3. Heat your waffle iron and add half of the mixture to the waffle iron.
4. Let cook until there is little steam coming out of the waffle iron. Once done, remove from the iron and repeat with the second half of the mixture.
5. Add tomato sauce (1/4 cup per waffle), and cheese (1.5 oz. per waffle) on the top of each waffle. Then, broil for 3-5 minutes in the oven. Optionally add pepperoni to the top of these.
6. Once the cheese is melted and starting to crisp on top, remove from the oven and serve.

This makes a total of 2 **Breakfast Keto Pizza Waffles**.

Each pizza waffle comes out to be **526 Calories, 41.5g Fats, 5g Net Carbs, and 29g Protein**.



BREAKFAST

KETO BREAKFAST BURGER

THE PREPARATION

- **4 oz.** Sausage (2 oz. per serving)
- **2 oz.** Pepperjack Cheese
- **4 slices** Bacon
- **2 large** Eggs
- **1 tbsp.** Butter
- **1 tbsp.** PB Fit Powder
- **Salt and Pepper** to Taste

THE EXECUTION

1. Start by cooking the bacon. Lay the strips (*however many you want*) on a wire rack over a cookie sheet. Bake at 400F for 20-25 minutes or until crisp.
2. Mix together butter and PB Fit powder in a small container to re-hydrate. Set aside.
3. Form the sausage patties and cook them in a pan over medium-high heat.
4. Flip when the bottom side is browned.
5. Grate the cheese and have it ready.
6. Once the other side of the sausage patty is browned, add cheese and cover with a cloche or lid.
7. Remove sausage patties with melted cheese and set aside. Fry an egg over easy in the same pan.
8. Assemble everything together: sausage patty, egg, bacon, and rehydrated PB Fit on top. Enjoy!

This makes 2 servings of the **Keto Breakfast Burger**.
Each serving comes out to be **655 Calories, 56g Fats, 3g Net Carbs, and 30.5g Protein.**



BREAKFAST

JALAPENO CHEDDAR WAFFLES

THE PREPARATION

- **3 OZ.** Cream Cheese
- **3 large** Eggs
- **1 tbsp.** Coconut Flour
- **1 tsp.** Psyllium Husk Powder
- **1 tsp.** Baking Powder
- **1 oz.** Cheddar Cheese
- **1 small** Jalapeno
- **Salt and Pepper** to Taste

THE EXECUTION

1. Mix together all ingredients except for the cheese and jalapeno using an **immersion blender**.
2. Once the ingredients are mixed well and smooth, add cheese and jalapeno.
3. Use an **immersion blender** again to make sure that all of the ingredients are mixed together well.
4. Heat your waffle iron, then pour on the waffle mix. It took about 5-6 minutes in total to cook for me.
5. Top with your favorite toppings, and serve!

This makes a total of 2 **Jalapeno Cheddar Waffles**.
Each waffle comes out to be **338 Calories, 28g Fats, 3g Net Carbs, and 16g Protein**.



BREAKFAST

MINI KETO PANCAKE DONUTS

THE PREPARATION

- **3 OZ.** Cream Cheese
- **3 large** Eggs
- **4 tbsp.** Almond Flour
- **1 tbsp.** Coconut Flour
- **1 tsp.** Baking Powder
- **1 tsp.** Vanilla Extract
- **4 tbsp.** Erythritol
- **10 drops** Liquid Stevia

THE EXECUTION

1. Stick all of the ingredients inside of a container and mix together using an **immersion blender**.
2. Make sure that you continue to mix everything for about 45-60 seconds – ensuring a smooth batter that’s slightly thickened.
3. Heat donut maker up and spray with coconut oil to ensure non-stick properties. Pour batter into each well of the **donut maker**, filling about 90% of the way.
4. Let cook for 3 minutes on one side, then flip and cook for an additional 2 minutes. This is more time than my **donut maker** tells me to cook them, but I found that they’re slightly undercooked if you listen to the donut maker.
5. Remove donuts from the **donut maker** and set aside to cool. Repeat process with the rest of the batter.

This makes a total of 22 **Mini Keto Pancake Donuts**.
Each donut comes out to be **32 Calories, 2.7g Fats, 0.4g Net Carbs, and 1.4g Protein**.



BREAKFAST

BACON CHEDDAR CHIVE OMELETTE

THE PREPARATION

- **2 slices** Bacon, already cooked
- **1 tsp.** Bacon Fat
- **2 large** Eggs
- **1 oz.** Cheddar Cheese
- **2 stalks** Chives
- **Salt and Pepper** to Taste

THE EXECUTION

1. Make sure that you have all of your ingredients ready to go as the omelette will cook quickly. Shred the cheese, pre-cook the bacon, and have the chives chopped (*or use herb scissors if you're lazy like me*).
2. Heat a pan with bacon fat in it to medium-low heat. You want it emitting a decent amount of heat when you hover your hand above the pan. Add the eggs, and season with chives, salt, and pepper.
3. Once the edges are starting to set, add your bacon to the center and let cook for 20-30 seconds longer. Then, turn the heat off on the stove.
4. Add the cheese on top of the bacon, making sure it's centered. Then, take two edges of the omelette and fold them onto the cheese. Hold the edges there for a moment as the cheese has to partially melt to act as a "glue" to hold them in place.
5. Do the same with the other edges, creating a burrito of sorts, then flip over and let cook in the now warm pan for a little longer.
6. Serve with a bit of extra cheese, bacon, and chives on top if you'd like – but by itself it's just plain delicious.

This makes 1 serving of **Bacon Cheddar Chive Omelette**.
The macros come out to be **463 Calories, 39g Fats, 1g Net Carbs, and 24g Protein**.



BREAKFAST

JALAPENO POPPER EGG CUPS

THE PREPARATION

- **12 strips** Bacon
- **8 large** Eggs
- **4 oz.** Cheddar Cheese
- **3 oz.** Cream Cheese
- **4 medium** Jalapeno Peppers, de-seeded and chopped
- **1/2 tsp.** Garlic Powder
- **1/2 tsp.** Onion Powder
- **Salt and Pepper** to Taste

THE EXECUTION

1. Get all ingredients ready. Measure out all cheese and grate as needed. Prep the jalapenos by seeding and chopping them. Save 1 jalapeno that you can cut into rings as a garnish for the top. Preheat oven to 375F.
2. Par-cook bacon so it's semi crisp but still pliable. Save bacon grease in the pan.
3. Using a hand mixer, mix together eggs, cream cheese, chopped and seeded jalapeno peppers, leftover bacon grease, garlic powder, onion powder, and salt and pepper to taste.
4. Grease wells of muffin tin, then place par-cooked bacon around the edges.
5. Pour egg mixture into the wells of the muffin tin. Make sure you only go about half-way to 2/3 way up as they rise quite a lot. Oh! This is the reason you only see 4 muffins in the following pictures – I overfilled the first batch of 12 and they turned into Frankenstein muffins.
6. Add cheddar cheese on the top of the muffin, then a jalapeno. Cook at 375F for 20-25 minutes.
7. Once cooked, remove from the oven to let cool. They will slowly deflate and give you a great treat.
8. Serve and enjoy!

This makes a total of 12 **Jalapeno Popper Egg Cups**.
Each Egg Cup comes out to be **216 Calories, 19.3g Fats, 0.9g Net Carbs, and 9.6g Protein**.



BREAKFAST

KETO PEANUT PANCAKES

THE PREPARATION

Roasted Peanut Filling

- **1.8 oz.** Fresh Shelled Peanuts
- **1/2 tsp.** Stevia
- **Salt** to taste

Condensed Milk

- **1/4 cup** Heavy Cream
- **2 drops** Liquid Sucralose

Apam Balik

- **1/2 cup** Almond Flour
- **1/2 tsp.** Bicarbonate Soda
- **1/2 tsp.** Baking Powder
- **1/8 tsp.** Salt
- **1/4 cup** Almond Milk
- **1 large** Egg
- **5 drops** Liquid Sucralose
- **1/2 tsp.** Vanilla Extract
- **1/4 tsp.** Coconut Oil
- **1 tbsp.** Unsalted Butter

THE EXECUTION

1. To prepare the peanut filling from scratch, roast 1.8 oz. Freshly Shelled Peanuts until brown.
2. Grind the peanuts, 1/2 tsp. Stevia and Salt to taste with a pestle and mortar (or alternatively food processor). Set aside.
3. To prepare Keto Condensed Milk, heat up 1/4 cup Heavy Cream in a saucepan with 2 drops Liquid Sucralose to a boil. Reduce heat and simmer. It should thicken up like condensed milk consistency. Let cool and set aside.
4. In a bowl, mix 1/2 cup Almond Flour, 1/2 tsp. Baking Soda, 1/2 tsp. Baking Powder and 1/8 tsp. Salt.
5. Add in 1/4 cup Almond Milk, 1 large Egg, 5 drops Liquid Sucralose and 1/2 tsp. Coconut oil and mix well.
6. In a small pan on medium heat, melt and spread 1/8 tsp. (per pancake) Coconut Oil. Once hot, pour half of the mixture and cover the pan.
7. After 1 minute and the pancake is half-cooked, sprinkle half of the peanut filling.
8. Spread half of the keto condensed milk onto one half of the pancake and butter onto the other half. Cover the pan once more for a few minutes.
9. Once the side is browned, remove the pancake and let cool.
10. Repeat steps 6-9 for the other pancake. Once cooled, fold the pancakes and slice to bite-sized pieces. Serve!

This makes 2 servings of **Apam Balik**.

Each serving comes out to be **539 Calories, 50.7g Fats, 6.2g Net Carbs, and 16.1g Protein**.



BREAKFAST

LOW CARB PANCAKE SANDWICH

THE PREPARATION

The Pancake Bun

- **0.75 oz.** Pork Rinds
- **1 tbsp.** Almond Flour
- **1 large** Egg, beaten
- **1 tbsp.** Heavy Cream
- **1/4 tsp.** Vanilla Extract
- **2 tbsp.** Maple Syrup
([recipe here](#))

The Filling

- **2 oz.** Hot Sausage
- **1 slice** Cheddar Cheese
- **1 large** Egg

THE EXECUTION

1. Measure out 2 Oz. Sausage and set aside. You can use a [silicone ring mold from Amazon](#) to help with the whole process to keep everything the same size.
2. Grind pork rinds in a [food processor](#) until a powder is formed.
3. Heat a pan to medium high heat on the stove. Add sausage in [ring mold](#) and cook until medium-well temperature. Once cooked, set aside in some foil to rest.
4. While the sausage is cooking, mix together pork rinds with all bun ingredients.
5. Put an [egg ring mold](#) inside the pan and fill 3/4 of the way with bun batter (*this should be half of the batter*).
6. Once the bun is browned on the bottom, remove the [ring mold](#) and flip to the other side. Cook until this side is also browned. Repeat the process with the other half of the batter to create another bun.
7. In the same pan, add an egg to the ring mold and lightly scramble. Cook completely until solidified.
8. Assemble together with 1 bun on bottom, 1 slice of cheese, hot egg, sausage, and the last bun on top. Then, serve!

This yields 1 serving of [Low Carb Pancake Sandwich](#).
It comes out to be **657 Calories, 55.7g Fats, 2.7g Net Carbs, and 40g Protein.**



BREAKFAST

BACON AVOCADO MUFFINS

THE PREPARATION

- **5 Large** Eggs
- **5 Slices** Bacon
- **2 tbsp.** Butter
- **1/2 cup** Almond Flour
- **1/4 cup** Flaxseed Meal
- **1 1/2 tbsp.** Psyllium Husk Powder
- **2 medium** Avocados
- **4.5 oz.** Colby Jack Cheese
- **3 medium** Spring Onions
- **1 tsp.** Minced Garlic
- **1 tsp.** Dried Cilantro
- **1 tsp.** Dried Chives
- **1/4 tsp.** Red Chili Flakes
- **Salt and Pepper** to Taste
- **1 1/2 cup** Coconut Milk (from the carton)
- **1 1/2 tbsp.** Lemon Juice
- **1 tsp.** Baking Powder

THE EXECUTION

1. In a bowl, mix together eggs, almond flour, flax, psyllium, spices, coconut milk and lemon juice. Leave to sit while you cook the bacon.
2. In a pan over medium-low heat, cook the bacon until crisp. Add the butter to the pan when it's almost done cooking.
3. Chop the spring onions and grate the cheese. Add the spring onions, cheese, and baking powder. Then, crumble the bacon and add all of the fat to the mixture.
4. Slice an avocado in half, remove the pit, and then cube the avocado while it's in the shell. Be careful of the sharp knife as you do this. Scoop out the avocado and fold into the mixture gently.
5. Preheat oven to 350F, measure out batter into a cupcake tray that's been sprayed or greased and bake for 24-26 minutes. You should have leftover batter to make 4 more muffins, which you can do at the same time or afterward.
6. Store on the fridge and enjoy cold!

This makes a total of 16 **Avocado Bacon Muffins**.
Each muffin comes out to be **163 Calories, 14.1g Fats, 1.5g Net Carbs, and 6.1g Protein**.



BREAKFAST

RASPBERRY BRIE GRILLED WAFFLES

THE PREPARATION

The Waffles

- 1/2 cup Almond Flour
- 2 tbsp. Flaxseed Meal
- 1/3 cup Coconut Milk
- 1 tsp. Vanilla Extract
- 1 tsp. Baking Powder
- 2 large Eggs
- 2 tbsp. Swerve
- 7 drops Liquid Stevia

The Filling

- 1/2 cup Raspberries
- Zest of 1/2 Lemon
- 1 tbsp. Lemon Juice
- 2 tbsp. Butter
- 1 tbsp. Swerve
- 3 oz. Double Cream Brie

THE EXECUTION

1. Mix together all of the ingredients for the waffles in a container. Make sure that the consistency is smooth and there are no lumps.
2. Heat a waffle maker (*I use this waffle maker*) and once hot, add your batter. Allow it to cook until the light turns green or the steam levels are low.
3. Take the waffles out and allow them to cool slightly.
4. Slice your brie and lay on top of the waffles while still warm so that the brie comes to room temperature.
5. In a pan on the stove, heat butter and swerve. You can powder the swerve in a spice grinder.
6. Once the butter is starting to brown and the swerve is dissolving, add your raspberries, lemon juice, and zest of 1/2 lemon.
7. Continue to stir the mixture until it bubbles and becomes jam-like.
8. Under the broiler, broil the brie until melted and the waffle slightly crisp.
9. Assemble the waffle together with the raspberry filling and the brie. Put into a pan and “grill” for 1-2 minutes per side.
10. Enjoy this delicious treat, or share!

This makes 2 servings of **Raspberry Brie Grilled Waffles**.
Each serving comes out to be **489 Calories, 39.5g Fats, 7g Net Carbs, and 21g Protein**.



BREAKFAST

KETO PUMPKIN PIE SPICE LATTE

THE PREPARATION

- **2 cups** Coffee, strong and fresh brewed
- **1 cup** Coconut Milk (*from the carton*)
- **1/4 cup** Pumpkin Puree
- **2 tsp.** Pumpkin Pie Spice Blend (*recipe here*)
- **1/2 tsp.** Cinnamon
- **1 tsp.** Vanilla Extract
- **2 tbsp.** Heavy Whipping Cream
- **2 tbsp.** Butter
- **15 drops** Liquid Stevia

THE EXECUTION

1. In a pot over medium-low heat, add the pumpkin, butter, coconut milk, and spices.
2. While the pumpkin mixture is coming together, brew 2 cups worth of strong coffee. I use a [Keurig machine](#) to do this.
3. Once the pumpkin mixture is starting to get hot and bubble slightly, mix it together.
4. Stir in your 2 cups of strong coffee well.
5. Add [stevia](#) and heavy cream. Take an immersion blender to it and blend it well over the stove-top.
6. Add a little extra whipped cream on top with a pinch more spice. Sit back, relax, and enjoy your morning!

This creates 3 servings of [Keto Pumpkin Pie Spice Latte](#).
Each serving comes out to be **132 Calories, 13g Fats, 2.1g Net Carbs, and 0.4g Protein.**



BREAKFAST

PUMPKIN SPICED FRENCH TOAST

THE PREPARATION

- **4 slices** Pumpkin Bread ([recipe here](#))
- **1 large** Egg
- **2 tbsp.** Cream
- **1/2 tsp.** Vanilla Extract
- **1/8 tsp.** Orange Extract
- **1/4 tsp.** Pumpkin Pie Spice ([recipe here](#))
- **2 tbsp.** Butter

THE EXECUTION

1. Dry out 4 slices of Pumpkin Bread ([recipe here](#)) for this recipe. You can leave the slices out overnight, uncovered to reach the desired dryness.
2. I made 2 batches with this, so the pictures show extra. In a small container, mix together your egg, cream, vanilla extract, orange extract, and pumpkin pie spice.
3. Dip the bread into the mixture and let it soak for about 5 minutes.
4. Flip the bread and allow to soak for 5 more minutes.
5. In a pan, set to medium-low heat and set butter in the middle. Let the butter cook until it starts to brown.
6. Once the butter is browned, add the bread that has now soaked almost all of the mixture. Let this cook for about 3-4 minutes on each side, or until golden brown. Flip and cook on the other side until finished.
7. Top with [powdered swerve](#) and/or keto maple syrup ([recipe here](#)). Enjoy!

This makes a total of 2 servings.

Each serving comes out to be **428 Calories, 37.4g Fats, 6.8g Net Carbs, and 12g Protein.**



BREAKFAST

KETO PUMPKIN BREAD LOAF

THE PREPARATION

- **1 1/2 cup** Almond Flour
- **3 large** Egg Whites
- **1/2 cup** Pumpkin Puree
- **1/2 cup** Coconut Milk
(from the carton)
- **1/4 cup** Psyllium Husk Powder
- **1/4 cup** Swerve Sweetener
- **2 tsp.** Baking Powder
- **1 1/2 tsp.** Pumpkin Pie Spice
([recipe here](#))
- **1/2 tsp.** Kosher Salt

THE EXECUTION

1. Measure out all dry ingredients into a sifter. If you don't have a sifter, you can [grab one on the cheap from Amazon](#).
2. Sift all ingredients into a large bowl. **Preheat your oven to 350F.** Fill a 9x9 baking dish with about 1 cup of water and place on the bottom rack of the oven.
3. Add pumpkin puree and coconut milk and mix together well. You should have a pretty resistant dough by the time you finish mixing.
4. Whip the egg whites in a second bowl. If needed, add some cream of tartar to the egg whites to keep them stable.
5. Aggressively fold in 1/3 of the egg whites to the dough so that some of the moisture is absorbed. Then, add the rest of the egg whites and gently fold into the dough.
6. Grease a standard bread loaf pan well (*with either butter or coconut oil*). Then, spread the dough into the bread pan.
7. Bake the bread for 75 minutes. Optionally add 1/4 cup pistachios (*I prefer it without the pistachios, so I left them out of the recipe*).
8. Remove loaf from the oven and let cool.
9. Slice and serve!

Makes 10 slices of **Keto Pumpkin Bread Loaf**.

Each slice comes out to be **120 Calories, 8.7g Fats, 3.1g Net Carbs, and 4.5g Protein.**



BREAKFAST

PUMPKIN PIE SPICED WAFFLES

THE PREPARATION

- **1/2 cup** Almond Flour
- **2 tbsp.** Flaxseed Meal
- **1/3 cup** Coconut Milk (*from the carton*)
- **1/4 cup** Canned Pumpkin
- **1 1/2 tsp.** Pumpkin Pie Spice (*recipe here*)
- **1 tsp.** Vanilla Extract
- **1 tsp.** Baking Powder
- **2 large** Eggs
- **3 tbsp.** Swerve Sweetener
- **7 drops** Liquid Stevia

THE EXECUTION

1. In a large measuring jug, combine all of the wet ingredients.
2. Mix together the wet ingredients well until little to no egg white is visible.
3. Add all dry ingredients to a sifter. I highly recommend [getting a cheap sifter](#) to do this as I was using a colander before, and it took much more effort.
4. Sift all dry ingredients into the wet ingredients.
5. Mix together the batter until everything is combined. The batter should be slightly watery, but will turn into perfectly crisp on the outside and soft on the inside waffles.
6. Grease your [waffle maker](#) with coconut oil spray, then pour the batter onto the waffle iron when it indicates that it is ready.
7. Once the waffle iron tells you that your waffles are ready, check on them to see if they need to go for longer. If not, remove the waffles from the iron and cut them as needed.
8. Serve up with some maple syrup (*recipe here*) and a few pecans if you'd like. Enjoy!

This makes 2 total servings of **Pumpkin Pie Spiced Waffles**.
Per serving, you'll get **290 Calories, 22g Fats, 6g Net Carbs, and 14.1g Protein**.



BREAKFAST

BREAKFAST CAULIFLOWER WAFFLES

THE PREPARATION

- **1 – 1 1/2 cup** Grated Raw Cauliflower
- **1/2 cup** Mozzarella Cheese
- **1/4 cup** Parmesan Cheese
- **1/2 cup** Cheddar Cheese (*any variety will do, we love white cheddar*)
- **3 Large** Eggs
- **3 tbsp.** Chives, chopped
- **1/2 tsp.** Onion Powder
- **1/2 tsp.** Garlic Powder
- **1/4 tsp.** Red Pepper Flakes
- **Salt and Pepper** to taste

Eggs Benedict (Single Serving)

- **2 large** Eggs
- **2 slices** Prosciutto
- **2 tbsp.** Hollandaise Sauce (*Trader Joe's Brand*)

Herbed Salmon Spread (Single Serving)

- **1.2 oz.** Smoked Salmon
- **1 oz.** Cream Cheese
- **1 tbsp.** Sour Cream
- **2 tsp.** Chives, chopped
- **1/2 tsp.** Dill Weed
- **Pinch** Garlic Powder
- **Pinch** Onion Powder

THE EXECUTION

1. Get your fresh cauliflower and chives ready. Break down the cauliflower into florets so that you can easily grate by hand or in a **food processor** (*with grating attachment*).
2. Grate cauliflower and cheese using your **food processor**, then remove the bowl from the base.
3. Add chopped chives, 3 eggs, and seasoning to taste.
4. Heat **belgian style waffle maker** and when ready spoon cauliflower mixture into the waffle maker.
5. Let cook, flip, and cook on the other side. This is ~8-10 minutes.
6. Take your pick on what to top it with – you can have eggs benedict style with 2 poached eggs, 2 slices of prosciutto, and 2 tbsp. hollandaise sauce, OR —
7. You can make your own salmon spread (*recipe up top*) to create a delicious smokey and herbed flavored waffle for breakfast. Both fantastic and delicious in their own ways. Enjoy!

This makes 4 total servings of **Cauliflower Breakfast Waffle**. Per half waffle, the macros come out to be **195 Calories, 13.8g Fats, 2.5g Net Carbs, and 14.8g Protein**.

With the Eggs Benedict variation, the macros come out to be **565 Calories, 44.8g Fats, 3.5g Net Carbs, and 35.8g Protein per serving**.

With the Herbed Salmon Spread variation, the macros come out to be **379 Calories, 27.8g Fats, 4.5g Net Carbs, and 22.8g Protein per serving**.



BREAKFAST

BBQ PULLED PORK
& "CORNBREAD" WAFFLES

THE PREPARATION

- **16 OZ.** Pulled Pork ([recipe here](#))
- **1 cup** Almond Flour
- **1 tsp.** Baking Powder
- **1/2 tsp.** Salt
- **3 large** Eggs
- **2 tbsp.** Butter
- **1/4 cup** Sour Cream
- **2 tbsp.** Golden Flaxseed Meal
- **1 tbsp.** Psyllium Husk Powder
- **1/4 cup** Coconut Milk (*from carton*)
- **2 tbsp.** Chopped Red Pepper
- **1/4 cup** BBQ Sauce ([recipe here](#))

THE EXECUTION

1. Start by making the BBQ sauce recipe found on the site. I add a little bit of lime for an extra acidic note to mine.
2. Mix together all of the ingredients except for the pulled pork. Add dry ingredients first, then wet. Once the batter comes together, add your red pepper.
3. Pour batter into your waffle maker. I use [this Waffle Maker](#) as I prefer the square waffles that can pull apart and be made into different size servings.
4. Once the [waffle maker](#) tells you that it's ready, take the waffles out and lay on a paper towels.
5. While the waffle is cooking, put pulled pork into a pan and medium-low heat. Add about 3 tbsp. BBQ sauce and stir in.
6. Once your waffles are ready, your pulled pork should be heated through and ready to serve.
7. Add pulled pork to the top of your waffle and add a little more BBQ sauce.
8. Optionally, serve with extra sour cream and a slice of a fresh jalapeno for a pop of flavor and spice.

This makes 4 total servings of 1 waffle and 4oz. of pulled pork.
Each serving comes out to be **556 Calories, 45.3g Fats, 5.7g Net Carbs, and 26.4g Protein.**



BREAKFAST

BLUEBERRY BANANA
BREAD SMOOTHIE

THE PREPARATION

- **3 tbsp.** Golden Flaxseed Meal
- **1 tbsp.** Chia Seeds
- **2 cups** Vanilla Unsweetened Coconut Milk (*from the carton*)
- **10 drop** Liquid Stevia
- **1/4 cup** Blueberries
- **2 tbsp.** MCT Oil
- **1 1/2 tsp.** Banana Extract
- **1/4 tsp.** Xanthan Gum

THE EXECUTION

1. Put 2 cups of unsweetened vanilla coconut milk (*from the carton*) into a blender with 7 ice cubes, 1 1/2 tsp. Banana Extract, and 10 drops liquid stevia.
2. I'm using a Ninja Blender with Mini Ninja attachment.
3. Add in 1/4 cup blueberries.
4. Measure out 3 tbsp. Golden Flaxseed Meal and add it into the mixture.
5. Measure 1 tbsp. chia seeds and also add in it. I like to wait for a few minutes before I blend – then blend for 1-2 minutes or until all ingredients are fully incorporated.
6. Measure out into servings and enjoy!

This makes 2 total servings of **Blueberry Banana Bread Shake**.
Per serving, this comes out to be **264 Calories, 25g Fats, 3g Net Carbs, and 4g Protein**.



BREAKFAST

BLACKBERRY CHOCOLATE SHAKE

THE PREPARATION

- **7 Ice** Cubes
- **1 cup** Unsweetened Coconut Milk
- **1/4 cup** Blackberries
- **2 tbsp.** Cocoa Powder
- **12 drops** Liquid Stevia
- **1/4 tsp.** Xanthan Gum
- **1-2 tbsp.** MCT Oil

THE EXECUTION

1. Add 7 ice cubes to your blender. I'm using a [Ninja Blender with the Mini Ninja attachment](#).
2. Add 1 cup Unsweetened Coconut Milk, 1/4 cup Blackberries, 2 tbsp. Cocoa Powder, 12 drops [Liquid Stevia](#), and 1/4 tsp. [Xanthan Gum](#).
3. Add 1-2 tbsp. [MCT Oil](#). This depends on how much your stomach can handle – I personally use 2 tbsp.
4. Blend it all up using the blend setting. Let it run for around 1-2 minutes until everything is combined well.
5. Pour out and enjoy!

This yields 1 serving of [Blackberry Chocolate Shake](#).
The totals come out to be **338 Calories, 34g Fats, 4g Net Carbs, and 1g Protein.**



BREAKFAST

CINNAMON ROLL “OATMEAL”

THE PREPARATION

- **1 cup** [Crushed Pecans](#)
- **1/3 cup** [Flax Seed Meal](#)
- **1/3 cup** [Chia Seeds](#)
- **1/2 cup** Cauliflower, riced (~ 3 oz.)
- **3 1/2 cups** Coconut Milk
- **1/4 cup** Heavy Cream
- **3 oz.** Cream Cheese
- **3 tbsp.** Butter
- **1 1/2 tsp.** Cinnamon
- **1 tsp.** Maple Flavor
- **1/2 tsp.** Vanilla
- **1/4 tsp.** Nutmeg
- **1/4 tsp.** Allspice
- **3 tbsp.** [Erythritol](#), powdered
- **10-15 drops** [Liquid Stevia](#)
- **1/8 tsp.** [Xanthan Gum](#) (optional)

THE EXECUTION

1. Measure out [chia seeds](#) and 1/3 cup flax seeds (*ground*) and set aside.
2. Rice 1/2 cup of cauliflower in a [food processor](#). Set aside for a moment.
3. Add 1 cup [raw pecans](#) to a ziploc bag and use a rolling pin to crush them.
4. Make sure they're not too small, because you want them to add texture to the dish.
5. Add pecans to a pan over low heat to toast.
6. In a saucepan, heat 3 1/2 cups coconut milk. Once warm, add cauliflower and continue to cook until it starts to boil.
7. Turn the heat down to medium-low and add your seasonings: 1 1/2 tsp. cinnamon, 1 tsp. maple flavor, 1/2 tsp. vanilla, 1/4 tsp. Nutmeg, and 1/4 tsp. Allspice.
8. In a [spice grinder](#), grind 3 tbsp. [erythritol](#) until it is completely powdered.
9. Add erythritol and 10-15 drops [liquid stevia](#) to the pan and stir in well.
10. Add the [flaxseed meal](#) and [chia seed](#) to the pan and mix well. This will start to thicken tremendously.
11. Measure out 1/4 cup heavy cream, 3 tbsp. butter, and 3 oz. Cream Cheese.
12. Once your mixture is hot again, add the toasted pecans, cream, butter, and cream cheese. Mix together well. Here, you can add 1/8 tsp. xanthan gum if you would like it to be a bit thicker. Enjoy!

This makes 6 total servings of [Cinnamon Roll “Oatmeal”](#).
Each serving comes out to be **398 Calories, 37.7g Fats, 3.1g Net Carbs, and 8.8g Protein.**



BREAKFAST

CHICHARRONES CON HUEVO

THE PREPARATION

- **4 slices** Bacon
- **5 large** Eggs
- **1.5 oz.** **Pork Rinds**
- **1 medium** Tomato
- **1 medium** Avocado
- **2 medium** Jalapeno Peppers, de-seeded
- **1/4 medium** Onion
- **1/4 cup** Cilantro, chopped
- **Salt and Pepper** to Taste

THE EXECUTION

1. Dice all of your vegetables to prep for the rest of the recipe. That's 1 tomato, 2 jalapeno peppers (*de-seeded*), and 1/4 medium onion.
2. Start by frying the 4 slices of bacon in a pan. Once they're done, remove them and place on paper towels for later. Make sure you keep as much fat in the pan as possible.
3. "Fry" 1.5 oz. pork rinds in the bacon fat. Make sure all of the pork rinds are coated properly.
4. Once the **pork rinds** are as crispy as you want them, add the vegetables to the pan. Mix everything together and season as needed.
5. Once the onions are almost translucent, add 1/4 cup chopped cilantro to the pan. Mix everything together.
6. Add 5 large eggs to the pan, pre-scrambled, and mix everything together.
7. Season as needed.
8. Let this cook like an omelette, and when ready, mix once to let the uncooked egg go to the bottom of the pan.
9. Cube an avocado just before serving and fold into the mixture.
10. Serve up some delicious food!

This makes 3 total servings of **Chicharrones con Huevos**.
Each serving comes out to be **508 Calories, 43g Fats, 5g Net Carbs, and 24.7g Protein**.



BREAKFAST

MAPLE PECAN FAT BOMB BARS

THE PREPARATION

- **2 cups** Pecan Halves
- **1 cup** Almond Flour
- **1/2 cup** Golden Flaxseed Meal
- **1/2 cup** Unsweetened Shredded Coconut
- **1/2 cup** Coconut Oil
- **1/4 cup** “Maple Syrup” ([recipe here](#))
- **1/4 tsp.** Liquid Stevia (~25 drops)

THE EXECUTION

1. Measure out 2 cups of pecan halves and bake for 6-8 minutes at 350F in the oven. Just enough to when they start becoming aromatic.
2. Remove pecans from the oven, then add to a plastic bag. Use a rolling pin to crush them into chunks. It doesn't matter too much about the consistency, but I like to get relatively large chunks so I can see them in the bars as I eat it.
3. Mix the dry ingredients into a bowl: 1 cup Almond Flour, 1/2 cup Golden Flaxseed Meal, and 1/2 cup Unsweetened Shredded Coconut.
4. Add the crushed pecans to the bowl and mix together again.
5. Finally, add the 1/2 cup Coconut Oil, 1/4 cup “Maple Syrup” ([recipe here](#)), and 1/4 tsp. Liquid Stevia. Mix this together well until a crumbly dough is formed.
6. Press the dough into a casserole dish. I am using an 11x7 baking dish for this.
7. Bake for 20-25 minutes at 350F, or until the edges are lightly browned.
8. Remove from the oven, allow to partially cool, and refrigerate for at least 1 hour (*to cut cleanly*).
9. Cut into 12 slices and remove using a spatula.

This makes 12 total servings of **Maple Pecan Fat Bomb Bars**.
Each serving comes out to be **303 Calories, 30.5g Fats, 2g Net Carbs, and 4.9g Protein**.



BREAKFAST

HAM CHEDDAR CHIVE SOUFFLE

THE PREPARATION

- **3 tbsp.** Olive Oil
- **1/2 medium** Onion, diced
- **1 1/2 tsp.** Garlic, minced
- **6 oz.** Ham Steak, cooked and cubed
- **1 tbsp.** Butter, to grease ramekins
- **6 large** Eggs
- **1 cup** Cheddar Cheese, shredded
- **1/2 cup** Heavy Cream
- **2-3 tbsp.** Fresh Chives, chopped
- **1/2 tsp.** Kosher Salt
- **1/4 tsp.** Black Pepper

THE EXECUTION

1. Preheat your oven to 400F. Prep all of your ingredients. Cube 6 oz. Cooked Ham Steak, dice 1/2 medium onion, mince 1 1/2 tsp. garlic, shred 1 cup of cheddar cheese, and chop 2-3 tbsp. fresh chives.
2. In a pan, heat olive oil. Once hot, add onions and let saute until soft.
3. Once soft, add garlic and continue sauteing until garlic is lightly browned.
4. In a bowl, add 6 eggs, 1/2 cup heavy cream, chopped chives, 1/2 tsp. salt, 1/4 tsp. pepper.
5. Add all of the other ingredients, including onion and garlic from the pan.
6. Mix together well.
7. Bake in the oven for 20 minutes or until puffed and lightly browned on the top.
8. Let cool slightly and serve!

This makes a total of 5 servings.

Each serving comes out to **404 Calories, 39.6g Fats, 3.5g Net Carbs, and 19.6g Protein.**



BREAKFAST

CINNAMON SUGAR DONUT MUFFINS

THE PREPARATION

Donut Muffins

- **1 1/2 cups** Almond Flour
- **1/2 cup** Erythritol, powdered
- **2 tbsp.** Psyllium Husk Powder
- **1/2 cup** Heavy Cream
- **1/3 cup** Salted Butter
- **2 large** Eggs
- **1 1/2 tsp.** Baking Powder
- **1/2 tsp.** Orange Extract
- **1/4 tsp.** Nutmeg
- **1/4 tsp.** Allspice
- **1/4 tsp.** Liquid Stevia
- **1/8 tsp.** Ground Clove
- **1/8 tsp.** Ground Ginger

Cinnamon “Sugar” Coating

- **1/4 cup** Butter, melted
- **1/4 cup** Erythritol (or xylitol)
- **1 tsp.** Cinnamon

THE EXECUTION

1. Start by putting 1/3 cup butter into a small pan over medium-low heat. You want to let this melt and stir occasionally as you get the other ingredients ready.
2. In a **spice grinder**, add 1/2 cup **erythritol** and 1 twig of clove (*if you're using pre-ground clove, skip the twig*). We're going to grind these together to save a bit of time.
3. Add all dry ingredients to a bowl. 1 1/2 cups **almond flour**, 1/2 cup erythritol (powdered), 2 tbsp. **psyllium husk powder**, 1 1/2 tsp. baking powder, 1/4 tsp. nutmeg, 1/4 tsp. allspice, 1/8 tsp. ground clove, and 1/8 tsp. ground ginger.
4. By this point, the butter has started to smell nutty. Make sure that it's golden to golden brown in color, then set aside (*or in the fridge*) to cool completely.
5. Once the butter is cool, mix together the dry ingredients and set aside for a moment.
6. In a bowl, combine all wet ingredients. 2 large eggs, 1/2 cup heavy cream, the 1/3 cup browned butter, 1/4 tsp. (25 drops) **liquid stevia**, and 1/2 tsp. orange extract.
7. Using a **hand mixer**, beat together all of the wet ingredients until combined.
8. Sift 1/2 dry ingredients into the wet ingredients. You can use a colander to do this, or a proper sifter.
9. Use the hand mixer again to mix all of the dough together. Repeat this process with the other half of the dry ingredients. Preheat your oven to 350F here.
10. Measure out all the dough into some **silicone cupcake molds**.
11. Bake for 20-25 minutes or until the top is golden brown around the edges.
12. Remove from the oven and set aside. Wait for about 5-10 minutes for this to cool.
13. Mix together cinnamon and **erythritol** (*or xylitol*).
14. Melt 1/4 cup butter in a saucepan, then turn the heat off. Dip each muffin into the butter (sides and bottom included) and then dip into cinnamon sugar.
15. You have the option to only cover the top (*recommended*) or cover the whole thing.
16. Set aside on a cooling rack or eat warm!

This makes a total of 12 **Cinnamon Sugar Donut Muffins**.

Each muffin comes out to be **210 Calories, 20.5g Fats, 2.5g Net Carbs, and 4g Protein**.



BREAKFAST

MAPLE SAUSAGE PANCAKE MUFFINS

THE PREPARATION

- **6 oz.** Ground Sausage
- **1 1/2 cups** Honeyville Almond Flour
- **4 large** Eggs
- **4 tbsp.** Coconut Milk
- **4 tbsp.** Maple Syrup ([recipe here](#))
- **2 tbsp.** Psyllium Husk Powder
- **1 tsp.** Vanilla Extract
- **1 tsp.** Baking Powder
- **1/4 tsp.** Salt
- **20 drops** Liquid Stevia
- **1/4 cup** Erythritol

THE EXECUTION

1. If you happen to have some Jimmy Dean sausage, you can just cut the log in half and go ahead and start. If not, measure out 6 oz. Sausage and break it up into small pieces.
2. Turn a pan up to high heat and fry the outsides of the sausage until crisp.
3. You don't want the inside completely cooked since it will happen in the baking process.
4. Preheat your oven to 350F. Measure out 4 eggs, 4 tbsp. coconut milk, 4 tbsp. **maple syrup**, 1 tsp. vanilla extract, and 20 drops **liquid stevia**.
5. Mix this together well, you want to make sure that all of the ingredients are well distributed.
6. Measure out the dry ingredients: 1 1/2 cup **Honeyville Almond Flour**, 1 tsp. Baking Powder, 1/4 cup **Erythritol**, and 2 tbsp. **Psyllium Husk powder**.
7. Mix the wet and dry ingredients together, and then mix all of the seared sausage pieces into the mixture.
8. Measure out the batter into 12 **silicone cupcake molds**. Put them into the oven and bake for 20-25 minutes.
9. Once cooked, remove from the oven and let cool for 5 minutes.
10. Remove from the **silicone cupcake molds** and let cool longer on a cooling rack (*if you plan on storing in the fridge*) or eat warm!
11. Add a drizzle of extra **maple syrup** if you'd like. Serve up!

This will make a total of 12 **Maple Sausage Pancake Muffins**.

Each muffin comes out to **160 Calories, 13.3g Fats, 2.1g Net Carbs, and 7.8g Protein**.

A perfect way to get protein and fat in for breakfast – grab 3 and head out the door!



BREAKFAST

LOW CARB BLACKBERRY PUDDING

THE PREPARATION

- **1/4 cup** Coconut Flour
- **1/4 tsp.** Baking Powder
- **5 large** Egg Yolks
- **2 tbsp.** Coconut Oil
- **2 tbsp.** Butter
- **2 tbsp.** Heavy Cream
- **2 tsp.** Lemon Juice
- **Zest** 1 Lemon
- **1/4 cup** Blackberries
- **2 tbsp.** Erythritol
- **10 drops** Liquid Stevia

THE EXECUTION

1. Preheat oven to 350F. Then, separate the egg yolks from the whites and set aside. You can save the egg whites to make different things like Low Carb Coconut Shrimp!
2. Measure out 1/4 cup Coconut Flour, and 1/4 tsp. Baking Powder. Set aside.
3. Measure out 2 tbsp. Coconut Oil and 2 tbsp. Butter. Set aside.
4. Beat the egg yolks until they're pale in color. Then, add 2 tbsp. erythritol and 10 drops liquid stevia. Beat again until fully combined.
5. Add 2 tbsp. heavy cream, 2 tsp. lemon juice, and the zest of 1 lemon.
6. Add the coconut and butter you had previously measured out and beat everything together until no lumps are found.
7. Sift the dry ingredients over the wet ingredients, then mix well on a slow speed.
8. Measure out the batter into 2 ramekins and lightly smush the blackberries with your finger. Distribute the blackberries evenly in the batter by pushing them into the top of the batter.
9. Bake for 20-25 minutes at 350F. Once finished, let cool for 5 minutes or so.
10. Pour some heavy whipping cream over the top and eat! It's super delicious on it's own too! You can share the ramekin with another, or eat it by yourself.

This makes 2 servings of **Low Carb Blackberry Pudding**.
Each serving comes out to **477.5 Calories, 43.5g Fats, 5.5g Net Carbs, and 9g Protein**.
You can alternatively cut these in half and serve a half serving to people.



BREAKFAST

SPINACH, ONION, AND
GOAT CHEESE OMELETTE

THE PREPARATION

- **1/4** medium Onion
- **2 tbsp.** Butter
- **1 large** Handful of Spinach
- **3 large** Eggs
- **2 tbsp.** Heavy Cream
- **1 oz.** Goat Cheese
- **1** medium Spring Onion
(Garnish)
- **Salt and pepper** to Taste

THE EXECUTION

1. Spread out 2 tbsp. butter into a hot pan using your hands.
2. Cut 1/4 onion while the butter begins to brown. Slice into long strips.
3. Once butter begins to brown, add onion to the pan and allow the onion to caramelize.
4. Once onion is translucent, add 1 large handful of spinach (~2 cups) to the pan. Let this cook down and wilt. Season with salt and pepper to taste.
5. Remove the spinach and onion mixture from the pan and set aside. In a small measuring container, crack 3 large eggs.
6. Add 2 tbsp. heavy cream, salt, and pepper to the eggs. Mix this together well.
7. Heat the pan to medium-low heat (*it should already be hot*). Add your egg mixture to then pan and allow it to cook.
8. Once the edges begin to set, add the onion and spinach mixture back into half of the omelette. Crumble 1 oz. goat cheese over the top of the spinach and season with more salt and pepper if you'd like.
9. Fold the omelette in half once the top begins to set and serve! Garnish with spring onions if you'd like.

This makes 1 whole omelette.

For the whole omelette, it comes out to **620 Calories, 56g Fats, 5.5g Net Carbs, and 25g Protein.**



BREAKFAST

COCONUT CREAM YOGURT

THE PREPARATION

- **1 can Full Fat Coconut Milk**
- **2 capsules NOW Probiotic-10**
- **1/2 tsp. NOW Xanthan Gum** (*1/4 tsp. split between both jars*)
- **2/3 cup Heavy Whipping Cream**
- **Toppings of Your Choice**

THE EXECUTION

1. Open a **can of coconut milk** and stir it well. You want to make sure the cream and water in the can is thoroughly mixed.
2. Put the coconut milk into whatever container you'd like. I separated mine into 2 200mL mason jars. Have your **NOW Probiotic-10** handy.
3. Break the capsules into the coconut milk. If you are using 2 jars, use 1 capsule per jar. If you are using 1 jar, use 2 capsules. Stir the mixture together well and place the lids on the jar.
4. Turn your oven light on and place the jars in the oven. Close the oven door, keeping the light on, and let it sit for 12-24 hours overnight. The longer the bacteria can culture, the thicker the mixture will get, but it doesn't make too big of a difference.
5. Empty all of your yogurt into a mixing bowl and sprinkle 1/2 tsp. **Xanthan gum** over it. Using a hand mixer, mix this well.
6. In a separate bowl, whip up 2/3 cup heavy cream until stiff peaks form. You want this to be solid cream almost.
7. Dump the solid cream into the yogurt and mix on a low speed until the consistency you want is achieved.
8. Add toppings, flavorings, or fillings of your choice and enjoy!

Usually yogurt has a serving size of 1/2 cup, but you will get just over 1/2 cup per serving with this. Per serving, it'll be **315 Calories, 31.3g Fats, 4.3g Net Carbs and 0g Protein**. So, technically this could be considered a fat bomb, seeing as it's almost 90% calories from fat.



BREAKFAST

BACON, RED PEPPER, AND MOZZARELLA FRITTATA

THE PREPARATION

- **7 slices** Bacon
- **1 tbsp.** Olive Oil
- **4 large** Bella Mushroom Caps
- **2 tbsp.** Fresh Parsley
(Garnish)
- **1/2 cup** Chopped Fresh Basil
- **4 oz.** Fresh Mozzarella Cheese, Cubed
- **2 oz.** Goat Cheese, Grated
- **1 medium** Red Bell Pepper
- **8-9 large** Eggs
- **1/4 cup** Heavy Cream
- **1/4 cup** Parmesan Cheese, Grated
- **Salt and Pepper** to taste

THE EXECUTION

1. Preheat oven to 350F. Prep all of your vegetables first. Roughly chop 1 medium Red Bell Pepper, 7 Slices of Bacon, enough basil to turn into 1/2 cup, and 4 large Baby Bella Mushroom caps (*remove stems prior to chopping*).
2. In a hot pan, add 1 tbsp. olive oil. When the first wisp of smoke appears, add bacon to the pan immediately.
3. Cook the bacon just enough so that it starts to turn brown. Once that happens, add the chopped red bell pepper. Stir well.
4. While the red pepper is cooking, prep the egg mixture. Add 8 or 9 large eggs to a large mixing bowl along with 1/4 cup heavy cream, 1/4 cup parmesan cheese, and freshly ground pepper. Remember that parmesan has a salty quality to it so you shouldn't need to add extra salt here.
5. Using a whisk, whisk the egg mixture well so that everything is combined.
6. Once your red bell peppers begin to soften, add mushrooms to the pan and stir in well. You want the mushrooms to begin soaking up all the extra fats in the pan.
7. While the mushrooms are soaking up the fats, chop your 4 oz. fresh mozzarella into cubes.
8. Add the basil to the top of your ingredients and let it steam for a moment.
9. Sprinkle the mozzarella cubes on top of all the bacon and veggies.
10. Add your egg mixture to the pan, making sure it's evenly distributed.
11. Using your spoon, slowly mix the ingredients and "lift" the ingredients up so that the egg can get to the bottom of the pan. You want the eggs to be all around and underneath the bacon, red pepper, and mushrooms.
12. Grate 2 oz. of goat cheese over the top of the frittata, then put it in the oven for about 6-8 minutes at 350F. Leave the frittata in the pan and turn the broiler on. Broil for an additional 4-6 minutes, or until the top is started to turn golden brown.
13. Remove the frittata from the oven and let rest for 30-45 seconds.
14. Using a spoon, pry the edges of the frittata away from the pan. Make sure that all of the sides are easy to come off.
15. Flip the frittata out of the pan by placing a baking sheet with parchment paper over the top of it.
16. Once out of the pan, use a cutting board to flip the frittata right side up.
17. Garnish with 2 tbsp. fresh chopped parsley and slice!

This makes 6 total slices of **Bacon, Red Pepper, and Mozzarella Frittata**. Each slice comes out to **408 Calories, 31.2g Fats, 2.4g Net Carbs, and 19.2g Protein**.



BREAKFAST

ULTIMATE KETO COFFEE CAKE

THE PREPARATION

Base

- **6 Large** Eggs, Separated
- **6 Oz.** Cream Cheese
- **1/4 Cup** Erythritol
- **1/4 tsp.** Liquid Stevia
- **1/4 Cup** Unflavored Protein Powder
- **2 tsp.** Vanilla Extract
- **1/4 tsp.** Cream of Tartar

Filling

- **1 1/2 Cup** Almond Flour
- **1 Tbsp.** Cinnamon
- **1/2 Stick** Butter
- **1/4 Cup** Maple Syrup ([recipe here](#))
- **1/4 Cup** Erythritol

THE EXECUTION

1. Preheat your oven to 325F. If you're using a glass baking dish, use 300F.
2. Separate the eggs from the egg whites for all 5 eggs. Cream together the egg yolks with 1/4 Cup Erythritol and 1/4 tsp. Liquid Stevia.
3. Once the egg yolks are creamed, add 6 Oz. Cream cheese and 1/4 Cup Unflavored Protein Powder. Mix this together well until a thick batter forms.
4. Beat your egg whites together with the 1/4 tsp. Cream of Tartar until stiff peaks form.
5. Fold the egg whites into the egg yolk mixture, doing 1/2 of the egg whites first and then the other half. Pour the batter into a round cake pan.
6. Mix together all of the "Filling" ingredients: 1 1/2 Cup Almond Flour, 1 Tbsp. Cinnamon, 1/2 Stick Butter, 1/4 Cup Maple Syrup ([recipe here](#)), and 1/4 Cup Erythritol. This should form a "dough" of sorts. Take half and rip off little pieces to top the cake – push the pieces down if they don't sink on their own.
7. Bake for 20 minutes and then top with the rest of the cinnamon filling. Bake for another 20-30 minutes until a toothpick comes out clean. Let cool for 20 minutes before removing from the cake pan.

This will make 8 total slices of **Ultimate Keto Coffee Cake**.
Each slice coming out to **257 Calories, 26.7g Fats, 3.8g Net Carbs, and 12.8g Protein**.



BREAKFAST

PEANUT BUTTER PANCAKES

THE PREPARATION

- **4 Tbsp.** Heavy Cream
- **4 Tbsp.** [Golden Flaxseed](#)
- **2 Large** Eggs
- **2 Tbsp.** Peanut Butter
- **2 Tbsp.** Maple Syrup ([recipe here](#))
- **1/2 tsp.** Baking Powder
- **1 Tbsp.** Butter
(*Grease the Pan*)

THE EXECUTION

1. Mix together 2 Tbsp. Peanut Butter, 2 Tbsp. Maple Syrup ([recipe here](#)), and 2 large eggs.
2. Once the peanut butter is starting to break up, add the 4 Tbsp. Heavy Cream.
3. Mix once more and then add the 4 Tbsp. [Golden Flaxseed](#) and 1/2 tsp. 4. Baking Powder. Mix everything together well until a pancake batter has formed.
4. Grease a pan with a little bit of butter under medium-low heat. Once the pan is hot, you can add your pancake batter to form whichever size pancakes you'd like. You can get an [awesome ring mold](#) to help with cooking (*trust me it works wonders*).
5. Cook the pancakes until the sides are starting to harden up and the top is bubbling. Remove your ring mold from the pancake and it should stand by itself. Once it is like this, use a spatula to flip the pancake over. Cook for an additional 1-2 minutes.
6. Set aside pancakes and cook more as needed. Top with butter and maple syrup if you'd like!

This yields 2 servings.

Each serving comes out to **389 Calories, 38.9g Fats, 3.8g Net Carbs, and 13.5g Protein.**



30
MOUTH WATERING
KETOGENIC
RECIPES:
LUNCH



CRAIG CLARKE



LUNCH

HAM AND CHEESE KETO STROMBOLI

THE PREPARATION

- **1 1/4 cups** 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

THE EXECUTION

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, leave 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!

This makes a total of 4 servings of **Ham & Cheese Stromboli**.
Each serving comes out to be **306 Calories, 21.8g Fats, 4.7g Net Carbs, and 25.6g Protein**.



LUNCH

BACON, AVOCADO, AND CHICKEN SANDWICH

THE PREPARATION

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
(about 2 oz.)

THE EXECUTION

1. Preheat the oven to 300F. Begin separating 3 eggs into 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 squares. 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.

This makes a total of 2 servings of **Bacon Avocado Sandwich**.
Each half comes out to be **361 Calories, 28.3g Fats, 2g Net Carbs, and 22g Protein**.



LUNCH

AVOCADO TUNA MELT BITES

THE PREPARATION

- **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)

THE EXECUTION

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 together 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 completely. 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.

This makes a total of 12 **Avocado Tuna Melt Bites**.

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



LUNCH

KETO MIXED GREEN SPRING SALAD

THE PREPARATION

- **2 OZ.** Mixed Greens
- **3 tbsp.** Pine Nuts, roasted
- **2 tbsp.** 5 Minute Keto Raspberry Vinaigrette ([recipe here](#))
- **2 tbsp.** Shaved Parmesan
- **2 slices** Bacon
- **Salt and Pepper** to taste

THE EXECUTION

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!

This makes a total of 1 serving of [Keto Mixed Green Spring Salad](#).
The macros come out to be **478 Calories, 37.3g Fats, 4.3g Net Carbs, and 17.1g Protein.**



LUNCH

CHEESE STUFFED BACON WRAPPED HOT DOGS

THE PREPARATION

- **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

THE EXECUTION

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 the 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 powder, 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](#)!

This makes a total of 6 **Cheese Stuffed Bacon Wrapped Hot Dogs**.
Each comes out to be **380 Calories, 34.5g Fats, 0.3g Net Carbs, and 16.8g Protein**



LUNCH

5 MINUTE KETO EGG DROP SOUP

THE PREPARATION

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

THE EXECUTION

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 chicken 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.

This makes 1 total serving of **5 Minute Keto Egg Drop Soup**.
It comes out to be **279 Calories, 23g Fats, 2.5g Net Carbs, and 12g Protein**.



LUNCH

CRISPY TOFU AND BOK CHOY SALAD

THE PREPARATION

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

THE EXECUTION

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 marinade. 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 coconut oil for 10-15 seconds to allow 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!

This makes a total of 3 servings of **Crispy Tofu and Bok Choy Salad**.
Each serving comes out to be **442 Calories, 35g Fats, 5.7g Net Carbs, and 25g Protein**.



LUNCH

KETOGENIC NASI LEMAK

THE PREPARATION

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

THE EXECUTION

1. Prepare 7 oz. cauliflower rice (by ricing cauliflower) and squeeze water out. Set aside.
2. Marinate 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.

This makes a total two servings of **Nasi Lemak**.

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



LUNCH

LOW CARB SAUSAGE AND PEPPER SOUP

THE PREPARATION

- **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 tsp.** Cumin
- **1 tsp.** Garlic Powder
- **1 tsp.** Italian Seasoning
- **3/4 tsp.** Kosher Salt

THE EXECUTION

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 medium-low.
11. Remove the lid from the pan and let simmer for 15 minutes longer.

This makes a total of 6 servings of [Low Carb Sausage and Pepper Soup](#). Each serving comes out to be **526 Calories, 43g Fats, 3.8g Net Carbs, and 27.8g Protein**.



LUNCH

JALAPENO POPPER MUG CAKE

THE PREPARATION

- **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

THE EXECUTION

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 running 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.

This makes 1 **Jalapeno Popper Mug Cake**.

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



LUNCH

KETO PIGS IN A BLANKET

THE PREPARATION

- **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

THE EXECUTION

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.

This makes 37 total **Keto Pigs in a Blanket**.

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



LUNCH

BBQ BACON WRAPPED SMOKIES

THE PREPARATION

- **24** Lit'l Smokies
- **6 slices** Bacon
- **3 tbsp.** Keto BBQ Sauce ([recipe here](#))
- **Salt and Pepper** to taste

THE EXECUTION

1. Preheat oven to 375F. Start by chopping 6 slices of bacon into quarter-pieces. 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 covered 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.

This makes 4 servings of 6 **BBQ Bacon Wrapped Smokies**.
Each serving comes out to be **329 Calories, 28.5g Fats, 2.2g Net Carbs, and 13.5g Protein**.



LUNCH

LOW CARB CHILI LIME MEATBALLS

THE PREPARATION

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

THE EXECUTION

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.

This makes 3 servings of [Low Carb Chili Lime Meatballs](#).

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



LUNCH

KETO ROTI JOHN

THE PREPARATION

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*)

THE EXECUTION

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. Then, 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!

This makes 4 total servings of [Keto Roti John](#).

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



LUNCH

BBQ CHICKEN SOUP

THE PREPARATION

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

THE EXECUTION

1. Preheat 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.

This makes a total of 4 servings of **BBQ Chicken Soup**.

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



LUNCH

CROCKPOT BUFFALO CHICKEN SOUP

THE PREPARATION

- **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

THE EXECUTION

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 separating while you are eating.
6. Place the chicken back into the crockpot and stir together. Taste and season with extra salt, pepper, and hot sauce if you'd like.
7. Serve up and enjoy!

This makes 5 total servings of **Crockpot Buffalo Chicken Soup**.
Each serving comes out to be **523 Calories, 44.2g Fats, 3.4g Net Carbs, and 20.8g Protein**.



LUNCH

ROASTED RED BELL PEPPER
AND CAULIFLOWER SOUP

THE PREPARATION

- **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

THE EXECUTION

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 emulsified 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.

This makes 5 total servings of **Roasted Red Bell Pepper & Cauliflower Soup**. Each serving comes out to be **345 Calories, 32g Fats, 6.2g Net Carbs, and 6.4g Protein**.



LUNCH

SOUTHWESTERN PORK STEW

THE PREPARATION

- **1 lb.** Cooked Pork Shoulder, sliced ([recipe here](#))
- **2 tsp.** Chili Powder
- **2 tsp.** Cumin
- **1 tsp.** Minced Garlic
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper
- **1 tsp.** Paprika
- **1 tsp.** Oregano
- **1/4 tsp.** Cinnamon
- **2 Bay** Leafs
- **6 oz.** Button Mushrooms
- **1/2 sliced** Jalapeno
- **1/2 medium** Onion
- **1/2 Green** Bell Pepper, sliced
- **1/2 Red** Bell Pepper, sliced
- **Juice 1/2 Lime** (*to finish*)
- **2 cups** Gelatinous Bone Broth
- **2 cup** Chicken Broth
- **1/2 cup** Strong Coffee
- **1/4 cup** Tomato Paste

THE EXECUTION

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!

This makes a total of 4 servings.

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.



LUNCH

THAI BBQ PORK SALAD

THE PREPARATION

The Salad

- **10 oz.** Pulled Pork ([recipe here](#))
- **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

THE EXECUTION

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!

This makes a total of 2 servings.

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



LUNCH

CHICKEN ENCHILADA SOUP

THE PREPARATION

- **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

THE EXECUTION

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 making 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.

This makes 4 total servings.

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



LUNCH

SPICED PUMPKIN SOUP

THE PREPARATION

- **1 1/2 cups** Chicken Broth
- **1 cup** Pumpkin Puree
- **4 tbsp.** Butter
- **1/4 medium** Onion, chopped
- **2 cloves** Roasted Garlic, minced ([recipe here](#))
- **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)

THE EXECUTION

1. In a large saucepan over medium-low heat, add butter and let it melt completely. 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 together. 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 ginger 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 chopper parsley and 2 tbsp. sour cream.**

This makes 3 1 cup servings.

Each serving is **486 Calories, 48.7g Fats, 7.3g Net Carbs, and 5.7g Protein.**



LUNCH

THAI PEANUT SHRIMP CURRY

THE PREPARATION

- **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 (for topping)

THE EXECUTION

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.

This makes 2 servings of **Thai Peanut Shrimp Curry**.
Each serving comes out to be **455 Calories, 31.5g Fats, 8.9g Net Carbs, and 27g Protein**.



LUNCH

KETO GRILLED CHEESE SANDWICH

THE PREPARATION

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

THE EXECUTION

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 done-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!

This will make 1 Keto Grilled Cheese Sandwich.

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



LUNCH

FRESH BELL PEPPER BASIL PIZZA

THE PREPARATION

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

THE EXECUTION

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 slightly 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 another 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!

This makes 2 pizzas.

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



LUNCH

LOW CARB PASTA A LA CARBONARA

THE PREPARATION

- **2/3 Pasta** Recipe from [Keto-fied!](#)
- **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

THE EXECUTION

1. Prepare pasta as described in [Keto-fied: Comfort Food Made Low Carb](#).
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 covered completely.
10. Garnish with extra fresh cracked black pepper and chopped basil.

This makes 3 total servings of [Low Carb Pasta a la Carbonara](#).
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!



LUNCH

SIMPLE AND DELICIOUS
CAPRESE SALAD

THE PREPARATION

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

THE EXECUTION

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*).

This will make 2 servings total.

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



LUNCH

SPICY JALAPENO POPPERS

THE PREPARATION

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

THE EXECUTION

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. 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 to 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.

This makes 8 **Spicy Jalapeno Poppers**.

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



LUNCH

ASIAN CUCUMBER SALAD

THE PREPARATION

- **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

THE EXECUTION

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!

This yields 1 serving,
which comes out to **416 Caloies, 43g Fats, 7g Net Carbs, and 2g Protein.**



LUNCH

LOW CARB MOROCCAN MEATBALLS

THE PREPARATION

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

THE EXECUTION

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 meatballs 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!

This made a total of 18 meatballs, which came out to about 4 servings.

Each serving comes out to be

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



LUNCH

PORTOBELLO PERSONAL PIZZAS

THE PREPARATION

- **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

THE EXECUTION

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!

This makes 4 total **Portobello Pizzas**.

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



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RECIPES:
DINNER

CRAIG CLARKE



DINNER

KETO SLOW COOKER
BRAISED OXTAILS

THE PREPARATION

- **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

THE EXECUTION

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

This makes a total of 3 servings of **Keto Slow Cooker Braised Oxtails**.
Each serving comes out to be **433 Calories, 29.7g Fats, 3.2g Net Carbs, and 28.3g Protein**.



DINNER

BACON CHEESE BURGER CASSEROLE

THE PREPARATION

- **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

THE EXECUTION

1. Pre-heat oven to 350F. Rice cauliflower in **food processor**. Add dry ingredients and mix together.
2. Process bacon and ground beef in **food processor** until crumbly and slightly 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 **9x9 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 pickles.

This makes a total of 6 servings of **Bacon Cheeseburger Casserole**. Each serving comes out to be **478 Calories, 35.5g Fats, 3.6g Net Carbs, and 32.2g Protein**.



DINNER

NACHO CHICKEN CASSEROLE

THE PREPARATION

- **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

THE EXECUTION

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 chicken, 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!

This makes a total of 6 servings of **Nacho Chicken Casserole**.
Each serving comes out to be **426 Calories, 32.2g Fats, 4.3g Net Carbs, and 30.8g Protein**.



DINNER

KETO KUNG PAO CHICKEN

THE PREPARATION

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**

THE EXECUTION

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 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!**

This makes a total of 3 servings of **Keto Kung Pao Chicken**.
Per serving, it comes out to be **362 Calories, 27.4g Fats, 3.2g Net Carbs, and 22.3g Protein**.



DINNER

KETO COCONUT CURRY CHICKEN TENDERS

THE PREPARATION

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**

THE EXECUTION

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 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.

This makes a total of 5 servings of Keto **Coconut Curry Chicken Tenders**. Each serving (with sauce) comes out to be **494 Calories, 39.4g Fats, 2.1g Net Carbs, and 29.4g Protein**.



DINNER

ASIAN GRILLED KETO SHORT RIBS

THE PREPARATION

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

THE EXECUTION

1. Mix together the soy sauce, rice vinegar, and fish sauce. You can optionally 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.

This makes a total of 4 servings of **Asian Grilled Keto Short Ribs**.
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.



DINNER

KETO BBQ CHICKEN PIZZA

THE PREPARATION

Dairy Free Pizza Crust

- 6 large Eggs
- 6 tbsp. Parmesan Cheese
(omit for 2 tsp. coconut flour if going dairy free)
- 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
([recipe here](#))
- 4 tbsp. Rao's Tomato Sauce

THE EXECUTION

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.

This makes 4 total servings of [Keto BBQ Chicken Pizza](#).
Each serving comes out to be **357 Calories, 24.5g Fats, 2.9g Net Carbs, and 24.5g Protein**.



DINNER

CHEESE STUFFED
BACON CHEESEBURGER

THE PREPARATION

- **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

THE EXECUTION

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 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!

This makes 2 **Cheese Stuffed Bacon Cheeseburgers**.
Each burger comes out to be **614 Calories, 51g Fats, 1.5g Net Carbs, and 33g Protein**.



DINNER

5 MINUTE KETO PIZZA

THE PREPARATION

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

THE EXECUTION

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!

This makes a total of 1 **5 Minute Keto Pizza**.

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



DINNER

PERFECTLY CRISP BAKED CHICKEN WINGS

THE PREPARATION

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

THE EXECUTION

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*).

This makes a total of 20 chicken wings.

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



DINNER

KETO THAI CHICKEN
FLATBREAD PIZZA

THE PREPARATION

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

THE EXECUTION

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. Microwave 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 ingredients into the cheese and thoroughly mix.
4. On a **silpat**, press the pizza base from edge to edge, creating a large rectangle 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.

This makes 12 total slices of **Keto Thai Chicken Pizza**.

Each slice comes out to be

268 Calories, 21g Fats, 3.2g Net Carbs, and 15g Protein.



DINNER

REVERSE SEARED RIBEYE STEAK

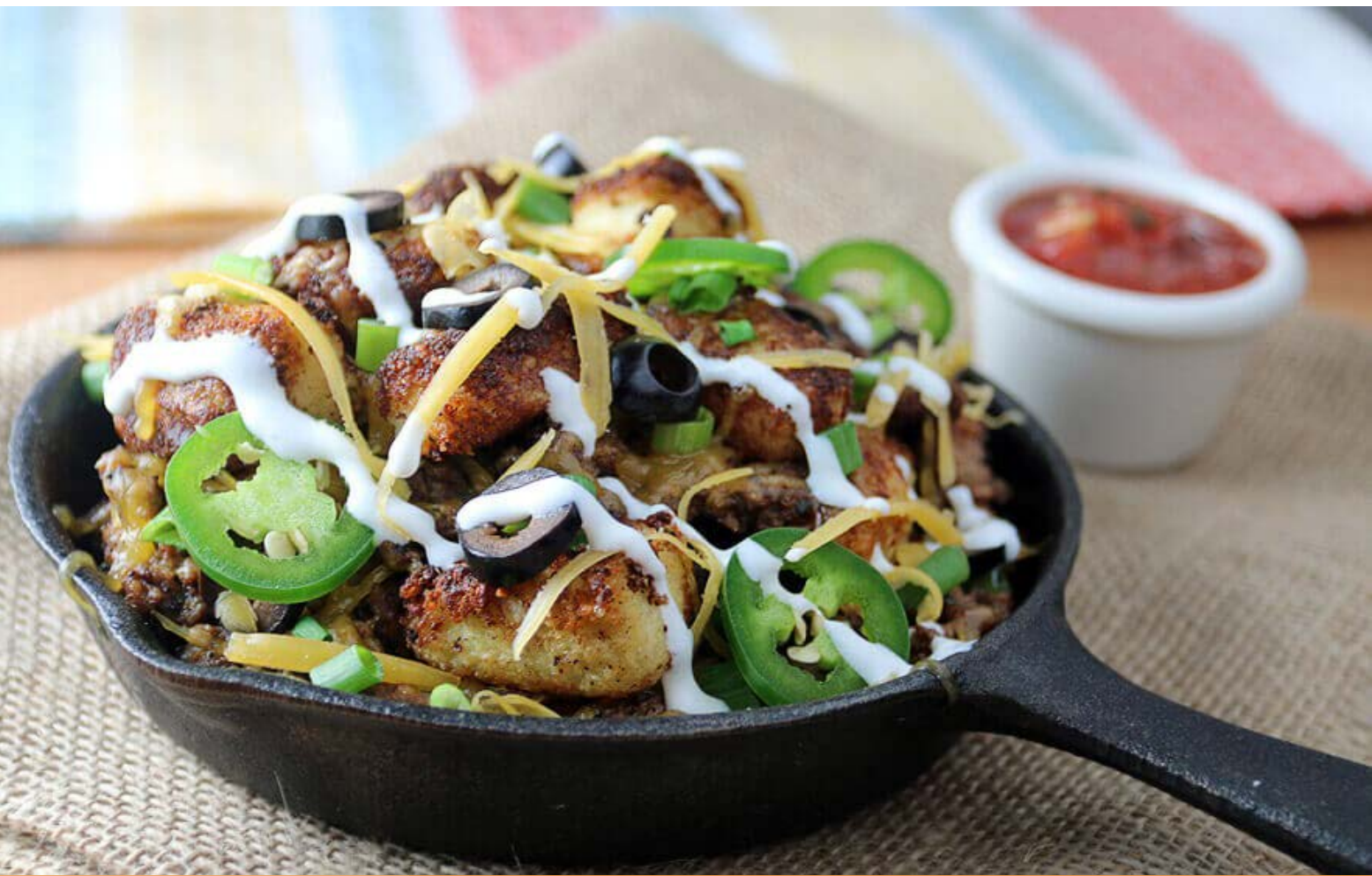
THE PREPARATION

- **2 medium** Ribeye Steaks (~1.2 lbs.)
- **3 tbsp.** Bacon Fat (or other high smoke point oil)
- **Salt and Pepper** to Taste

THE EXECUTION

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 ceramic cast iron skillet and wait until the pan is very hot. I normally wait until the smoke point of the grease 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](#).

This makes a total of 3 servings of [Reverse Seared Ribeye Steak](#). Each ~6.5 oz. serving comes out to be **430 Calories, 31.7g Fats, 0g Net Carbs, and 30.3g Protein**.



DINNER

KETO TATER TOT NACHOS
(AKA TOTCHOS)

THE PREPARATION

- **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

THE EXECUTION

1. In a small casserole dish or mini cast iron skillet, lay down 9-10 keto tater tots ([recipe here](#)).
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 jalapeños, sour cream, black olives, and salsa. Enjoy!

This makes 2 total servings of [Keto Tater Tot Nachos \(AKA Totchos\)](#).
Each serving comes out to be **637 Calories, 52.5g Fats, 5.5g Net Carbs, and 32.3g Protein**.



DINNER

BLACKBERRY CHIPOTLE
CHICKEN WINGS

THE PREPARATION

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

THE EXECUTION

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 knife to do most of the work. You should only be cutting through cartilage, and not bone.
2. Once you have the drumette detached from the wing, locate the secondary “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 marinating, lay on a cookie sheet with a wire rack on top. Bake for 15 minutes at 400F, then flip and turn 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 cris.
5. Remove from the oven, let cool, and enjoy!

This makes a total of 20 **Blackberry Chipotle Chicken Wings**.
Per 4 wings, it comes out to be **503 Calories, 39.1g Fats, 1.8g Net Carbs, and 34.5g Protein**.



DINNER

KETO CHICKEN PAD THAI

THE PREPARATION

Pad Thai Sauce

- **Juice 1/2** Lime
- **Juice 1/3** Lemon
- **1 1/2 tbsp.** Reduced Sugar Ketchup
- **1/2 tsp.** Worcestershire Sauce
- **3 tbsp.** [Red Boat Fish Sauce](#)
- **1 1/2 tbsp.** Sambal Olek
- **1 1/2 tsp.** Minced Garlic
- **1 tbsp.** Natural Peanut Butter
- **1 tsp.** Rice Wine Vinegar
- **7 drops** [Liquid Stevia](#)

Noodles and Toppings

- **1/4 cup** Cilantro, chopped
- **3 medium** Green Onions, chopped
- **2 large** Eggs
- **2 packets** Shirataki Noodles (*House Foods Tofu Shirataki*)
- **3 medium** Chicken Thighs (~1 lbs. *deskinning and deboned*)
- **4 tbsp.** [Coconut Oil](#)
- **4 oz.** Mung Bean Sprouts
- **2 tbsp.** Peanuts, chopped

THE EXECUTION

1. Mix together all of the ingredients for the sauce using a fork or whisk. Set aside.
2. Drain shirataki noodles and rinse well with hot water. Do this about 5 or 6 times, then dry as much as you can using a cloth.
3. To get out extra moisture from the noodles, wring them out using a kitchen towel. Wring them out as much as possible to get rid of the excess moisture.
4. Debone chicken thighs. Start by cutting a line in the chicken where the bone is using kitchen shears. Cut all of the meat away from the bone, then remove by the bone by cutting around each end.
5. Once the chicken thighs are deboned, remove the skin (*this can be done with your hand*), and cut into cubed pieces.
6. Heat 2 tbsp. Coconut Oil in a pan over medium-high heat. Once the pan is hot, add the chicken to create a sear. Make sure not to overcrowd the pan (*I did this in 2 batches*).
7. Flip the chicken pieces over to create a sear on the other side. Remove chicken from the pan (including the oil), and repeat using more coconut oil. Set chicken aside in a bowl.
8. Chop green onion and cilantro so that you're ready to use it.
9. In the same pan you used to cook the chicken, add the shirataki noodles and dry fry them for 5-8 minutes or until noodles become firmer to the touch.
10. Reduce heat of the pan, and add 2 eggs that have been whisked into the noodles. Mix together so that the eggs become scrambled and broken apart.
11. Finally, add the sauce, chicken (*including all of the oil*), cilantro, and green onion to the noodles. Let this cook down for about 5-10 minutes depending on thickness you want.
12. Serve with mung bean sprouts, and chopped peanuts over the top. Garnish with extra cilantro, green onion, and red pepper flakes.

This makes a total of 4 servings of [Keto Chicken Pad Thai](#).

Each serving comes out to be **431 Calories, 35.3g Fats, 5g Net Carbs, and 26.3g Protein**.



DINNER

KETO CRISPY SESAME BEEF

THE PREPARATION

- **1 medium** Daikon Radish (about 3/4 lb.)
- **1 lb.** Ribeye Steak, sliced into 1/4" strips
- **1 tbsp.** Coconut Flour
- **1/2 tsp.** Guar Gum
- **1 tbsp.** Coconut Oil
- **4 tbsp.** Soy Sauce (can sub tamari or coconut aminos for GF/Paleo)
- **1 tsp.** Sesame Oil
- **1 tsp.** Oyster Sauce
- **1 tbsp. + 1 tsp.** Rice Vinegar
- **1 tsp.** Sriracha or Sambal Olek
- **1/2 tsp.** Red Pepper Flakes
- **1 tbsp.** Toasted Sesame Seeds
- **1/2 medium** Red Pepper, sliced into thin strips
- **1/2 medium** Jalapeno Pepper, sliced into thin rings
- **1 medium** Green Onion, chopped
- **1 clove** Garlic, minced
- **1 tsp.** Ginger, minced
- **7 drops** Liquid Stevia
- **Oil** for frying

THE EXECUTION

1. Begin by preparing the daikon noodles for this recipe. Using a [spiralizer](#), slice the daikon radish so that you're left with noodle-like strings. Once you've peeled the entire daikon radish, soak the daikon noodles in a bowl of cold water for 20 minutes.
2. Chop ribeye steak into small strips, about 1/4 in thickness.
3. Place the ribeye steak in a bowl and pour the coconut flour and guar gum over the meat in order to coat all the pieces. This flour will act as a light breading in order to create the crispy beef texture. Allow it to rest for 10 minutes.
4. Prepare all vegetables. Slice Red Pepper into thin strips, jalapeno into thin rings, green onion into small pieces, and mince the garlic and ginger.
5. In a wok pan or large skillet, heat coconut oil over medium heat. Once hot, add garlic, ginger, and red pepper strips. Fry for 2 minutes until aromatic, taking care not to burn. Add the soy sauce, oyster sauce, sesame oil, rice vinegar, stevia and sriracha. Whisk to combine and allow to cook down for 1-2 minutes. Then add sesame seeds and red pepper flakes to sauce mixture and stir.
6. While vegetables are cooking, heat 1" of cooking oil in a large pot or fryer over high heat until it reaches 325 degrees F. Once the oil reaches the proper temperature, add beef strips, making sure not to crowd the pot. With this shallow fry technique, you will need to turn the meat in the pan once to allow both sides to cook evenly. Fry for 2-3 minutes on each side, or until the meat begins to develop a deep brown crust.
7. Remove the beef from the oil and place on paper towels to absorb some of the oil.
8. Next, drop the cooked crispy beef into the wok pan containing the sauce and stir to combine. Cook for an additional 2 minutes to develop the flavors of the meat and sauce together.
9. Drain the daikon radish noodles and divide them onto each serving plate.
10. Top each with a portion of the sesame beef. Garnish with jalapeno slices and green onion.

This makes 4 total servings of [Keto Crispy Sesame Beef](#).
Each serving comes out to be **412 calories, 31.3g Fats, 5g Net Carbs, and 24.5g Protein.**



DINNER

LOW-CARB CHICKEN CURRY

THE PREPARATION

- **2 tbsp.** Coconut Oil
- **1.5 inch** Ginger
- **1 medium** Green Chilli
- **2 small** Shallots
- **2 cloves** Garlic
- **2 tsp.** Turmeric Powder
- **1 stalk** Lemongrass
- **1/2 cup** Coconut Milk
(from the can)
- **1/2 cup** Water
- **6 small** Chicken Drumsticks
(~21 oz. bone-in)
- **1/2 tsp.** Salt
- **1 tbsp.** Cilantro, chopped

THE EXECUTION

1. Bruise 1 stalk Lemongrass. This will help release the aroma when cooking.
2. With a pestle and mortar, pound 1.5 inch Ginger, 1 Green Chilli, 2 Shallots and 2 cloves Garlic. Alternatively, you can use a blender.
3. In a pre-heated pot over medium heat, melt 2 tbsp. Coconut Oil. Once hot, add in the pounded ingredients and saute.
4. After 3-4 minutes, add in 2 tsp. Turmeric Powder and the smashed Lemongrass and saute once again.
5. Add in Chicken meat and mix well with the sauteed ingredients.
6. Once the meat is coated, pour in 1/2 cup each Coconut Milk and Water.
7. Add in 1/2 tsp. Salt and cover the pot. Let everything cook for about 20 minutes or until desired thickness is reached and chicken is cooked through.
8. Sprinkle 1 tbsp. chopped Cilantro over the top and serve!

This makes a total of 3 servings of **Low-Carb Chicken Curry**.
Each serving comes out to be **493 Calories, 35g Protein, 4.8g Net Carbs, and 37.5g Protein**.



DINNER

THAI CHICKEN ZOODLES

THE PREPARATION

- **1/2 tsp.** Curry Powder
- **3.5 oz.** Chicken Thigh
- **1 tbsp.** Unsalted Butter
- **1 tbsp.** Coconut Oil
- **1 stalk** Spring Onion
- **1 clove** Garlic
- **1 large** Egg
- **1.4 oz.** Bean Sprouts
- **3.5 oz.** Zucchini
- **1 tsp.** Soy Sauce
(or *Coconut Aminos*)
- **1/2 tsp.** Oyster Sauce
- **1/8 tsp.** White Pepper
- **1 tsp.** Lime Juice
- **Red Chilies**, chopped
- **Salt and Pepper** to Taste

THE EXECUTION

1. Season the Chicken with 1/2 tsp. Curry Powder and a pinch of Salt and Pepper. Keep aside for a while.
2. Prepare the sauce by combining 1 tsp. Soy Sauce, 1/2 tsp. Oyster Sauce, and 1/8 tsp. White Pepper.
3. Finely chop Spring Onion and Garlic and make Zoodles out of Zucchini. I use [this spiralizer to do so](#).
4. Fry the seasoned Chicken with 1 tbsp. Unsalted Butter until brown. When done, slice to bite-sized pieces.
5. In the same pan, melt 1 tbsp. Coconut Oil on high heat. Saute chopped Spring Onion until fragrant.
6. Add chopped Garlic and again saute until fragrant.
7. Crack an Egg into the pan and make a scrambled egg. Saute until slightly brown.
8. Add in Bean Sprouts and Zoodles. Mix everything well together.
9. Add in the sauce and stir. Reduce until there is little liquid left.
10. Add in the fried Chicken pieces and stir.
11. Garnish with a few chopped Red Chilies and squeeze some Lime Juice on top. Serve while hot!

This makes 1 serving of **Thai Chicken Zoodles**.

The serving comes out to be **580 Calories, 49.1g Fats, 6.8g Net Carbs, and 25.8g Protein**.



DINNER

SKILLET CHICKEN POT PIE

THE PREPARATION

The Filling

- **6 small** Chicken Thighs (*de-boned and de-skinned*)
- **5 slices** Bacon
- **1 tsp.** Onion Powder
- **1 tsp.** Garlic Powder
- **3/4 tsp.** Celery Seed
- **8 oz.** Cream Cheese
- **4 oz.** Cheddar Cheese
- **6 cups** Spinach
- **1/4 cup** Chicken Broth
- **Salt and Pepper** to Taste

The Crust

- **1/3 cup** Almond Flour
- **3 tbsp.** Psyllium Husk Powder
- **3 tbsp.** Butter
- **1 large** Egg
- **1/4 cup** Cream Cheese (~2 oz. by weight)
- **1/4 cup** Cheddar Cheese
- **1/2 tsp.** Paprika
- **1/4 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **Salt and Pepper** to Taste

THE EXECUTION

1. De-bone and de-skin the chicken thighs if you aren't using boneless and skinless. Save the skin to cook in the oven and eat another time (20 mins at 425F). Cube up chicken thighs and season with salt and pepper.
2. In a hot, oven-safe pan (*I used a [ceramic cast iron skillet](#)*), add chicken thighs and season with spices. Let cook for a few minutes and brown on the outside.
3. Using some [kitchen shears](#), cut bacon into the pan and let cook until browned. Pre-heat oven to 375F.
4. De-glaze the pan with chicken broth, then add cream cheese and cheddar cheese to the pan. Stir everything together well until cheese is melted.
5. Add spinach to pan and let wilt. Once wilted, stir together.
6. In the meantime, get together the crust ingredients. Put all dry ingredients into one bowl, and the cream cheese and cheddar in another. Microwave the cheese for about 30 seconds or until melted. Add the egg and cheese to the dry ingredients and mix together well.
7. Once all of the crust ingredients are mixed, form into a circle on a [silpat](#). Try to get it the same size as the pan.
8. Mix all ingredients in the pan together, then carefully invert the [silpat](#) over the pan and peel the silpat off. Try to keep the crust from ripping. If the crust rips, don't panic. Continue to peel it off and correct the tear with your fingers.
9. Put pan in the oven and let cook for 15 minutes at 375F.
10. Remove from the oven, slice into 8 servings, and serve up!

This makes 8 total servings of [Skillet Chicken Pot Pie](#).

Each serving comes out to be **434 Calories, 35.6g Fats, 3.4g Net Carbs, and 20.4g Protein.**



DINNER

SALMON WITH TARRAGON
DILL CREAM SAUCE

THE PREPARATION

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

THE EXECUTION

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.

This makes 2 total servings of **Salmon with Tarragon Dill Cream Sauce**.
Each serving comes out to be **469 Calories, 40g Fats, 1.5g Net Carbs, and 22.5g Protein**.



DINNER

CREAMY BUTTER SHRIMP

THE PREPARATION

Battered Shrimp

- **1/2 oz.** Parmigiano Reggiano, grated
- **2 tbsp.** Almond Flour
- **1/2 tsp.** Baking Powder
- **1/4 tsp.** Curry Powder (optional)
- **1 tbsp.** Water
- **1 large** Egg
- **12 medium** Shrimp
- **3 tbsp.** Coconut Oil

Creamy Butter Sauce

- **2 tbsp.** Unsalted Butter
- **1/2 small** Onion, diced
- **1 clove** Garlic, finely chopped
- **2 small** Thai Chilies, sliced (remove seeds if you are not a fan of spice)
- **2 tbsp.** Curry Leaves
- **1/2 cup** Heavy Cream
- **1/3 oz.** Mature Cheddar (optional)
- **Salt and Pepper** to Taste
- **1/8 tsp.** Sesame Seeds (garnish)

THE EXECUTION

1. Remove the shells of the shrimps but leave the tail part if you'd like (optional). Gently cut the surface of the shrimps and devein. Clean well.
2. Pat the cleaned shrimps dry with paper towels.
3. In a bowl, add 0.5 oz. grated Parmigiano Reggiano, 2 tbsp. almond flour, 1/2 tsp. baking powder and 1/4 tsp. curry powder (optional). Mix well. Into the mixture, add in 1 egg and 1 tbsp. water. Mix well until smooth.
4. Pre-heat a pan on medium heat. Add in 3 tbsp. coconut oil. Once the oil is hot, generously coat the shrimps with the batter and pan-fry the shrimps. Do these two to three at a time.
5. Wait until the shrimps turn golden brown and then remove them from the pan. Put on a cooling rack. Pan-fry extra batter if any left.
6. Pre-heat a pan to medium-low heat. Add in 2 tbsp. unsalted butter. Once the butter has melted, add in 1/2 chopped onion.
7. Wait until the onion turns translucent and then add in finely chopped garlic, sliced Thai chilies and 2 tbsps. curry leaves. Stir-fry everything until fragrant.
8. Add in the battered shrimp and coat well with the sauce.
9. Garnish with sesame seeds and serve! Goes well with cauliflower fried rice.

This makes a total of 3 servings.

Each serving comes out to be **570 Calories, 56.2g Fats, 4.3g Net Carbs, and 18.4g Protein.**



DINNER

BUFFALO CHICKEN JALAPENO
POPPER CASSEROLE

THE PREPARATION

- **6 small** Chicken Thighs
- **6 slices** Bacon
- **3 medium** Jalapenos
(De-seed if you aren't a fan of spicy)
- **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

THE EXECUTION

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!

This makes 6 servings of **Buffalo Chicken Jalapeno Popper Casserole**.
Each serving is **740 Calories, 61.2g Fats, 2.5g Net Carbs, and 31.8g Protein**.



DINNER

ORANGE AND SAGE
GLAZED DUCK BREAST

THE PREPARATION

- **16 OZ.** Duck Breast
- **2 tbsp.** Butter
- **1 tbsp.** Heavy Cream
- **1 tbsp.** Swerve Sweetener
- **1/2 tsp.** Orange Extract
- **1/4 tsp.** Sage
- **1 cup** Spinach

THE EXECUTION

1. Score the duck skin on top of the breast.
2. Season duck breast on both sides with salt and pepper.
3. In a pan over medium-low heat, add butter and swerve. Let this cook down until the butter has slightly browned.
4. Once butter has turned a dark golden color, add sage and orange extract.
5. Let this cook until butter is a deep amber color.
6. In the mean time, put the duck breast into a **cold pan**. Set the pans heat to medium-high on the stove.
7. After a few minutes, flip the duck breast and see the delicious crisp skin.
8. Add heavy cream to the orange and sage butter, then stir together well. Pour this over the duck breast in the pan and let mix with the duck fat. Cook for a few minutes longer.
9. Wilt some spinach in the pan you used to make the sauce.
10. Let the duck rest for 2-3 minutes, then slice and place on top of wilted spinach with sauce.

This makes 1 total serving of **Orange and Sage Glazed Duck Breast**.
The whole serving comes out to be **798 Calories, 71g Fats, 0g Net Carbs, and 36g Protein**.



DINNER

PERFECT RIBEYE STEAK

THE PREPARATION

- **16 oz.** Ribeye Steak (1 – 1 1/4 inch thick)
- **1 tbsp.** Duck Fat (or other high smoke point oil like Peanut Oil)
- **1 tbsp.** Butter
- **1/2 tsp.** Thyme, chopped
- **Salt and Pepper** to Taste

THE EXECUTION

1. Preheat oven to 400F. Put your **cast iron skillet** in the oven while it's cold so that the cast iron heats with the oven.
2. Prep your steak by rubbing with light coating of duck fat or oil. Then, apply a healthy coating of salt and pepper on all sides including the edges.
3. Once the oven is pre-heated, remove the **cast iron skillet** and place on the stove top over medium heat. Add duck fat, or oil, and put your steak into the pan and let sear. Do this for 1 1/2 to 2 minutes.
4. Flip the steak and put into the oven immediately for 4-6 minutes (*depending on doneness – 4 minutes for medium-rare*). Prepare for a bit of smoke to happen as the pan is very hot – but once it goes back into the oven, it should cool down slightly and stop smoking.
5. Measure out 2 tbsp. butter and 1/2 tsp. chopped thyme.
6. Take the steak out of the oven and place on the stove top over low heat. Add the butter to the pan and base the steak with the butter. Push the handle of the cast iron downward (you may need something to protect your hand) and scoop the butter up with a spoon, ladling it over the steak. Do this for 2-4 minutes depending on doneness you want.
7. Place in foil or cover, and let rest for 5 minutes.
8. Serve up with your favorite veggies and extra butter if you'd like!

This makes 2 total servings of **Ribeye Steak**.
Each serving comes out to be **750 Calories, 66g Fats, 0g Net Carbs, and 38g Protein**.



DINNER

OVEN ROASTED TURKEY LEGS

THE PREPARATION

- **2 medium** Turkey Legs (*each leg ~1 lbs. without bone*)
- **2 tbsp.** Duck Fat (*or peanut oil/other animal fat*)
- **2 tsp.** Salt
- **1/2 tsp.** Pepper
- **1/4 tsp.** Cayenne Pepper
- **1/2 tsp.** Onion Powder
- **1/2 tsp.** Garlic Powder
- **1/2 tsp.** Dried Thyme
- **1/2 tsp.** Ancho Chili Powder
- **1 tsp.** Liquid Smoke
- **1 tsp.** Worcestershire

THE EXECUTION

1. Mix together all dry spices in a small bowl. Then, add wet ingredients and mix together into a rub.
2. Pat turkey legs completely dry with paper towels. Then, rub turkey legs well with seasoning.
3. Pre-heat oven to 350F. Bring 2 tbsp. of fat to medium-high heat in a **cast iron skillet**. Once the oil starts to smoke, add turkey legs into the pan and sear on each side for 1-2 minutes. You want the entire leg to have a sear on it.
4. Place in the oven at 350F for 50-60 minutes or until cooked through.
5. Remove turkey from the oven and let rest for a few minutes.
6. Serve with your favorite fatty side dish and enjoy the holiday meal! I served mine up with a slight variation on this **Vegetable Medley** – with plenty of duck fat and butter to be soaked up.

This makes 4 total servings of **Oven Roasted Turkey Legs**.
Each serving comes out to be **382 Calories, 22.5g Fats, 0.8g Net Carbs, and 44g Protein**.



DINNER

JALAPENO POPPER SOUP

THE PREPARATION

- **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

THE EXECUTION

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 simmering 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.

This makes 6 servings of **Jalapeno Popper Soup**.
Each serving comes out to be **550 Calories, 42.7g Fats, 3g Net Carbs, and 33.7g Protein**.



DINNER

STUFFED PORK TENDERLOIN
AND ROASTED RADISH

THE PREPARATION

The Stuffed Pork

- **2 lb.** Pork Tenderloin
- **3 tsp.** Kosher Salt
- **1 tsp.** Pepper
- **1 1/2 tsp.** Onion Powder
- **1 tsp.** Garlic Powder
- **2 tsp.** Thyme
- **2 tsp.** Rosemary
- **1 lb.** Ground Pork Sausage
- **6 oz.** Baby Bella Mushrooms
- **3 oz.** Spinach
- **1/2 tsp.** Thyme
- **1/2 tsp.** Rosemary
- **1/4 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **Salt and Pepper** to Taste

The Roast Radish

- **16 oz.** Red Radish
- **4 tbsp.** Duck Fat
- **1 tsp.** Rosemary
- **Salt and Pepper** to Taste

THE EXECUTION

1. Start by butterflying the pork tenderloin. You can do this one of two ways.
2. The first way is to run your knife about an inch away from the bottom of the tenderloin. Slowly “roll” it out as you would a carper. The other is to make 2 cuts. One cut one third of the way up from the bottom of the pork. Spread it out in half like shown in the picture, and then do the same for the thicker side.
3. This should result in a long tenderloin that you can now season on both sides with salt, pepper, onion powder, garlic powder, thyme, and rosemary.
4. Slice the mushrooms and preheat oven to 400F.
5. In a pan, start cooking the sausage over medium heat. Once the sausage starts to brown, break it up with a spatula and add the mushrooms, salt, pepper, onion powder, garlic powder, thyme, rosemary and extra seasonings you want.
6. Add the spinach to the pan for wilt for a moment. Mix everything together so that it is all distributed evenly.
7. Pour the mixture over the top of the tenderloin and spread out evenly.
8. Roll the pork up from the smallest side to the largest side. Wrap with butchers netting or tie with twine and put into the oven. Cook this at 400F for 50-60 minutes or until thermometer reads 140F.
9. In the mean time, slice all of your radish in half and place into a bag with duck fat, salt, pepper, and rosemary. Let this sit while the pork cooks.
10. Once the pork is cooked, remove from the oven and turn oven to 450F. Wrap pork in foil to rest and roast radish for 30-35 minutes.
11. Serve up with your favorite fatty side! My favorite to accompany this would be [creamed spinach](#).

This makes 5 total servings of **Stuffed Pork Tenderloin with Roasted Radish**.
Each serving comes out to be **678 Calories, 47.6g Fats, 4.2g Net Carbs, and 53.2g Protein**.



DINNER

JALAPENO BACON CHEDDAR SOUP

THE PREPARATION

- **1/2 lb.** Bacon (*About 8 slices*)
- **4 medium** Jalapeno Peppers, diced
- **4 tbsp.** Butter
- **3 cups** Chicken Broth
- **1 tsp.** Dried Thyme
- **1 tsp.** Garlic Powder
- **1 tsp.** Onion Powder
- **1/2 tsp.** Celery Seed
- **1/2 tsp.** Cumin
- **3/4 cup** Heavy Cream
- **8 oz.** Cheddar Cheese, shredded
- **Salt and Pepper** to Taste

THE EXECUTION

1. Slice or cut bacon into 1 inch pieces. Place into a pan and cook until all pieces are crisp.
2. Remove bacon from pan while reserving as much bacon grease as possible in the pan. Place bacon on paper towels to dry and become crisp.
3. Dice 4 jalapeno peppers. Slice in half, then slice the half into half and dice appropriately. If you **aren't much of a heat seeker**, you might want to remove the seeds before doing this.
4. Season and sautee the jalapenos in the bacon fat until lightly browned and aromatic.
5. Remove jalapenos and preserve as much bacon fat as you can in the pan.
6. Set jalapenos on bacon to dry off.
7. In a food processor, process 8 oz. cheddar cheese using the grating attachment. Set aside. If you don't have a food processor that can do it, feel free to check out [the one I use – it's awesome!](#)
8. In a new pot, add bacon fat, butter, broth, and spices. Bring to a boil and reduce heat to simmer for at least 15 minutes.
9. Using an [immersion blender](#), blend together all ingredients well. You want the fat and broth to emulsify so that they don't separate. Once you've done this, add cream and cheese and season again with salt and pepper.
10. Add bacon and jalapeno back into the soup and stir well. Let simmer for 5 minutes before serving.

This makes 5 total servings of **Jalapeno Bacon Cheddar Soup**.
Each serving comes out to be **522 Calories, 49.6g Fats, 3g Net Carbs, and 19.4g Protein**.



DINNER

SIMPLE CHICKEN PARMESAN

THE PREPARATION

The Chicken

- **3 small** Chicken Breasts
- **Salt and Pepper** to Taste
- **1 cup** Mozzarella Cheese

The Coating

- **2.5 oz.** **Pork Rinds**
- **1/4 cup** **Flaxseed Meal**
- **1/2 cup** Parmesan Cheese
- **1 tsp.** Oregano
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper
- **1/4 tsp.** Red Pepper Flakes
- **1/2 tsp.** Garlic
- **2 tsp.** Paprika
- **1 large** Egg
- **1 1/2 tsp.** Chicken Broth
- **1/4 cup** Olive Oil

The Sauce

- **1/4 cup** Olive Oil
- **1 cup** Rao's Tomato Sauce
- **1/2 tsp.** Garlic
- **1/2 tsp.** Oregano
- **Salt and Pepper** to Taste

THE EXECUTION

1. Grind up **pork rinds**, **flaxseed meal**, parmesan cheese, and spices in a **food processor**.
2. Slice chicken breasts in half or in thirds and pound them out into cutlets. Season to taste.
3. In a separate container to the coating, crack an egg and whisk with 1 1/2 tsp. chicken broth.
4. In a saucepan, combine all ingredients for the sauce and whisk together. Let this cook for at least 20 minutes while you are making the chicken.
5. Bread all chicken cutlets by dipping into egg mixture, then dipping into the coating mixture. Set aside on a piece of foil.
6. Heat 2 tbsp. olive oil in a pan and fry up each piece of chicken 2 at a time.
7. Add more oil as needed (*I used 1/4 cup in total*).
8. Set pieces of chicken into a casserole dish, add sauce on top, and then sprinkle with 1 cup of mozzarella cheese. Bake at 400F for 10 minutes or until cheese is nice and melted.
9. Serve up with some broccoli and olives on the side! You can alternatively serve up 1 chicken cutlet with olives and broccoli for a smaller serving size.

This makes 4 servings of **Chicken Parmesan**.

Each serving comes out to be

646 Calories, 46.8g Fats, 4g Net Carbs, and 49.3g Protein.



DINNER

ITALIAN STUFFED MEATBALLS

THE PREPARATION

- **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

THE EXECUTION

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.

This makes 4 servings of **Italian Stuffed Meatballs**.
Each serving comes out to be **594 Calories, 44.8g Fats, 3.8g Net Carbs, and 36.8g Protein**.



30

MOUTH WATERING
KETOGENIC
RECIPES:
SNACKS



CRAIG CLARKE



SNACKS

RASPBERRY LEMON POPSICLES

THE PREPARATION

- **100G** Raspberries
- **Juice 1/2** Lemon
- **1/4 cup** Coconut Oil
- **1 cup** Coconut Milk
(from the carton)
- **1/4 cup** Sour Cream
- **1/4 cup** Heavy Cream
- **1/2 tsp.** Guar Gum
- **20 drops** Liquid Stevia

THE EXECUTION

1. Add all ingredients into a container and use an **immersion blender** to blend the mixture together.
2. Continue blending until the raspberries are completely mixed in with the rest of the ingredients.
3. Strain the mixture, making sure to discard all raspberry seeds. I tried making a batch with the seeds still in, and they started to irritate my tongue as I was eating it.
4. Pour the mixture into molds. I use **this mold** for my popsicles. Set the popsicles in the freezer for a minimum of 2 hours.
5. Run the mold under hot water to dislodge the popsicles.
6. Serve and eat whenever you want!

This makes a total of 6 **Raspberry Lemon Popsicles**.
Each popsicle comes out to be **151 Calories, 16g Fats, 2g Net Carbs, and 0.5g Protein**.



SNACKS

NEAPOLITAN FAT BOMBS

THE PREPARATION

- **1/2 cup** Butter
- **1/2 cup** Coconut Oil
- **1/2 cup** Sour Cream
- **1/2 cup** Cream Cheese
- **2 tbsp.** Erythritol
- **25 drops** Liquid Stevia
- **2 tbsp.** Cocoa Powder
- **1 tsp.** Vanilla Extract
- **2 medium** Strawberries

THE EXECUTION

1. In a bowl, combine butter, coconut oil, sour cream, cream cheese, erythritol, and liquid stevia.
2. Using an immersion blender, blend together the ingredients into a smooth mixture.
3. Divide the mixture into 3 different bowls. Add cocoa powder to one bowl, strawberries to another bowl, and vanilla to the last bowl.
4. Mix together all of the ingredients again using an immersion blender. Separate the chocolate mixture into a container with a spout.
5. Pour chocolate mixture into fat bomb mold. Place in freezer for 30 minutes, then repeat with the vanilla mixture.
6. Freeze vanilla mixture for 30 minutes, then repeat process with strawberry mixture. Freeze again for at least 1 hour.
7. Once they're completely frozen, remove from the fat bomb molds.

This makes a total of 24 **Neapolitan Fat Bombs**.
Each fat bomb comes out to be **102 Calories, 10.9g Fats, 0.4g Net Carbs, and 0.6g Protein**.



SNACKS

COCONUT ORANGE
CREAMSICLE FAT BOMBS

THE PREPARATION

- **1/2 cup** Coconut Oil
- **1/2 cup** Heavy Whipping Cream
- **4 oz.** Cream Cheese
- **1 tsp.** Orange Vanilla Mio
- **10 drops** Liquid Stevia

THE EXECUTION

1. Measure out coconut oil, heavy cream, and cream cheese.
2. Use an **immersion blender** to blend together all of the ingredients. If you're having a hard time blending the ingredients, you can microwave them for 30 seconds to 1 minute to soften them up.
3. Add **Orange Vanilla Mio** and **liquid stevia** into the mixture, and mix together with a spoon.
4. Spread the mixture into a silicone tray (*Mine is an awesome **Avenger's Ice Cube Tray***) and freeze for 2-3 hours.
5. Once hardened, remove from the silicone tray and store in the freezer. Enjoy!

This makes a total of 10 **Coconut Orange Creamsicle Fat Bombs**.
Each fat bomb comes out to be **176 Calories, 20g Fats, 0.7g Net Carbs, and 0.8g Protein**.



SNACKS

SAVORY PIZZA FAT BOMBS

THE PREPARATION

- **4 oz.** Cream Cheese
- **14 slices** Pepperoni
- **8 pitted** Black Olives
- **2 tbsp.** Sun Dried Tomato Pesto
- **2 tbsp.** Fresh Basil, chopped
- **Salt and Pepper** to Taste

THE EXECUTION

1. Dice pepperoni and olives into small pieces.
2. Mix together basil, tomato pesto, and cream cheese.
3. Add the olives and pepperoni into the cream cheese and mix again.
4. Form into balls, then garnish with pepperoni, basil, and olive.

This makes a total of 6 **Pizza Fat Bombs**.

Each fat bomb comes out to be **110 Calories, 10.5g Fats, 1.3g Net Carbs, and 2.3g Protein**.



SNACKS

NO BAKE CHOCOLATE
PEANUT BUTTER FAT BOMBS

THE PREPARATION

- **1/2 CUP** Coconut Oil
- **1/4 cup** Cocoa Powder
- **4 tbsp.** PB Fit Powder
- **6 tbsp.** Shelled Hemp Seeds
- **2 tbsp.** Heavy Cream
- **1 tsp.** Vanilla Extract
- **28 drops** Liquid Stevia
- **1/4 cup** Unsweetened Shredded Coconut

THE EXECUTION

1. Mix together all of the dry ingredients with the coconut oil. It may take a bit of work, but it will eventually turn into a paste.
2. Add heavy cream, vanilla, and liquid stevia. Mix again until everything is combined and slightly creamy.
3. Measure out unsweetened shredded coconut on to a plate.
4. Roll balls out using your hand and then roll in the unsweetened shredded coconut. Lay on to a baking tray covered in parchment paper. Set in the freezer for about 20 minutes.
5. Enjoy!

This makes a total of 8 **No Bake Chocolate Peanut Butter Fat Bombs**.
Each fat bomb comes out to be **208 Calories, 20g Fats, 0.8g Net Carbs, and 4.4g Protein**.



SNACKS

KETO TORTILLA CHIPS

THE PREPARATION

Tortilla Chips

- **6 Flaxseed Tortillas**
([recipe here](#))
- **Oil** for Deep Frying,
(~3 *tbsp. Absorbed Oil*)
- **Salt and Pepper** to Taste

Optional Toppings

- **Diced** Jalapeno
- **Fresh** Salsa
- **Shredded** Cheese
- **Full-Fat** Sour Cream

THE EXECUTION

1. Make the flaxseed tortilla's using [this recipe](#). I get 6 total tortillas when using a tortilla press.
2. Cut the tortillas into chip-sized slices. I got 6 out of each tortilla.
3. Heat the **deep fryer**. Once ready, lay out the pieces of tortilla in the basket.
4. You can fry 4-6 pieces at a time.
5. Fry for about 1-2 minutes, then flip. Continue to fry for another 1-2 minutes on the other side.
6. Remove from the fryer and place on paper towels to cool. Season with salt and pepper to taste.
7. Serve with toppings of choice!

This makes a total of 36 **Keto Tortilla Chips**.

Each chip is approximately **27 Calories, 3.1g Fats, 0.04g Net Carbs (practically zero), and 0.9g Protein**.



SNACKS

JALAPENO POPPER FAT BOMBS

THE PREPARATION

- **3 oz.** Cream Cheese
- **3 slices** Bacon
- **1 medium** Jalapeno Pepper
- **1/2 tsp.** Dried Parsley
- **1/4 tsp.** Onion Powder
- **1/4 tsp.** Garlic Powder
- **Salt and Pepper** to Taste

THE EXECUTION

1. Fry 3 slices of bacon in a pan until crisp.
2. Remove bacon from the pan, but keep the remaining grease for later use.
3. Wait until bacon is cooled and crisp.
4. De-seed a jalapeno pepper, then dice into small pieces.
5. Combine cream cheese, jalapeno, and spices. Season with salt and pepper to taste.
6. Add the bacon fat in and mix together until a solid mixture is formed.
7. Crumble bacon and set on a plate. Roll cream cheese mixture into balls using your hand, then roll the ball into the bacon.

This makes a total of 3 **Jalapeno Popper Fat Bombs**.
Each fat bomb comes out to be: **207 Calories, 19.3g Fats, 1.5g Net Carb, and 4.8g Protein.**



SNACKS

KETO CHEESEBURGER MUFFINS

THE PREPARATION

Cheeseburger Muffin Buns

- **1/2 cup** Blanched Almond Flour
- **1/2 cup** Flaxseed Meal
- **1 tsp.** Baking Powder
- **1/2 tsp.** Salt
- **1/4 tsp.** Pepper
- **2 large** Eggs
- **1/4 cup** Sour Cream

Hamburger Filling

- **16 oz.** Ground Beef
- **1/2 tsp.** Onion Powder
- **1/2 tsp.** Garlic Powder
- **2 tbsp.** Tomato Paste
- **Salt and Pepper** to Taste

Toppings

- **1/2 cup** Cheddar Cheese (~1.5 oz.)
- **18 slices** Baby Dill Pickles (~1 pickle)
- **2 tbsp.** Reduced Sugar Ketchup
- **2 tbsp.** Mustard

THE EXECUTION

1. Measure out the ground beef and place into a hot pan. Season with salt and pepper.
2. Cook beef until browned on the bottom, then season with onion powder, garlic powder, and tomato paste. Mix together and turn off the heat. You should be left with "rare" (*only semi-cooked*) ground beef.
3. Mix together the dry ingredients for the muffins and pre-heat oven to 350F.
4. Add wet ingredients into the muffin mixture and mix well.
5. Divide up the mixture for the muffins into **silicone muffin cups**. Indent the muffin using your finger or a spoon to give space for the ground beef. Then, fill each muffin with ground beef mixture.
6. Bake for 15-20 minutes or until muffins are browned slightly on the outside.
7. Remove from the oven and top with some cheese, then broil for an additional 1-3 minutes.
8. Let cool for 5-10 minutes, then remove from the **silicone muffin cups**.
9. Serve and enjoy! Top with chopped pickles, ketchup, mustard or your favorite condiments!

This makes 9 **Keto Cheeseburger Muffins**.

Each muffin comes out to be **246 Calories, 18.6g Fats, 1.9g Net Carbs, and 14.2g Protein**.



SNACKS

PERSONAL PAN PIZZA DIP

THE PREPARATION

Personal Pan Pizza Dip

- **4 oz.** Cream Cheese
- **1/4 cup** Sour Cream
- **1/4 cup** Mayonnaise
- **1/2 cup** Mozzarella Cheese, shredded
- **Salt and Pepper** to Taste
- **1/2 cup** Rao's Tomato Sauce
- **1/2 cup** Mozzarella Cheese, shredded
- **1/4 cup** Parmesan Cheese

Pepperoni, Peppers, & Olives

- **6 slices** Pepperoni, chopped
- **1 tbsp.** Green Pepper, sliced
- **4 pitted** Black Olives, sliced
- **1/2 tsp.** Italian Seasoning
- **Salt and Pepper** to Taste

Mushroom and Peppers

- **1 tbsp.** Green Pepper, sliced
- **2 tbsp.** Baby Bella mushrooms, chopped
- **1/2 tsp.** Italian Seasoning
- **Salt and Pepper** to Taste

THE EXECUTION

1. Pre-heat oven to 350F. Measure out the cream cheese and microwave for 20 seconds until room temperature.
2. Mix the sour cream, mayonnaise, and mozzarella cheese into the cream cheese. Season with salt and pepper to taste.
3. Divide the mixture between 4 ramekins.
4. Spoon 2 tbsp. Rao's Tomato Sauce over each ramekin and spread out evenly.
5. Measure out 1/2 cup mozzarella cheese and 1/4 cup parmesan cheese. Sprinkle mixture over the top of the sauce evenly, then add toppings of choice to your personal pan pizza dips.
6. Bake for 18-20 minutes or until cheese is bubbling. Remove from the oven and let cool for a moment.
7. Serve with some [delicious keto breadsticks](#) or pork rinds!

Yields 4 servings of Personal Pan Pizza Dip.

Each serving comes out to be:

Pepperoni, Peppers, & Olives:

414 Calories, 37.8g Fats, 4.5g Net Carbs, and 15g Protein.

Mushroom and Peppers:

349 Calories, 31.5g Fats, 4g Net Carbs, and 12.5g Protein.



SNACKS

KETO CORNDOG MUFFINS

THE PREPARATION

- **1/2 cup** [Blanched Almond Flour](#)
- **1/2 cup** [Flaxseed Meal](#)
- **1 tbsp.** [Psyllium Husk Powder](#)
- **3 tbsp.** [Swerve Sweetener](#)
- **1/4 tsp.** Salt
- **1/4 tsp.** Baking Powder
- **1/4 cup** Butter, melted
- **1 large** Egg
- **1/3 cup** Sour Cream
- **1/4 cup** Coconut Milk
- **10** Lit'l Smokies (or 3 hot dogs)

THE EXECUTION

1. Pre-heat oven to 375F. Mix together all of the dry ingredients in a bowl. Make sure all of the ingredients are well distributed.
2. Add your egg, sour cream, and butter and then mix well.
3. Once mixed, add the coconut milk and continue to mix.
4. Divide the batter up between 20 well-greased mini-muffin slots, then cut the Lit'l Smokies in half and stick them in the middle – it doesn't get simpler.
5. You can [get a mini muffin tray on amazon](#).
6. Bake for 12 minutes and then broil for 1-2 minutes until the tops are lightly browned. Feel free to use a fork or your fingers to push the pieces of hot dog back into the muffin if they rise with the batter.
7. Let the muffins cool for a few minutes in the tray, then remove and let cool on a wire rack.
8. Serve up with some spring onion (*optional*). You can also mix together mayonnaise, ketchup, and chili paste to make a sweet and spicy dipping sauce!

This makes 20 [Keto Corndog Muffins](#).

Each muffin comes out to be **79 Calories, 6.8g Fats, 0.7g Net Carbs, and 2.4g Protein**.



SNACKS

KETO TROPICAL SMOOTHIE

THE PREPARATION

- **7 Ice** Cubes
- **3/4 cup** Unsweetened Coconut Milk
- **1/4 cup** Sour Cream
- **2 tbsp.** [Golden Flaxseed Meal](#)
- **1 tbsp.** [MCT Oil](#)
- **20 drops** [Liquid Stevia](#)
- **1/2 tsp.** Mango Extract
- **1/4 tsp.** Blueberry Extract
- **1/4 tsp.** Banana Extract

You can get the extracts [as a set on Amazon](#).

THE EXECUTION

1. Put all of the ingredients inside of your blender and wait a few minutes while the flax meal soaks up some of the moisture. I'm using a [Ninja Blender with Mini Ninja attachment](#).
2. Blend on high speed for 1-2 minutes or until consistency is thickened.
3. Pour out on a hot day, sit back, and enjoy!

This makes 1 [Keto Tropical Smoothie](#).

For the whole thing, it comes out to be **352 Calories, 31g Fats, 3g Net Carbs, and 5g Protein**.



SNACKS

CUCUMBER SPINACH SMOOTHIE

THE PREPARATION

- **2 handfuls** Spinach
- **2.5 oz.** Cucumber, peeled and cubed
- **7 ice** Cubes
- **1 cup** Coconut Milk (from carton)
- **12 drops** Liquid Stevia
- **1/4 tsp.** Xanthan Gum
- **1-2 tbsp.** MCT Oil

THE EXECUTION

1. This one is super simple to make and you'll have it ready in just under 5 minutes start to finish. Grab 2 handfuls of spinach and toss them in a blender, then add 7 ice cubes, 1 cup coconut milk (from the carton), 12 drops stevia, 1/4 tsp. xanthan gum, and 1-2 tbsp. MCT Oil. Peel the cucumber and cube it, and put that over the top. I'm using a [ninja blender with the mini-ninja attachment](#) and absolutely love it.
2. Blend the shake for 1-2 minutes or until all of the ingredients are well incorporated. You'll still notice little bits of spinach floating around, but you can't taste them in the texture, so don't worry too much!
3. Pour into a nice big glass and take your time enjoying the refreshingly sweet taste!

This makes 1 total serving of [Cucumber Spinach Smoothie](#).
The totals come out to be **335 Calories, 33g Fats, 4g Net Carbs, and 3g Protein**.



SNACKS

CINNAMON ROLL PUDDING POPS

THE PREPARATION

As much or as little of this recipe as you want:

Cinnamon Roll "Oatmeal"

THE EXECUTION

1. Take whatever amount you want of the [Cinnamon Roll "Oatmeal"](#) recipe you have made and stick it in the blender. Blend it up as much as you want (*or not at all*). I feel it helps with the texture and freezing of the final popsicles.
2. Spoon the mixture into your [popsicle mold](#). It takes about 1/4 cup to fill each up.
3. Using your spoon, slide it into and out of the popsicle mold to get out any air bubbles that may be inside. Make sure that you don't overfill the molds because the top will stick to them otherwise.
4. Put the lid on top of the popsicle molds and slide the popsicle sticks into the slots at the top. You don't want them to go all the way to the bottom.
5. Put the popsicle mold into the freezer and allow to freeze completely. This can take 3-4 hours (*and can stay in your freezer as long as you want*).
6. Run a hot water bath in your sink and submerge the popsicle molds into the hot water for 20-30 seconds.
7. Take the lid off of the popsicle mold, pulling and wiggling the popsicles as you pull. They should come out quite easily. Enjoy!

The servings will vary depending on how much you use.

Each serving is about 1/4 cup and comes out to **100 Calories, 9.4g Fats, 0.8g Net Carbs, and 2.2g Protein.**



SNACKS

LAYERED FRIED QUESO BLANCO

THE PREPARATION

5 oz. Queso Blanco
1 1/2 tbsp. Olive Oil
2 oz. Olives
Pinch Red Pepper Flakes

THE EXECUTION

1. Cut cheese into cubes, then place in freezer while you heat up the oil.
2. Heat up the oil in a skillet on medium-high heat.
3. Add cheese cubes to pan once they're hot and allow to partially melt at the bottom. Okay, this is the part where I got a little angry when I was putting this together.
4. Try to flip the cubes of cheese with a spatula and get as much browning as possible. Once you have, move the cheese together and **GET MAD!** Press it down with a spatula and make sure it all combines together.
5. Continue cooking the cheese, then flip half of the cheese into itself.
6. Continue pressing the cheese down, getting rid of any excess oil from it.
7. Continue flipping and cooking the cheese until a nice crust is formed.
8. Using another spatula, fork, or knife, form a block with the melting cheese and seal all of the edges off.
9. Remove from the pan and let slightly cool.
10. Use a knife to cut the cheese into cubes. You want it to be warm and still gooey in the middle here.
11. Serve up with some olive and a pinch of red pepper flakes.

I only count 1 tsp. of olive oil in the macros because that's all I found was absorbed.
This came out to be **525 Calories, 43g Fats, 2g Net Carbs, and 30g Protein.**



SNACKS

MAPLE PECAN FAT BOMB BARS

THE PREPARATION

- **2 cups** Pecan Halves
- **1 cup** Almond Flour
- **1/2 cup** Golden Flaxseed Meal
- **1/2 cup** Unsweetened Shredded Coconut
- **1/2 cup** Coconut Oil
- **1/4 cup** “Maple Syrup” ([recipe here](#))
- **1/4 tsp.** Liquid Stevia (~25 drops)

THE EXECUTION

1. Measure out 2 cups of pecan halves and bake for 6-8 minutes at 350F in the oven. Just enough to when they start becoming aromatic.
2. Remove pecans from the oven, then add to a plastic bag. Use a rolling pin to crush them into chunks. It doesn't matter too much about the consistency, but I like to get relatively large chunks so I can see them in the bars as I eat it.
3. Mix the dry ingredients into a bowl: 1 cup Almond Flour, 1/2 cup Golden Flaxseed Meal, and 1/2 cup Unsweetened Shredded Coconut.
4. Add the crushed pecans to the bowl and mix together again.
5. Finally, add the 1/2 cup Coconut Oil, 1/4 cup “Maple Syrup” ([recipe here](#)), and 1/4 tsp. Liquid Stevia. Mix this together well until a crumbly dough is formed.
6. Press the dough into a casserole dish. I am using an 11x7 baking dish for this.
7. Bake for 20-25 minutes at 350F, or until the edges are lightly browned.
8. Remove from the oven, allow to partially cool, and refrigerate for at least 1 hour (*to cut cleanly*).
9. Cut into 12 slices and remove using a spatula.

This makes 12 total servings of **Maple Pecan Fat Bomb Bars**.
Each serving comes out to be **303 Calories, 30.5g Fats, 2g Net Carbs, and 4.9g Protein**.



SNACKS

LOW CARB CHIA SEED CRACKERS

THE PREPARATION

- **1/2 cup** Chia Seeds, ground
- **3 oz.** Shredded Cheddar Cheese
- **1 1/4 cup** Ice Water
- **2 tbsp.** Psyllium Husk Powder
- **2 tbsp.** Olive Oil
- **1/4 tsp.** Xanthan Gum
- **1/4 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **1/4 tsp.** Oregano
- **1/4 tsp.** Paprika
- **1/4 tsp.** Salt
- **1/4 tsp.** Pepper

THE EXECUTION

1. Preheat oven to 375F. Grind 1/2 cup Chia Seeds in a spice grinder. You want a meal like texture.
2. Add ground Chia Seeds, 2 tbsp. Psyllium Husk Powder, 1/4 tsp. Xanthan Gum, 1/4 tsp. Garlic Powder, 1/4 tsp. Onion Powder, 1/4 tsp. Oregano, 1/4 tsp. Paprika, 1/4 tsp. Salt and 1/4 tsp. Pepper to a bowl. Mix this together well.
3. Add 2 tbsp. Olive Oil to the dry ingredients and mix it together. It should turn into the consistency of wet sand.
4. Add 1 1/4 cup ice cold water to the bowl. Mix it together very well. You may need to spend extra time mixing it together as the chia seeds and psyllium take a little bit of time to absorb the water. **Keep mixing until a solid dough is formed.**
5. Grate 3 oz. Cheddar Cheese and add it to the bowl.
6. Using your hands, knead the dough together. You want it to be relatively dry and not sticky by the time you finish.
7. Put the dough onto a silpat and let it sit for a few minutes.
8. Spread or roll the dough out thin so that it covers the entire silpat. If you can get it thinner, keep rolling and save the excess for a second cook.
9. Bake for 30-35 minutes in the oven until cooked.
10. Taken them out of the oven, and while hot, cut into individual crackers. You can either use the blunt edge of a knife (*don't cut into the silicone*), or a large spatula.
11. Put the crackers back into the oven for 5-7 minutes on broil, or until the tops are browned and well crisped. Remove from the oven and set on a rack to cool. As they cool, they get more crisp.
12. Serve up with your favorite sauces. I'm using my Roasted Garlic Chipotle Aioli.

Makes a total of 36 crackers with a little left over dough.

Per cracker, these are **31 calories, 2.5g Fats, 0.1g Net Carbs, and 1.3g Protein.**



SNACKS

KETO CHOCOLATE CHUNK COOKIES

THE PREPARATION

- **1 cup** Almond Flour
- **3 tbsp.** Unflavored Whey Protein
- **2 tbsp.** Coconut Flour
- **2 tbsp.** Psyllium Husk Powder
- **8 tbsp.** Unsalted Butter
- **2 tsp.** Quality Vanilla Extract
- **1/4 cup** Erythritol
- **10 drops** Liquid Stevia
- **1/2 tsp.** Baking Powder
- **1 large** Egg
- **5 bars** Chocoperfection (or other 95%+ Cocoa Bar)

THE EXECUTION

1. Preheat the oven to 350F. Then, mix together 1 cup Almond Flour, 3 tbsp. Unflavored Whey Protein, 2 tbsp. Coconut Flour, 2 tbsp. Psyllium Husk Powder and 1/2 tsp. Baking Powder.
2. Using a hand mixer, beat 8 tbsp. room temperature butter to a pale color. This should take about 1-2 minutes.
3. Add 1/4 cup Erythritol and 10 drops Liquid Stevia to the butter and beat again.
4. Add 1 large egg and 2 tsp. Quality Vanilla Extract to the beaten butter and beat again until well combined.
5. Sift dry ingredients over butter and mix again to combine fully. Make sure there are no lumps when you finish.
6. Chop the 5 bars of Chocoperfection (or other 95%+ Cocoa) and add to the dough. Mix together well.
7. Roll the dough into a log. Make small markings over the top of the log to ensure consistent measurements of cookies.
8. Slice off each piece of dough and roll into a ball. Lay each ball onto a silpat that is on a baking sheet.
9. Using the bottom of a mason jar, lightly press the cookies flat into circles.
10. Bake the cookies for 12-15 minutes or until a light golden brown color appears on the edges.
11. Let cool for 5-10 minutes before removing from the baking sheet.
12. Serve up with a nice glass of coconut or almond milk, and enjoy!

Makes 16 total Keto Chocolate Chunk Cookies.

Each cookie will have **118 Calories, 10.8g Fats, 1.6g Net Carbs, and 2.6g Protein.**



SNACKS

GOAT CHEESE TOMATO TARTS

THE PREPARATION

Roasted Tomatoes

- **2 medium** Tomatoes, Cut into 1/4 Slices
- **1/4 cup** Olive Oil
- **Salt & Pepper** to Taste

Tart Base

- **1/2 cup** Almond Flour
- **1 tbsp.** Psyllium Husk
- **2 tbsp.** Coconut Flour
- **5 tbsp.** Cold Butter, Cubed
- **1/4 tsp.** Salt

Tart Filling

- **1/2 medium** Onion, Sliced Thin
- **3 oz.** Goat Cheese
- **2 tbsp.** Olive Oil
- **2 tsp.** Minced Garlic
- **3 tsp.** fresh Thyme

THE EXECUTION

1. Preheat oven to 425F, then slice 2 medium tomatoes into 1/4 slices. You should get at least 6 slices per tomato.
2. Lay slices on a baking sheet with parchment paper, then drizzle with 1/4 cup olive oil and season with salt and pepper to taste. Poke the tomatoes using tooth picks so that the juice can run out of the tomatoes and not cause a “steaming” effect.
3. Bake the tomatoes for 30-40 minutes or until they are roasted and have lost most of their juice.
4. Set the tomatoes aside.
5. In a food processor, combine 1/2 cup Almond Flour, 1 tbsp. Psyllium Husk, 2 tbsp. Coconut Flour, and 1/4 tsp. Salt.
6. Cube 5 tbsp. Cold Butter and add it to the food processor also.
7. Slowly pulse the ingredients until a dough starts to form.
8. Press dough into silicone cupcake molds. You want to make sure these layers are quite thin. About 1/4 – 1/2 thick.
9. Reduce oven heat to 350F and bake the tarts at 350F for 17-20 minutes or until golden brown.
10. Remove tarts from the oven and let cool. Once cooled, turn the silicone cupcake molds upside down and lightly tap the bottom so that the tart dough falls out.
11. Layer tomato onto each tart and set aside for a moment.
12. Slice 1/2 medium onion thin, then caramelize the onion and 2 tsp. minced garlic in 2 tbsp. olive oil.
13. Add caramelized onions and garlic on top of the tomato.
14. Crumble goat cheese and sprinkle fresh thyme over each tart, then bake for an additional 5-6 minutes or until the cheese begins to melt.
15. Serve warm!

This makes a total of 12 **Goat Cheese Tomato Tarts**.

Each tart comes out to **162 Calories, 15.6g Fats, 2.1g Net Carbs, and 2.8g Protein**.



SNACKS

SIMPLE AND DELICIOUS
CAPRESE SALAD

THE PREPARATION

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

THE EXECUTION

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).

This will make 2 servings total.

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



SNACKS

CHEESY BACON BOMBS

THE PREPARATION

- **8 oz.** Mozzarella Cheese
- **4 tbsp.** Almond Flour
- **4 tbsp.** Butter, melted
- **3 tbsp.** Psyllium Husk Powder
- **1 large** Egg
- **1/4 tsp.** Salt
- **1/4 tsp.** Fresh Ground Black pepper
- **1/8 tsp.** Garlic Powder
- **1/8 tsp.** Onion Powder
- **10 slices** Bacon
- **1 cup Oil**, Lard or Tallow (for frying)

THE EXECUTION

1. Add 4 oz. (*half*) Mozzarella cheese to a bowl.
2. Microwave 4 tbsp. butter for 15-20 seconds or until it is melted completely.
3. Microwave cheese for 45-60 seconds until melted and gooey (*should be a bit more melted than shown in picture*).
4. Add 1 egg and butter to the mixture and mix well.
5. Add 4 tbsp. almond flour, 3 tbsp. psyllium husk, and the rest of your spices to the mixture (1/4 tsp. Salt, 1/4 tsp. Fresh Ground Black pepper, 1/8 tsp. Garlic Powder, and 1/8 tsp. Onion Powder).
6. Mix everything together and dump it out onto a **silpat**. Roll the dough out, or using your hands, form dough into a rectangle.
7. Spread the rest of the cheese over half of the dough and fold the dough over lengthwise.
8. Fold the dough again vertically so you form a square shape.
9. Crimp the edges using your fingers and press the dough together into a rectangle. You want the filling to be tight inside.
10. Using a knife, cut the dough into 20 squares.
11. Cut each slice of bacon in half, then lay the square at the end of 1 piece of bacon.
12. Roll the dough into the bacon tightly until the ends are overlapping. You can “stretch” your bacon if you need to before rolling.
13. Use a toothpick to secure the bacon after you roll it.
14. Do this for every piece of dough that you have. At the end you will have 20 cheesy bacon bombs.
15. Heat up oil, lard, or tallow to 350-375F and then fry the cheesy bacon bombs 3 or 4 pieces at a time.
16. Remove to a paper towel to drain and cool once finished.
17. Serve up!

This makes a total of 20 **Cheesy Bacon Bombs**.

Each comes out to be **89 Calories, 7.2g Fats, 0.6g Net Carbs, and 5g Protein**.



SNACKS

PECAN BUTTER CHIA SEED BLONDIES

THE PREPARATION

- **2 1/4 cups Pecans**, roasted
- **1/2 cup Chia Seeds**, ground
- **1/4 cup Butter**, melted
- **1/4 cup Erythritol**, powdered
- **3 tbsp. SF Torani Salted Caramel**
- **10 drops Liquid Stevia**
- **3 large Eggs**
- **1 tsp. Baking Powder**
- **3 tbsp. Heavy Cream**
- **1 pinch Salt**

THE EXECUTION

1. Preheat oven to 350F. Measure out 2 1/4 cup pecans (*I order mine from Amazon*) and bake for about 10 minutes. Once you can smell a nutty aroma, remove nuts and set aside.
2. Grind 1/2 cup **whole chia seeds** in a spice grinder until a meal forms.
3. Remove chia meal and place in a bowl. Next, grind 1/4 cup **Erythritol** in a spice grinder until powdered. Set in the same bowl as the chia meal.
4. Place 2/3 of roasted pecans in food processor.
5. Process nuts, scraping sides down as needed, until a smooth nut butter is formed.
6. Add 3 large eggs, 10 drops **liquid stevia**, 3 tbsp. **SF Salted Caramel Torani Syrup**, and a pinch of salt to the chia mixture. Mix this together well.
7. Add pecan butter to the batter and mix again.
8. Using a rolling pin, smash the rest of the roasted pecans into chunks inside of a plastic bag.
9. Add crushed pecans and 1/4 cup melted butter into the batter.
10. Mix batter well, then add 3 tbsp. Heavy cream and 1 tsp. Baking Powder. Mix everything together well.
11. Measure out the batter into a 9×9 tray and smooth out.
12. Bake for 20 minutes or until desired consistency.
13. Let cool for about 10 minutes. Slice off the edges of the brownie to create a uniform square. This is what I call “the bakers treat” – yep, you guessed it!
14. Snack on those bad boys while you get them ready to serve to everyone else. The so-called “best part” of the brownie are the edges, and that’s why you deserve to have all of it.
15. Serve up and eat to your hearts (*or rather macros*) content!

This makes 16 total **Pecan Butter Chia Seed Blondies**.
Each blondie comes out to **174 Calories, 17.1g Fats, 1.1g Net Carbs, and 3.9g Protein**.



SNACKS

CILANTRO INFUSED
AVOCADO LIME SORBET

THE PREPARATION

- **2 medium** Hass Avocados
- **1/4 cup** **NOW Erythritol**, Powdered
- **2 medium** Limes, Juiced & Zested
- **1 cup** Coconut Milk (*from Carton*)
- **1/4 tsp.** **Liquid Stevia**
- **1/4 – 1/2 cup** Cilantro, Chopped

THE EXECUTION

1. Slice avocados in half. Use the butt of a knife and drive it into the pits of the avocados. Slowly twist and pull knife until pit is removed.
2. Slice avocado half vertically through the flesh, making about 5 slices per half of an avocado. Use a spoon to carefully scoop out the pieces. Rest pieces on foil and squeeze juice of 1/2 lime over the tops.
3. Store avocado in freezer for at least 3 hours. Only start the next step 2 1/2 hours after you put the avocado in the freezer.
4. Using a **spice grinder**, powder 1/4 cup **NOW Erythritol** until a confectioner's sugar type of consistency is achieved.
5. In a pan, bring 1 cup Coconut Milk (*from Carton*) to a boil.
6. Zest the 2 limes you have while coconut milk is heating up.
7. Once coconut milk is boiling, add lime zest and continue to let the milk reduce in volume.
8. Once you see that the coconut milk is starting to thicken, remove and place into a container. It should have reduced by about 25%.
9. Store the coconut milk mixture in the freezer and let it completely cool.
10. Chop 1/4 – 1/2 cup cilantro, depending on how much cilantro flavor you'd like.
11. Remove avocados from freezer. They should be completely frozen along with the lime juice. The lime juice should have helped them not turn brown.
12. Add avocado, cilantro, and juice from 1 1/2 lime into the **food processor**. Pulse until a chunky consistency is achieved.
13. Pour coconut milk mixture over the avocados in the food processor. Add 1/4 tsp. **Liquid Stevia** to this.
14. Pulse mixture together until desired consistency is reached. This takes about 2-3 minutes.
15. Return to freezer to freeze, or serve immediately!

This makes 4 total servings of **Cilantro Infused Avocado Lime Sorbet**. Each serving comes out to **180 Calories, 16g Fats, 3.5g Net Carbs, and 2g Protein**.



SNACKS

SALTED CARAMEL GLAZED
MAPLE BACON CAKE POPS

THE PREPARATION

Maple Bacon Cake Pops

6 Oz. [Burgers' Smokehouse Country Bacon](#)

5 large Eggs, separated

1/4 cup Maple Syrup

([recipe here](#))

1/2 tsp. Vanilla Extract

1/4 Cup [NOW Erythritol](#)

1/4 tsp. [Liquid Stevia](#)

1 cup [Honeyville Almond Flour](#)

2 tbsp. [Psyllium Husk Powder](#)

1 tsp. Baking Powder

2 tbsp. Butter

1/2 tsp. Cream of Tartar

Salted Caramel Glaze

5 tbsp. Butter

5 tbsp. Heavy Cream

2 1/2 tbsp. [Torani Sugar Free Salted Caramel](#)

THE EXECUTION

1. Slice 6 Oz. [Burgers' Smokehouse Country Bacon](#) into small bite size chunks.

2. Either freezing the bacon for 30 minutes prior, or using scissors normally helps with this process.

3. Heat a pan to medium-high heat and cook the bacon until crisp.

4. Once crisp, remove the bacon from the pan and allow to dry on paper towels. Save excess bacon grease to saute vegetables or other meats in it.

5. Preheat oven to 325F. In 2 separate bowls, separate the egg yolks from the egg whites of 5 large eggs.

6. In the bowl with the egg yolks, add 1/4 cup maple syrup ([recipe here](#)), 1/4 cup [erythritol](#), 1/4 tsp. [liquid stevia](#), and 1/2 tsp. vanilla extract.

7. Using a hand mixer, mix this together for about 2 minutes. The egg yolks should become lighter in color.

8. Add 1 cup [Honeyville almond flour](#), 2 tbsp. [psyllium husk powder](#), 2 tbsp. butter, and 1 tsp. baking powder.

9. Mix this again until a thick batter forms.

10. Wash off the whisks of the hand mixer in the sink to make sure all traces of fats are washed off of the whisks.

11. Add 1/2 tsp. cream of tartar to the egg whites.

12. Whisk the egg whites using a hand mixer until solid peaks form.

13. Add 2/3 crisped bacon into the cake pop batter.

14. Add about 1/3 of the egg whites into the batter and aggressively mix together.

SNACKS

SALTED CARAMEL GLAZED
MAPLE BACON CAKE POPS

15. The batter should be much less dry now. Add the rest of the egg whites and gently fold them in to the batter.
16. The result should be a light and airy batter.
17. Spoon mixture into a greased cake pop pan (*I use [this one from Nordic Ware](#)*), filling with a mound of batter that rises above the mold. Place the lid on top and bake for 20-25 minutes. You can either make 24 more cake pops, or make cupcakes with the remaining batter (*same cook time, yields about 7 cupcakes*).
18. Once finished, remove the cake pops and let cool.
19. As the cake pops are cooling, we need to make the sauce. You can either make this in 3 batches (*as you will the cake pops*) or you can make it into 1 large batch. I choose to do it 3 times. Add butter to the pan over medium-low heat and cook.
20. Cook the butter until it's browned and the bubbling stops.
21. Add heavy cream and [sugar free torani salted caramel syrup](#) to the pan.
22. The cream should bubble right away.
23. Mix everything together and continue to cook it while letting it reduce some. Once you can pull your spoon through the mixture and it slowly comes back together, that's when it's ready.
24. Poke lollipop sticks through the cake pops and dip into caramel sauce.
25. Enjoy!

This makes 36 total [Salted Caramel Glazed Maple Bacon Cake Pops](#).
Each glazed cake pop comes out to **80 Calories, 7g Fats, 0.6g Net Carbs, and 3.1g Protein**.



SNACKS

COCONUT CREAM YOGURT

THE PREPARATION

- **1 can** Full Fat Coconut Milk
- **2 capsules** NOW Probiotic-10
- **1/2 tsp.** NOW Xanthan Gum
(1/4 tsp. split between both jars)
- **2/3 cup** Heavy Whipping Cream
- **Toppings** of Your Choice

THE EXECUTION

1. Open a **can of coconut milk** and stir it well. You want to make sure the cream and water in the can is thoroughly mixed.
2. Put the coconut milk into whatever container you'd like. I separated mine into 2 200mL mason jars. Have your **NOW Probiotic-10** handy.
3. Turn your oven light on and place the jars in the oven. Close the oven door, keeping the light on, and let it sit for 12-24 hours overnight. The longer the bacteria can culture, the thicker the mixture will get, but it doesn't make too big of a difference.
4. Empty all of your yogurt into a mixing bowl and sprinkle 1/2 tsp. **Xanthan gum** over it. Using a hand mixer, mix this well.
5. In a separate bowl, whip up 2/3 cup heavy cream until stiff peaks form. You want this to be solid cream almost.
6. Dump the solid cream into the yogurt and mix on a low speed until the consistency you want is achieved.
7. Add toppings, flavorings, or fillings of your choice and enjoy!

Usually yogurt has a serving size of 1/2 cup, but you will get just over 1/2 cup per serving with this.

Per serving, it'll be **315 Calories, 31.3g Fats, 4.3g Net Carbs and 0g Protein.**

So, technically this could be considered a fat bomb, seeing as it's almost 90% calories from fat.



SNACKS

PROSCIUTTO WRAPPED SHRIMP

THE PREPARATION

- **10 oz.** Pre-Cooked Shrimp
- **11 slices** Prosciutto
- **1/3 cup** Blackberries, Ground
- **1/3 cup** Red Wine
- **2 tbsp.** Olive Oil
- **1 tbsp.** Mint Leaves, Chopped
- **1-2 tbsp.** **NOW Erythritol**
(to taste)

THE EXECUTION

1. Preheat your oven to 425F. Slice prosciutto in half or in thirds, depending on how many shrimp you have and their size. Wrap shrimp in prosciutto, starting from the tail and working your way up. Lay on a baking sheet, drizzle with 2 tbsp. olive oil, and cook for 15 minutes.
2. In a **spice grinder**, grind 1/3 cup Blackberries.
3. In a pan, add the blackberry puree and mint leaves. Add 1-2 tbsp. erythritol, to your tastes, then let cook for 2-3 minutes.
4. Add 1/3 cup red wine to the sauce and mix well. Then let reduce under simmer. Taste when reduced and add more sweetener if needed.
5. Serve with sauce on the side or drizzled over!

This will make about 4 single servings.

Each serving comes out to **247 Calories, 12.8g Fats, 1g Net Carbs, and 13.8g Protein.**



SNACKS

POTS DE CREME

THE PREPARATION

- **1 1/2 cup** Heavy Cream
- **1/4 cup** **NOW Erythritol** (powdered)
- **1/4 tsp.** **Liquid Stevia**
- **1/4 tsp.** Salt
- **4 large** Egg Yolks
- **6 tbsp.** Water
- **1 tbsp.** **Maple Syrup** (sub in 1 tsp. **Maple Extract** + 1/4 tsp. **Xanthan Gum** if you'd like)
- **1/2 tsp.** Vanilla Extract
- **1 tsp.** Maple Extract

THE EXECUTION

1. Preheat your oven to 300F. Start by separating the yolks of 4 eggs and setting them aside. You can save the whites to add to different cake recipes around the site.
2. Using a spice grinder (*you can [pick this one up cheap](#)*), powder 1/4 cup **NOW erythritol**. Be careful when you take the lid off because powder will float into the air.
3. Mix the powdered erythritol with 6 tbsp. water in a small saucepan.
4. Mix together 1 1/2 cups heavy cream, 1/4 tsp. **liquid stevia**, 1/4 tsp. salt, 1/2 tsp. vanilla extract, and 1 tsp. maple extract in a bigger saucepan.
5. Bring both of the mixtures to a rolling boil. Once the cream reaches a boil, stir vigorously and turn heat down to low. Occasionally stir this as you work with the other mixture.
6. Once the water and erythritol has been boiling for a minute, add 1 tbsp. **maple syrup**. If you don't want to make the whole maple syrup recipe for 1 tbsp., you're welcome to sub in 1 tsp. **Maple Extract** + 1/4 tsp. **Xanthan Gum** if you'd like.
7. Whisk egg yolks well with a whisk until lighter in color.
8. Continue boiling the water and erythritol mixture until it has reduced some and a watery syrup is formed.
9. Pour the water and erythritol mixture into the heavy cream and stir to combine.
10. Slowly pour 1/4 of the cream mixture into the egg yolks while mixing. You want to temper the egg yolks so make sure you add slowly and not too much at once.
11. Measure out the mixture between 4 or 6 ramekins depending on the size of the ramekin.
12. Fill baking sheet 2/3 of the way with water. Put your ramekins in the water and bake at 300F for 40 minutes.
13. Take out of the oven and let cool for 10-15 minutes. You can not refrigerate them if you'd like them to be more of a light custard or pudding texture. You can eat them warm for a velvety soft and smooth texture.
14. Who are we kidding? Serve them up!

This made 4 servings, but you are welcome to divide them into smaller servings. Each serving was **359 Calories, 34.9g Fats, 3g Net Carbs, and 2.8g Protein.**



SNACKS

ALMOND BUTTER CHIA SQUARES

THE PREPARATION

- **1/2 cup** Raw Almonds
- **1 tbsp. + 1 tsp.** Coconut Oil
- **4 tbsp.** NOW Erythritol
- **2 tbsp.** Butter
- **1/4 cup** Heavy Cream
- **1/4 tsp.** Liquid Stevia
- **1 1/2 tsp.** Vanilla Extract
- **1/2 cup** Unsweetened Shredded Coconut Flakes
- **1/4 cup** Chia Seeds
- **1/2 cup** Coconut Cream
- **2 tbsp.** Coconut Flour

THE EXECUTION

1. Add 1/2 cup Raw Almonds to a pan and toast for about 7 minutes on medium-low heat. Just enough so that you start to smell the nuttiness coming out.
2. Add the nuts to the food processor and grind them.
3. Once they reach a mealy consistency, add 2 tbsp. NOW Erythritol and 1 tsp. Coconut Oil.
4. Continue grinding almonds until almond butter is formed.
5. In a pan, melt 2 tbsp. Butter on medium heat while stirring. Do this until the butter is browned.
6. Once butter is browned, add 1/4 cup Heavy Cream, 2 tbsp. NOW Erythritol, 1/4 tsp. Liquid Stevia, and 1 1/2 tsp. Vanilla Extract to the butter. Turn heat to low and stir well as the cream bubbles.
7. Grind 1/4 Cup Chia Seeds in a spice grinder until a powder is formed.
8. Begin toasting chia seeds and 1/2 Cup Unsweetened Shredded Coconut Flakes in a pan on medium low. You want the coconut to just slightly brown.
9. Add almond butter to the butter and heavy cream mixture and stir it in well. Let it cook down into a paste.
10. In a square (or whatever size you want) baking dish, add the almond butter mixture, toasted chia and coconut mixture, and 1/2 Cup Coconut Cream. You can add the coconut cream to a pan to melt it slightly before adding it.
11. Add 1 tbsp. Coconut oil and 2 tbsp. Coconut Flour and mix everything together well.
12. Using your fingers, pack the mixture into the baking dish well.
13. Refrigerate mixture for at least an hour and then take it out of the baking dish. It should hold form now.
14. Chop the mixture into squares or any shape you'd like and put back in the refrigerator for at least a few more hours. You can use excess mixture to form more squares, but I ate it instead.
15. Take out and snack on it as you want!

This makes 14 total **Almond Butter Chia Squares**.

Per square, it is **120 Calories, 11.1g Fats, 1.4g Net Carbs, and 2.4g Protein**.

That's 83% fats, 5% carbs, and 8% protein.



SNACKS

LOW CARB KEY LIME CHEESECAKES

THE PREPARATION

Cheesecake Crust

- **1/2 cup** Macadamia Nuts
- **1/2 cup** Honeyville Almond Flour
- **1/4 cup** Cold Butter
- **1/4 cup** NOW Erythritol
- **1 large** Egg Yolk

Key Lime Filling

- **8 oz.** Cream Cheese
- **1/4 cup** Butter
- **1/4 cup** NOW Erythritol
- **1/4 tsp.** Liquid Stevia
- **1-2 tbsp.** Key Lime Juice
(about 2 Key Limes – fresh is best)
- **2 large** Eggs
- **Zest** of 2 Key Limes

THE EXECUTION

1. Preheat your oven to 350F. In a food processor, add the 1/2 cup of macadamia nuts.
2. Grind the nuts into a coarse meal consistency, then add 1/4 cup of NOW erythritol.
3. Pulse for a few moments and then add 1/2 Cup Honeyville almond flour. Pulse again until all is combined.
4. Cube 1/4 cup cold butter and add that into the food processor. Pulse again until the mixture starts to clump.
5. Add 1 egg yolk and pulse again until all of the dough clumps.
6. Remove the dough from the food processor and knead together with your hands.
7. Using some silicone cupcake molds (or just a regular greased cupcake tin), fill the wells about 1/8 to 1/4 of the way full. This depends on how thick you like your crust. If you make the crust thin, you will be able to make more cheesecake cupcakes.
8. Bake the crust for 5-7 minutes at 350F. They shouldn't be browned when you take them out, they will look greasy and undercooked.
9. While the crust is cooking, beat together 1 block of cream cheese (8 oz.) and 1/4 cup butter.
10. Once the butter and cream cheese is combined, add the 2 eggs and mix again.
11. Add 1/4 Cup NOW erythritol and 1/4 tsp. liquid stevia then mix again.
12. Finally, add the zest of about 2 key limes and the juice from 2 (this is about 2 Tbsp. of juice). Mix again until fully combined.
13. Once the crusts are out of the oven, let them cool for 3-5 minutes and then pour the mixture into the molds. Fill them so they leave some space at the top because they will rise as they cook and can spill over.
14. Bake the cheesecakes for 30-35 minutes at 350F.
15. Cool the cheesecakes for 20-30 minutes and then store in the fridge overnight.
16. Add some extra key lime zest over the top and serve!

This makes 12 total Key Lime Cheesecakes.

Each cheesecake has **226 Calories, 20.8g Fats, 2.2g Net Carbs, and 4.2g Protein.**



SNACKS

KETO BUCKEYE COOKIES

THE PREPARATION

- **2 1/2 Cups** Honeyville Almond Flour
- **1/2 Cup** Peanut Butter
- **1/4 Cup** Coconut Oil
- **1/4 Cup** NOW Erythritol
- **3 Tbsp.** Maple Syrup ([recipe here](#))
- **1 Tbsp.** Vanilla Extract
- **1 1/2 tsp.** Baking Powder
- **1/2 tsp.** Salt
- **2-3 Chocoperfection** Bars (or 3-4 Squares 90%+ Dark Chocolate)

THE EXECUTION

1. In a large mixing bowl, add 1/2 Cup Peanut Butter, 1/4 Cup Coconut Oil, 3 Tbsp. Maple Syrup ([recipe here](#)), and 1 Tbsp. Vanilla Extract.
2. In a separate bowl, add 2 1/2 Cups Honeyville Almond Flour, 1/4 Cup NOW Erythritol, 1 1/2 tsp. Baking Powder, and 1/2 tsp. Salt.
3. Using a **hand mixer**, mix together the wet ingredients.
4. Sift the dry ingredients into the wet ingredients using a colander or sifter.
5. Mix everything together until it forms a crumbled dough.
6. Using your hands, mix together all the dough into a ball. Wrap in plastic wrap and refrigerate for 30 minutes.
7. Before getting your dough out, cut up 2 Chocoperfection (or 90%+ Dark Chocolate) bars into small chunks. You want to fit 1-2 pieces into each cookie.
8. Preheat your oven to 350F. Then, rip off small chunks of dough at a time.
9. Press the chocolate into the dough.
10. Seal the dough with your hands until the chocolate cannot be seen.
11. Press the dough into a rounded tablespoon for consistent cookies.
12. Lay all cookies down on a **silpat** about 1 inch away from each other. You should get 20 cookies.
13. Bake cookies for 15-18 minutes. Optional: Broil cookies for additional 2-3 minutes to brown the tops.
14. Let cool and serve!

This makes 20 total cookies.

Each cookie is **148 Calories, 13.6g Fats, 2.5g Net Carbs, and 4.4g Protein**. A perfect keto snack!



SNACKS

CUMIN SESAME LEMON MUG CAKE

THE PREPARATION

Base

- **1 Large** Egg
- **2 Tbsp.** Butter
- **2 Tbsp.** Honeyville Almond Flour
- **1/2 tsp.** Baking Powder

Flavor

- **1 Tbsp.** Sesame Seed
- **1 tsp.** Lemon Juice
- **1/4 tsp.** Cumin
- **1/4 tsp.** Pepper
- **Pinch** Salt

THE EXECUTION

1. Get your mug ready! Alright, I'm using a cup for this one. Add 1 Large Egg, 2 Tbsp. Honeyville Almond Flour, 2 Tbsp. of Room Temperature Butter, 1 Tbsp.
2. Sesame Seed, 1 tsp. Lemon Juice, 1/2 tsp. Baking Powder, 1/4 tsp. Cumin, 1/4 tsp. Black Pepper, and a pinch of salt.
3. Microwave this for 75 seconds on high (*power level 10*). Then, lightly slam your cup against a plate so that it comes out of the mug (*or cup in this case*).
4. Top with extra sesame seeds and lemon zest!

Per serving this is **412 Calories, 37g Fats, 3g Net Carbs, and 11g Protein.**
Of course, you could always split that in half if you can't afford that many calories!
Or, you could replace a whole meal with this – hello new lunch!



30

MOUTH WATERING
KETOGENIC
RECIPES:
SIDE ITEMS



CRAIG CLARKE



SIDES

10 MINUTE KETO COUNTRY GRAVY

THE PREPARATION

- **4 OZ.** Breakfast Sausage
- **2 tbsp.** Butter
- **1 cup** Heavy Cream
- **1/2 tsp.** Guar Gum
- **Salt and Pepper** to Taste

THE EXECUTION

1. Add sausage to the pan and let brown on all sides.
2. Remove sausage from the pan, but keep as much fat in there as possible.
3. Add 2 tbsp. butter to the pan and let it melt.
4. Once butter is completely melted, add heavy cream to the pan. Stir it as it bubbles.
5. Add the guar gum to the pan and stir vigorously while the cream is bubbling. Let the mixture thicken to the point where you can run your spatula through it and it will take a moment to close the gap.
6. Add sausage back into the pan and stir together. Serve and enjoy! Oh, and don't forget to check out [Keto Delivered](#) if you want keto goodies on your doorstep every month!

This makes a total of 4 servings of **10 Minute Keto Country Gravy**.
Each serving comes out to be **346 Calories, 38g Fats, 1.5g Net Carbs, and 4g Protein**.



SIDES

KETO MUSHROOM WILD RICE PILAF

THE PREPARATION

- **1 cup** Hemp Seeds
- **2 tbsp.** Butter
- **3 medium** Mushrooms
- **1/4 cup** Sliced Almonds
- **1/2 cup** Chicken Broth
- **1/2 tsp.** Garlic Powder
- **1/4 tsp.** Dried Parsley
- **Salt and Pepper** to Taste

THE EXECUTION

1. Wash and slice mushrooms into small chunks.
2. Add butter to a pan over medium heat and let melt and bubble. Once bubbling, add sliced almonds and mushrooms to the pan.
3. Once mushrooms are soft, add **hemp seeds** to the pan. Mix together well.
4. Add chicken broth and seasoning to the pan and stir together well. Turn down the heat to medium-low and let the chicken broth simmer and be absorbed.
5. Once you're happy with the consistency, turn the pan off and dish out!
6. This goes great with chicken dishes, but can be used with almost anything.

This makes a total of 4 servings of **Keto Mushroom Wild Rice Pilaf**.
Each serving comes out to be **325 Calories, 26.3g Fats, 1.3g Net Carbs, and 14.8g Protein**.



SIDES

EASY KETO CREAMED SPINACH

THE PREPARATION

- **10 oz.** Frozen Spinach
- **3 tbsp.** Parmesan Cheese
- **3 tbsp.** Cream Cheese
- **2 tbsp.** Sour Cream
- **1/4 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **Salt and Pepper** to Taste

THE EXECUTION

1. Defrost frozen spinach in the microwave until warmed through, usually about 6-7 minutes.
2. Heat a pan on the stove to medium-high heat. Once the pan is hot, add the spinach and let some of the water boil off. Season the spinach here and mix together.
3. Add cream cheese and stir together until cream cheese is melted.
4. Add sour cream and mix together. Turn the pan down to low heat at this point.
5. Finally, add parmesan cheese and stir until the creamed spinach thickens.
6. Serve up! It goes great with just about anything!

This makes a total of 3 servings of **Easy Keto Creamed Spinach**.
Each serving comes out to be **157 Calories, 13.3g Fats, 2g Net Carbs, and 5.7g Protein**.



SIDES

EASY CREAMY CAULIFLOWER
MASHED POTATOES

THE PREPARATION

- **10 oz.** Cauliflower, riced
- **1/4 cup** Sour Cream
- **3 tbsp.** Heavy Whipping Cream
- **3 tbsp.** Butter
- **4 tbsp.** Parmesan Cheese
- **1/4 tsp.** Garlic Powder
- **2 tbsp.** Chives, chopped
- **Salt and Pepper** to Taste

THE EXECUTION

1. Get the pre-riced cauliflower out of the fridge and measure out 10 oz.
2. Put the cauliflower into the microwave with a paper towel covering the top, then microwave for 5 minutes. You could optionally steam or roast it if you don't like to use a microwave.
3. Once finished, it should be soft to the touch, but still have some firmness.
4. Mix all of the other ingredients into it.
5. Use an **immersion blender** to pulse the cauliflower and other ingredients together. Add 1 tbsp. chopped chives to the cauliflower and mix together.
6. Serve! Top the cauliflower mashed potatoes with the remaining chives and enjoy.

This makes a total of 3 servings of **Easy Creamy Cauliflower Mashed Potatoes**.
Each serving comes out to be **251 Calories, 21.7g Fats, 4g Net Carbs, and 6g Protein**.



SIDES

KETO TATER TOTS

THE PREPARATION

- **1 medium** Head Cauliflower
- **1/4 cup** Parmesan Cheese, grated
- **2 oz.** Mozzarella Cheese, shredded
- **1 large** Egg
- **1/2 tsp.** Onion Powder
- **1/2 tsp.** Garlic Powder
- **2 tsp.** [Psyllium Husk Powder](#)
- **Salt and Pepper** to Taste
- **1 cup** Frying Oil (*I used Bacon Fat*)

THE EXECUTION

1. Cut cauliflower head into florets. Try to get rid of most of the long stems.
2. Steam the cauliflower until tender, then add to a food processor and pulse until it resembles mashed potatoes.
3. Let cauliflower cool, then put it into a dish cloth and wring out any excess water. Use 2 dish cloths if needed.
4. Add cheese, egg, and spices. Mix together until mixture is thickened and can be worked with. Add 1 tsp. extra [psyllium husk powder](#) at a time until your mixture can be worked with (*if you find that it's too runny*).
5. Start by rolling tater tot batter into a ball. Then use your other hand to roll the ball into a log. Lastly, press the two ends together to form a tater tot shape (*more squared off on the ends*).
6. Roll all of the tater tots out before starting to fry.
7. Heat 1 cup oil in a cast iron skillet to medium heat. Once oil is hot, reduce heat to medium-low and add tater tots. Fry about 6-9 at a time, flipping as they crisp on each side.
8. Lay on paper towels to cool, then serve.

This makes a total of 36 Keto Tater Tots.

Each 9 piece serving comes out to be **249 Calories, 21g Fats, 4g Net Carbs, and 10.3g Protein.**



SIDES

FRIED KALE SPROUTS

THE PREPARATION

- **1/2 bag** Kale Sprouts
- **Oil** for Deep Frying
(~1 *tbsp. Absorbed*)
- **2 tbsp.** Parmesan Cheese
- **Salt and Pepper** to Taste

THE EXECUTION

1. Heat the oil or lard in **deep fat fryer** until it's hot. This is the package that I got from Trader Joe's, although I do know that they also sell Kale Sprouts in Whole Foods now.
2. Put kale sprouts in the fryer basket. Try to get the sprouts in a single layer.
3. Make sure that you close the deep fryer before submerging the basket into the oil. They have a rather high water content and when water mixes with oil it can be quite violent – so splashing will occur.
4. Continue to fry the kale sprouts until they are browned on the edges of the bulb, and dark green on the leaves.
5. Remove from the basket and place on paper towels to drain any excess grease.
6. Add salt, pepper and parmesan cheese. Enjoy!

This makes 2 total servings of **Fried Kale Sprouts**.
Each serving comes out to be **109 Calories, 8.5g Fats, 1.5g Net Carbs, and 4g Protein**.



SIDES

LOW CARB BROCCOLI
AND CHEESE FRITTERS

THE PREPARATION

The Fritters

- **3/4 cup** Almond Flour
- **1/4 cup + 3 tbsp.** Flaxseed Meal
- **4 oz.** Fresh Broccoli
- **4 oz.** Mozzarella Cheese
- **2 large** Eggs
- **2 tsp.** Baking Powder
- **Salt and Pepper** to Taste

The Sauce

- **1/4 cup** Mayonnaise
- **1/4 cup** Fresh Chopped Dill (or 1 tbsp. Dried Dill)
- **1/2 tbsp.** Lemon Juice
- **Salt and Pepper** to Taste

THE EXECUTION

1. Add broccoli to a food processor and pulse until the broccoli is broken down into small pieces. You want it to be well processed.
2. Mix together the cheese, almond flour, flaxseed meal and baking powder with the broccoli. If you want to add any extra seasonings (*salt and pepper*), do it at this point.
3. Add the 2 eggs and mix together well until everything is incorporated.
4. Roll the batter into balls and then coat with flaxseed meal.
5. Continue doing this with all of the batter and set aside on paper towels.
6. Heat your deep fat fryer to 375F. I use [this deep fat fryer](#). Once ready, lay broccoli and cheese fritters inside the basket, not overcrowding it.
7. Fry the fritters until golden brown, about 3-5 minutes. Once done, lay on paper towels to drain excess grease and season to your tastes.
8. Feel free to make a zesty dill and lemon mayonnaise for a dip. Enjoy!

This makes 16 total **Broccoli and Cheese Fritters**.

Each fritter comes out to be **78 Calories, 5.8g Fats, 1.3g Net Carbs, and 4.6g Protein**.

With sauce, each fritter is **101 Calories, 8.3g Fats, 1.3g Net Carbs, and 4.6g Protein**.



SIDES

KETO BREADSTICKS

THE PREPARATION

Bread Stick 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 tsp.** Baking Powder

Italian Style

- **2 tbsp.** Italian Seasoning
- **1 tsp.** Salt
- **1 tsp.** Pepper

Extra Cheesy

- **1 tsp.** Garlic Powder
- **1 tsp.** Onion Powder
- **3 oz.** Cheddar Cheese
- **1/4 cup** Parmesan Cheese

Cinnamon Sugar

- **3 tbsp.** Butter
- **6 tbsp.** Swerve Sweetener
- **2 tbsp.** Cinnamon

THE EXECUTION

1. Pre-heat oven to 400F. Mix together egg and cream cheese until slightly combined. Set aside.
2. In a bowl, combine all the dry ingredients: almond flour, psyllium husk, and baking powder.
3. Measure out the mozzarella cheese and microwave in 20 second intervals.
4. Stir the cheese each time you take it out of the microwave and continue microwaving until sizzling.
5. Add the egg, cream cheese, and dry ingredients into the mozzarella cheese and mix together.
6. Using your hands, knead the dough together. Once it is combined, set on a silpat.
7. Press the dough flat until you have a full baking sheet worth of dough. Transfer the dough to some foil so that you can use a pizza cutter on it. Knives and sharp objects should never be used on a silpat!
8. Cut the dough and season per ingredients above.
9. Bake 13-15 minutes on top rack until crisp.
10. Serve while warm! You can serve the savory breadsticks with some marinara and the sweet breadsticks with some cream cheese buttercream.

This yields 6 servings of 4 Keto Breadsticks. Per serving:

Italian Style: 238 Calories, 18.8g Fats, 2.6g Net Carbs, and 12.8g Protein.

Extra Cheesy: 314 Calories, 24.7g Fats, 3.6g Net Carbs, and 18g Protein.

Cinnamon Sugar: 291.7 Calories, 24.3g Fats, 3.3g Net Carbs, and 13g Protein.



SIDES

BEGEDIL KETO POTATO PATTIES

THE PREPARATION

- **3.5 oz.** Rutabaga
- **3.5 oz.** Cauliflower
- **2 small** Shallots
- **4 tbsp.** Ground Beef
- **1 tbsp.** chopped Celery Leaves
- **1 tbsp.** chopped Green Onion
- **1/2 tsp.** White Pepper (or Black Pepper)
- **1/4 tsp.** Salt
- **1 large** Egg (only little is used)
- **4 tbsp.** Coconut Oil

THE EXECUTION

1. Slice 3.5 oz. Rutabaga into small pieces and fry until brown with 1 tbsp. Coconut Oil.
2. With a pestle and mortar, pound the fried Rutabaga until soft. Alternately, use a **food processor**. When done, set aside.
3. Microwave 3.5 oz. Cauliflower until soft and pound with a pestle and mortar (or use a **food processor**).
4. Thinly slice 2 Shallots. With a small and shallow wok (to create a deeper oil but only little is used) and 1 tbsp. Coconut Oil, fry until brown and crispy but not burnt. Set Aside.
5. With the same oil, saute 4 tbsp. Ground Beef until brown. Season with Salt and Pepper to taste.
6. In a bowl, add in pounded Rutabaga and Cauliflower, fried Shallot, cooked Ground Beef, 1 tbsp. each of Celery Leaves and Green Onion, 1/2 tsp. White Pepper (or Black Pepper) and 1/4 Salt. Mix well.
7. Scoop about 1 tbsp. of the mixture and shape into a small patty. I made 10 patties in total.
8. Whisk 1 egg in another bowl and coat each patty but not completely (do each before frying).
9. Fry the patties in batches with Coconut Oil until brown. I used 2 tbsp. Coconut Oil in total for this (two batches, 1 tbsp. each).
10. Serve with a stew or on their own!

This makes a total of 10 **Begecil Keto Potato Patties**.
Each patty comes out to be **98 Calories, 8.6g Fats, 1g Net Carbs, and 1.7g Protein**.



SIDES

KETO AU GRATIN BRUSSELS SPROUTS

THE PREPARATION

Brussels Sprouts

- 6 oz.** Brussels Sprouts
- 1.8 oz.** Onion
- 1 tsp.** Minced Garlic
- 2 tbsp.** Butter
- 1 tbsp.** Soy Sauce (or coconut aminos)
- 1/2 tsp.** Liquid Smoke
- 1/4 tsp.** Pepper

Cheese Sauce

- 1 tbsp.** Butter
- 1/2 cup** Heavy Cream
- 2.5 oz.** Cheddar Cheese, grated
- 1/4 tsp.** Paprika
- 1/4 tsp.** Turmeric
- 1/4 tsp.** Pepper
- 1/8 tsp.** Xanthan Gum

Pork Rind Crust

- 0.5 oz.** Pork Rinds
- 3 tbsp.** Parmesan Cheese
- 1/2 tsp.** Paprika

THE EXECUTION

1. Preheat oven to 375F. Chop all of the stems off of your brussels sprouts, then in half down the spine of the stem. I started with about 7.5 oz. of Brussels Sprouts.
2. Dice the onion and garlic.
3. Bring a pan to high heat and add 2 tbsp. butter. Let it start to brown slightly, then add the brussels sprouts and season with pepper. Let this cook for about 2-3 minutes, then add onion and garlic. After the onions start to get soft, add 1 tbsp. soy sauce and 1/2 tsp. Liquid Smoke. Set aside.
4. In a saucepan, combine heavy cream and butter. Season with 1/4 tsp. Paprika, 1/4 tsp. Turmeric, 1/4 tsp. Pepper, and 1/8 tsp. Xanthan Gum. Whisk together so that the xanthan gum can start to thicken it.
5. Add grated cheese to the sauce and stir in slowly.
6. Once cheese sauce is thickened and creamy, add to the brussels sprouts and mix together well.
7. Separate into ramekins. In retrospect, I should have used smaller ramekins (to make 4 servings). I ended up breaking these into 2 servings because they were far too filling for 1 person. Before dinner, I ate half of one and was not hungry for dinner, so keep that in mind – this is a very, very dense cheese sauce.
8. Grind 0.5 oz. Pork Rinds, 3 tbsp. Parmesan Cheese, and 1/2 tsp. Paprika in a spice grinder or food processor. Use the crumbs to top the ramekins.
9. Bake at 375F for 17-20 minutes or until the pork rind and parmesan crust is crisped slightly.
10. Serve warm!

This makes 4 total servings of **Keto Au Gratin Brussels Sprouts**.
Each serving comes out to be **303 Calories, 27.3g Fats, 4.5g Net Carbs, and 9.5g Protein**.



SIDES

KETO PIE CRUST

THE PREPARATION

- **1/2 cup** Almond Flour
- **1/2 cup** Coconut Flour
- **2 tbsp.** Psyllium Husk Powder
- **2 tbsp.** Coconut Oil
- **2 large** Eggs
- **5 tbsp.** Ice Cold Water
- **1/4 tsp.** Salt

THE EXECUTION

1. Mix together the dry ingredients in a bowl: 1/2 cup Almond Flour, 1/2 cup Coconut Flour, 2 tbsp. Psyllium Husk Powder and 1/4 tsp. Salt.
2. Scramble the 2 large Eggs in a small bowl or measuring cup and let them sit for a moment.
3. Add 2 tbsp. coconut oil to the dry ingredients and work it into the flours.
4. You should end up with a sandy consistency.
5. Add eggs to the bowl and mix in well.
6. Add ice cold water until you reach a consistency where you can work with the dough – it should still look a bit sandy as you're mixing, but if you use your hands, it should stick together.
7. Knead the dough into a ball and let sit for 5 minutes.
8. Form the ball of dough into a square and cut out 4-5 sections.
9. Push the dough into a tart pan and work it into the grooves. You want to dough to be relatively thin – you should have enough excess to create a 5th tart.
10. Once you're done, par-cook the dough for 12-15 minutes at 350F.
11. Now you have great tart dough to use. Fill it and cook whatever you'd like!
12. I find that cooking the tart dough for another 20-30 minutes with filling in it does a great job, so if you don't plan to cook the food inside of it for that long, you can par-cook it for a little bit longer.

This makes 5 total Keto Tart Pie Crusts.

Each crust comes out to be **202 Calories, 14.8g Fats, 4.2g Net Carbs, and 6.4g Protein.**



SIDES

CRISPY KETO CAULIFLOWER CAKES

THE PREPARATION

- **16 oz.** Cauliflower Florets
- **3 medium** Stalks Spring Onion
- **3 oz.** Shredded White Cheddar
- **1/2 cup** Ground Pork Rinds (*Puffy Kind*)
- **1/2 tsp.** Salt
- **3/4 tsp.** Pepper
- **1/2 tsp.** Red Pepper Flakes
- **1/2 tsp.** Tarragon, Dried
- **1/4 tsp.** Garlic Powder
- **3 tbsp.** Olive Oil
- **1 large** Egg
- **2 tsp.** Psyllium Husk Powder

THE EXECUTION

1. Preheat your oven to 400F. Chop cauliflower into florets. Measure out the florets until you have 16 oz. worth.
2. Add cauliflower florets to a plastic bag and then add 3 tbsp. olive oil, 1/2 tsp. salt and 1/2 tsp. pepper. Shake well until cauliflower is well coated.
3. Pour cauliflower florets onto a baking sheet covered with foil. Then, **bake for 35 minutes.**
4. While cauliflower is cooking, add about 1/2 bag of **pork rinds** to a food processor.
5. Grind the pork rinds until they turn into a crumbly meal-like substance.
6. Slice up 3 spring onions, crack an egg and whisk it lightly, and measure out 3 oz. Shredded White Cheddar. Measure out 2 tsp. **Psyllium Husk Powder**, 1/4 tsp. Black Pepper, 1/2 tsp. Red Pepper Flakes, 1/2 tsp. Dried Tarragon, and 1/4 tsp. Garlic Powder.
7. Once cauliflower is roasted, add to a food processor and pulse it a few times to break up.
8. Combine all ingredients (*EXCEPT pork rind crumbs*) in a bowl.
9. Mix everything together well until a sticky mixture is formed.
10. Form the cauliflower mixture into patties, then dredge in the pork rind crumbs. Do this to make about 8 patties, then lay them on the same baking sheet you used to roast the cauliflower.
11. Bake at 400F for **25 minutes**. Broil for additional 2-3 minutes if you want a crispier outside.
12. Remove from oven, let cool slightly, and serve!

This makes 8 **Crispy Keto Cauliflower Cakes.**

Each cauliflower cake will come out to **154 Calories, 11.9g Fats, 1.8g Net Carbs, and 6.9g Protein.**



SIDES

LEMON ROASTED SPICY BROCCOLI

THE PREPARATION

- **1 1/2 lb.** Broccoli Florets
- **1/3 cup** Parmesan Cheese
- **1/4 cup** Olive Oil
- **2 tbsp.** Fresh Basil, Chopped
- **3 tsp.** Minced Garlic
- **1/2 – 3/4 tsp.** Kosher Salt
- **1/2 tsp.** Red Chili Flakes
- **Zest** of 1/2 Lemon
- **Juice** of 1/2 Lemon

THE EXECUTION

1. Preheat oven to 425F. Lay broccoli florets onto a baking sheet covered with parchment paper.
2. Season the broccoli with 1/4 Cup Olive Oil, 2 tbsp. Fresh Basil (*Chopped*), 3 tsp. Minced Garlic, 3/4 tsp. Kosher Salt, 1/2 tsp. Red Chili Flakes, Zest of 1/2 Lemon, and Juice of 1/2 Lemon.
3. Sprinkle 1/3 cup Parmesan Cheese over the top of the broccoli and put into the oven for about 20-25 minutes.
4. Remove from the oven and serve – super simple, easy, and delicious!

This makes 6 total servings of **Lemon Roasted Spicy Broccoli**.
Each serving comes out to **137 Calories, 10.5g Fats, 3.7g Net Carbs, and 5.7g Protein**.



SIDES

GOAT CHEESE TOMATO TARTS

THE PREPARATION

Roasted Tomatoes

- **2 medium** Tomatoes, Cut into 1/4 Slices
- **1/4 cup** Olive Oil
- **Salt & Pepper** to Taste

Tart Base

- **1/2 cup** Almond Flour
- **1 tbsp.** Psyllium Husk
- **2 tbsp.** Coconut Flour
- **5 tbsp.** Cold Butter, Cubed
- **1/4 tsp.** Salt

Tart Filling

- **1/2 medium** Onion, Sliced Thin
- **3 oz.** Goat Cheese
- **2 tbsp.** Olive Oil
- **2 tsp.** Minced Garlic
- **3 tsp.** fresh Thyme

THE EXECUTION

1. Preheat oven to 425F, then slice 2 medium tomatoes into 1/4 slices. You should get at least 6 slices per tomato.
2. Lay slices on a baking sheet with parchment paper, then drizzle with 1/4 cup olive oil and season with salt and pepper to taste. Poke the tomatoes using tooth picks so that the juice can run out of the tomatoes and not cause a “steaming” effect.
3. Bake the tomatoes for 30-40 minutes or until they are roasted and have lost most of their juice.
4. Set the tomatoes aside.
5. In a food processor, combine 1/2 cup Almond Flour, 1 tbsp. Psyllium Husk, 2 tbsp. Coconut Flour, and 1/4 tsp. Salt.
6. Cube 5 tbsp. Cold Butter and add it to the food processor also.
7. Slowly pulse the ingredients until a dough starts to form.
8. Press dough into silicone cupcake molds. You want to make sure these layers are quite thin. About 1/4 – 1/2 thick.
9. Reduce oven heat to 350F and bake the tarts at 350F for 17-20 minutes or until golden brown.
10. Remove tarts from the oven and let cool. Once cooled, turn the silicone cupcake molds upside down and lightly tap the bottom so that the tart dough falls out.
11. Layer tomato onto each tart and set aside for a moment.
12. Slice 1/2 medium onion thin, then caramelize the onion and 2 tsp. minced garlic in 2 tbsp. olive oil.
13. Add caramelized onions and garlic on top of the tomato.
14. Crumble goat cheese and sprinkle fresh thyme over each tart, then bake for an additional 5-6 minutes or until the cheese begins to melt.
15. Serve warm!

This makes a total of 12 **Goat Cheese Tomato Tarts**.
Each tart comes out to **162 Calories, 15.6g Fats, 2.1g Net Carbs, and 2.8g Protein**.



SIDES

BACON WRAPPED ASPARAGUS
WITH GARLIC AIOLI

THE PREPARATION

Bacon Wrapped Asparagus

- **1 1/2 lb.** Asparagus
- **6 slices** Bacon
- **2 tbsp.** Olive Oil
- **Kosher** Salt
- **Cracked** Black Pepper
- **Red** Chili Flakes

Simple Garlic Aioli

- **2 tsp.** Minced Garlic
- **1/4 tsp.** Kosher Salt
- **1/4 cup** Mayonnaise
- **1 large** Egg Yolk
- **2 tsp.** Fresh Lemon Juice
- **Rendered** Bacon Fat & Olive Oil

THE EXECUTION

1. Preheat the oven to 400F. Get the 1 1/2 lb. of asparagus out and prep it. If needed, cut off the bottom 1 inch of the stalks to allow for a better consistency. The bottoms of asparagus are usually much thicker and harder than the rest of the stalk, meaning that it will be harder when it comes out the oven. My preference is to cut off this part of the stalk (*normally a bit lighter in color*).
2. Separate the asparagus into bundles. You should end up with 6 bundles with about 11 stalks per bundle. I was using small and thin stalks of asparagus. If you're using larger asparagus, you may only get 4-5 stalks per bundle.
3. Wrap each bundle in 1 strip of bacon. Hold the tops of the spears of asparagus in your hand, then starting at the bottom wrap the asparagus in bacon.
4. Move your way up until the whole slice of bacon wraps around the asparagus.
5. Transfer the now bacon wrapped asparagus on to a baking sheet wrapped in foil. Drizzle 2 tbsp. Olive Oil over the asparagus then season with salt, pepper, and red chili flakes.
6. Bake the asparagus at 400F for 20-22 minutes, then broil for an additional 2-5 minutes until the bacon is crisped and cooked.
7. Remove asparagus from the oven to let cool slightly.
8. Combine the rendered fats from the baking sheet, 2 tsp. minced garlic, 1 large egg yolk and 2 tsp. fresh lemon juice in a small container.
6. Add the 1/4 cup mayonnaise and 1/4 tsp. salt, then mix together until aioli is smooth.
7. Serve up and enjoy!

This will make 3 servings of **Bacon Wrapped Asparagus with Garlic Aioli**. Each serving comes out to **415 Calories, 37.5g Fats, 5.1g Net Carbs, and 10.8g Protein**. You will have half of the aioli leftover at the end.



SIDES

CHEESY BACON BOMBS

THE PREPARATION

- **8 oz.** Mozzarella Cheese
- **4 tbsp.** Almond Flour
- **4 tbsp.** Butter, melted
- **3 tbsp.** Psyllium Husk Powder
- **1 large** Egg
- **1/4 tsp.** Salt
- **1/4 tsp.** Fresh Ground Black pepper
- **1/8 tsp.** Garlic Powder
- **1/8 tsp.** Onion Powder
- **10 slices** Bacon
- **1 cup** Oil, Lard or Tallow (for frying)

THE EXECUTION

1. Add 4 oz. (*half*) Mozzarella cheese to a bowl.
2. Microwave 4 tbsp. butter for 15-20 seconds or until it is melted completely.
3. Microwave cheese for 45-60 seconds until melted and gooey (*should be a bit more melted than shown in picture*).
4. Add 1 egg and butter to the mixture and mix well.
5. Add 4 tbsp. almond flour, 3 tbsp. psyllium husk, and the rest of your spices to the mixture (*1/4 tsp. Salt, 1/4 tsp. Fresh Ground Black pepper, 1/8 tsp. Garlic Powder, and 1/8 tsp. Onion Powder*).
6. Mix everything together and dump it out onto a **silpat**. Roll the dough out, or using your hands, form dough into a rectangle.
7. Spread the rest of the cheese over half of the dough and fold the dough over lengthwise.
8. Fold the dough again vertically so you form a square shape.
9. Crimp the edges using your fingers and press the dough together into a rectangle. You want the filling to be tight inside.
10. Using a knife, cut the dough into 20 squares.
11. Cut each slice of bacon in half, then lay the square at the end of 1 piece of bacon.
12. Roll the dough into the bacon tightly until the ends are overlapping. You can “stretch” your bacon if you need to before rolling.
13. Use a toothpick to secure the bacon after you roll it.
14. Do this for every piece of dough that you have. At the end you will have 20 cheesy bacon bombs.
15. Heat up oil, lard, or tallow to 350-375F and then fry the cheesy bacon bombs 3 or 4 pieces at a time.
16. Remove to a paper towel to drain and cool once finished.
17. Serve up!

This makes a total of 20 **Cheesy Bacon Bombs**.
Each comes out to be **89 Calories, 7.2g Fats, 0.6g Net Carbs, and 5g Protein**.



SIDES

ASIAN CUCUMBER SALAD

THE PREPARATION

- **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

THE EXECUTION

1. Remove shiritaki noodles from the package and rinse 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!

This yields 1 serving, which comes out to **416 Calories, 43g Fats, 7g Net Carbs, and 2g Protein.**



SIDES

LOW CARB FLAX TORTILLAS

THE PREPARATION

- **1 cup** Golden Flax Seed Meal
- **2 tbsp.** Psyllium Husk Powder
- **2 tsp.** Olive Oil
- **1/4 tsp.** Xanthan Gum
- **1/2 tsp.** Curry Powder (or spices of your choice)
- **1 cup + 2 tbsp.** Filtered Water
- **1 tsp.** Olive Oil **per Tortilla** (for frying)
- **~1/2 tsp.** Coconut Flour **per Tortilla** (for rolling)

THE EXECUTION

1. Add 1 cup Golden Flax Seed Meal, 2 tbsp. Psyllium Husk Powder, 1/4 tsp. Xanthan Gum, and 1/2 tsp. Curry Powder (or spices of your choice) in a mixing bowl.
2. Mix all of the dry ingredients together well, making sure all of the powders are evenly distributed.
3. Add 2 tsp. Olive Oil and 1 cup + 2 tbsp. Filtered Water to the mixture. Mix this well until a solid ball forms out of the mixture.
4. Leave this uncovered for 1 hour on the countertop so all liquid can be soaked up properly by the flax. Once finished, measure out portions of tortillas and get a **silpat** ready. If using a tortilla press, measure out 5 portions, if rolling by hand, measure 3-4 portions out.
5. With each portion, press it against the **silpat** using your hand.
6. Sprinkle ~1/2 tsp. coconut flour over tortilla and rolling pin, roll out the dough as thin as you can get it without tearing it.
7. Using a large round object, for me it was the lid of a pan, cut out your tortilla and separate it from the excess dough. Take excess dough and save it to roll out more tortillas.
8. You should be left with a completely round tortilla. Repeat the process for each tortilla.
9. In a pan over medium-high heat, add 1 tsp. olive oil.
10. Once oil is hot, add tortilla and fry to browning of your choosing.

OPTIONAL (But really, when is frying bacon actually optional?): Fry up some bacon.

OPTIONAL: Add mushrooms, green pepper, and red cabbage to bacon fat and let it soak up all the fats.
Serve! Feel free to add fillings of your choice!

This makes 5 total **Flax Tortillas**.

Each tortilla has **165 Calories, 19.4g Fats, 0.5g Net Carbs, and 6.6g Protein**.



SIDES

LOW CARB MICROWAVE
HAMBURGER BUN

THE PREPARATION

- **1 large** Egg
- **1 tbsp.** Almond Flour
- **1 tbsp.** Psyllium Husk Powder
- **1/4 tsp.** Baking Powder
- **1/4 tsp.** Cream of Tartar
- **1 tbsp.** Chicken Broth
- **1 tbsp.** Melted Butter

THE EXECUTION

1. Crack an egg into a mug. Make sure that your mug is wide, unlike the conventional mugs
2. Microwave butter for 10-15 seconds to melt. Once melted, pour over the egg and mix well. You want some aeration to be done, so the eggs should turn a bit lighter in color.
3. Add 1 tbsp. Almond Flour, 1 tbsp. Psyllium Husk Powder, 1/4 tsp. Baking Powder, 1/4 tsp. Cream of Tartar, and 1 tbsp. Chicken Broth.
4. Mix everything together well until a slightly doughy substance is formed.
5. Make sure you wipe the edges of the cup where excess dough might be stuck. You want to try to make the top uniform.
6. Microwave for 60-75 seconds depending on the wattage of your microwave. You will notice that it puffs up quickly – don't worry, it will reduce greatly in size once you take it out. Once out, turn over the mug and lightly tap it against a plate. Cut the bun in half and sauté it in butter.

This makes 1 **Microwave Hamburger Bun**,
which comes out to **248 Calories, 21g Fats, 1.6g Net carbs, and 7g Protein.**



SIDES

PROSCIUTTO WRAPPED SHRIMP

THE PREPARATION

- **10 oz.** Pre-Cooked Shrimp
- **11 slices** Prosciutto
- **1/3 cup** Blackberries, Ground
- **1/3 cup** Red Wine
- **2 tbsp.** Olive Oil
- **1 tbsp.** Mint Leaves, Chopped
- **1-2 tbsp.** **NOW Erythritol**
(to taste)

THE EXECUTION

1. Preheat your oven to 425F. Slice prosciutto in half or in thirds, depending on how many shrimp you have and their size. Wrap shrimp in prosciutto, starting from the tail and working your way up. Lay on a baking sheet, drizzle with 2 tbsp. olive oil, and cook for 15 minutes.
2. In a **spice grinder**, grind 1/3 cup Blackberries.
3. In a pan, add the blackberry puree and mint leaves. Add 1-2 tbsp. erythritol, to your tastes, then let cook for 2-3 minutes.
4. Add 1/3 cup red wine to the sauce and mix well. Then let reduce under simmer. Taste when reduced and add more sweetener if needed.
5. Serve with sauce on the side or drizzled over!

This will make about 4 single servings.

Each serving comes out to **247 Calories, 12.8g Fats, 1g Net Carbs, and 13.8g Protein.**



SIDES

EASY, DELICIOUS COLESLAW

THE PREPARATION

- **1/4 Head** Savoy Cabbage
- **1/3 Cup** Mayonnaise
- **1 Tbsp.** Lemon Juice
- **1 tsp.** Dijon Mustard
- **1/4 tsp.** Garlic Powder
- **1/4 tsp.** Onion Powder
- **1/4 tsp.** Pepper
- **1/8 tsp.** Paprika
- **Pinch** Salt

THE EXECUTION

1. Chop the 1/4 Head Savoy Cabbage lengthwise so that each of the strands come off of the cabbage clean.
2. Mix together the 1/3 Cup Mayonnaise, 1 Tbsp. Lemon Juice, 1 tsp. Dijon Mustard, 1/4 tsp of Garlic Powder, Onion Powder, Black Pepper, and 1/8 tsp. of Paprika. You can also add a pinch of salt if you'd like.
- 3 Measure out servings and serve!

This can make 2-3 servings.

If you break it into 2 servings, it will come out to **261 Calories, 26.5g Fats, 2.5g Net Carbs, and 1g Protein.**



SIDES

CHEESY THYME WAFFLES

THE PREPARATION

- **1/2 Head** Cauliflower, Riced
- **1 Cup** Finely Shredded Mozzarella Cheese
- **1 Cup** Collard Greens, Packed
- **1/3 Cup** Parmesan Cheese
- **2 Large** Eggs
- **2 Stalks** Green Onion
- **1 Tbsp.** Sesame Seed
- **1 Tbsp.** Olive Oil
- **2 tsp.** Fresh Chopped Thyme
- **1 tsp.** Garlic Powder
- **1/2 tsp.** Ground Black Pepper
- **1/2 tsp.** Salt

THE EXECUTION

1. Prep your cauliflower, spring onion, and thyme by cutting the cauliflower into florets, slicing the spring onion into small slices, and ripping the thyme off of the stems.
2. In a **food processor**, rice the cauliflower by pulsing it until a crumbly texture is formed.
3. Add the spring onion, thyme, and collard greens to the mixture and continue pulsing until everything is well combined.
4. Scoop the mixture out into a **large mixing bowl**.
5. Add the 1 Cup Mozzarella Cheese, 1/3 Cup Parmesan Cheese, 2 Large Eggs, 1 Tbsp. Sesame Seed, 1 Tbsp. Olive Oil, 1 tsp. Garlic Powder, 1/2 tsp. Black Pepper, and 1/2 tsp. Salt.
6. Mix everything together well until a loose batter is formed.
7. Heat your **waffle iron** until it's ready to go, then spoon mixture onto waffle iron evenly.
8. Let the waffle cook as per manufacturers instructions.
9. Remove from **waffle iron** and serve hot!

This makes 4 total serving,
each serving coming out to **222 Calories, 17.5g Fats, 4.8g Net Carbs, and 15.3g Protein.**



SIDES

CHEESY CREAMED SPINACH

THE PREPARATION

- **7 Cups** Spinach
- **1 1/2 Cups** Cheddar Cheese
- **3 Tbsp.** Butter
- **3 Tbsp.** Heavy Cream
- **1/2 tsp.** [Mrs. Dash Table Blend](#)
- **1/2 tsp.** Salt
- **1/2 tsp.** Pepper

THE EXECUTION

1. Start to melt 3 Tbsp. Butter in a pan over medium-low heat.
2. While the butter is melting, grate 1 1/2 Cups Cheddar Cheese.
3. Add 7 Cups spinach to the pan once butter has melted, then add seasonings: 1/2 tsp. Salt, 1/2 tsp. Pepper, and 1/2 tsp. [Mrs. Dash Table Blend](#).
4. Once the spinach is wilted, add 1 1/2 Cup Cheddar Cheese and 3 Tbsp. Heavy Cream.
5. Mix everything together well and let all of the sauce melt down.
6. Move the spinach to one side of the pan and turn the heat to medium-high.
7. Let the sauce reduce.
8. Once the sauce has reduced some, mix everything together again.
9. Serve hot! This pairs well with the [Paprika Chicken Recipe](#)!

This makes 4 total servings.

Each serving has **260 Calories, 27.3g Fats, 2.8g Net Carbs, and 12g Protein.**



SIDES

DELICIOUS VEGETABLE MEDLEY

THE PREPARATION

- **6 Tbsp.** Olive Oil
- **240g** Baby Bella Mushrooms
- **115g** Broccoli
- **100g** Sugar Snap Peas
- **90g** Bell Pepper
- **90g** Spinach
- **2 Tbsp.** Pumpkin Seeds
- **2 tsp.** Minced Garlic
- **1 tsp.** Salt
- **1 tsp.** Pepper
- **1/2 tsp.** Red Pepper Flakes

THE EXECUTION

1. Start by prepping all your vegetables. Slice the 115g broccoli into bite size florets. Chop the 90g bell pepper in strips and then chop the strips down. If you're not using pre-sliced mushrooms, make sure to slice your 240g mushrooms here also.
2. Add 6 Tbsp. Olive Oil to a wok and bring to hot heat.
3. Once oil is hot, add garlic and let it cook for 1 minute.
4. Once garlic starts to brown, add mushrooms and stir together.
5. Once the mushrooms have soaked up most of the oil, add broccoli and mix everything together well.
6. Add 100g Sugar Snap Peas to the mixture and stir well.
7. Add your peppers to the dish and stir it up well. You want the peppers to still be a bit crunchy by the time you finish.
8. Add all of your seasoning: 1 tsp. Salt, 1 tsp. Pepper, and 1/2 tsp. Red Pepper Flakes. Taste here and add more spices if you want.
9. Add 2 Tbsp. Pumpkin Seeds and stir them into the vegetables.
10. Once the vegetables are cooked, put 90g spinach on top of the vegetables and let the steam wilt them down.
11. Once the spinach is wilted, mix everything together and serve!

This makes 4 total servings of vegetables,
each serving being **248 Calories, 23g Fats, 5.8g Net Carbs, and 5g Protein.**



SIDES

ROASTED PECAN GREEN BEANS

THE PREPARATION

- **1 lb.** Green Beans
- **1/4 Cup** Olive Oil
- **1/2 Cup** Chopped Pecans
- **1/4 Cup** Parmesan Cheese
- **1 Lemon's** Zest
- **2 tsp.** Minced Garlic
- **1 tsp.** Red Pepper Flakes

THE EXECUTION

1. Preheat your oven to 450F, then empty your green beans into a **large mixing bowl**.
2. Add 1/4 Cup Pecans into a food processor. If you don't have a **food processor**, I highly recommend getting one – I use **this one**, that's \$30.
3. Grind the pecans in the food processor until your desired consistency is reached. Some pieces should be small and crumbly, others should be larger – adding contrasting textures.
4. Add 1/4 Cup Olive Oil, 1/4 Cup Parmesan Cheese, the Zest of 1 Lemon, 2 tsp. Minced Garlic, and 1 tsp. Red Pepper Flakes to the green beans.
5. Using a fork (*or better yet, your hands*), mix together the green beans and the rest of the ingredients.
6. Add foil to a baking sheet, then spread your green beans onto the baking sheet. Don't worry if some are sitting on top of the others, it will give more textural contrast throughout the whole dish.
7. Roast the green beans for 20-25 minutes (*depending on how your oven is*). Make sure you keep an eye on them after the 20 minute mark.
8. Let cool for 4-5 minutes and then serve!

This makes 4 total servings,
each serving being **273 Calories, 25.3g Fats, 5g Net Carbs, and 5.5g Protein.**



SIDES

BACON JAMMIN' GREEN BEANS

THE PREPARATION

- **2 1/2 Cups** Fresh Green Beans (~425g)
- **3 Tbsp.** Bacon Jam
- **1 Tbsp.** Olive Oil

THE EXECUTION

1. Have your green beans ready to go.
2. Bring water to a rolling boil in a pan on the stove.
3. Add your green beans to the pan and let boil for 3-4 minutes.
4. Drain your green beans and add them to an ice bath to blanch them. This stops the cooking process and helps keep their crispness.
5. In a skillet, add 3 Tbsp. Bacon Jam and 1 Tbsp. Olive Oil.
6. Drain your green beans and put them on a kitchen towel to dry. Bring your bacon jam and olive oil to a sizzle.
7. Add your green beans to the pan.
8. Stir everything well and cook for 1-2 minutes.
9. Serve green beans while warm.

Per Serving, they have: **112 Calories, 6.6g Fats, 5.5g Net Carbs, and 5.2g Protein.**



SIDES

BACON INFUSED SUGAR SNAP PEAS

THE PREPARATION

- **3 Cups** Sugar Snap Peas (~200g)
- **1/2 Lemon** Juice
- **3 Tbsp.** Bacon Fat
- **2 tsp.** Garlic
- **1/2 tsp.** Red Pepper Flakes

THE EXECUTION

1. Add 3 Tbsp. Bacon Fat to a pan and bring to its smoking point.
2. Once the bacon fat is at the smoking point, add 2 tsp. Garlic. Reduce the heat of the pan to medium and let this cook for 1-2 minutes, until the garlic is browned.
3. Add 3 Cups of Sugar Snap Peas to the pan and let this cook for a moment.
4. Add the juice of 1/2 lemon over the Sugar Snap Peas.
5. Let this cook for 1-2 minutes.
6. Remove and serve. Garnish with red pepper flakes and lemon zest.

Per Serving, you're looking at: **147 Calories, 13.3g Fats, 4.3g Net Carbs, and 1.3g Protein.**



SIDES

RED PEPPER SPINACH SALAD

THE PREPARATION

- **6 Cups** Spinach
- **1/4 Cup** Ranch Dressing
- **3 Tbsp.** Parmesan Cheese
- **1 tsp.** Red Pepper Flakes

THE EXECUTION

1. In a large mixing bowl, measure out 6 Cup of Spinach.
2. Add 1/4 Cup Ranch Dressing and mix it into the spinach. Then, add 3 Tbsp. Parmesan Cheese and 1 tsp. Red Pepper Flakes. Mix well again.
3. Serve as a side salad.

Per serving, you are looking at: **208 Calories, 18g Fats, 3.5g Net Carbs, and 8g Protein.**



SIDES

FRIED QUESO FRESCO

THE PREPARATION

- **1 lb.** Queso Fresco
- **1 Tbsp.** Coconut Oil
- **1/2 Tbsp.** Olive Oil

THE EXECUTION

1. Grab your queso fresco. I am using 1 pound but the serving sizes is to your own needs.
2. Chop your queso fresco. You can either use cubes or rectangles. It all depends on your own preference. I personally think rectangles turn out better.
3. Heat 1 Tbsp. Coconut Oil and 1/2 Tbsp. Olive Oil in a pan on high. Bring this to the smoke point.
4. Right as the oil hits the smoke point, add your cheese.
5. Let the cheese cook on one side, flip it over to the other side and continue cooking.
6. If you're cooking cubed cheese, you will need to cook in on each side.
7. Remove the cheese from the pan and rest on paper towels to cool and drain off excess oil.

Per serving, it is **243 Calories, 19.5g Fats, 0g Net Carbs, and 16g Protein.**



SIDES

KETO BROCCOLI CHEDDAR BISCUITS

THE PREPARATION

- **1 1/2 Cup** Honeyville Almond Flour
- **4 Cups** Raw Broccoli Florets (10 Oz.)
- **2 Cups** Cheddar Cheese (4.5 Oz)
- **1/4 Cup** Coconut Oil (or melted butter)
- **2 Large** Eggs
- **1 tsp.** Salt
- **1 tsp.** Paprika
- **1 tsp.** Garlic Powder
- **1/2 tsp.** Pepper
- **1/2 tsp.** Baking Soda
- **1/2 tsp.** Apple Cider Vinegar

THE EXECUTION

1. Preheat your oven to 375F. Once done, measure out 10 Oz of broccoli florets.
2. Put your broccoli florets into your food processor. If you don't have a food processor, I **recommend the one I use** – it lasts a long time and it's really cheap considering how useful it is.
3. Pulse your broccoli florets in the food processor until it's finely chopped. I do this in small batches, remove the broccoli, and add more to the food processor.
4. In a large mixing bowl, add 1 1/2 Cup Almond Flour, 1 tsp. Salt, 1 tsp. Paprika, 1 tsp. Garlic Powder, 1/2 tsp. Pepper, and 1/2 tsp. Baking Soda.
5. Mix the spices and almond flour together, then add 2 large eggs and 1/4 Cup Coconut Oil (or melted butter).
6. Mix the eggs and oil (or butter) together with the almond flour until a dough forms.
7. Add your broccoli to the mixture.
8. Combine everything well using your hands.
9. Grate 4.5 Oz. Cheddar Cheese (about 2 cups). I grate my own cheese now because you will find excess carbs from pre-shredded cheese. They normally coat the cheese with corn starch so that it doesn't stick together.
10. Add your cheese to the dough.
11. Mix together everything with your hands again, until the cheese is evenly distributed throughout.
12. Put your **nonstick silpat** on a cookie sheet so that they don't stick as they cook. Form patties out of the dough – you should be able to make 12.
13. Bake the biscuits for 12-15 minutes or until they start to get flattened.
14. Using a spoon and your fingers, mold the flattened biscuits into a more biscuit like shape. Add some contours and texture around them.
15. Continue baking for about 5 minutes. Then, turn your oven to broil and broil the biscuits for 3-5 minutes.
16. Let the biscuits cool for 2-3 minutes, then remove them from **your silpat** and place them on a cookie sheet. Cool for 5-10 minutes and serve!

In total, you will get 12 biscuits, each being **163 Calories, 14.3g Fats, 2g Net Carbs, and 6.8g Protein.**



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MOUTH WATERING
KETOGENIC
RECIPES:
DESSERT



CRAIG CLARKE



DESSERT

KETO PUMPKIN
SNICKERDOODLE COOKIES

THE PREPARATION

The Cookies

- **1 1/2 cups** Almond Flour
- **1/4 cup** Butter, salted
- **1/2 cup** Pumpkin Puree
- **1 tsp.** Vanilla Extract
- **1/2 tsp.** Baking Powder
- **1 large** Egg
- **1/4 cup** Erythritol
- **25 drops** Liquid Stevia

The Topping

- **1 tsp.** Pumpkin Pie Spice
- **2 tsp.** Erythritol

THE EXECUTION

1. Pre-heat oven to 350F. Measure out almond flour, erythritol, and baking powder then mix together well.
2. Secondly, measure out the butter, pumpkin puree, vanilla, and liquid stevia in a separate container.
3. Microwave mixture if needed for easier mixing. Add all wet ingredients (including the egg) to the almond flour and erythritol.
4. Mix everything together well until a pasty dough is formed.
5. Roll the dough into small balls and set on a cookie sheet covered with a silpat. You should have about 15 cookies in total.
6. Press the balls flat with your hand (or the bottom side of a jar) and bake for 12-13 minutes.
7. While the cookies are cooking, run 2 tsp. erythritol and 1 tsp. pumpkin pie spice through a spice grinder to powder the erythritol.
8. Once the cookies are out of the oven, sprinkle with the topping and let cool completely.

This makes a total of 15 Keto Pumpkin Snickerdoodle Cookies.
Per cookie, they are 99 Calories, 8.9g Fats, 1.7g Net Carbs, and 2.9g Protein.



DESSERT

KETO NO BAKE PUMPKIN
PIE CHEESECAKE

THE PREPARATION

The Crust

3/4 cup Almond Flour
1/2 cup Flaxseed Meal
1/4 cup Butter
1 tsp. Pumpkin Pie Spice
25 drops Liquid Stevia

The Filling

4 oz. Cream Cheese
1/3 cup Pumpkin Puree
2 tbsp. Sour Cream
1/4 cup Heavy Cream
3 tbsp. Butter
1/4 tsp. Pumpkin Pie Spice
25 drops Liquid Stevia

THE EXECUTION

1. Combine all of the dry ingredients for the crust and mix together well.
2. Add butter and liquid stevia to the dry ingredients and mash together until a dough forms.
3. Roll the dough into small spheres and place in your small tart pans.
4. Press the dough until it reaches and goes up the side of the tart pan.
5. Combine all of the ingredients for the filling.
6. Use an immersion blender to blend together the filling ingredients.
7. Once smooth, spread the filling ingredients into the crust and place in the refrigerator for at least 4 hours.
8. Take out of the refrigerator, slice, and serve with whipped cream if wanted.

This makes a total of 8 servings of **Keto No Bake Pumpkin Pie Cheesecake**.
Each serving comes out to be **265 Calories, 25.3g Fats, 3g Net Carbs, and 5g Protein**.



DESSERT

KETO PEANUT BUTTER FUDGE BARS

THE PREPARATION

The Crust

1 cup Almond Flour
1/4 cup Butter, melted
1/2 tsp. Cinnamon
1 tbsp. Erythritol
Pinch of Salt

The Fudge

1/4 cup Heavy Cream
1/4 cup Butter, melted
1/2 cup Peanut Butter
1/4 cup Erythritol
1/2 tsp. Vanilla Extract
1/8 tsp. Xanthan Gum

The Toppings

1/3 cup Lily's Chocolate,
chopped

THE EXECUTION

1. Preheat the oven to 400°F. Melt 1/2 cup butter. Half will be for the crust and half for the fudge. Combine the almond flour and half the melted butter.
2. Add erythritol and cinnamon, then mix together. If you're using unsalted butter, add a pinch of salt to bring out more flavor.
- 3 Mix until even throughout and press into the bottom of a baking dish lined with parchment paper. Bake the crust for 10 minutes or until edges are golden brown. Take it out and let it cool.
4. For the filling, combine all the fudge ingredients in a small blender or food processor and blend. You can use an electric hand mixer and bowl as well.
5. Make sure to scrape down the sides and get all the ingredients well combined.
6. After the crust is cooled, spread the fudge layer gently all the way up to the sides of the baking dish. Use a spatula to even out the top as best you can.
7. Just before chilling, top your bars off with some chopped chocolate. This can be in the form of sugar-free chocolate chips, sugar-free dark chocolate or just good old dark chocolate. I used Lily's Stevia Sweetened chocolate. Refrigerate overnight or freeze if you want it soon.
8. When cooled, remove the bars by pulling the parchment paper out. Cut in 8-10 bars and serve! These peanut butter fudge bars should be enjoyed chilled! If you take them to go, make sure to carry them in an insulated lunch bag to keep them firm.

This makes 8 total **Peanut Butter Fudge Bars**.

Each bar comes out to be **300 Calories, 19.8g Fats, 3.3g Net Carbs, and 4g Protein**.



DESSERT

STRAWBERRY SWIRL ICE CREAM

THE PREPARATION

- **1 cup** Heavy Cream
- **1/3 cup** Erythritol
- **3 large** Egg Yolks
- **1/2 tsp.** Vanilla Extract
- **1/8 tsp.** Xanthan Gum (optional)
- **1 tbsp.** Vodka (optional)
- **1 cup** Strawberries, pureed

THE EXECUTION

1. Set a pot with your heavy cream onto a low flame to heat up. Add in 1/3 cup of erythritol to dissolve.
2. Don't let the cream come to a boil, just simmer gently until all the erythritol is dissolved.
3. Separate 3 egg yolks from their whites into a deep mixing bowl. Beat them with an electric mixer until they've doubled in size.
4. Then, to temper the eggs so they don't scramble, add in a few tablespoons of your hot cream mixture at a time to the eggs while beating.
5. Do this until the egg mixture is warm and then slowly add in the rest of the cream mixture, beating constantly. Add in some vanilla extract and mix.
6. This step is optional, but helps the consistency of the ice cream stay creamy, rather than icy – add in a tablespoon of vodka and an 1/8 tsp. xanthan gum.
7. Place your bowl into the freezer to chill for about 1-2 hours, stirring occasionally. If you've got an ice cream maker, feel free to churn the ice cream according to the manufacturer's instructions.
8. When the ice cream is chilled and getting a bit thicker, it's time to add the strawberries. Wash and hull a cup of strawberries and puree them for no more than 1-2 seconds. You want the strawberries to stay a little chunky, with some juice extracted. We love our NutriBullet for tasks like this!
9. Add in the strawberry mixture to the chilled cream. Mix, but don't over mix.
10. You want ribbons of strawberry visible in your vanilla ice cream!
11. Let this strawberry swirl ice cream chill for another 4-6 hours or overnight.
12. Then when you're ready to enjoy, let the ice cream temper on the counter for a few minutes and scoop! Enjoy!

This makes a total of 6 servings of **Strawberry Swirl Ice Cream**.
Each serving comes out to be **178 Calories, 16.9g Fats, 2.8g Net Carbs, and 2.3g Protein**.



DESSERT

EASY KETO STRAWBERRY
SHORTCAKES

THE PREPARATION

Keto Puff Cakes

- **3 large** Eggs
- **3 oz.** Cream Cheese
- **1/4 tsp.** Baking Powder
- **1/2 tsp.** Vanilla
- **2 tbsp.** Erythritol

Filling

- **10 medium** Strawberries
- **1 cup** Heavy Cream

THE EXECUTION

1. Preheat oven to 300F. Separate the egg whites from the yolks. Start the beat the egg whites until they are fluffy. In the container with the yolks, add cream cheese, baking powder, and erythritol and beat until smooth.
2. Fold egg whites slowly into the egg yolk mixture. Add about 1/3 the egg white mixture and aggressively fold in, then add the rest a little bit at a time to fold in gently.
3. Spread the mixture evenly on a baking sheet with a silpat or parchment paper. Bake for 25-30 minutes. This should make 10 puff cakes in total (*2 puff cakes per strawberry shortcake*).
4. Once done, whip some heavy cream up and slice some strawberries.
5. Assemble the strawberry shortcakes with 2 strawberries and a dollop of heavy cream.

This makes a total of 5 **Keto Strawberry Shortcakes**.

Per shortcake, it comes out to be **271 Calories, 28.2g Fats, 3.5g Net Carbs, and 5g Protein**.



DESSERT

BROWN BUTTER PECAN
KETO ICE CREAM

THE PREPARATION

- **1 1/2 cups** Unsweetened Coconut Milk (*from the carton*)
- **1/4 cup** Heavy Cream
- **5 tbsp.** Butter
- **1/4 cup** Pecans, crushed
- **25 drops** Liquid Stevia
- **1/4 tsp.** Xanthan Gum

THE EXECUTION

1. In a pan over low heat, stir butter until melted and begins to turn a deep amber color.
2. Add pecans to a plastic bag and crush pecans.
3. Once butter is browned, add heavy cream, **stevia**, and pecans. Stir together well.
4. Add coconut milk, butter mixture, and **xanthan gum** to a container. Then use a whisk to mix everything together.
5. Add mixture to your **ice cream machine** and run according to manufacturers instructions.
6. Serve and enjoy!

This makes 4 total servings of **Brown Butter Pecan Keto Ice Cream**.
Each serving comes out to be **319 Calories, 35.3g Fats, 1.3g Net Carbs, and 0.7g Protein**.



DESSERT

BUTTERSCOTCH SEA SALT
ICE CREAM

THE PREPARATION

- **1 cup** Coconut Milk (*from the carton*)
- **1/4 cup** Sour Cream
- **1/4 cup** Heavy Cream
- **3 tbsp.** Butter, browned
- **2 tbsp.** Vodka
- **2 tsp.** Butterscotch Flavoring
- **25 drops** Liquid Stevia
- **2 tbsp.** Erythritol
- **1/2 tsp.** Xanthan Gum
- **1 tsp.** Flaked Sea Salt

THE EXECUTION

1. Add coconut milk, sour cream, heavy cream, vodka, butterscotch flavoring, sweetener, salt, and guar gum to a container. Use an **immersion blender** to blend everything together.
2. In a pan over low heat, brown the butter until a dark amber color.
3. Add butter to your ice cream base and use your **immersion blender** again to blend everything together.
4. Add ice cream base to **ice cream machine** and let churn according to manufacturers instructions.
5. Enjoy! Add some chopped walnuts on top for some extra flavor.

This makes a total of 3 servings of **Butterscotch Sea Salt Ice Cream**.
Each serving comes out to be **245 Calories, 24g Fats, 2g Net Carbs, and 0.7g Protein**.



DESSERT

KETO MOCHA ICE CREAM

THE PREPARATION

- **1 cup** Coconut Milk (*from the carton*)
- **1/4 cup** Heavy Cream
- **2 tbsp.** Erythritol
- **15 drops** Liquid Stevia
- **2 tbsp.** Cocoa Powder
- **1 tbsp.** Instant Coffee
- **1/4 tsp.** Xanthan Gum

THE EXECUTION

1. Add all ingredients except for xanthan gum into a container that will fit your immersion blender.
2. Use an immersion blender to make sure all ingredients are well mixed. Slowly add in xanthan gum until a slightly thicker mixture is formed. Add very small amounts more xanthan gum if needed.
3. Add to your ice cream machine and follow manufacturers instructions.
4. Serve! You can add some extra instant coffee and mint for garnish.

This makes a total of 2 servings of **Keto Mocha Ice Cream**.
Per serving, it comes out to be **145 Calories, 15g Fats, 1.5g Net Carbs, and 1g Protein**.



DESSERT

KETO CHOCOLATE COCONUT
MACAROON COOKIES

THE PREPARATION

- **1 cup** Almond Flour
- **3 tbsp.** Coconut Flour
- **1/4 cup** Cocoa Powder
- **1/2 tsp.** Baking Powder
- **1/3 cup** Erythritol
- **1/3 cup** Unsweetened Shredded Coconut
- **1/4 tsp.** Salt
- **2 large** Eggs, room temperature
- **1/4 cup** Coconut Oil
- **1 tsp.** Vanilla Extract

THE EXECUTION

1. Preheat oven to 350F. Mix together your almond flour, baking powder, erythritol, and unsweetened shredded coconut in a bowl.
2. Add coconut flour and cocoa powder to your bowl and continue to mix until all dry ingredients are nicely distributed.
3. Add wet ingredients and mix together again.
4. Once the dough starts to harden, use your hands to knead it into a ball.
5. Roll the dough into small balls and place on a parchment or silpat lined baking sheet. Place in the oven and bake for 15-20 minutes.
6. Enjoy with a little bit of extra unsweetened coconut sprinkled over the top!

This makes a total of 20 Keto Chocolate Coconut Macaroon Cookies.
Each cookie comes out to be **77 Calories, 6.8g Fats, 1g Net Carb, and 2.2g Protein.**



DESSERT

CHERRY CHOCOLATE
CHUNK DONUTS

THE PREPARATION

- **3/4 cup** Almond Flour
- **1/4 cup** Golden Flaxseed Meal
- **3 tbsp.** SweetPerfection
- **1 tsp.** Vanilla Extract
- **1 tsp.** Baking Powder
- **2 large** Eggs
- **2 1/2 tbsp.** Coconut Oil
- **3 tbsp.** Coconut Milk (from the carton)
- **5 10g** bars Dark ChocoPerfection

Optional: 2 tsp. Berry Extract of Choice

Optional: 15 drops Food Coloring of Choice
Pinch Salt

THE EXECUTION

1. Measure out all of the dry ingredients: 3/4 cup Almond Flour, 1/4 cup Golden Flaxseed Meal, 3 tbsp. SweetPerfection (or other sweetener of choice), 1 tsp. Baking Powder and a pinch of salt.
2. Mix the dry ingredients well, then add 2 scrambled eggs, 1 tsp. Vanilla Extract, 2 1/2 tbsp. Coconut Oil, and 3 tbsp. Coconut Milk to the batter.
3. Stir the batter well until clumps are gone and is smooth. Chop 5 10g bars Dark ChocoPerfection into chunks and fold into the batter.
4. Depending on if you want flavored or colored batter, add your optional berry extract and food coloring. Mix together well until all of the dough is uniform.
5. Plug your donut maker in and grease if needed. I use the BabyCakes Donut Maker. Put the batter into a Ziploc bag and cut the end off so that you can pipe the dough.
6. Once hot, pipe the batter into the donut maker, filling each well. Close the donut maker and wait about 4-5 minutes before flipping.
7. Flip each donut using the tool they send you with the donut maker. Then, cook for another 2-3 minutes. Repeat the process with the other 6 donuts and set aside to cool.
8. Serve and enjoy!

This recipe makes 12 total **Cherry Chocolate Chunk Donuts**.
Each donut comes out to be **107 Calories, 9.4g Fats, 1.3g Net Carbs, and 3.1g Protein**.



DESSERT

PUMPKIN PIE SPICE SCONE COOKIES

THE PREPARATION

- **1 small** Sweet Lightning Winter Squash
(or *1 1/4 cup Pumpkin Puree, strained*)
- **2 tsp.** Cinnamon
- **2 tsp.** Garam Masala
- **~1 tbsp.** Coconut Oil Cooking Spray
- **2 large** Eggs
- **1 tsp.** Vanilla Extract
- **1 tsp.** Baking Powder
- **1 cup** Almond Flour
- **1/4 cup** Butter
- **1/4 cup** Pumpkin Pie Spice
SF Torani

THE EXECUTION

1. Start off by gathering your Winter Squash and a good knife. Preheat your oven to 400F.
2. Slice the squash in half. If needed, you can use a serrated knife or a sharp chef's knife. To see my recommendations on knives, you can visit [My Kitchen Recommendations](#).
3. Scrape out all of the "guts" of the squash including the seeds. You can save the seeds for later roasting for snacking purposes, but I generally throw it out.
4. Slice the squash in unison with the grooves of the natural shape.
5. On a cookie sheet, lined with parchment paper, lay each piece of squash down and spray with coconut oil. Season with cinnamon and garam masala and then flip all slices and repeat so both sides are seasoned.
6. Bake the squash for around 30-35 minutes or until tender with the touch of a fork.
7. Add about 1 cup worth of squash to a [food processor](#). Generally I like the texture that the skin adds, but you're welcome to remove the skin before this step.
8. Process the squash until a thick paste is formed and then mix in a bowl with 2 eggs. If you're using pumpkin puree, make sure that you thoroughly squeeze the moisture out of it with a cheese cloth.
9. Add the rest of the ingredients (*butter, almond flour, baking powder, vanilla, torani syrup*). Mix together well with a fork or you can get messy with your hands (my favorite method). Keep in mind that this will be super sticky.
10. Turn the oven down to 350F. Using a spoon or small ice cream scoop, form cookies with the dough.
11. Bake the cookies for 20-25 minutes or until the outside has hardened and the inside is still soft.
12. Serve up by slicing in half and spooning or piping your favorite filling between them!

This makes a total of 24 **Pumpkin Pie Spice Scone Cookies**.
Per cookie, it comes out to be **58 Calories, 5.3g Fats, 1.3g Net Carb, and 1.5g Protein**.



DESSERT

LOW CARB COOKIE BUTTER

THE PREPARATION

- **1 cup** Raw Macadamias
- **3/4 cup** Raw Cashews
- **1 tsp.** Vanilla
- **1/4 tsp.** Cinnamon
- **1/4 tsp.** Ginger
- **1/8 tsp.** Nutmeg
- **1/8 tsp.** Cloves
- **2 tbsp.** Butter
- **2 tbsp.** Heavy Cream
- **2 tbsp.** Swerve, powdered
- **Pinch** Salt

THE EXECUTION

1. Measure out your Raw Macadamia Nuts and Raw Cashews.
2. In a food processor, pulse the nuts until they are starting to turn crumbly.
3. Add in vanilla, spices, and a pinch of salt, and then continue processing until smooth.
4. In a pan, combine 2 tbsp. Butter and 2 tbsp. Powdered Swerve (you'll have to do this in a coffee or spice grinder). Let this cook down until slightly browned. Once browned, add heavy cream and remove from heat. Stir together well until a thick syrup is formed.
5. Pour syrup into food processor as it is running.
6. Remove cookie butter from the food processor and store in a mason jar.
7. Spread on to your favorite foods and enjoy! Or you know, just grab a spoon and eat it right off of there like a normal person.

Makes about 1 cup of **Low Carb Cookie Butter**.

Each tablespoon comes out to be **115.2 Calories, 11.3g Fats, 1.3g Net Carbs, and 2g Protein**.



DESSERT

PEANUT BUTTER
CARAMEL MILKSHAKE

THE PREPARATION

- **7 Ice** Cubes
- **1 cup** Coconut Milk
(*unsweetened, from a carton*)
- **2 tbsp.** Peanut Butter
- **2 tbsp.** **SF Torani Salted Caramel**
- **1/4 tsp.** **Xanthan Gum**
- **1 tbsp.** **MCT Oil**

THE EXECUTION

1. In a blender, add 7 Ice Cubes, 1 cup Coconut Milk, 2 tbsp. Peanut Butter, 2 tbsp. SF Torani Salted Caramel, 1/4 tsp. Xanthan Gum, and 1 tbsp. MCT Oil. I'm using a [Ninja Blender with Mini Ninja Attachment](#).
2. Blend everything together for 1-2 minutes or until consistency is where you want it. It should be slightly thickened with a nice hint of crushed ice running through it.
3. Pour it into a glass and serve! I broke this into 2 snack-sized servings with a small sprinkle of cocoa powder on top for presentation.

This makes a total of 1 serving.

For the entire recipe, it is **366 Calories, 35g Fats, 6g Net Carbs, and 7g Protein.**



DESSERT

MCKETO STRAWBERRY MILKSHAKE

THE PREPARATION

- **3/4 cup** Coconut Milk (*from the carton*)
- **1/4 cup** Heavy Cream
- **7 Ice** Cubes
- **2 tbsp.** Sugar-free Strawberry Torani
- **1-2 tbsp.** MCT Oil
- **1/4 tsp.** Xanthan Gum

THE EXECUTION

1. Add all ingredients to a blender: 3/4 cup Coconut Milk (*from the carton*), 1/4 cup Heavy Cream, 7 Ice Cubes, 2 tbsp. Sugar-free Strawberry Torani, 1-2 tbsp. MCT Oil, and 1/4 tsp. Xanthan Gum. I'm using a [Ninja Blender with Mini Ninja Attachment](#).
2. Blend everything together for 1-2 minutes or until the consistency looks right to you.
3. Pour out and enjoy!

This makes 1 serving of [McKeto Strawberry Milkshake](#).
The totals come out to be **376 Calories, 43g Fats, 2g Net Carbs, and 0g Protein**.



DESSERT

KETO CHOCOLATE ROLL CAKE

THE PREPARATION

Chocolate Roll Cake

- **1 cup** Almond Flour
- **4 tbsp.** Butter, melted
- **3 large** Eggs
- **1/4 cup** Psyllium Husk Powder
- **1/4 cup** Cocoa Powder
- **1/4 cup** Coconut Milk
- **1/4 cup** Sour Cream
- **1/4 cup** Erythritol
- **1 tsp.** Vanilla
- **1 tsp.** Baking Powder

Cream Cheese Filling

- **8 oz.** Cream Cheese
- **8 tbsp.** Butter
- **1/4 cup** Sour Cream
- **1/4 cup** Erythritol
- **1/4 tsp.** Liquid Stevia
- **1 tsp.** Vanilla

THE EXECUTION

1. Measure out the dry ingredients into a bowl: 1 cup Almond Flour, 1/4 cup Psyllium Husk Powder, 1/4 cup Cocoa Powder, 1/4 cup Erythritol, and 1 tsp. Baking Powder.
2. Melt 4 tbsp. in the microwave, then add 1/4 cup sour cream, butter, and 3 eggs to the dry ingredients. Use a hand mixer to mix this together.
3. Add between 2 – 4 tbsp. (I used 4) coconut milk to the batter to make it so that it's more workable and spreadable.
4. Spread the batter over a silpat. It should cover the area of an entire cookie sheet. Feel free to get your hands dirty!
5. Bake for 12-15 minutes (I went for 14 minutes) at 350F.
6. Let cool slightly and start to work on the cream cheese filling.
7. In a bowl, combine 8 oz. Cream Cheese, 8 tbsp. Butter, 1/4 cup Sour Cream, 1/4 cup Erythritol, 1/4 tsp. Liquid Stevia, and 1 tsp. Vanilla. Use a hand mixer to cream together until fully incorporated.
8. Plop the cream cheese filling on top of the cake and spread evenly with a spoon.
9. Roll the cake up gently. Use a knife to scrape off any excess filling to get a clean seam on the edge of the roll.
10. Serve up with a cup of coffee for breakfast, or with some whipped cream for dessert!

This makes 12 total slices.

Each slice comes out to be **274 Calories, 25.1g Fats, 2.8g Net Carbs, and 5.3g Protein.**



DESSERT

LOW CARB CHOCOLATE BROWNIES

THE PREPARATION

- **2 cups** Almond Flour
- **1/2 cup** Unsweetened Cocoa Powder
- **1/3 cup** Erythritol
- **1/4 cup** Coconut Oil
- **1/4 cup** Maple Syrup ([recipe here](#))
- **2 large** Eggs
- **1 tbsp.** Psyllium Husk Powder
- **2 tbsp.** Torani Salted Caramel
- **1 tsp.** Baking Powder
- **1/2 tsp.** Salt

THE EXECUTION

1. Preheat oven to 350F. In the mean time, add all wet ingredients into a bowl: 1/3 cup Erythritol, 1/4 cup Coconut Oil, 1/4 cup Maple Syrup ([recipe here](#)), 2 large Eggs and 2 tbsp. Torani Salted Caramel.
2. In a separate bowl, combine all dry ingredients: 2 cups Almond Flour, 1/2 cup Unsweetened Cocoa Powder, 1 tbsp. Psyllium Husk Powder, 1 tsp. Baking Powder, and 1/2 tsp. Salt.
3. Mix together the dry ingredients as well as you can.
4. Beat the wet ingredients together using a [hand mixer](#) until a consistent mixture is formed. Pour the wet ingredients slowly into the dry ingredients, mixing with a hand mixer as you pour.
5. Press the batter into an **11x7 baking pan** and even the tops out. If it has bits of hardened coconut oil at the top, don't worry too much – this will melt as it bakes.
6. Bake the brownies for **20 minutes**.
7. Let the brownies cool, then remove from the pan.
8. Slice brownies into slices (*I do 8 total slices*) and serve. **Note:** You can add chocolate chips to the top of this when it comes out of the oven, but that is up to you and how it fits into your final macro counts.

This makes 8 total brownies.

Each brownie piece comes out to be **258 Calories, 23.7g Fats, 4.5g Net Carbs, and 8g Protein.**



DESSERT

LEMON POPPY SEED CAKE
WITH BLACKBERRY BUTTERCREAM

THE PREPARATION

The Cake

- **1 1/2 cups** Almond Flour
- **1/4 cup** Erythritol, powdered
- **2 tbsp.** Psyllium Husk Powder
- **1/2 cup** Sour Cream
- **1/3 cup** Salted Butter
- **2 large** Eggs
- **1 1/2 tsp.** Baking Powder
- **2 tbsp.** Poppy Seeds
- **Zest** of 1 Lemon
- **1 tsp.** Vanilla Extract
- **1/4 tsp.** Liquid Stevia

The Icing

- **2 tbsp.** Lemon Juice
- **1/2 cup** Erythritol, powdered
- **1/2 cup** Blackberries, strained
- **1/4 cup** Heavy Cream
- **6 tbsp.** Butter

THE EXECUTION

1. Start by putting your 1/3 cup of butter into a pan over medium heat. Preheat your oven to 350F.
2. Grind 1/4 cup erythritol in a spice grinder until powdered completely.
3. Add 1 1/2 cups Almond Flour, powdered Erythritol, 2 tbsp. Psyllium Husk Powder, 2 tbsp. Poppy Seeds and 1 1/2 tsp. Baking Powder into a bowl.
4. In a separate bowl, mix together 2 large Eggs, 1/2 cup Sour Cream, Zest of 1 Lemon, 1 tsp. Vanilla Extract and 1/4 tsp. Liquid Stevia.
5. Keep an eye on your butter until it browns, it should look a deep golden color.
6. Slowly pour the browned butter into the wet ingredients while mixing with your spoon.
7. Add dry ingredients a little bit at a time while mixing until your batter forms.
8. Grease a round cake pan (*I used an 8 inch pan*), then press your batter into the pan.
9. Bake for 20-25 minutes at 350F until the cake is golden brown on the top.
10. Let the cake cool slightly, then remove from the pan and let cool on a cooling rack.
11. Grind 1/2 cup erythritol in a spice grinder, then grind 1/2 cup Blackberries until a paste is formed (*you can use a food processor for this, or your spice grinder if you immediately clean it out*). Strain the paste into a separate container, making sure no seeds get through.
12. Add 2 tbsp. Lemon Juice and powdered Erythritol to the blackberry puree and mix together well.
13. In a separate bowl (*or clean out one of the bowl you used earlier*), beat together 6 tbsp. butter with 1/4 cup heavy cream using a hand mixer.
14. Slowly mix in the blackberry puree until a thick icing is formed.
15. Plop the icing on the cake and cover the entire cake, sides included.
16. Place in the refrigerator for 20-30 minutes, then serve!

This makes 8 total slices of cake,
each slice being **360 Calories, 34.1g Fats, 4.7g Net Carbs, and 7g Protein.**



DESSERT

CHOCOLATE CHUNK
AVOCADO ICE CREAM

THE PREPARATION

- **2 ripe** Hass Avocados
- **1 cup** Coconut Milk (from carton)
- **1/2 cup** Heavy Cream
- **1/2 cup** Cocoa Powder
- **2 tsp.** Vanilla Extract
- **1/2 cup** Erythritol, Powdered
- **25 drops** Liquid Stevia
- **6 squares** Unsweetened Baker's Chocolate

THE EXECUTION

1. Cut the 2 avocados in half, then scoop out the avocados into a bowl.
2. Add 1 cup Coconut milk (from the carton), 1/2 cup heavy cream, and 2 tsp. Vanilla Extract. Use an immersion blender so blend this mixture together until smooth and creamy.
3. In a spice grinder, grind the erythritol until powdered. Add erythritol, liquid stevia, and cocoa powder to the creamy avocado mixture and mix again.
4. Once the mixture is smooth, chop 6 squares of unsweetened baker's chocolate and add into the bowl. Use a spoon or fork to fold the chocolate in.
5. Leave the bowl in the refrigerator for 6-12 hours to completely cool. (*Hey, that's me – wave back!*)
6. About 15-20 minutes before you want to serve, assemble your ice cream machine and follow the instructions as per manufacturers notes.
7. You can store this in the freezer afterwards for a few hours to harden, but you can immediately serve for a soft-serve feel. Enjoy!

This makes a total of 6 servings.

Each serving comes out to **241 calories, 22.7g Fats, 3.7g Net Carbs, and 3g Protein.**



DESSERT

LOW CARB STRAWBERRY SHORTCAKE

THE PREPARATION

Cake Ingredients

- **2/3 cup** Almond Flour
- **1/2 cup** Butter
- **1 scoop** Unflavored Protein Powder
- **3 large** Eggs
- **1/3 cup** Erythritol
- **1 tsp.** Vanilla Extract
- **1/4 tsp.** Salt
- **1/4 tsp.** Liquid Stevia
- **2 tbsp.** Psyllium Husk Powder
- **1/2 tsp.** Baking Powder

Filling/Topping Ingredients

- **3.5 oz.** Strawberries
- **1/4 cup** Strawberry Chia Seed Jam
- **1/2 cup** Heavy Whipping Cream
- **Erythritol and Liquid Stevia** (to sweeten cream)

THE EXECUTION

1. Bring 1/2 cup butter and 3 eggs to room temperature. Preheat oven to 350F.
2. Cream butter, using a hand blender. Then, add 1/3 cup Erythritol and 1/4 tsp. Liquid Stevia and mix again.
3. Add 3 eggs and 1 tsp. Vanilla Extract to the butter mixture, then mix again. In a mesh strainer, add all dry ingredients over the wet ingredients: 2/3 cup Almond Flour, 1 scoop Unflavored Protein Powder, 1/4 tsp. Salt, 2 tbsp. Psyllium Husk Powder, and 1/2 tsp. Baking Powder.
4. Tap the sides of the mesh strainer to sift the dry ingredients over the wet ingredients.
5. Mix everything together until smooth and no lumps appear. Then, pour into a greased 7 1/2 round baking dish and smooth it out.
6. Bake for 25-30 minutes or until golden brown on the top.
7. Once mostly cooled, use a knife to dislodge the sides of the cake from the dish, flip, and remove from the baking dish. Let cool fully.
8. Slice 3.5 oz strawberries into thin slices. Then, slice the cake into 2 layers.
9. Lay the strawberries around each half of the cake, then put 2 tbsp. Strawberry Chia Seed Jam on each half.
10. Whip up the whipped cream with sweetener of your choice and dollop it between the 2 slices. Form the cake by placing one slice on top of the other, then pipe the rest of the whipped cream over the top of the cake.

This makes 6 slices in total.

Each slice comes out to be **340 Calories, 42.5g Fats, 4.6g Net Carbs, and 9.1g Protein.**



DESSERT

LOW CARB BLACKBERRY PUDDING

THE PREPARATION

- **1/4 cup** Coconut Flour
- **1/4 tsp.** Baking Powder
- **5 large** Egg Yolks
- **2 tbsp.** Coconut Oil
- **2 tbsp.** Butter
- **2 tbsp.** Heavy Cream
- **2 tsp.** Lemon Juice
- **Zest** 1 Lemon
- **1/4 cup** Blackberries
- **2 tbsp.** Erythritol
- **10 drops** Liquid Stevia

THE EXECUTION

1. Preheat oven to 350F. Then, separate the egg yolks from the whites and set aside. You can save the egg whites to make different things like [Low Carb Coconut Shrimp!](#)
2. Measure out 1/4 cup Coconut Flour, and 1/4 tsp. Baking Powder. Set aside.
3. Measure out 2 tbsp. Coconut Oil and 2 tbsp. Butter. Set aside.
4. Beat the egg yolks until they're pale in color. Then, add 2 tbsp. erythritol and 10 drops liquid stevia. Beat again until fully combined.
5. Add 2 tbsp. heavy cream, 2 tsp. lemon juice, and the zest of 1 lemon. Add the coconut and butter you had previously measured out and beat everything together until no lumps are found.
6. Sift the dry ingredients over the wet ingredients, then mix well on a slow speed.
7. Measure out the batter into 2 ramekins and lightly smush the blackberries with your finger. Distribute the blackberries evenly in the batter by pushing them into the top of the batter.
8. Bake for 20-25 minutes at 350F. Once finished, let cool for 5 minutes or so.
9. Pour some heavy whipping cream over the top and eat! It's super delicious on it's own too! You can share the ramekin with another, or eat it by yourself.

This makes 2 servings of [Low Carb Blackberry Pudding](#).

Each serving comes out to **477.5 Calories, 43.5g Fats, 5.5g Net Carbs, and 9g Protein.**

You can alternatively cut these in half and serve a half serving to people.



DESSERT

BLUEBERRY LIME JULY 4TH CAKE

THE PREPARATION

- **1 cup** Honeyville Almond Flour
- **2 tbsp.** Coconut Flour
- **1 tsp.** Baking Powder
- **5 large** Eggs, separated
- **2 tsp.** Blueberry Extract
- **1/4 cup** Fresh Blueberries
- **1/4 cup** Cream Cheese
- **2 tbsp.** Salted Butter
- **1/4 cup** NOW Erythritol
- **1/4 tsp.** Liquid Stevia
- **Zest** 1 Lime
- **Juice** 1 Lime

THE EXECUTION

1. Preheat oven to 325F. Separate the 5 eggs into 5 egg yolks in one container and 5 egg whites in the other.
2. Mix together 1 cup Honeyville Almond Flour, 1 tsp. Baking Powder, and 2 tbsp. Coconut Flour.
3. Measure out 2 tbsp. Salted Butter and 1/4 cup Cream Cheese. Set aside for the time being.
4. Using a hand mixer, beat the egg yolks until they're pale in color.
5. Add 1/4 cup Erythritol, 1/4 tsp. Liquid Stevia, 2 tsp. Blueberry Extract, and the Butter and Cream Cheese to the egg yolks. Beat again until smooth.
6. Add Zest of 1 Lime and Juice of 1 Lime to the egg yolks (*Save about 2 tsp. Lime Juice*). Beat again until smooth.
7. Sift dry ingredients into the wet ingredients. You can just use a mesh colander to do this if you're lazy like me.
8. Mix the dry ingredients well into the wet ingredients.
9. Beat the egg whites with the 2 tsp. Lime Juice until stiff peaks form. Then, fold the egg whites into the mixture.
10. Pour the batter into your loaf or cake pans, then top with 1/4 cup Blueberries. You can get these awesome disposable cake pans from Target (*Threshold Brand*).
11. Bake in the oven for 35-40 minutes or until you can cleanly remove a toothpick from the cake.
12. Let cool and serve!

This makes 2 whole cakes in total, which makes 10 slices in total.
Each slice will have **145 Calories, 12.4g Fats, 3g Net Carbs, and 6.4g Protein.**



DESSERT

KETO CHOCOLATE CHUNK COOKIES

THE PREPARATION

- **1 cup** Almond Flour
- **3 tbsp.** Unflavored Whey Protein
- **2 tbsp.** Coconut Flour
- **2 tbsp.** Psyllium Husk Powder
- **8 tbsp.** Unsalted Butter
- **2 tsp.** Quality Vanilla Extract
- **1/4 cup** Erythritol
- **10 drops** Liquid Stevia
- **1/2 tsp.** Baking Powder
- **1 large** Egg
- **5 bars** Chocoperfection (or other 95%+ Cocoa Bar)

THE EXECUTION

1. Preheat the oven to 350F. Then, mix together 1 cup Almond Flour, 3 tbsp. Unflavored Whey Protein, 2 tbsp. Coconut Flour, 2 tbsp. Psyllium Husk Powder and 1/2 tsp. Baking Powder.
2. Using a hand mixer, beat 8 tbsp. room temperature butter to a pale color. This should take about 1-2 minutes.
3. Add 1/4 cup Erythritol and 10 drops Liquid Stevia to the butter and beat again.
4. Add 1 large egg and 2 tsp. Quality Vanilla Extract to the beaten butter and beat again until well combined.
5. Sift dry ingredients over butter and mix again to combine fully. Make sure there are no lumps when you finish.
6. Chop the 5 bars of Chocoperfection (or other 95%+ Cocoa) and add to the dough. Mix together well.
7. Roll the dough into a log. Make small markings over the top of the log to ensure consistent measurements of cookies.
8. Slice off each piece of dough and roll into a ball. Lay each ball onto a silpat that is on a baking sheet.
9. Using the bottom of a mason jar, lightly press the cookies flat into circles.
10. Bake the cookies for 12-15 minutes or until a light golden brown color appears on the edges.
11. Let cool for 5-10 minutes before removing from the baking sheet.
12. Serve up with a nice glass of coconut or almond milk, and enjoy!

Makes 16 total Keto Chocolate Chunk Cookies.

Each cookie will have **118 Calories, 10.8g Fats, 1.6g Net Carbs, and 2.6g Protein.**



DESSERT

PECAN BUTTER CHIA SEED BLONDIES

THE PREPARATION

- **2 1/4 cups Pecans**, roasted
- **1/2 cup Chia Seeds**, ground
- **1/4 cup Butter**, melted
- **1/4 cup Erythritol**, powdered
- **3 tbsp. SF Torani Salted Caramel**
- **10 drops Liquid Stevia**
- **3 large Eggs**
- **1 tsp. Baking Powder**
- **3 tbsp. Heavy Cream**
- **1 pinch Salt**

THE EXECUTION

1. Preheat oven to 350F. Measure out 2 1/4 cup pecans (*I order mine from Amazon*) and bake for about 10 minutes. Once you can smell a nutty aroma, remove nuts and set aside.
2. Grind 1/2 cup **whole chia seeds** in a spice grinder until a meal forms.
3. Remove chia meal and place in a bowl. Next, grind 1/4 cup **Erythritol** in a spice grinder until powdered. Set in the same bowl as the chia meal.
4. Place 2/3 of roasted pecans in food processor.
5. Process nuts, scraping sides down as needed, until a smooth nut butter is formed.
6. Add 3 large eggs, 10 drops **liquid stevia**, 3 tbsp. **SF Salted Caramel Torani Syrup**, and a pinch of salt to the chia mixture. Mix this together well.
7. Add pecan butter to the batter and mix again.
8. Using a rolling pin, smash the rest of the roasted pecans into chunks inside of a plastic bag.
9. Add crushed pecans and 1/4 cup melted butter into the batter.
10. Mix batter well, then add 3 tbsp. Heavy cream and 1 tsp. Baking Powder. Mix everything together well.
11. Measure out the batter into a 9×9 tray and smooth out.
12. Bake for 20 minutes or until desired consistency.
13. Let cool for about 10 minutes. Slice off the edges of the brownie to create a uniform square. This is what I call “the bakers treat” – yep, you guessed it!
14. Snack on those bad boys while you get them ready to serve to everyone else. The so-called “best part” of the brownie are the edges, and that’s why you deserve to have all of it.
15. Serve up and eat to your hearts (*or rather macros*) content!

This makes 16 total **Pecan Butter Chia Seed Blondies**.
Each blondie comes out to **174 Calories, 17.1g Fats, 1.1g Net Carbs, and 3.9g Protein**.



DESSERT

CILANTRO INFUSED
AVOCADO LIME SORBET

THE PREPARATION

- **2 medium** Hass Avocados
- **1/4 cup** NOW Erythritol, Powdered
- **2 medium** Limes, Juiced & Zested
- **1 cup** Coconut Milk (*from Carton*)
- **1/4 tsp.** Liquid Stevia
- **1/4 – 1/2 cup** Cilantro, Chopped

THE EXECUTION

1. Slice avocados in half. Use the butt of a knife and drive it into the pits of the avocados. Slowly twist and pull knife until pit is removed.
2. Slice avocado half vertically through the flesh, making about 5 slices per half of an avocado. Use a spoon to carefully scoop out the pieces. Rest pieces on foil and squeeze juice of 1/2 lime over the tops.
3. Store avocado in freezer for at least 3 hours. Only start the next step 2 1/2 hours after you put the avocado in the freezer.
4. Using a **spice grinder**, powder 1/4 cup NOW Erythritol until a confectioner's sugar type of consistency is achieved.
5. In a pan, bring 1 cup Coconut Milk (*from Carton*) to a boil.
6. Zest the 2 limes you have while coconut milk is heating up.
7. Once coconut milk is boiling, add lime zest and continue to let the milk reduce in volume.
8. Once you see that the coconut milk is starting to thicken, remove and place into a container. It should have reduced by about 25%.
9. Store the coconut milk mixture in the freezer and let it completely cool.
10. Chop 1/4 – 1/2 cup cilantro, depending on how much cilantro flavor you'd like.
11. Remove avocados from freezer. They should be completely frozen along with the lime juice. The lime juice should have helped them not turn brown.
12. Add avocado, cilantro, and juice from 1 1/2 lime into the **food processor**. Pulse until a chunky consistency is achieved.
13. Pour coconut milk mixture over the avocados in the food processor. Add 1/4 tsp. **Liquid Stevia** to this.
14. Pulse mixture together until desired consistency is reached. This takes about 2-3 minutes.
15. Return to freezer to freeze, or serve immediately!

This makes 4 total servings of **Cilantro Infused Avocado Lime Sorbet**.
Each serving comes out to **180 Calories, 16g Fats, 3.5g Net Carbs, and 2g Protein**.



DESSERT

SALTED CARAMEL GLAZED
MAPLE BACON CAKE POPS

THE PREPARATION

Maple Bacon Cake Pops

6 Oz. [Burgers' Smokehouse Country Bacon](#)

5 large Eggs, separated

1/4 cup Maple Syrup
([recipe here](#))

1/2 tsp. Vanilla Extract

1/4 Cup [NOW Erythritol](#)

1/4 tsp. [Liquid Stevia](#)

1 cup [Honeyville Almond Flour](#)

2 tbsp. [Psyllium Husk Powder](#)

1 tsp. Baking Powder

2 tbsp. Butter

1/2 tsp. Cream of Tartar

Salted Caramel Glaze

5 tbsp. Butter

5 tbsp. Heavy Cream

2 1/2 tbsp. [Torani Sugar Free Salted Caramel](#)

THE EXECUTION

1. Slice 6 Oz. [Burgers' Smokehouse Country Bacon](#) into small bite size chunks.
2. Either freezing the bacon for 30 minutes prior, or using scissors normally helps with this process.
3. Heat a pan to medium-high heat and cook the bacon until crisp.
4. Once crisp, remove the bacon from the pan and allow to dry on paper towels. Save excess bacon grease to saute vegetables or other meats in it.
5. Preheat oven to 325F. In 2 separate bowls, separate the egg yolks from the egg whites of 5 large eggs.
6. In the bowl with the egg yolks, add 1/4 cup maple syrup ([recipe here](#)), 1/4 cup [erythritol](#), 1/4 tsp. [liquid stevia](#), and 1/2 tsp. vanilla extract.
7. Using a hand mixer, mix this together for about 2 minutes. The egg yolks should become lighter in color.
8. Add 1 cup [Honeyville almond flour](#), 2 tbsp. [psyllium husk powder](#), 2 tbsp. butter, and 1 tsp. baking powder.
9. Mix this again until a thick batter forms.
10. Wash off the whisks of the hand mixer in the sink to make sure all traces of fats are washed off of the whisks.
11. Add 1/2 tsp. cream of tartar to the egg whites.
12. Whisk the egg whites using a hand mixer until solid peaks form.
13. Add 2/3 crisped bacon into the cake pop batter.
14. Add about 1/3 of the egg whites into the batter and aggressively mix together.

DESSERT

SALTED CARAMEL GLAZED
MAPLE BACON CAKE POPS

15. The batter should be much less dry now. Add the rest of the egg whites and gently fold them in to the batter.
16. The result should be a light and airy batter.
17. Spoon mixture into a greased cake pop pan (*I use [this one from Nordic Ware](#)*), filling with a mound of batter that rises above the mold. Place the lid on top and bake for 20-25 minutes. You can either make 24 more cake pops, or make cupcakes with the remaining batter (same cook time, yields about 7 cupcakes).
18. Once finished, remove the cake pops and let cool.
19. As the cake pops are cooling, we need to make the sauce. You can either make this in 3 batches (as you will the cake pops) or you can make it into 1 large batch. I choose to do it 3 times. Add butter to the pan over medium-low heat and cook.
20. Cook the butter until it's browned and the bubbling stops.
21. Add heavy cream and [sugar free torani salted caramel syrup](#) to the pan.
22. The cream should bubble right away.
23. Mix everything together and continue to cook it while letting it reduce some. Once you can pull your spoon through the mixture and it slowly comes back together, that's when it's ready.
24. Poke lollipop sticks through the cake pops and dip into caramel sauce.
25. Enjoy!

This makes 36 total [Salted Caramel Glazed Maple Bacon Cake Pops](#).
Each glazed cake pop comes out to **80 Calories, 7g Fats, 0.6g Net Carbs, and 3.1g Protein**.



DESSERT

CARMEL POTS DE CRÈM

THE PREPARATION

- **1 1/2 cup** Heavy Cream
- **1/4 cup** **NOW Erythritol** (powdered)
- **1/4 tsp.** **Liquid Stevia**
- **1/4 tsp.** Salt
- **4 large** Egg Yolks
- **6 tbsp.** Water
- **1 tbsp.** **Maple Syrup**
(sub in 1 tsp. Maple Extract + 1/4 tsp. Xanthan Gum if you'd like)
- **1/2 tsp.** Vanilla Extract
- **1 tsp.** Maple Extract

THE EXECUTION

1. Preheat your oven to 300F. Start by separating the yolks of 4 eggs and setting them aside. You can save the whites to add to different cake recipes around the site.
2. Using a spice grinder (*you can pick this one up cheap*), powder 1/4 cup **NOW erythritol**. Be careful when you take the lid off because powder will float into the air.
3. Mix the powdered erythritol with 6 tbsp. water in a small saucepan.
4. Mix together 1 1/2 cups heavy cream, 1/4 tsp. **liquid stevia**, 1/4 tsp. salt, 1/2 tsp. vanilla extract, and 1 tsp. maple extract in a bigger saucepan.
5. Bring both of the mixtures to a rolling boil. Once the cream reaches a boil, stir vigorously and turn heat down to low. Occasionally stir this as you work with the other mixture.
6. Once the water and erythritol has been boiling for a minute, add 1 tbsp. **maple syrup**. If you don't want to make the whole maple syrup recipe for 1 tbsp., you're welcome to sub in 1 tsp. Maple Extract + 1/4 tsp. **Xanthan Gum** if you'd like.
7. Whisk egg yolks well with a whisk until lighter in color.
8. Continue boiling the water and erythritol mixture until it has reduced some and a watery syrup is formed.
9. Pour the water and erythritol mixture into the heavy cream and stir to combine.
10. Slowly pour 1/4 of the cream mixture into the egg yolks while mixing. You want to temper the egg yolks so make sure you add slowly and not too much at once.
11. Measure out the mixture between 4 or 6 ramekins depending on the size of the ramekin.
12. Fill baking sheet 2/3 of the way with water. Put your ramekins in the water and bake at 300F for 40 minutes.
13. Take out of the oven and let cool for 10-15 minutes. You can not refrigerate them if you'd like them to be more of a light custard or pudding texture. You can eat them warm for a velvety soft and smooth texture.
14. Who are we kidding? Serve them up!

This made 4 servings, but you are welcome to divide them into smaller servings.
Each serving was **359 Calories, 34.9g Fats, 3g Net Carbs, and 2.8g Protein.**



DESSERT

ALMOND BUTTER CHIA SQUARES

THE PREPARATION

- **1/2 cup** Raw Almonds
- **1 tbsp. + 1 tsp.** Coconut Oil
- **4 tbsp.** NOW Erythritol
- **2 tbsp.** Butter
- **1/4 cup** Heavy Cream
- **1/4 tsp.** Liquid Stevia
- **1 1/2 tsp.** Vanilla Extract
- **1/2 cup** Unsweetened Shredded Coconut Flakes
- **1/4 cup** Chia Seeds
- **1/2 cup** Coconut Cream
- **2 tbsp.** Coconut Flour

THE EXECUTION

1. Add 1/2 cup Raw Almonds to a pan and toast for about 7 minutes on medium-low heat. Just enough so that you start to smell the nuttiness coming out.
2. Add the nuts to the food processor and grind them.
3. Once they reach a mealy consistency, add 2 tbsp. NOW Erythritol and 1 tsp. Coconut Oil.
4. Continue grinding almonds until almond butter is formed.
5. In a pan, melt 2 tbsp. Butter on medium heat while stirring. Do this until the butter is browned.
6. Once butter is browned, add 1/4 cup Heavy Cream, 2 tbsp. NOW Erythritol, 1/4 tsp. Liquid Stevia, and 1 1/2 tsp. Vanilla Extract to the butter. Turn heat to low and stir well as the cream bubbles.
7. Grind 1/4 Cup Chia Seeds in a spice grinder until a powder is formed.
8. Begin toasting chia seeds and 1/2 Cup Unsweetened Shredded Coconut Flakes in a pan on medium low. You want the coconut to just slightly brown.
9. Add almond butter to the butter and heavy cream mixture and stir it in well.
10. Let it cook down into a paste.
11. In a square (or whatever size you want) baking dish, add the almond butter mixture, toasted chia and coconut mixture, and 1/2 Cup Coconut Cream. You can add the coconut cream to a pan to melt it slightly before adding it.
12. Add 1 tbsp. Coconut oil and 2 tbsp. Coconut Flour and mix everything together well.
13. Using your fingers, pack the mixture into the baking dish well.
14. Refrigerate mixture for at least an hour and then take it out of the baking dish. It should hold form now.
15. Chop the mixture into squares or any shape you'd like and put back in the refrigerator for at least a few more hours. You can use excess mixture to form more squares, but I ate it instead.
16. Take out and snack on it as you want!

This makes 14 total **Almond Butter Chia Squares**.

Per square, it is **120 Calories, 11.1g Fats, 1.4g Net Carbs, and 2.4g Protein**.

That's 83% fats, 5% carbs, and 8% protein.



DESSERT

LOW CARB KEY LIME CHEESECAKES

THE PREPARATION

Cheesecake Crust

- **1/2 cup** Macadamia Nuts
- **1/2 cup** Honeyville Almond Flour
- **1/4 cup** Cold Butter
- **1/4 cup** NOW Erythritol
- **1 large** Egg Yolk

Key Lime Filling

- **8 oz.** Cream Cheese
- **1/4 cup** Butter
- **1/4 cup** NOW Erythritol
- **1/4 tsp.** Liquid Stevia
- **1-2 tbsp.** Key Lime Juice (about 2 Key Limes – fresh is best)
- **2 large** Eggs
- **Zest** of 2 Key Limes

THE EXECUTION

1. Preheat your oven to 350F. In a food processor, add the 1/2 cup of macadamia nuts.
2. Grind the nuts into a coarse meal consistency, then add 1/4 cup of NOW erythritol.
3. Pulse for a few moments and then add 1/2 Cup Honeyville almond flour.
4. Pulse again until all is combined.
5. Cube 1/4 cup cold butter and add that into the food processor. Pulse again until the mixture starts to clump.
6. Add 1 egg yolk and pulse again until all of the dough clumps.
7. Remove the dough from the food processor and knead together with your hands.
8. Using some silicone cupcake molds (or just a regular greased cupcake tin), fill the wells about 1/8 to 1/4 of the way full. This depends on how thick you like your crust. If you make the crust thin, you will be able to make more cheesecake cupcakes.
9. Bake the crust for 5-7 minutes at 350F. They shouldn't be browned when you take them out, they will look greasy and undercooked.
10. While the crust is cooking, beat together 1 block of cream cheese (8 oz.) and 1/4 cup butter.
11. Once the butter and cream cheese is combined, add the 2 eggs and mix again.
12. Add 1/4 Cup NOW erythritol and 1/4 tsp. liquid stevia then mix again.
13. Finally, add the zest of about 2 key limes and the juice from 2 (this is about 2 Tbsp. of juice). Mix again until fully combined.
14. Once the crusts are out of the oven, let them cool for 3-5 minutes and then pour the mixture into the molds. Fill them so they leave some space at the top because they will rise as they cook and can spill over.
15. Bake the cheesecakes for 30-35 minutes at 350F.
16. Cool the cheesecakes for 20-30 minutes and then store in the fridge overnight.
17. Add some extra key lime zest over the top and serve!

This makes 12 total **Key Lime Cheesecakes**.

Each cheesecake has **226 Calories, 20.8g Fats, 2.2g Net Carbs, and 4.2g Protein**.



DESSERT

ITALIAN LEMON SPONGE CAKE

THE PREPARATION

Italian Sponge Cake

- **1 cup** Honeyville Almond Flour
- **1 tsp.** Baking Powder
- **1/4 tsp.** Salt
- **5 large** Eggs, Separated
- **1 tsp.** Vanilla
- **1 tsp.** Almond Extract
- **1/4 cup** NOW Erythritol
- **1/4 tsp.** Liquid Stevia
- **Zest** 1/2 Lemon
- **2 tbsp.** Olive Oil
- **1/2 tsp.** Cream of Tartar
(for egg whites)

Raspberry Lemon Icing

- **4 tbsp.** Butter
- **4 tbsp.** Heavy Cream
- **1/3 cup** Fresh Raspberries
- **Juice** 1/2 Lemon

THE EXECUTION

1. Preheat your oven to 325F. Separate your 5 eggs and mix together all the dry ingredients except for the cream of tartar. That's 1 cup Honeyville Almond Flour, 1 tsp. Baking Powder, 1/4 tsp. Salt, and 1/4 cup NOW Erythritol.
2. Mix your egg yolks with 1 tsp. Vanilla, 1 tsp. Almond Extract, and 1/4 tsp. Liquid Stevia.
3. Slowly add your dry ingredients into the wet ingredients and set aside for a moment.
4. In another mixing bowl, whip the 5 egg whites and 1/2 tsp. Cream of Tartar until stiff peaks form.
5. Add the zest from 1/2 a lemon into the egg whites and continue mixing again.
6. Fold all of the egg whites into the dough slowly. About 1/3 at first, and then the rest. Once your cake batter is formed, put them into cupcake molds or cake molds.
7. Bake the cakes for 25 minutes or until they've risen and a toothpick comes out clean.
8. While the cake is cooking, add 4 tbsp. Butter to a pan and let it melt.
9. Let it melt until it's all the way browned.
10. Once the butter is browned, add your 4 tbsp. heavy cream and raspberries and mix together.
11. Mash the raspberries up if you need to and let the sauce reduce.
12. Let the icing cool while the cakes cool and then ice the cakes!

This made a total of 3 cakes.

Each cake came out to **414 Calories, 38g Fats, 5.4g Net Carbs, and 18g Protein.**

With the icing, each cake came out to **622 Calories, 59.3g Fats, 7.1g Net Carbs, and 18g Protein.**

You can easily cut the cakes into halves or make them in a cupcake for easy serving!



DESSERT

ULTIMATE KETO COFFEE CAKE

THE PREPARATION

Base

- **6 Large** Eggs, Separated
- **6 Oz.** Cream Cheese
- **1/4 Cup** Erythritol
- **1/4 tsp.** Liquid Stevia
- **1/4 Cup** Unflavored Protein Powder
- **2 tsp.** Vanilla Extract
- **1/4 tsp.** Cream of Tartar

Filling

- **1 1/2 Cup** Almond Flour
- **1 Tbsp.** Cinnamon
- **1/2 Stick** Butter
- **1/4 Cup** Maple Syrup ([recipe here](#))
- **1/4 Cup** Erythritol

THE EXECUTION

1. Preheat your oven to 325F. If you're using a glass baking dish, use 300F.
2. Separate the eggs from the egg whites for all 5 eggs. Cream together the egg yolks with 1/4 Cup Erythritol and 1/4 tsp. Liquid Stevia.
3. Once the egg yolks are creamed, add 6 Oz. Cream cheese and 1/4 Cup Unflavored Protein Powder. Mix this together well until a thick batter forms.
4. Beat your egg whites together with the 1/4 tsp. Cream of Tartar until stiff peaks form.
5. Fold the egg whites into the egg yolk mixture, doing 1/2 of the egg whites first and then the other half. Pour the batter into a round cake pan.
6. Mix together all of the "Filling" ingredients: 1 1/2 Cup Almond Flour, 1 Tbsp. Cinnamon, 1/2 Stick Butter, 1/4 Cup Maple Syrup ([recipe here](#)), and 1/4 Cup Erythritol. This should form a "dough" of sorts. Take half and rip off little pieces to top the cake – push the pieces down if they don't sink on their own.
7. Bake for 20 minutes and then top with the rest of the cinnamon filling. Bake for another 20-30 minutes until a toothpick comes out clean. Let cool for 20 minutes before removing from the cake pan.

This will make 8 total slices of **Ultimate Keto Coffee Cake**, each slice coming out to **257 Calories, 26.7g Fats, 3.8g Net Carbs, and 12.8g Protein.**

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