

KETO

MEAL

PLAN

for

30

DAYS



BONUS (Desserts & Sauces)

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MEAT SCRAMBLED EGGS

WEEK 1 - BREAKFAST

INGREDIENTS

- Beef minced meat 2.8 oz. (80g)
- Butter 0.5 oz. (15g)
- Chicken egg 9 oz. (250g)
- Cheese 0.9 oz. (25g)
- Mayonnaise 0.4 oz. (10g)
- Greens to taste

Per 1 serving:

Protein : 52,16

Fat : 69,67

Carbs : 2,38

METHOD

1. Preheat oven to 392°F (200°C). Place a frying pan on medium heat, fry the mince with spices to taste.
2. Set aside the minced meat when ready.
3. Add the butter to the pan. Allow it to melt, then remove the pan from the heat and place it on top of a towel or oven. Make sure the inside of the pan is evenly coated with butter.
4. Cracked eggs open right into the pan. Sprinkle with salt and pepper. Place a few spoonfuls of minced meat on top of the eggs.
5. Sprinkle cheese evenly on top of the dish, then bake.
6. Bake for 15-20 minutes Serve warm with avocado, sour cream and, if desired, cilantro.



OMELET WITH BACON

WEEK 1 - BREAKFAST

INGREDIENTS

- Chicken eggs 3 pcs.
- Bacon 2-3 strips
- Greens 0.4 oz. (10g)
- Any cheese 1 oz. (30g)

Per 1 serving:

Protein : 42,64

Fat : 56,74

Carbs : 1,66

METHOD

1. Cook bacon until crispy, place on a napkin.
2. Beat eggs with greens, pour into pan.
3. Stir until cooked, then crumble cheese into skillet.
4. Season with salt and pepper and remove from heat.
5. Place omelet and bacon on a plate.
6. Bon appetit!



OMELETTE

WEEK 1 - BREAKFAST

INGREDIENTS

- Strips of bacon 5 pcs.
- Butter 0.2 oz. (5g)
- Large eggs 2 pcs.
- Hard cheese 1 oz. (30g)
- Green onions to taste
- Salt and pepper to taste

Per 1 serving:

Protein :31,7

Fat : 46,35

Carbs : 1,74

METHOD

1. Heat a skillet with shredded bacon over medium heat. Add eggs and season with green onions, salt and pepper.
2. When the edges are set, add the bacon to the center and let stand for another 20-30 seconds. Then turn off the heat on the stove.
3. Add the cheese in the center on top of the bacon. Then take the two edges of the omelet and fold them over the cheese.
4. Hold the edges down a bit, as the cheese should partially melt to act as "glue" to hold them in place.
5. Do the same with the rest of the edges, then flip them over and let cook for a bit longer in the warm pan.
6. After cooking, you can add more herbs to taste.
7. Bon appetit!



BACON POACHED PASTA

WEEK 1 - BREAKFAST

INGREDIENTS

- Large eggs 2 pcs.
- Bacon strips 3 pcs.
- Red onion, sliced 1 pc.
- Peking cabbage leaves
- Ground red pepper 1-4 tsp.
- Salt to taste

Per 1 serving:

Protein : 30,18

Fat : 42,65

Carbs : 2,9

METHOD

1. Take fresh eggs, beat them gently in a separate bowl. Using a whisk, make a funnel in a pan of water: in this whirlpool, the egg white and yolk will not flow.
2. Dip the egg into the pot not into the funnel itself, but closer to the wall. Cook for 2 to 3 minutes. Then gently remove the egg with a slotted spoon.
3. Slice the bacon and fry in a pan.
4. Slice the onion into strips and place on a bed of spinach.
5. Once poached eggs are cooked, place them on top, seasoning with paprika.
6. Bon appetit!



INGREDIENTS

- *Stuffing* 3.5 oz. (100g)
- *Fried egg* 9 oz. (250g)
- *Mayonnaise* 0.4 oz. (10g)
- *Greens* to taste
- *Seasonings* to taste

Per 1 serving:

Protein : 36,36

Fat : 44

Carbs : 1,31

METHOD

1. *Season stuffing. Form cutlets. Fry on a pan. Set aside after cooking.*
2. *Heat frying pan over low heat, beat eggs, cover.*
3. *After egg white and yolk become a little liquid, cut out a circle with a spatula and put the circle of egg on the cutlet.*
4. *Do the same with each egg. You can add greens and mayonnaise.*
5. *Bon appetit!*



STUFFED PEPPER

WEEK 1 - BREAKFAST

INGREDIENTS

- Red pepper 3.5 oz. (100g)
- Ground beef 5.3 oz. (150g)
- Cheese 1 oz. (30g)
- Tomato 3.5 oz. (100g)
- Mayonnaise 0.7 oz. (20g)

Per 1 serving:

Protein : 36,6

Fat : 59,14

Carbs : 9,68

METHOD

1. *Bulgarian bell pepper, a large, we divide into 2 parts, free from the core. Wash and dry. Heat the oven to 356°F (180°C) degrees.*
2. *Fry minced meat in a pan, salt, pepper, add spices and chopped greens. Stuff the peppers with the stuffing and put them in a baking dish.*
3. *On each pepper put a slice of tomato, top with a slice of cheese. The cheese slice should not cover the whole pepper, it should be smaller. This way the cheese won't drip down to the bottom of the mold when it melts.*
4. *Add 4 cups of water to the bottom of the mold, to cover the bottom just a little bit.*
5. *Bake at 356°F (180°C) , 30-40 minutes.*



INGREDIENTS

- Lettuce 3 pcs.
- Chicken eggs 3-4 pcs.
- Bacon 2-3 strips
- Avocado 0.5 pc.
- Tomato 0.5 pc.

Per 1 serving:

Protein : 35,28

Fat : 54

Carbs : 5,96

METHOD

1. *Prepare bacon and cut into pieces. Whisk eggs and fry in pan, stirring.*
2. *Cut the tomato and avocado into cubes.*
3. *Place in a bowl, add olive oil, salt and pepper. Gently stir it up.*
4. *Place dense inner lettuce leaves on a serving platter as a taco shell.*
5. *Fill with omelettes and bacon, avocado and tomato cubes.*
6. *Greens may be added.*



CHAHAHBILLI WITH CHICKEN

WEEK 1 - BREAKFAST

INGREDIENTS

- Chicken thighs 9 oz. (250g)
- Butter 82% 1.4 oz. (40g)
- Tomatoes 3.2 oz. (90g)
- Onions 0.7 oz. (20g)
- Fresh cilantro, parsley, basil

Per 1 serving:

Protein : 44,6

Fat : 58,66

Carbs : 7,64

METHOD

1. Well heat a deep frying pan, put the chicken pieces in it. Roast for 10-15 minutes over medium heat, so that they are evenly crusted.
2. Tomatoes are washed, scalded with boiling water, remove the skin. Cut into small cubes and add to the chicken. Cover and stew for 8-10 minutes.
3. Onion cut into quarter rings. Melt the butter in a separate pan and fry the onions until golden, then add them to the chicken and tomatoes.
4. Wash and dry the herbs, then finely chop them.
5. Peel the garlic, chop it.
6. Add herbs, garlic and chopped bread to the pan with chakhobbili.
7. Salt to taste.



EGG AND BACON IN A MOLD

WEEK 1 - BREAKFAST

INGREDIENTS

- Red pepper 1.2 oz. (35g)
- Green pepper 1.2 oz. (35g)
- Bacon 1.4 oz. (40g)
- Feta cheese 0.4 oz. (10g)
- Chicken eggs 7 oz. (200g)

Per 1 serving:

Protein : 37,92

Fat : 42,75

Carbs : 5,7

METHOD

1. Preheat oven to 392°F (200°C).
2. Heat a skillet over medium heat and fry the bacon slices for 3 to 4 minutes. Bacon should not be cooked to a crispy crust. Season with salt and pepper. Put out on paper towels. If we use smoked bacon, we do not fry it.
3. In the same pan, cook the bell peppers until soft.
4. Prepare a muffin tin or muffin tin. Lay the peppers on the bottom, around each form place slices of bacon (inside), then some grated cheese and gently break an egg into each form, keeping the yolks intact. Season with salt and pepper.
5. We send the eggs in bacon to bake in the oven for 10-15 minutes. We take out, carefully cut edges of forms with a knife, put eggs on plates and serve.
6. on plates and serve.
7. Bon appetit!!!



EGG ROLL

WEEK 1 - BREAKFAST

INGREDIENTS

- Chicken eggs 3 pcs.
- Hard cheese 1 oz. (30g)
- Red pepper 1.8 oz. (50g)
- Parsley/greens to taste
- Mayonnaise 0.7 oz. (20g)
- Olive oil 1 Cup

Per 1 serving:

Protein : 29,3

Fat : 51,4

Carbs : 5,02

METHOD

1. *Knead eggs, salt and pepper. Mix with chopped greens, cheese, and bell pepper.*
2. *Pour a ladleful of egg mixture onto a heated greased baking pan. As the egg mixture starts to set, roll up, but not all the way through. Fill the empty space with egg mixture again, but half a spoonful.*
3. *As soon as the pancake sets, we roll it up. Do the same with all the eggs.*
4. *At the end, we add heat and brown the egg roll on all sides.*
5. *Slice with a sharp knife. Serve with mayonnaise/sauce.*



BEEF WITH CREAM SAUCE

WEEK 1 - LUNCH

INGREDIENTS

- White onion, sliced 1 pc.
- Pork or beef fillet steak
- Cup of heavy cream
- Ground pepper - 2 Tbsp.
- Salad leaves to taste

Per 1 serving:

Protein : 48,35

Fat : 54,09

Carbs : 5,23

METHOD

1. In an oiled skillet over medium heat, fry onion until Transparency and set aside.
2. Turn the heat on high and when the pan is hot, fry the fillets for 5 minutes on each side. Then cut the fillet into strips. Cut the steak into strips.
3. Put the onions and steaks back into the skillet with the cream and pepper. Salt to taste.
4. Cook over low heat for 5 minutes and serve on a plate with a salad.



MUSHROOM SOUP

WEEK 1 - LUNCH

INGREDIENTS

- Chicken broth 4 cups
- Onions 1-2 medium sized diced.
- White or brown mushrooms, sliced
- Boneless chicken thighs
- Cup of heavy cream

Per 1 serving:

Protein : 56,54

Fat : 56,1

Carbs : 10,76

METHOD

1. Add chicken broth, onions and mushrooms to saucepan over medium heat.
2. After boiling, reduce heat to Simmer for 30 minutes. Season with salt and pepper to taste.
3. Pan fry the chicken over medium heat until tender, about 6 minutes, then shred.
4. Add the chicken thighs and heavy cream to the pan and cook for another 10 minutes.
5. Enjoy!



CLASSIC SPICED EGGS

WEEK 1 - LUNCH

INGREDIENTS

- Eggs 3 pcs.
- Shallot, finely diced 1 pc.
- Dijon mustard - 1 Tbsp.
- Mayonnaise - 1.4 oz. (40g)
- Lime Juice to taste

Per 1 serving:

Protein : 40,43

Fat : 61,6

Carbs : 7

METHOD

1. Boil the hard-boiled eggs.
2. Peel and halve boiled eggs, removing yolks to a large bowl. Set whites aside.
3. Add onion, spices, mayonnaise, lemon or lime juice, salt and pepper. Mash until smooth.
4. Spread the egg yolk mixture back into the egg whites.
5. Bon appetit!



CHICKEN CASSEROLE

WEEK 1 - LUNCH

INGREDIENTS

- Chicken thighs 10.5 oz. (300g)
- Broccoli 3.5 oz. (100g)
- Mayonnaise 1.8 oz. (50g)
- Grated hard cheese 1 oz. (30g)
- Hot pepper (jalapeno) to taste

Per 1 serving:

Protein : 75,68

Fat : 75,75

Carbs : 6,89

METHOD

1. Roast the chicken thighs in a well-greased frying pan over medium heat until tender. Chop them with two forks or meat grinder.
2. Slice broccoli florets and mix with chicken, mayonnaise, grated cheese, salt and pepper in a tall pan. Bake for 25 minutes at 320°F (160°C).
3. In the last 5 minutes of baking, top with remaining cheese slices and jalapeños if desired.
4. Bon appetit!



CHICKEN CUTLETS WITH CABBAGE AND SAUCE

WEEK 1 - LUNCH

INGREDIENTS

- *Ground chicken* 7 oz. (200g)
- *Mayonnaise* 1.4 oz. (40g)
- *Broccoli or cauliflower* - 3.5 oz. (100g)
- *Hard cheese* 1 oz. (30g)
- *Onions* 0.35 oz. (10g)
- *Chicken egg* 1 pc.
- *Olive oil* 0.35 oz. (10g)
- *Greens to taste*

Per 1 serving:

Protein : 60,56

Fat : 73,48

Carbs : 7,92

METHOD

1. *Mix green onions, dill, cheese, egg, salt and pepper into minced meat.*
2. *Form cutlets.*
3. *Heat a frying pan. Fry the cutlets over medium heat for a few minutes on each side. They should be cooked and browned when done.*
4. *In the meantime, roast or boil the broccoli (cauliflower).*
5. *Serve vegetables with cutlets under mayonnaise with greens.*
6. *Bon appetit!*



CHICKEN CURRY SOUP

WEEK 1 - LUNCH

INGREDIENTS

- Diced white onions 2 pc.
- Skinless chicken thighs 7 oz. (200g)
- Fat sour cream 1.4 oz. (40g)
- Green beans 3.5 oz. (100g)
- Curry powder 1 Tbsp.

Per 1 serving:

Protein : 46,05

Fat : 48,18

Carbs : 8,48

METHOD

1. In an oiled frying pan over medium heat, fry the onion until transparent.
2. In a high skillet, fry chicken thighs over high heat, 3-5 on each side.
3. Then shred them using two forks.
4. Add the onions, sour cream, beans, curry, salt and pepper to the chicken in the pan and cook over low heat for 20 minutes.
5. The chicken should be fully cooked and the green beans tender.
6. Enjoy!



SALAD WITH AVOCADO AND CHICKEN

WEEK 1 - LUNCH

INGREDIENTS

- Chicken thighs
- Avocado 1 pc.
- Tomatoes 2 pcs.
- Handful of lettuce 1
- Olive oil 0.33 oz.(10g)
- Lime or lemon juice to taste

Per 1 serving:

Protein : 46,01

Fat : 52,26

Carbs : 10,11

METHOD

1. Roast chicken thighs until fully cooked, about 5-8 minutes on each side.
2. Dice avocado and tomatoes. Shred the lettuce into bite-sized pieces.
3. Shred the chicken thighs, using two forks, and put everything in a large salad bowl.
4. Season with salt and pepper to taste and add the juice of a whole lime.
5. Toss and enjoy!



SEAGULL SALAD

WEEK 1 - LUNCH

INGREDIENTS

- Strips of bacon 4 pcs.
- Sliced lettuce leaves
- Large hard-boiled eggs 2 pcs.
- Small avocado 1 pc.
- Mayonnaise - 3 Tbsp.

Per 1 serving:

Protein : 35,28

Fat : 74,84

Carbs : 7,68

METHOD

1. Roast the sliced bacon in a pan over medium heat until you get crispy bite sized pieces.
2. At the same time, make a bed of lettuce leaves in a bowl.
3. Chop the eggs and avocado and distribute them evenly on the bed of lettuce.
4. Add slices of fried bacon on top.
5. Fill with mayonnaise and enjoy!



SOUP WITH CAULIFLOWER AND BACON

WEEK 1 - LUNCH

INGREDIENTS

- Cauliflower 3.5 oz. (100g)
- White onion, diced 1 pc.
- Small carrot, shredded 1 pc.
- Fat sour cream 2.5 oz. (65g)
- Bacon 3.5 oz. (100g)

Per 1 serving:

Protein : 27,88

Fat : 71,31

Carbs : 12,81

METHOD

1. *Slice the cauliflower and add to a greased pan with onions and carrots.*
2. *Season and cook until onions are translucent and other vegetables are soft.*
3. *Add 4 cups water and bring to a boil. Reduce the heat after boiling for! an hour, stirring occasionally.*
4. *In the last few minutes, mix in the sour cream.*
5. *Fry the bacon strips until crispy, slice them and add to each soup bowl when serving.*



POACHED EGGS WITH VEGETABLES

WEEK 1 - LUNCH

INGREDIENTS

- *White mushrooms 5.5 oz. (150g)*
- *Asparagus pods or green beans 10 pcs.*
- *Grilled bacon or ground beef*
- *Chopped tomato 1 pc.*
- *Large hard-boiled eggs 2 pcs.*

Per 1 serving:

Protein : 40,43

Fat : 61,6

Carbs : 7

METHOD

1. *Chop mushrooms and place together with asparagus in pan.*
2. *Drizzle with oil and fry for 4-6 minutes or lightly fry.*
3. *Fry bacon or minced meat.*
4. *Mix the roasted vegetables and fresh tomatoes on a plate and season with salt and pepper.*
5. *Add cooked bacon or minced meat and top with poached egg.*
6. *Enjoy!*



BEEF WITH GREEN CABBAGE

WEEK 1 - DINNER

INGREDIENTS

- Broccoli 3.5 oz. (100g)
- Garlic clove 1 pc.
- Ground beef 7 oz. (200g)
- Grated mozzarella 1.5 oz. (40g)
- Big egg 1 pc.

Per 1 serving:

Protein : 53,65

Fat : 57,67

Carbs : 6,87

METHOD

1. *Slice broccoli and stir-fry in a greased pan over high heat for 5-8 minutes.*
2. *Crush the garlic and add it. Cook the aromatic and soften the broccoli.*
3. *Add ground beef stir it with a wooden spoon until tender.*
4. *Add cheese and egg and mix well.*
5. *Season with salt and pepper to taste and serve.*
6. *Enjoy!*



INGREDIENTS

- Chicken thighs 7 oz. (200g)
- Cauliflower 7 oz. (200g)
- Greens to taste
- Butter 1.5 oz. (45g)
- Spices to taste

Per 1 serving:

Protein : 47,91

Fat : 59,5

Carbs : 11,31

METHOD

1. Fry chicken thighs with garlic and spices.
2. Prepare the rice. For this, shred the cauliflower with a blender or on a river. Heat the oil (you can fry the garlic until fragrant).
3. Add the "rice" from the cabbage, turmeric, salt and pepper.
4. Cook until soft, stirring occasionally. Do not cover.
5. Add chopped greens.
6. Bon appetit!



INGREDIENTS

- Chicken thighs 10.5 oz. (300g)
- Lemon to taste
- Garlic cloves, thin slices 2 pcs.
- Olive oil 4 Tbsp.
- Zucchini 7 oz. (200g)

Per 1 serving:

Protein : 66,02

Fat : 73,36

Carbs : 11,18

METHOD

1. Season chicken thighs with lemon juice, salt and pepper.
2. Slice garlic on top and place thighs on greased baking tray. Bake at 350°F for 25 minutes.
3. Slice zucchini and fry in olive oil until softened.
4. Add another tablespoon of butter to the zucchini and fry for 5 minutes.
5. Enjoy the chicken fillet with the fried zucchinis.



SPICY WINGS WITH GREEN SALAD

WEEK 1 - DINNER

INGREDIENTS

- Chicken wings 8.5 oz. (240g)
- Hot sauce without sugar or paprika
- Olive oil 2 Tbsp.
- Green salad to taste
- Mayonnaise 1.5 oz. (35g)

Per 1 serving:

Protein : 47,16

Fat : 52,73

Carbs : 0,91

METHOD

1. Season chicken wings with spices.
2. Put into the oven at high temperature for 16 minutes, turning them over after 8 minutes.
3. Melt butter and hot sauce in a frying pan over low heat.
4. After cooking, toss the wings in the pan with the melted sauce.
5. Serve with salad, with mayonnaise.



INGREDIENTS

- *Ground beef 7 oz. (200g)*
- *Green pepper 3 oz. (85g)*
- *Tomato paste 1 oz. (30g)*
- *Paprika to taste*
- *Greens to taste*

Per 1 serving:

Protein : 36,25

Fat : 40,09

Carbs : 10,88

METHOD

1. *Slice bell peppers and roast over medium heat until tender.*
2. *Add minced meat to the pot and break it up into small pieces with a wooden spoon.*
3. *Cook beef until brown, adding spices and tomato paste.*
4. *After cooking you can add herbs, mayonnaise.*
5. *Bon appetit!*



INGREDIENTS

- White onions diced 4 pcs.
- White mushrooms 10.5 oz. (300g)
- Olive oil 2 Tbsp.
- Fat cream 1.8 oz. (50g)
- Pork chops 7 oz. (200g)

Per 1 serving:

Protein : 51,42

Fat : 55,76

Carbs : 8,42

METHOD

1. Start by frying the onions in a pan until they are translucent.
2. Then add the mushrooms and butter and cook until the mushrooms are cooked through, add heavy cream and cook until it thickens, about 10 minutes.
3. In another saucepan, cook pork chops for 5-7 minutes each side.
4. Serve with the mushroom sauce.



PORK WITH CAULIFLOWER RICE

WEEK 1 - DINNER

INGREDIENTS

- *Pork chops 7 oz. (200g)*
- *Cauliflower 7 oz. (200g)*
- *Greens to taste*
- *Spices to taste*

Per 1 serving:

Protein : 44,11

Fat : 51,7

Carbs : 11,12

METHOD

1. *Take a piece of meat, cut into small steaks, salt and pepper it (I think any spice is unnecessary).*
2. *Grill each side of the steak on a pan to the degree of cooking you like.*
3. *Prepare the rice. For this, shred the cauliflower with a blender or on a river. Heat the oil (you can fry the garlic until fragrant).*
4. *Add the "rice" from the cabbage, turmeric, salt and pepper. Cook until soft, stirring occasionally. Do not cover.*
5. *Add chopped greens.*



PORK WITH BEANS

WEEK 1 - DINNER

INGREDIENTS

- *Pork steaks 10.5 oz. (300g)*
- *Green beans 5.5 oz. (150g)*
- *Butter 0.7 oz. (20g)*
- *Spices to taste*

Per 1 serving:

Protein : 51

Fat : 65,1

Carbs : 5,4

METHOD

1. *Take a piece of meat, cut into small steaks, salt and pepper it (I think any spice is unnecessary).*
2. *Roast on each side of the pan to the level of cooking you like.*
3. *Roast beans until soft.*
4. *Put everything on a plate. You can add mayonnaise and greens to taste.*
5. *Bon appetit!*



MEATBALLS WITH ZUCCHINI

WEEK 1 - DINNER

INGREDIENTS

- Ground beef 7 oz. (200g)
- Chicken egg 1 pc.
- Hard cheese 1.5 oz. (35g)
- Zucchini 3.5 oz. (100g)

Per 1 serving:

Protein : 49,79

Fat : 56,08

Carbs : 5,05

METHOD

1. Add spices, egg and cheese to the filling. Shape meatballs.
2. While the meatballs are frying you can add sour cream and fry on low heat.
3. Slice the zucchini into thin slices into noodles and cook them in a lightly oiled pan for no more than 2 minutes, stirring continuously.
4. Place the cooked meatballs on a bed of zucchini. You can add mayonnaise and greenery.
5. Bon appetit!



COD WITH VEGETABLES

WEEK 1 - DINNER

INGREDIENTS

- Cod Fillet 7 oz. (200g)
- Olive oil 2 Tbsp.
- Marinara 0.5 cup
- Bay leaves 3 pcs.
- Beans 5.5 oz. (150g)

Per 1 serving:

Protein : 38,88

Fat : 39,64

Carbs : 5,92

METHOD

1. Heat the olive oil in a skillet over medium heat.
2. Add the bay leaf, salt, pepper and a cup of water. Allow this to simmer for 5 minutes and then add sour cream or heavy cream.
3. Turn down the flame and add the cod-fish. Cover and simmer for about 10 minutes, turning the pieces.
4. In another skillet, roast the beans over medium heat for 10 minutes.
5. Once the cod is cooked and opaque, serve it with the green beans and enjoy!



BACON ROLL WITH CHEESE

WEEK 2 - BREAKFAST

INGREDIENTS

- Large eggs 6 pcs.
- Cream 2 Tbsp.
- Garlic powder 1/4 tsp.
- Salt to taste
- Ground Black pepper to taste
- Butter 1 Tbsp.
- Chopped fresh green onions 1 Tbsp.
- Slices of bacon 18 pcs.
- Grated cheese to taste

For 2 servings:

Protein : 97

Fat : 144

Carbs : 4

METHOD

1. In a large bowl, whisk eggs, cream and garlic powder and season with salt and pepper.
2. Whisk everything with a whisk. In a shallow skillet over medium heat, melt butter.
3. Add the eggs and stir for 3 minutes, then add the green onions. Place three strips of bacon on a cutting board.
4. Sprinkle the bottom third with cheese and top with a large spoonful of scrambled eggs. Roll up tightly. Repeat with remaining cheese and eggs.
5. Heat a skillet and place the bacon rolls, rolled seam-side down. Cook until crispy on all sides, then transfer to a plate lined with paper towel to drain the fat.
6. Bon appetit!



INGREDIENTS

- Slices of bacon 10 pcs.
- Bacon fat 2 Tbsp.
- Spinach or salad leaves 4 cups
- Large eggs 4 pcs.
- Hard cheese to taste
- Heavy cream 2 Tbsp.
- Salt 1 tsp.
- Ground black pepper quarter tsp.

For 2 servings:

Protein : 60

Fat : 96

Carbs : 3

METHOD

1. Preheat oven to 392°F (200°C) . Weave the bacon 2x2 inches(5x5cm). After about 15 minutes of the bacon being cooked, start cooking the eggs.
2. Crack 4 eggs into a container. Add 2 tablespoons of cream to the eggs. Stir until smooth.
3. After the bacon is cooked, place the weave on a paper towel and transfer the fat from the bacon to a bowl. Stir in the spinach and egg mixture and fry in the pan, stirring.
4. Place the fried eggs on top of the lashings of bacon. Try to make an even square.
5. Add the cheese on top. Transfer the bacon weave to a piece of foil on a baking tray and place in the oven.
6. Bake the bacon and eggs for about 3 minutes at the highest or second highest heat.
7. After that, cut into equal square pieces and enjoy!



OMELET WITH CAULIFLOWER

WEEK 2 - BREAKFAST

INGREDIENTS

- Large eggs 4 pcs.
- Olive oil 1 Tbsp.
- Heavy cream 1 Tbps.
- Pinch of salt
- Pinch of pepper
- Fresh cabbage (broccoli or cauliflower)
- Hard cheese 1 oz. (30g)

METHOD

1. *Beat eggs with cream, salt and pepper.*
2. *Take a large saucepan and place over high heat.*
3. *Add 1 Tbsp. of olive oil. Saute the cabbage for a while. Pour in the eggs and stir until cooked.*
4. *Sprinkle with cheese.*
5. *Bon appetit!*

Per 1 serving:

Protein : 34,6

Fat : 44,14

Carbs : 5,67



CHEESE SOUFFLÉ

WEEK 2 - BREAKFAST

INGREDIENTS

- Olive oil 3 Tbsp.
- Medium onion, chopped in cubes 0.5
- Minced garlic 1.5 tsp.
- Ham, cooked and diced 6.5 oz. (180g)
- Oil to grease the pans 1 Tbsp.
- Big eggs 6 pcs.
- Grated cheese 1.5 oz. (30-40g)
- Heavy cream 1 Tbsp.
- Chopped fresh green onions 2 Tbsp.
- Salt 0.5 tsp.
- Black pepper 0.5 tsp.

For 2 servings:

Protein : 74
Fat : 128
Carbs : 6

METHOD

1. Preheat the oven to 392°F(200°C).
2. Prepare all your ingredients: diced ham, 1/2 medium onion, garlic, cheese and fresh green onions.
3. In a frying pan, heat olive oil, add onions and fry until soft. After that, add the garlic and continue frying until the garlic is browned.
4. In a bowl add 6 eggs, heavy cream, chopped green onions, salt and pepper.
5. Add all other ingredients, including the onion and garlic from the pan. Mix well.
6. Spread into molds or into one baking dish. Bake in the oven for 20 minutes.
7. Before serving, sprinkle with greens and put a piece of butter on top.
8. Bon appetit!



FRITTATA

WEEK 2 - BREAKFAST

INGREDIENTS

- Chicken sausages 3 pcs.
- Raw chopped spinach leaves 3 cups
- Porcini mushrooms 1.8 oz. (50g)
- Hard cheese 1.5 oz. (30-40g)
- Large eggs 10 pcs.
- Sugar-free hot sauce 2 tsp.

Per 1 serving:

Protein : 77

Fat : 79

Carbs : 5.72

METHOD

1. *Slice the sausage (or sausages) and chop the mushrooms.*
2. *Heat a frying pan and toss the sliced sausages in there. While the sausages are frying, slice the lettuce leaves.*
3. *When your sausages are crispy on one side, flip them over and add the mushrooms and lettuce leaves.*
4. *While the greens and mushrooms are cooking, whisk eggs in a container and add hot sauce and spices.*
5. *Stir in the sausage, lettuce leaves and mushrooms until the leaves are completely softened.*
6. *Add salt and pepper to taste.*
7. *Sprinkle a little cheese on top and cover with eggs. Fry until softened.*
8. *Bon appetit!*



EGG SANDWICH

WEEK 2 - BREAKFAST

INGREDIENTS

- Eggs 2 pcs.
- Avocado 0.5 pc.
- Strips of bacon 2 pcs.
- Grated cheese to taste

Per 1 serving:

Protein : 40

Fat : 60

Carbs : 6

METHOD

1. On a heated frying pan, place two lids without a middle, or any cut out circles, in which you will break an egg and fry them.
2. Pour the eggs into the circles (we'll call them that) and whisk lightly with a fork to break up the yolk.
3. Pour some water around the circles and cover. Keep like this for 3 minutes over medium heat. Remove the lid and sprinkle some cheese over the eggs. Wait for it to melt for about 1 more minute.
4. Once the egg "buns" are cooked, place crushed avocado (guacamole), cooked bacon strips on them and cover.
5. Bon appétit!



INGREDIENTS

- Medium garlic cloves 6 pcs.
- Beef steak
- Garlic powder 1/2 Tbsp.
- Ghee 1 Tbsp.
- Olive oil 1/2 Tbsp.
- Salt and pepper to taste
- Salad leaves/spinach

Per 1 serving:

Protein : 77

Fat : 84

Carbs : 5

METHOD

1. Heat a skillet and push it to the next burner. Do not add oil to the pan, it should be dry and very hot.
2. Slice the garlic. Divide into 2 pieces and set aside. Cut the beef steak into strips.
3. In a bowl, mix the first half of the minced garlic, garlic powder, salt and pepper.
4. Add the strips to the bowl with the spice mixture and stir to season evenly. Leave the marinade for 5 minutes.
5. Add the melted butter to the bowl and stir. In a separate skillet, fry the remaining half of the chopped garlic in the olive oil. Set the pan aside to cool when the chopped garlic will turn brown and crispy.
6. Place the beef strips in the first skillet. Flip once one side of the beef is brown and slightly charred. Once the other side is charred, add the butter. Allow the butter to melt, then stir to evenly coat the beef strips.
7. After cooking, sprinkle with roasted garlic. Serve on a bed of salad leaves.
8. Bon appetit!



STUFFED CABBAGE ROLLS

WEEK 2 - LUNCH

INGREDIENTS

- One large tight cabbage
- Pork 17.5 oz. (0.5 kg)
- Beef 17.5 oz. (0.5 kg)
- Medium onions 3 pcs.
- Carrot 1 pc.
- Tomato paste 2 Tbsp.
- Shredded cauliflower olive oil 1 Tbsp.
- Salt, pepper, bay leaf

For 2 servings:

Protein : 8

Fat : 9

Carbs : 2

METHOD

1. Cut out the base (core) of the cabbage so that the leaves remain.
2. Put the cabbage in a deep pan and pour boiling water, put on medium heat to boil. In it will be separated from the top leaves, which we easily remove with a fork.
3. So we gradually, while boiling the whole cabbage into soft and whole leaves, which will be easy to work with.
4. While the cabbage is boiling, we also boil the cauliflower rice in advance until half cooked.
5. We pass the meat through a meat grinder. Add an onion and a couple of garlic cloves. In the meat add cooled rice, salt and pepper.
6. For gravy, chop a couple of onions and carrots in julienne strips. Fry until golden brown.
7. Add tomato paste, salt and pepper and one liter of cabbage broth. Cut the large leaves in half while cutting out the thick base.
8. Put a spoonful of stuffing on the leaves and wrap. In a pot with a thick bottom, cut the rest of the cabbage and some gravy. Put some of the stuffed cabbage rolls, pour the gravy again. We do it a few times.
9. At the end pour the rest of the gravy on top. We put the bay leaf and put to stew on low heat for 40 minutes, depends on what kind of cabbage you like.
10. Bon appetit!



CHICKEN CASSEROLE

WEEK 2 - LUNCH

INGREDIENTS

- Fatty chicken meat
- Large egg 1 pc.
- Thyme spice 1 tsp.
- Rosemary spice 1 tsp.
- Ground basil 1 tsp.
- Garlic clove 1 pc.
- Ground pepper 1 tsp.
- Hard cheese to taste
- Sugar-free tomato paste
- Olive oil

For 2 servings:

Protein : 34,6

Fat : 44,14

Carbs : 5,67

METHOD

1. Preheat the oven to 356°F (180°C).
2. Place the chicken in a bowl and mash it.
3. Add the egg to the chicken, along with all the spices and cheese. Mix well.
4. All spices are to taste, so if you need more flavor, add more. Spread it all into a pizza dish and press with a fork.
5. Put it in the oven for 15 minutes until the edges are firm and dark.
6. Take out and coat the pizza with the tomato paste and sprinkle with the remaining cheese.
7. Bake for another 10-15 minutes until cooked through.
8. Bon appetit!



CAPRESE CHICKEN THIGHS

WEEK 2 - LUNCH

INGREDIENTS

- *Frying oil 0.5 Tbsp.*
- *Medium-sized chicken thighs 6 pcs.*
- *Salt and pepper to taste*
- *Basil leaves or other lettuce*
- *Olive oil*
- *Chopped tomatoes*
- *Cheese, sliced*

For 2 servings:

*Protein : 85
Fat : 80
Carbs : 4*

METHOD

1. *Preheat the oven to 176°F (80°C). Heat a cast iron (or other oven-safe) skillet over medium heat.*
2. *Add the butter and let it melt. Season the rice thighs with salt and pepper, then place them in the skillet. Allow the chicken thighs to darken for a few minutes, until golden, before flipping and cooking the other side.*
3. *In a mixer, combine the lettuce leaves and olive oil. Season with additional salt. Turn off the heat under the pan.*
4. *Place the pesto sauce (salad leaves and oil) you just made on the chicken thighs.*
5. *Place a layer of tomatoes and cheese on top.*
6. *Bake for about 30 minutes, or until chicken is fully cooked and cheese is melted and browned.*
7. *Bon appetit!*



BACON-WRAPPED CHICKEN BOMBS

WEEK 2 - LUNCH

INGREDIENTS

- Chicken (amount depends on how many pieces you want)
- Lettuce leaves or spinach for the filling
- Softened cream cheese (mascarpone) for the filling
- Salt and pepper to taste
- Slices of bacon 8-10 pcs.

For 2 servings:

Protein : 107

Fat : 136

Carbs : 4,5

METHOD

1. Preheat the oven to 374°F (190°C).
2. Mix the lettuce leaves with the cream cheese, add the pepper and salt to taste.
3. Cut the chicken pieces in half so that you can put the stuffing inside.
4. Carefully cut pockets for stuffing in each piece. If you accidentally cut a piece too hard, that's okay. Wrapping the slice in bacon will make up for it.
5. Fill the pockets with the filling. Wrap the slices tightly with bacon.
6. Fry the chicken and bacon in a pan for a bit, then send to the oven for 35-45 minutes until the bacon is crispy and the chicken is cooked through.
7. Bon appetit!



MEAT LOAF

WEEK 2 - LUNCH

INGREDIENTS

- Ground beef 17.5 oz. (500g)
- Salt 1 tsp.
- Ground black pepper 0.5 tsp.
- Garlic powder 0.5 tsp.
- Cumin 0.5 tsp.
- Slices of cheese 6 pcs.
- Sliced green onions spinach or lettuce
- Porcini mushrooms to taste

For 2 servings:

Protein : 15
Fat : 18
Carbs : 2

METHOD

1. The amount depends on how thick you want the stuffing.
2. Mix stuffing with salt, pepper, garlic and cumin. In a small baking dish, place minced meat and spices with a rim to enclose the stuffing.
3. Layer the cheese on the bottom of the meatloaf. Add onion, spinach and mushrooms.
4. Cover with remaining stuffing to make a roll. Bake at 356°F (180°C) for 1 hour. Bon appetit!



INGREDIENTS

- Cauliflower
- Grated cheese 1.5 oz. (40g)
- Portion of prepacked greens
- Large eggs 2 pcs.
- Stalks of green onions 2 pcs.
- Sesame seeds 1 Tbsp.
- Olive oil 1 Tbsp.
- Thyme 2 tsp.
- Garlic powder 1 tsp.
- Ground black pepper 0.5 tsp.
- Salt 0.5 tsp.

For 2 servings:

Protein : 34,6
Fat : 44,14
Carbs : 5,67

METHOD

1. Prepare the cauliflower, green onions and thyme by cutting the cauliflower into florets, chopping the green onions into small pieces and tearing the thyme off the stems. In a blender, cook the cauliflower until it has a crumbly texture.
2. Add the green onions, thyme and herbs to the mixture and continue cooking until everything is well blended. Transfer the mixture to a large bowl.
3. Add 1 cup cheese, 2 large eggs, 1 Tbps. kunya seeds, 1 Tbsp. olive oil, 1 tsp. garlic powder, 1/2 tsp. black pepper and 1/2 tsp. table salt.
4. Mix everything well until a liquid batter forms.
5. Heat a waffle iron and then place the mixture evenly.
6. Enjoy the batter!



CHEESE CAULIFLOWER SOUP WITH BACON

INGREDIENTS

- Olive oil 4-5 Tbsp.
- Minced garlic 1 tsp.
- Medium cauliflower, shredded 1 pc.
- Chicken broth 2 Cups
- Water 1 Cup
- Heavy whipped cream 1 Cup
- Psyllium or baking powder 1 tsp.
- Grated cheese 1.5 oz. (40g)
- Strips of bacon 4 pcs.

For 2 servings:

Protein : 60

Fat : 110

Carbs : 15

METHOD

1. In a deep saucepan, heat 3/4 of the olive oil and garlic over medium heat. Heat through, add cauliflower.
2. Pour in chicken broth and water and bring to a boil over high heat. Stir frequently.
3. Once it comes to a boil, add the heavy whipped cream, then reduce the heat to medium.
4. In a separate bowl, whisk together the remaining butter and psyllium to form a slurry.
5. Add the slurry to the soup. Stir. Sprinkle with cheese, cook until tender. In the meantime, fry the bacon, cut into small pieces.
6. Throw in the soup and serve with greens.
7. Bon appetit!

WEEK 2 - LUNCH



INGREDIENTS

- Porcini mushrooms 2 cups
- Boneless thigh fillets, chopped
- Garlic cloves, minced 3 pcs.
- Dried basil 0.5 tsp.
- Dried oregano 0.5 tsp.
- Dried thyme 1 tsp.
- Whole bay leaves 2 pcs.
- Chicken stock 1 cup
- Butter 2 Tbsp.
- Whipped cream to taste
- Slices of bacon, cooked 8 pcs.
- Chopped fresh parsley to taste
- Salt and pepper to taste

For 2 servings:

Protein : 158

Fat : 165

Carbs : 5

METHOD

1. Wash all the mushrooms. Slice all the chicken into bite-sized pieces.
2. Fry chicken until golden, add mushrooms, all spices, bay leaf, broth.
3. Cook on low heat until tender. While frying bacon, before it is ready, add 2 Tbsp. of butter, heavy cream and additional spices (if necessary).
4. Serve with crumbled bacon and parsley.
5. Bon appetit!



INGREDIENTS

- Ground beef 16 oz. (450g)
- White and red cabbage 3.5 oz. (100g)
- Green onions to taste
- Spices: paprika, ground red, black pepper, allspice or other spices to taste
- Coconut oil for frying
- Sour cream or mayonnaise as a sauce

For 2 servings:

Protein : 80
Fat : 127
Carbs : 10

METHOD

1. Heat a large frying pan, put oil in it. Fry minced meat, about 5 minutes, stirring.
2. Add the sliced cabbage mixture, and stir in the beef.
3. Cook until cabbage is soft, about 5 minutes, stirring frequently. Reduce heat to medium-low.
4. Pour the sauce into the pan and stir.
5. Add salt, spices to taste, if needed. Remove pan from heat.
6. Stir in chopped green onions. Serve while hot.
7. Bon appetit!



INGREDIENTS

Chicken cutlets

- Ground chicken 20 oz. (560g)
- Egg 1 pc.
- Grated or finely chopped onion 0.5
- Ground sea salt 1 tsp.
- Ground black pepper 0.5 tsp.
- Dried thyme or crushed coriander seeds 1 tsp.
- Butter for frying 2 oz. (50g)

Fried cabbage

- White cabbage 17.5 oz. (500g)
- Butter 3 oz. (83g)
- Salt 1 tsp.
- Ground black pepper 1 tsp.

Whipped tomato oil

- Butter 3.5 oz. (100g)
- Tomato paste 1 Tbsp.
- Red wine vinegar (optional) 1 tsp.
- Sea salt and pepper to taste

Protein : 8
Fat : 13
Carbs : 2

METHOD

1. *Preheat the oven to 212°F (100°C).*
2. *Mix all the ingredients for the cutlets in a bowl.*
3. *Create 6 or 8 patties and fry in oil over medium heat until golden brown and fully cooked.*
4. *Place in oven to keep warm.*
5. *Shred the cabbage with a sharp knife or blender. Fry the cabbage in plenty of oil over medium heat until it is browned around the edges. Season with salt and pepper. Reduce heat to low toward the end.*
7. *Place all the ingredients for the tomato butter in a small bowl and whisk together using an electric mixer.*
8. *Serve the plate with the chicken cutlets and roasted cabbage, place a spoonful of tomato butter on top.*
9. *Bon appetit!*



INGREDIENTS

- Boneless chicken thighs 35 oz. (1 kg)
- Melted butter 1 Tbsp.
- Peppers for sauce 4 pcs.
- Pink Himalayan salt 1 tsp.
- Oregano 1 tsp.
- Cumin 1/2 tsp.
- Cayenne pepper 1/2 tsp.
- Medium onion 1 pc.
- Cloves garlic 4 pcs.
- Lime juice or lemon juice 1/2 pc.
- Water for the sauce 2 Cups

For 2 servings:

Protein : 17

Fat : 18

Carbs : 1

METHOD

1. Heat a skillet over medium heat.
2. Melt a tablespoon of melted butter in the skillet!
3. Fry chicken thighs in it. In a blender, combine pepper, salt, oregano, cumin, cayenne pepper, onion, garlic, lemon juice and 2 cups water. Mix until liquid.
4. Once chicken is browned, add sauce to skillet over all chicken thighs. Cook for 90 minutes, turning the chicken occasionally.
5. When the sauce has reduced, continue adding water to regain its former volume.
6. After 90 minutes, shred the chicken.
7. Cook the shredded the rice for 30 minutes.
8. After 30 minutes, let the sauce cool completely. Make sure it doesn't burn.
9. Garnish with lime, cilantro, dress with fat sauce and enjoy!



INGREDIENTS

- Skinless chicken thighs 14 oz. (400g)
- Tomatoes 5.5 oz. (150g)
- Medium bulb 1 pc.
- Minced garlic 1 Tbsp.
- Red bell pepper 1 pc.
- Caraway seed spice 1 tsp.
- Dried oregano 1 tsp.
- Chili powder 1.5 Tsp.
- Paprika (optional) 1 Tsp.
- Mexican seasoning 1 Tsp.
- Chicken broth 1.5 Cup
- Cream 1 Cup
- Cream cheese 2 Tbsp.
- Oil for frying 1 Tbsp.
- Salt to taste, fresh coriander leaves for garnish

For 2 servings:

Protein : 9
Fat : 12
Carbs : 1.8

METHOD

1. Heat a frying pan and put oil in it. When it is melted, put in minced garlic and onion.
2. Fry until the onions are slightly browned. In a preheated saucepan, put the chicken meat, chopped tomatoes, the prepared garlic and onion mixture, all the spices and warm chicken broth.
3. Cover with a lid and leave for 2-3 hours.
4. At the end of cooking with 2 forks shred ("urice").
5. Add chopped bell peppers, cream and cream cheese and simmer for another 20-30 minutes.
6. When serving, add fresh coriander (herbs), sour cream.
7. Bon appetit!



MEAT BALLS WITH CHEESE

WEEK 2 - DINNER

INGREDIENTS

- Ground beef
- Salt 1 tsp.
- Pepper 0.5 tsp.
- Garlic powder 0.5 tsp.
- Dried oregano 0.5 tsp.
- Egg 1 pc.
- Water 2 Tbsp.
- Cheese, diced to taste
- Fat sour cream or mayonnaise for marinade to taste
- Chopped fresh parsley 2 Tbsp.
- Olive oil to taste
- Salt and pepper to taste

For 2 servings:

Protein : 106

Fat : 164

Carbs : 2

METHOD

1. Preheat the oven. Line a baking tray with foil, drizzle with olive oil.
2. Place beef, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix thoroughly. You may have to add more water 1 tablespoon to get a smooth mixture.
3. Form into balls. Take a cube of cheese, press it into the ball, roll it up so the cheese is inside and doesn't peek out.
4. Place the meatball on a baking tray. Bake until tender (about 10 minutes).
5. Put meatballs on a plate and pour sauce on top, sprinkle with parsley and serve at once.
6. Bon appetit!



INGREDIENTS

METHOD

- Dried tarragon or green onions 2 Tbsp.
- Dried parsley 2 Tbsp.
- Dried dill 2 Tbsp.
- Garlic powder 1 Tbsp.
- Onion powder 1 Tbsp.
- Sea salt 1 Tbsp.
- Ground black pepper 0.5 Tbsp.

Mix all ingredients well and pour into a small jar with a tight-fitting lid.



INGREDIENTS

- Coconut oil 2 Tbsp.
- Medium shallots, diced 0.5 pc.
- Medium garlic cloves, chopped 2 pcs.
- Medium handle of ginger 1 pc.
- Chicken thighs 10.5 oz. (200-300g)
- Cauliflower rice
- Black pepper 1 Tbsp.
- Chicken broth
- Thickener if desired (xanthumgum/psyllium)

For 2 servings:

Protein : 47

Fat : 52

Carbs : 10

METHOD

1. Heat up a saucepan. Heat the coconut oil in it.
2. Add the shallots, garlic and ginger. Stir-fry.
3. Add the chicken thighs to the pan. Fry on both sides.
4. Add the cauliflower rice to the pan. Stir. Add broth to the pot and let
5. come to a boil. Then turn down the heat and simmer until cooked, adding spices to taste and herbs.
6. Put a hard-boiled egg on top.
7. Bon appetit!



SALAD FOR SIRLOIN

WEEK 2 - DINNER

INGREDIENTS

- Chicken eggs 3 pcs.
- Avocado 1 pc.
- Large tomato 1 pc.
- Mayonnaise or olive oil for dressing
- Salt, pepper to taste

For 2 servings:

Protein : 5
Fat : 17
Carbs : 2

METHOD

1. *Dice up everything and dress with butter in a bowl.*
2. *Sprinkle with greens.*
3. *Bon appetit!*



PORK LOIN IN THE OVEN

WEEK 2 - DINNER

INGREDIENTS

- *Pork loin* 21 oz. (600g)
- *Leeks* 2.5 oz. (70g)
- *Granulated garlic* 1 Tbsp.
- *Salt* 1 tsp.
- *Soy sauce* 2.5 oz. (70 ml)
- *Tomato paste* 1 Tbsp.
- *Pepper mixture* 1 tsp.
- *Italian herbs* 1 tsp.
- *Cherry tomatoes* to serve

For 4 servings:

Protein : 16

Fat : 7

Carbs : 1

METHOD

1. *In a bowl mix all the spices, the amount can be varied to suit your taste preferences. Stir in the spices.*
2. *Now pour in the soy sauce and add the tomato paste. Stir everything. A piece of meat is well washed and dried with paper towels.*
3. *Tie up the meat with a tightrope. If you want, you can roll the meat and stuff it as you like. Cover the meat with marinade, leave it to marinate for half a day. Set aside a couple of spoonfuls of marinade.*
4. *Cover a mold with foil. Chop leeks and line the bottom of the form with them. Scatter the set aside marinade over the top.*
5. *Place the meat on top of the onion rings. Seal the meat with foil. Preheat the oven to 356°F (180°C) degrees.*
6. *Place the form with the meat on the middle level, put a container of water on the lower level.*
7. *Bake the pork loin in the oven in this form for three hours, after removing the tray with water, open the foil, brown the meat for 20 minutes.*
8. *To cool after baking the meat in the marinade, which will be inside the form a lot.*
9. *Bon appetite!*



INGREDIENTS

- *Pork brisket*
- *Soy sauce 2 Tbsp.*
- *Apple cider vinegar 1/2 Tbsp.*
- *Garlic cloves 2 pcs.*
- *Butter or coconut oil 0.7 oz. (20g)*
- *Brussels sprouts*
- *Hard boiled chicken eggs 2 pcs.*
- *Onion 0.5 pc.*
- *Salt and ground black pepper*

For 2 servings:

Protein : 20

Fat : 60

Carbs :

METHOD

1. *Cut pork brisket into bite size pieces. The amount depends on your desire and appetite.*
2. *Wash and trim brussels sprouts. Cut in half or quarters depending on their size.*
3. *Put the pork in a saucepan and place over medium heat. Roast until golden. Smash the garlic cloves and add them along with the brussels sprouts and oil.*
4. *Fry until the sprouts are golden brown.*
5. *Mix the soy sauce and apple cider vinegar in a small bowl and add this to the pan.*
6. *Add salt and pepper to taste.*
7. *Finally, sprinkle with thinly sliced onions and place cooked egg halves on top.*



INGREDIENTS

- Herb butter
- Butter, at room temperature
- Garlic clove 1 pc.
- Lemon juice 1 tsp.
- Fresh parsley, finely chopped
- Salt and pepper to taste
- Rancho sauce 1 Tbsp.
- Pork chops 4 pcs.
- Butter for frying 2 oz. (50g)
- Parmesan
- Cauliflower
- Olive oil 2 Tbsp.
- Hard cheese
- Salt and pepper

For 2 servings:

Protein : 112

Fat : 203

Carbs : 20

METHOD

1. Start by making the herb butter. Mix all ingredients and set aside.
2. Remove chops from refrigerator and bring to room temperature. Rub chops with ranch seasoning and season with salt and pepper. Set aside.
3. Preheat the oven to 392°F (200°C), preferably with a roaster. Trim and rinse the cauliflower and slice into 1 inch (2.5 cm) slices with a sharp knife.
4. Place the cauliflower on a baking tray lined with parchment paper. Brush the slices with olive oil on both sides and season with salt and pepper.
5. Sprinkle parmesan cheese on top and bake in the oven for 20-25 minutes until golden.
6. Meanwhile, fry the chops in butter over medium heat until cooked through, about 4-5 minutes on each side.
7. Leave the chops for a few minutes before serving with the cauliflower and herb butter.
8. Bon appetit!



INGREDIENTS

- Beef 16 oz. (450g)
- Beef broth 2 Cups
- Minced garlic 4 Cloves
- Onions 1.5 oz. (40g)
- Carrots 1.5 oz. (40g)
- Radish 1.5 oz. (40g)
- Salt 1/4 tsp.
- Pepper 1/4 Tsp.
- Psyllium 1/2 Tsp.
- Oil 1 Tbsp.
- Coconut oil 1 Tbsp.

For 2 servings:

Protein : 88
Fat : 100
Carbs : 15

METHOD

1. *Slice beef into bite size pieces, salt and pepper and set aside.*
2. *Heat a large frying pan, put the coconut oil on it. Fry the beef until brown on both sides and set aside.*
3. *Chop the onion, carrot and radish into bite-sized pieces and chop the garlic.*
4. *Add onions, garlic and oil and cook for a couple of minutes, stirring. Once onions are soft, add broth and psyllium. Keep stirring.*
5. *Once everything is boiling, add the meat and simmer for 30 minutes with the lid on medium-low heat.*
6. *Stir occasionally. After 30 minutes add carrots and radishes and simmer for another 30 minutes, stirring frequently.*
7. *Bon appetit!*



AVOCADO BREAKFAST

WEEK 3 - BREAKFAST

INGREDIENTS

- Medium avocado 1 pc.
- Eggs 2 pcs.
- Strip of bacon, cooked 1 pc.
- Grated cheese pinch of salt 1 Tbsp.

Per 1 serving:

Protein : 25

Fat : 48

Carbs : 6

METHOD

1. Preheat the oven to 392°F (200°C).
2. Start by cutting the avocado in half and removing the pit.
3. Using a spoon, dig some of the pulp out of the avocado to make enough room for the egg.
4. Place in a muffin mold so the avocado stays stable during cooking.
5. Crack an egg and add it to the avocado. Sprinkle some cheese on top, salt, and then cooked bacon.
6. Cook for 14-16 minutes.
7. Bon appetit!



INGREDIENTS

- Bread
- Almond flour 2 Tbsp.
- Coconut flour 2 Tbsp.
- Leavening powder 1.5 tsp.
- 1 Pinch of salt
- Eggs 2 pcs.
- Heavy heavy cream 2 Tbsp.
- Eggs 2 pcs.
- Heavy whipped cream 2 Tbsp.
- Ground cinnamon to taste 0.5 tsp.
- Butter 2 Tbsp.

Per 1 serving:

Protein : 50

Fat : 100

Carbs : 20

METHOD

1. Grease a large mug or flat-bottomed glass dish with butter.
2. Mix all the dry ingredients in the mug using a fork or spoon.
3. Crack in the egg and add the cream. Mix until smooth and make sure there are no lumps.
4. Microwave on high (about 700 watts) for 2 minutes. Check to see if the bread is cooked in the middle - if not, use the microwave for another 15-30 seconds.
5. Allow to cool and remove from the mug. Cut in half.
6. In a bowl or deep bowl, mix eggs, cream and cinnamon with a pinch of salt. Pour over the bread slices and let them soak. Turn them over several times so that the bread slices absorb as much of the egg mixture as possible.
7. Fry in plenty of oil and serve immediately.
8. Bon appetit!



INGREDIENTS

- Large eggs 3 pcs.
- Apple cider vinegar 1/4 tsp.
- Grated cheese - 1.5 oz. (45g)
- Coconut flour 2 Tbsp.
- Chopped green onions 2 Tbsp.
- Salt and pepper to taste
- Melted butter for frying 1 Tbsp.

Optional Topping:

- Fried eggs
- Bacon slices
- Sliced avocado

Per 1 serving:

Protein : 50
Fat : 73
Carbs : 14

METHOD

1. *Separate egg whites from egg yolks. In a bowl, using a hand mixer, beat egg whites until stiff peaks form.*
2. *Gently fold in egg yolks, whisk. Stir in the grated cheese. Sifted coconut flour, whisk.*
3. *Finally, add the green onions and season with salt and pepper. Grease a small pan with melted butter and heat over medium heat.*
4. *Once the pan is hot, pour in the pancake mixture. Cook for 2-3 minutes until small bubbles appear on top.*
5. *Fry over high heat for 3 to 5 minutes or until cooked through and lightly golden.*
6. *Serve with avocado, bacon and fried egg.*
7. *Bon appetit!*



TURKISH EGGS

WEEK 3 - BREAKFAST

INGREDIENTS

METHOD

Sauce:

- Greasy sour cream 2 oz. (50g).
- Lemon juice 1 tsp.
- Garlic clove, minced 1 pc.
- Chopped coriander 1 Tbsp.
- Salt, to taste
- Olive oil 1 tsp.

Eggs:

- Medium red onion, sliced 1 pc.
- Chopped lettuce leaves 7 oz. (200g)
- Butter 1 Tbsp.
- Large eggs 4 pcs.

Hot butter sauce:

- Ghee 1 Tbsp.
- Paprika 1 /2 tsp.
- Ground chili pepper 1 tsp.

Topping:

- Medium avocado, sliced 0.5 pc.
- Black pepper 1/4 tsp.
- Chili flakes and salt to taste

Per 4 servings:

Protein : 35

Fat : 70

Carbs : 14

1. *Mix all sauce ingredients in a small bowl and set aside.*
2. *Heat the oil in a skillet. Fry the onion over medium heat for 2 minutes until soft.*
3. *Add lettuce leaves and cook 2 more minutes, stir to combine. Make 4 wells in the mixture. Add a small drop of oil to each hole.*
4. *Crack eggs, one in each hole.*
5. *Cook for 6 to 8 minutes, until egg whites have set and yolks are soft, or to your liking. Remove from heat.*
6. *In a separate saucepan, melt butter and add paprika, chili pepper or chili flakes as desired and a pinch of salt.*
7. *Cook over low heat for 30 seconds until bubbling. Remove from heat.*
8. *Add the sliced avocado to the eggs and pour our sauce over them.*
9. *Season with salt, pepper and chili pepper.*



EGG MUFFINS WITH BACON

WEEK 3 - BREAKFAST

INGREDIENTS

- Eggs 8 pcs.
- Bacon cooked 8 Slices
- Cheese, shredded or sliced 1 oz. (30g)
- Fresh spinach or lettuce, chopped
- Salt to taste
- Fresh pepper to taste
- Olive oil or melted butter to grease

For 4 servings:

Protein : 103

Fat : 146

Carbs : 3

METHOD

1. Preheat oven to 356°F (180°C).
2. Use butter or clarified butter to grease the muffin tin.
3. Mix the rest of the ingredients and pour gently into the baking dish.
4. Bake in the preheated oven for about 20 minutes, until the eggs are springy to the touch (be careful!), or lightly browned.
5. Finish with a sprinkle of grated cheese.
6. Bon appetit!



EGG SALAD

WEEK 3 - BREAKFAST

INGREDIENTS

- Large hard-boiled eggs 12 pcs.
- Chopped onions 2 pcs.
- Cherry tomatoes 5.5 oz. (150g)
- Shredded cheese 2 oz. (60g)
- Bacon, cooked 8 oz. (225g)
- Mayonnaise 4 oz. (110g)
- Salt and pepper to taste

METHOD

1. Place all the chopped eggs in a bowl.
2. Add the green onions, tomatoes and grated cheese.
3. Add mayonnaise and bacon.
4. Add salt and pepper to taste. Stir to combine.
5. Serve over crisp green lettuce leaves.
6. Bon appetit!

For 4 servings:

Protein : 102

Fat : 162

Carbs : 15



EGG SANDWICH

WEEK 3 - BREAKFAST

INGREDIENTS

- Butter 2 Tbsp.
- Eggs 4 pcs.
- Ham or cooked bacon to taste
- Any cheese sliced thickly, to taste
- Salt and pepper
- A few drops of fatty sauce (mayonnaise, guacamole)

For 2 servings:

Protein : 43

Fat : 77

Carbs : 2

METHOD

1. Add oil to a frying pan and place over medium heat.
2. Add eggs and fry them (both sides). Salt and pepper to taste.
3. Use the fried egg as a base for each "sandwich". Place ham/bacon/sausage on each stack and then add cheese.
4. Cover each sandwich with a second fried egg.
5. Leave in the pan over low heat if you want the cheese to melt.
6. Pour in a few drops of sauce and enjoy.



CHICKEN AND RICE CASSEROLE

WEEK 3 - LUNCH

INGREDIENTS

- Chicken thighs 6 pcs.
- Sea salt 1 /2 tsp.
- Olive oil 1 Tbsp.
- 1 Small cauliflower 17.5 oz. (500g)
- Ghee or coconut oil 2 Tbsp.
- Small onion, chopped 0.5 pc.
- Garlic cloves, minced 2 pcs.
- Chopped tomatoes 5.5 oz. (150g)
- Chicken broth 1 Cup
- Fresh basil leaves or other herbs 1 Cup
- Paprika 1/2 tsp.
- Ground black pepper 1/4 tsp.
- Optional: 1/2 tsp. chili flakes
- Chopped parsley 2 Tbsp.

For 2 servings:

Protein : 111

Fat : 92

Carbs : 38

METHOD

1. Preheat the oven to 392°F (200°C). Place chicken thighs skin-side up on a baking tray.
2. Rub with olive oil and sprinkle with salt. Bake for 20 minutes.
3. Meanwhile, place the cauliflower in a food processor and grind to the consistency of rice.
4. Add melted butter or coconut oil to the pan. Fry the onions over low heat for 2 to 4 minutes until soft.
5. Add garlic, fry for another 30 seconds.
6. Add the tomatoes, paprika, broth, basil, chili pepper, salt and black pepper. You can whip it all with a mixer for a more pureed consistency of your sauce.
7. Remove the chicken from the pan and set aside. Mix the sauce with the cauliflower rice. Place the chicken on top.
8. Bake in the oven for 50 minutes until the cauliflower rice has absorbed all the moisture and the chicken is crispy.
9. Sprinkle with parsley when serving.



MINI MEAT PIZZA

WEEK 3 - LUNCH

INGREDIENTS

METHOD

Base:

- Ground beef 35 oz. (1 kg)
- Large egg 1 pc.
- Garlic powder 1 tsp.
- Italian seasoning 2 tsp.
- Sea salt 1 1/2 tsp.
- Pepper 1/2 tsp.

Topping:

- Medium red bell pepper 1 pc.
- Tomato paste to taste
- Chopped porcini mushrooms 1/2 Cup
- Medium sliced onion 1 pc.
- Fresh oregano 1 Tbsp.
- Grated cheese to taste
- Melted butter or duck fat 2 Tbsp.
- Serve with leafy greens

For 3 servings:

Protein : 193

Fat : 242

Carbs : 23

1. Preheat oven to 392°F (200°C). Slice the peppers, mushroom and red onion into thin strips and place in a bowl.
2. Melt the melted butter and pour over the vegetables. Stir and then place on a large tray. Spread in a single layer and place in the oven for 30 minutes.
3. While the vegetables are roasting, put all the meat base ingredients in a bowl and stir.
4. On a large lined tray, either arrange the meat base into one large pizza base or create eight individual patties. Place in the oven and bake for 20 minutes.
5. Spread a layer of tomato sauce on each cutlet. Place slices of cheese on top, and then place a strip of roasted vegetables.
6. Finish with grated cheese and a sprinkle of fresh oregano. Bake for 15 minutes.
7. Bon appetit!



INGREDIENTS

Stuffing:

- Ground beef 17.5 oz. (500g)
- Large slices of bacon sliced 4 pcs.
- 1 Small onion, chopped
- Tomato paste 2 Tbsp.
- Beef or bone broth 1 Cup
- Xanthan gum or psyllium 1/2 tsp.

Pie crust:

- Shredded mozzarella/suluguni/adige cheese 9 oz. (250g)
- Cream cheese 3.5 oz. (100g)
- Almond flour 5.5 oz. (150g)
- Large eggs 2 pcs.
- Garlic powder 1 tsp.
- 6 Small slices of hard cheese

For 2 servings:

Protein : 237

Fat : 333

Carbs : 35

METHOD

1. Cut the bacon into strips, dice the onion. Add to the pan along with the minced meat. Cook until browned.
2. Add tomato paste, beef broth and xanthan gum and stir to combine. Bring to a boil, reduce heat and simmer for 30 minutes. Remove from heat and allow to cool.
3. Preheat the oven to 392°F (200°C). Place the cheeses in a large bowl, then microwave for 1 minute. Take out and stir, then return for another 30 seconds. Repeat this one more time.
4. Add the almond flour, onion powder, and eggs and stir to make a soft dough.
5. Divide into 4 portions and set 1 portion aside. Cut the remaining 3 portions in half and make circles out of them. Butter a muffin tin with six holes and press the dough into each notch, leaving an overhang on top. Bake for 10 minutes.
6. Take out and place in the muffin molds your prepared mincemeat. Place a piece of cheese on top and cover with the rest of the stuffing.
7. Divide the set aside dough into 6 circles and cover our pies. Press around the edges to seal. Make a couple of holes in the top of each pie. Return to oven for 10-15 minutes until golden on top.



INGREDIENTS

- *Homemade sausage* 8 oz. (225g)
- *Butter* 1 Tbsp.
- *Tomato paste* 4.5 oz. (125g)
- *dried oregano* 0.5 tsp.
- *Grated mozzarella* 4.5 oz. (125g)
- *Suluguni cheese* 6.5 oz. (180g)
- *Cream cheese* 2 Tbsp.
- *Almond flour* 3.5 oz. (100g)
- *Apple cider vinegar* 1 tsp.
- *Egg* 1 pc.
- *Salt* 1 tsp.

For 2 servings:

Protein : 133
Fat : 195
Carbs : 38

METHOD

1. *Preheat oven to 392°F (200°C). Heat mozzarella and cream cheese in a nonstick pan over medium heat or in a bowl in the microwave. Stir until they are blended together.*
2. *Add the other batter ingredients and mix well. Wet your hands with olive oil and line the dough on parchment paper, making a circle about 8 inch (20cm) in diameter. You can also use a rolling pin to roll out the dough between two sheets of parchment paper. Remove the top parchment (if using). Press the crust with a fork (around) and*
3. *Bake in the oven for 10-15 minutes until golden. Remove from the oven. While the crust is baking,*
4. *Roast the sausage or meat. Spread a thin layer of tomato sauce on the crust.*
5. *Place slices of meat (or sausage) on top of pizza and sprinkle with cheese.*
6. *Bake for 10-15 minutes. You can also put any keto foods to taste on the pizza.*
7. *Sprinkle with oregano.*



INGREDIENTS

- Lettuce leaves 3-4 pcs.
- Cooked bacon 1 - 2 Slices
- Cooked chicken 2 - 3 Slices
- Tomato 2 to 3 Slices
- Small avocado, sliced

Sauce:

- Mayonnaise 1 Tbsp.
- Lemon juice 1 tsp.
- Dried parsley 1 tsp.
- Garlic powder 1/4 tsp.
- Chives powder 1/4 tsp.
- Pinch of salt and black pepper

For 1 serving:

Protein : 17

Fat : 54

Carbs : 4

METHOD

1. *Mix sauce ingredients. Prepare a piece of parchment or foil.*
2. *Place lettuce on top in a single layer, slightly overlapping each other. Pour over the dressing.*
3. *Place the toppings on top. Roll up like rolls by pulling the parchment up and out.*
4. *Roll over, covering the roll completely with paper.*
5. *Cut to desired length, remove paper.*



PORK CHOPS WITH CASSEROLE

WEEK 3 - LUNCH

INGREDIENTS

- Pork chops 28 oz. (800g)
- Salt, pepper to taste
- Butter 0.2 oz. (5g)
- Butter 5.6 oz. (160g)
- Hard cheese 2.5 oz. (60g)
- Sea salt 0.5 tsp.
- 1 Pinch of ground black pepper
- White cabbage 28.5 oz. (800g)
- 1 Onion
- Garlic cloves 2 pcs.
- Butter 3 oz. (80g)
- Heavy cream to taste
- Sour cream to taste
- Cream cheese 5.5 oz. (150g)
- Ranch sauce 1 Tbsp.
- Salt 1 tsp.
- Ground black pepper 1/4 tsp.
- Grated cheese 5.5 oz. (150g)

For 2 servings:

Protein : 310
Fat : 500
Carbs : 40

METHOD

1. Take the butter and pork chops out of the refrigerator and set aside for later.
2. Preheat the oven to 392°F (200°C).
3. Chop the onion, garlic and green cabbage with a knife or in a food processor.
4. Heat a large frying pan and add the oil. Roast the vegetables for 10 minutes, keeping them from turning brown.
5. Add cream, sour cream, cream cheese and spices. Stir thoroughly and leave over low heat for another 5 to 10 minutes. Pour into a baking dish.
6. Sprinkle cheese on top and bake for 20 minutes.
7. Mix all the ingredients for the butter with a fork in a small bowl.
8. Meanwhile, season pork chops and pan-fry or grill until tender. Let the meat rest for a few minutes before serving with the casserole and butter parmesan.
9. Bon appétit!



INGREDIENTS

- Butter, ghee or olive oil 3.5 oz. (100g)
- Large egg yolks 3 pcs.
- Lemon juice 1 Tbsp.
- Boneless pork chops 7 oz. (200g)
- Ghee 1 Tbsp.
- Asparagus 13 oz. (360g)
- Salt and pepper to taste

For 2 servings:

Protein : 17

Fat : 34

Carbs : 4

METHOD

1. **Note:** If the recipe calls for raw eggs and you are concerned about the potential risk of salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour water into a saucepan to cover the eggs. Heat to about 140°F (60°C). Using a spoon, slowly place the eggs in the pan. Keep the eggs in the water for about 3 minutes. Allow the eggs to cool and store in the refrigerator for 6-8 weeks.
2. **Prepare Hollandaise sauce.** Place 3.5 oz. (100g) of butter or melted butter in a wide-mouth jar or in a special container for a mixer. Melt the butter in the microwave.
3. **Add the egg yolks and lemon juice.** Place a hand blender in the bottom of the jar and whisk until well blended, lifting it slowly until you are blended.
4. **Add seasonings to taste.** Heat a skillet over low heat and melt the remaining melted butter. Cook the pork chops on each side and then leave uncovered for 5 minutes.
5. **Meanwhile, bring a pot of water to a boil and then blanch the asparagus for 5 minutes.** Remove from the water and drain them well. Serve the pork with the asparagus and hollandaise sauce.
6. **Bon appetit.**



SOUP WITH CHICKEN MEATBALLS

WEEK 3 - LUNCH

INGREDIENTS

Chicken Meatballs:

- Fillet of chicken thigh 16 oz. (450g)
- Onion, sliced wedges 1.5 oz. (35g)
- Garlic cloves, chopped 2 pcs.
- Tomato paste 1 Tbsp.
- Chopped parsley 2 Tbsp.
- Salt and 1/2 tsp.
- Ground black pepper 1/4 tsp.
- Melted butter 1 Tbsp.

Soup:

- Ghee, butter or coconut oil 2 Tbsp.
- Onions, chopped 1.5 oz. (35g)
- Medium carrots, chopped 2 pcs.
- Green pepper, sliced 1 pc.
- Chicken broth 50 oz. (1.5 l)
- Dried thyme 1 tsp.
- Sea salt, or to taste 1/2 tsp.
- Ground black pepper 1/4 tsp.
- Chopped broccoli 2 Cups
- Chopped parsley 1 Tbsp.
- Optional: a few sprigs of fresh thyme to taste

For 2 servings:

Protein : 76

Fat : 76

Carbs : 13

METHOD

1. **Preheat the oven to 392°F (200°C). Make the meatballs by placing all the ingredients for the meatballs in a food processor and whisk until blended. Roll into small meatballs. The mixture should make a total of 16-20 meatballs ,about 1 oz. (28g) each.**
2. **Place the chicken meatballs on a baking tray greased with melted butter. Bake in the oven for about 20 minutes until tender. Note: If you are short on time, skip baking and just add the raw meatballs to the soup after you add the broth.**
3. **Meanwhile, prepare the soup. Melt the butter in a saucepan and fry the onions, peppers and carrots over medium heat for 4-5 minutes or until they start to soften.**
4. **Add broth, thyme. Bring to a boil, then reduce heat to medium and simmer for 15 minutes.**
5. **Add the cabbage for 1 to 2 minutes, until soft.**
6. **Add seasonings to taste to your liking.**
7. **Add the meatballs and parsley. Store in refrigerator for up to 4 days or frozen for 3 months.**
8. **Bon appetit!**



INGREDIENTS

METHOD

Pasta:

- Ricotta cheese or cream cheese (or mascarpone) 8.5 oz. (240g)
- Large eggs 8 pcs.
- Coconut oil or melted butter to grease
- Chicken thigh fillets 21 oz. (600g)
- 1 Medium broccoli diced into florets
- Melted butter 1 Tbsp.

Sauce:

- Butter 2 oz. (58g)
- Heavy cream 8 oz. (240 ml)
- Garlic cloves, minced 2 pcs.
- Grated cheese 5 oz. (135g)
- White or black pepper 1/4 tsp.
- Dried Italian herbs 1 tsp.
- Pinch of salt (pink Himalayan is best)

For 2 servings:

Protein : 228

Fat : 358

Carbs : 36

1. For the pasta, add the ricotta, eggs and salt to a blender. Whisk until smooth. Set aside.
2. Heat a frying pan over medium heat. Bake thin pancakes.
3. Fold in the rolls and cut like a roll. Untangle them, making noodles. Slice chicken into thin strips and season with salt.
4. Grease a large saucepan with melted butter and heat over medium heat. Then add the sliced chicken and fry until brown and set aside. Boil the broccoli until soft.
5. Put the oil in the same pan where you cooked the chicken and add the minced garlic. Cook until fragrant and pour in the cream.
6. Add the pepper, salt, Italian herbs and grated cheese and stir. Add the cooked broccoli.
7. Remove from heat after 30 seconds.
8. Serve with our noodles and greens.
9. Bon appetit!



CHEESEBURGER

WEEK 3 - LUNCH

INGREDIENTS

- Melted butter or duck fat 1 Tbsp.
- Small onion, diced 1 pc.
- Garlic cloves, minced 2 pcs.
- Ground beef 14 oz. (400g)
- Tomato paste 2 Tbsp.
- Sea salt, or to taste 1/2 tsp.
- Ground black pepper 1/4 tsp.
- Pickles 3 pcs.
- Slices of cheese 4 pcs.
- Butter 1.5 cups
- Mozzarella 6 oz. (170g) - can be substituted for suluguni cheese, adygee cheese, or any to taste.
- Almond flour 2/3 Cup

For 2 servings:

Protein : 17

Fat : 34

Carbs : 4

METHOD

1. Heat a skillet greased with oil fry the onion for 3-4 minutes.
2. Add garlic and fry for another minute. Add minced meat and fry until brown. Add tomato paste, salt
3. and pepper. Cook for about 5 minutes, stirring occasionally. Preheat the oven to 356°F (180°C).
4. Shred the mozzarella and melt on the stove over low heat. Mix with the almond
5. flour. Mix well with a fork until it is the consistency of a dough. Roll out the dough between 2 sheets of parchment paper. Place the meat mixture in the center of the dough (without the juices). On top, place
6. Sliced pickles and cheese on top. Use a sharp knife to make cuts about 2 cm apart on
7. Cut into the long sides of the pastry with a sharp knife. Fold all the strips of dough diagonally over the toppings, alternating from side to side and stretching the dough as needed. Bake for 18-20 minutes or until golden on top.
8. Allow to cool for 5 minutes and slice.



INGREDIENTS

- Olive oil 2 Tbsp.
- Garlic cloves, finely chopped 2 pcs.
- Onion, finely chopped 1 pc.
- Mushrooms 3.5 oz. (90g)
- Bacon 5.5 oz. (150g)
- Fresh spinach 2.5 oz. (60g)
- Grated cheese 2.5 oz. (60g)
- Cream cheese 5.5 oz. (150g)
- Salt 1/2 tsp.
- Pepper 0.25 tsp.
- Almond flour 2.5 oz. (60g)
- Coconut flour 1 oz. (30g)
- Salt 1/2 tsp.
- Baking powder 1 tsp.
- Grated cheese 6.5 oz. (175g)
- Butter 2.7 oz. (75g)
- Egg 1 pc.
- Beaten egg 1 pc.

For 2 servings:

Protein : 140
Fat : 230
Carbs : 28

METHOD

1. For the filling, fry the onion, garlic, bacon, mushrooms and spinach in oil. Taste and season with salt and pepper.
2. Reduce heat and add cream cheese and grated hard cheese. Stir and simmer for another minute. Set aside and let cool.
3. Preheat the oven to 347°F (175°C). Mix all the dry ingredients in a bowl. Melt butter and cheese together in a pan over low heat. Stir to make a smooth batter. Remove from heat.
4. Crack the egg into the mixture and continue to stir.
5. Add the dry ingredients and mix into a firm dough.
6. Divide the dough into 4 balls and roll them into 4 circles, about 0.5 inch (1cm) thick and 7 inch (18cm) in diameter.
7. Spread a generous amount of filling on each piece of the dough one half of each piece.
8. Fold and seal the edges with a fork or your fingers. Brush with beaten egg and bake for 20 minutes.
9. Serve with salad and dressing.
10. Bon appétit!



HAMBURGER

WEEK 3 - DINNER

INGREDIENTS

- Bacon 2 oz. (50g)
- Sliced mushrooms 1 oz. (30g)
- Ground beef 6.5 oz. (175g)
- Pinch of salt pinch of pepper
- Grated cheese 1 oz. (30g)
- Iceberg lettuce, leaves detached and washed to taste

For 1 serving:

Protein : 50

Fat : 66

Carbs : 1

METHOD

1. *In a large skillet, fry the bacon until desired crispiness. Remove from pan and set aside. Leave the fat in the pan.*
2. *Add mushrooms to skillet and braise until browned and tender, about 5-7 minutes. Remove from the pan and set aside.*
3. *Add the ground beef and season with salt and pepper. Roast until tender, about 10 minutes, breaking up pieces with a wooden spoon.*
4. *Spoon ground beef into lettuce leaves, sprinkle with cheese, top with bacon and mushrooms. Wrap like a burger.*
5. *Bon appetit!*



INGREDIENTS

Beef Stroganoff:

- Butter, divide into portions 3 Tbsp.
- Mushrooms, chopped 8 oz. (225g)
- Salt and pepper to taste
- Beef steak 23 oz. (650g), thin slices.
- Red onions, sliced 2 pcs.
- Tomato paste 1 Tbsp.
- Beef broth 6 oz. (175 ml)
- Sour cream 3.5 oz. (100g)

Cabbage noodles:

- Olive oil 2 Tbsp.
- White cabbage 20 oz. (550g)
- Salt and pepper to taste
- Water 2 Tbsp.

For 2 servings:

Protein : 145
Fat : 172
Carbs : 35

METHOD

1. In a skillet, heat 2/3 of the oil over medium heat.
2. Add mushrooms and sprinkle with salt and pepper. Fry for about 5 minutes, then transfer to a bowl.
3. Wipe beef dry, sprinkle with salt and pepper, and add to hot skillet. Cook until browned, about 5 minutes more, then transfer to the bowl with the mushrooms.
4. Add the remaining oil to the skillet, then the onions, stew until transparent. Add the tomato paste, pour in half of the broth.
5. Bring to a boil. Whisk the sour cream separately with 1 cup of broth and pour this mixture into the pan. Return the mushrooms and beef to the pan along with the accumulated juices and stir.
6. In a large saucepan over medium heat, melt the butter.
7. Add the cabbage, salt, pepper and water. Reduce heat to medium and simmer until cabbage is tender.
8. Serve with the beef stroganoff.



INGREDIENTS

Moroccan beef:

- Chopped onions 1-2 Heads
- Beef 32 oz. (900g)
- Masala spice mix 4 Tbsp.
- Salt 1 tsp.

Tortillas:

- Almond flour 5.5 oz. (150g)
- Ground psyllium husk powder 5 Tbsp.
- Salt 1 tsp.
- Eggs 2 pcs.
- Water 7.5 oz. (225 ml)
- Coconut oil for frying 2 Tbsp.

For 2 servings:

Protein : 349

Fat : 353

Carbs : 37

METHOD

1. Cut onion into thin strips. Place in a saucepan. Place the beef steaks on top of the onions. Add spices and salt.
2. Cook over low heat for 8 hours. Mince with a fork and cook on low for another 2 hours; this allows the spices to fill the beef. In a medium-sized bowl, mix together the almond flour, psyllium powder and salt.
3. Add eggs and stir until batter thickens. Add the water to the bowl. Mix well.
4. Set aside for a minute or two until the dough has hardened. Divide into 10 balls. Place the dough on a piece of greased parchment paper. Cover with another greased piece of parchment.
5. Using a rolling pin, roll the dough into a circle shape with an even thickness. This dough is very forgiving, so use your hands if you don't quite get the circle right with the rolling pin.
6. Heat a large pan over medium heat with coconut oil. After that, place the tortilla on the pan. Roast until light brown, then flip and cook.
7. Place the beef in the tortilla. Serve with salad leaves and vegetables.
8. Bon appetit!



INGREDIENTS

- Chicken breasts 16 oz. (450g)
- Bacon 10 oz. (275g)
- Butter or olive oil 2 Tbsp.
- Salt and pepper to taste
- Fresh spinach 16 oz. (450g)

Cauliflower puree:

- Garlic cloves 4 pcs.
- Butter 2 oz. (50g)
- Cauliflower 11.5 oz. (325g)
- Heavy cream 2.5 oz. (75 ml)
- Salt and pepper to taste

For 2 servings:

Protein : 127

Fat : 128

Carbs : 25

METHOD

1. Press the garlic cloves with the handle of a knife. Remove peel. Fry over medium heat until golden. Make sure not to burn. Remove from heat and leave garlic in pan while you do everything else.
2. Rinse the branch cabbage and separate into florets. Cook in lightly salted water until tender. Remove the florets with a ladle strainer and leave some water.
3. Place cauliflower in blender with garlic cloves and blend. Add the cream. You can add a little water to the puree one tablespoon at a time if necessary.
4. Add salt and pepper. Wrap 1-2 pieces of bacon around
5. Each chicken breast. Fry in oil in a skillet over low heat or in a 392°F (200°C) oven for 15 minutes.
6. Set the chicken aside for a few minutes.
7. Roast the spinach in the same pan.
8. Serve at once with the mashed potatoes.
9. Bon appetit!



GUACAMOLE

WEEK 3 - DINNER

INGREDIENTS

- Avocados 2 pcs.
- Garlic cloves 2 pcs.
- Lime, juice 1/2 pc.
- Olive oil 3 Tbsp.
- Fresh coriander 2.7 oz. (80 ml)
- Diced tomato 1 pc.
- Salt and pepper to taste

METHOD

1. *Peel the avocado, mash it with a fork, grate or finely chop the onion, squeeze the lime or lemon and infuse the juice.*
2. *Add the tomatoes, olive oil and finely chopped coriander.*
3. *Season with salt and pepper to taste and mix well.*
4. *Bon appetit!*



INGREDIENTS

- Mushrooms 16 oz. (450g)
- Butter 3.5 oz. (90g)
- Salt 1 tsp.
- Pepper to taste
- Fresh parsley 2 Tbsp.
- Heavy cream 16 oz. (475 ml)
- Mixture of spices: herbs of Provence, allspice, olive oil.
- Grated cheese 8 oz. (225g)
- White fish, e.g. codfish 24.7 oz. (700g)
- Broccoli or cauliflower 21.2 oz. (600g)
- Butter or olive oil 3 oz. (90g)

For 2 servings:

Protein : 171
Fat : 255
Carbs : 50

METHOD

1. *Preheat the oven to 347°F (175°C). Cut the mushrooms into slices. Fry in butter until mushrooms are soft, about 5 minutes. Add salt, pepper and parsley.*
2. *Pour in heavy cream and spice mixture and reduce heat. Allow to stand for 5 to 10 minutes to thicken the sauce slightly. Season the fish with salt and pepper and place in a greased baking dish.*
3. *Sprinkle with cheese and top with creamy mushrooms. Bake for about 30 minutes if the fish is frozen, or a little less if it is fresh. Check after 20 minutes with a sharp knife; the fish is ready if it peels off easily with a fork. And remember, the fish will continue to cook even after you take it out of the oven.*
4. *Meanwhile, prepare the garnish. Slice broccoli or cauliflower in florets. Cook in lightly salted water for a few minutes.*
5. *Drain and add olive oil or butter. Mash with a wooden spoon or fork. Season with salt and pepper and serve with fish.*
6. *Bon appetit!*



INGREDIENTS

- Chicken breasts 26.5 oz. (750g)
- Olive oil 2 Tbsp.
- Green pepper or red pepper 1 pc.
- Garlic clove 1 pc.
- Pickled jalapenos to taste, finely chopped 2 Tbsp.
- Ground cumin 0.5 tsp.
- Cream cheese 2.7 oz. (75g)
- Grated cheese 4 oz. (110g)
- Salt and pepper to taste
- Toothpicks 4 pcs.
- Guacamole

For serving:

- Sour cream (optional)
- Wilted greens or lettuce 8 oz. (225g)

For 1 serving:

Protein : 220
 Fat : 198
 Carbs : 40

METHOD

1. Preheat oven to 347°F (175°C). Finely chop bell peppers and garlic. Roast in oil until soft.
2. Place in a bowl and let stand for 5 minutes. Add jalapenos to the bowl to taste, spices and both cheeses. Mix well (cheese batter).
3. Cut the chicken breasts lengthwise and crosswise along the thinnest part so you can open it like a book.
4. Add a large spoonful of cheese batter and close with a toothpick.
5. Season the chicken with salt and pepper. Fry until golden in coconut oil or butter. Place in a baking dish. You can place the remaining cheese batter on top or just in the baking dish.
6. Bake in the oven for 20 minutes or until the chicken breasts are fully cooked. Remember to remove a toothpick before serving.
7. Serve with leafy greens, generous amounts of guacamole and heavy sour cream.



INGREDIENTS

- Lettuce leaves 9.7 oz. (275g)
- Cherry tomatoes 5.5 oz. (150g)
- Avocados 2 pcs.
- Fresh coriander or other greens 4 Tbsp.
- Yellow onion 1 pc.
- Green bell pepper 1 pc.
- Boneless chicken thighs 23 oz. (650g)
- Butter 2.7 oz. (75g)
- Salt and pepper to taste
- Seasoning mix 2 Tbsp.
- Grated hard cheese 5.3 oz. (150g)
- A little sour cream (optional)

For 2 servings:

Protein : 190

Fat : 200

Carbs : 40

METHOD

1. *Prepare the toppings. Tear lettuce, slice tomatoes, dice avocado, peel and chop cilantro. Set aside.*
2. *Slice the onions and peppers quite thinly. On a separate cutting board, slice the chicken into thin strips.*
3. *Fry chicken in oil in a large skillet over medium heat. Salt and pepper to taste. When chicken is almost done, add onions, peppers and seasoning mix. Reduce heat and continue frying, stirring, for a few minutes until chicken is fully cooked and vegetables are soft.*
4. *Put the lettuce in a bowl and add the chicken mixture.*
5. *Add grated cheese, diced avocado, chopped tomatoes, fresh cilantro and maybe a spoonful of sour cream.*
6. *Bon appetit!*



INGREDIENTS

- Cod fish 23 oz. (650g)
- Salt 1 tsp.
- Grated horseradish 2.7 oz. (75g)
- Butter 5.3 oz. (150g)
- Fresh green beans 16 oz. (450g)
- Salt and pepper to taste
- Celery root, finely chopped 1 oz. (30g)

For 1 serving:

Protein : 127

Fat : 128

Carbs : 25

METHOD

1. *Salt the fish pieces and keep in the refrigerator for an hour. If you don't have enough time, you can salt and fry the fish right away, but start by peeling and grating the horseradish first.*
2. *Wipe the fish dry with paper towels. Heat one-third of the oil and fry the fish over medium heat for 3 to 4 minutes on each side.*
3. *Drizzle oil over the fish in the pan from time to time to keep it from drying out. Reduce the heat toward the end. Season with ground pepper. Remove fish as soon as it is cooked.*
4. *Melt the remaining butter in a saucepan over medium heat and continue heating until it is nutty in flavor and light brown in color.*
5. *Boil the beans in salted water for a few minutes.*
6. *Place the fish on a bed of string beans.*
7. *Pour the butter over the fish and sprinkle the with grated horseradish on top.*
8. *Bon appetit!*



SEASONING MIX

INGREDIENTS

- *Chili powder 1 Tbsp.*
- *Paprika 2 tsp.*
- *Ground cumin 2 tsp.*
- *Garlic powder 1 tsp.*
- *Powder 1 tsp.*
- *Chili flakes 1/2 tsp.*
- *Dried oregano 1/2 tsp.*
- *Ground black pepper 1/2 tsp.*
- *1 Pinch of cinnamon*
- *1 Pinch of ground cloves*
- *Sea salt (optional) 1 Tbsp.*

METHOD

1. *Mix all ingredients well.*
2. *Store in a jar with a tight fitting lid.*

WEEK 3 - DINNER



STUFFED MUSHROOMS

WEEK 3 - DINNER

INGREDIENTS

- Bacon 3.5 oz. (100g)
- Large mushrooms 10 pcs.
- Cream cheese 7 oz. (200g)
- Fresh green onions, chopped 3 Tbsp.
- Paprika salt and pepper 1 tsp.

For 2 servings:

Protein : 72
Fat : 110
Carbs : 10

METHOD

1. *Preheat the oven to 392°F (200°C). Start by frying the bacon until crispy. Allow to cool and shred into crumbs. Save the fat from the bacon.*
2. *Remove the mushroom stems and finely chop the stems. Fry in bacon, adding oil if necessary.*
3. *Place the mushroom caps in a greased baking dish. In a bowl, mix the crumbled bacon with the fried, sliced mushroom stems and the remaining ingredients.*
4. *Add a little of the mixture to each mushroom. Bake for 20 minutes or until the mushrooms*
5. *Are golden brown.*
6. *Serve with herbs and mayonnaise.*
7. *Bon appetit!*



BURGER BENEDICT

WEEK 4 - BREAKFAST

INGREDIENTS

- *Medium avocado 1 pc.*
- *Small white or yellow onions 1/2 pc.*
- *Freshly squeezed lemon juice 2 Tbsp.*
- *Salt and pepper to taste*
- *Melted butter for frying 2 Tbsp.*
- *Ground chicken 6 oz. (170g)*
- *Large eggs 2 pcs.*
- *Salt and pepper to taste*

*Protein : 46
Fat : 81
Carbs : 10*

METHOD

1. *Make a quick guacamole.*
2. *Put half of the avocado in a bowl.*
3. *Add lemon juice, onion, salt and pepper. Mash with a fork and set aside.*
4. *Heat a frying pan, put the oil in.*
5. *Form burger patties with your hands. Fry both sides. Next fry the eggs, using special circles.*
6. *After everything is ready, form the burgers.*
7. *The first layer is a patty, the second is guacamole, the third is an egg.*
8. *You can wrap with lettuce leaves.*
9. *Bon appetit!*



INGREDIENTS

- Turkey or pork bacon 3.5 oz. (100g)
- Yellow onion 1 pc.
- Frying oil 2 Tbsp.
- Eggs 4 pcs.
- Heavy whipped cream 7.6 oz. (225 ml)
- Cream cheese 4 oz. (110 g)
- Almond flour 2.1 oz. (60 g)
- Ground plantain husk powder 1 Tbsp.
- Psyllium 0.3 oz. (8 g)
- Baking powder 1 tsp.
- Salt 1 tsp.
- Fresh parsley, for garnish 1 Tbsp.

METHOD

1. *Slice the cheese and bacon slices.*
2. *Heat olive oil over medium heat in a skillet and fry cheese, green onions and bacon until browned.*
3. *In a small bowl, whisk together the parsley, eggs, salt and pepper.*
4. *Pour egg mixture into skillet over bacon and cheese.*
5. *Reduce heat, add olives and stir for a couple of minutes.*
6. *Serve with or without salad.*
7. *Bon appetit!*

For 2 servings:

Protein : 16-25

Fat : 30-50

Carbs : 7



INGREDIENTS

- *Hard-boiled eggs 2 pcs.*
- *Avocado 1 pc.*
- *Olive oil 1 tsp.*
- *Bacon 2.1 oz. (60g)*
- *Salt and pepper to taste*

For 1 serving:

Protein : 30

Fat : 60

Carbs : 4

METHOD

1. *Preheat the oven to 356°F (180°C).*
2. *Put the eggs in a saucepan and fill with water. Bring to a boil and let stand for 8-10 minutes.*
3. *Place the eggs in ice water immediately after cooking them to make them easier to peel.*
4. *Cut the eggs in half and remove the yolks. Place them in a small bowl.*
5. *Add the avocado, oil, and make a puree out of this. Salt and pepper to taste. Place the bacon on a baking tray and bake until crispy. This will take about 5-7 minutes. You can also pan fry them.*
6. *With a spoon, carefully add the mixture back into the cooked eggs and set the bacon sails!*
7. *Enjoy!*



MEXICAN OMELET

WEEK 4 - BREAKFAST

INGREDIENTS

METHOD

- Eggs 3 pcs.
- Onions 1/2 pc.
- Pickled jalapeño, finely chopped or spicy seasoning to taste 1 pc.
- Tomato, finely chopped 1/2 pc.
- Grated cheese 1.5 oz. (40g)
- Oil, for frying 1 Tbsp.
- Salt and pepper to taste

1. *Finely chop green onions, jalapenos and tomatoes.*
2. *Fry in oil for 3 minutes over medium heat.*
3. *Beat eggs and pour into skillet.*
4. *Scramble for 2 minutes.*
5. *Add cheese and seasoning.*
6. *Bon appetit!*

For 1 serving:

Protein : 31

Fat : 45

Carbs : 6



INGREDIENTS

- Cloudbread
- Eggs 3 pcs.
- Cream cheese 4.3 oz. (120g)
- 1 Pinch of salt
- Ground plantain husk powder 0.5 Tbsp.
- Psyllium 1 tsp.

Stuffing

- Mayonnaise 8 Tbsp.
- Bacon 5.3 oz. (150g)
- Lettuce leaves 1.8 oz. (50g)
- Tomato, thinly sliced 1 pc.
- Fresh basil (optional)

Per 1 serving:

Protein : 72

Fat : 180

Carbs : 11

METHOD

1. Preheat the oven to 302°F (150°C).
2. Separate the eggs. Put the egg whites in one bowl and the yolks in another. Whisk the egg whites together with the salt until very stiff.
3. It is preferable to use a hand-held electric mixer. You should whip them so that you flip the bowl without the egg whites moving.
4. Add the cream cheese to the egg yolks and mix well. To make the mixture more like bread, add additional plantain seed husk (psyllium) and leavening agent.
5. Gently fold the egg whites into the egg yolk mixture - try to keep the egg whites airy.
6. Place 8 pieces of cloud bread on a paper lined baking tray. Bake in the oven for about 25 minutes until they are golden.
7. Pan fry the bacon over medium heat until crispy. Place the cloud bread slices on top and down.
8. Spread 1-2 tablespoons of mayonnaise on each.
9. Place lettuce, tomato, some finely chopped fresh basil and fried bacon in layers between the bread halves.
10. Bon appetit!



FRITTERS WITH SAUERKRAUT

WEEK 4 - BREAKFAST

INGREDIENTS

- Half a medium celery, grated to taste
- Grated carrot 1 pc.
- Zucchini grated 1 pc.
- Dried sauerkraut 5 oz. (140g)
- Little yellow onion, diced 1 pc.
- Chili flakes to taste
- Sea salt 1/2 tsp.
- Medium eggs 4 pcs.
- Butter, clarified butter or duck fat, to make 2 Tbsp.

Per 1 serving:

Protein : 5

Fat : 8

Carbs : 4

METHOD

1. Place celery and carrots in a bowl of water with a pinch of salt. Leave for 15 minutes.
2. Transfer to gauze along with zucchini and sauerkraut. Squeeze out the water and juice of the sauerkraut.
3. Place dried vegetables in a bowl, mix with eggs, seasonings and chili peppers. Stir to combine.
4. Heat oil in a frying pan. Fry over low medium heat for 5 to 6 minutes. Make sure the temperature is not too high so they don't burn.
5. Flip and cook for another 5-6 minutes on the other side.
6. Bon appetit!



INGREDIENTS

Omelet :

- Eggs 2 pcs.
- Heavy whipped cream 2 Tbsp.
- Butter 1 Tbsp.
- Coconut oil to taste
- Salt and ground black pepper
- Grated or sliced cheese 2.7 oz. (75g)

Stuffing :

- Mushrooms, sliced 2 pcs.
- Cherry tomatoes, sliced 2 pcs.
- Cream cheese 2 Tbsp.
- Spinach 0.5 oz. (15g)
- Cooked turkey 1 oz. (30g)
- Dried oregano or other spices 1 tsp.

Per 1 serving:

Protein : 70
Fat : 110
Carbs : 3

METHOD

1. *In a bowl, mix eggs, cream, salt and pepper.*
2. *Heat a spoonful butter in a nonstick pan.*
3. *Spread the cheese evenly across the pan so that it covers the entire bottom. Fry over medium heat until bubbling.*
4. *Carefully pour the egg mixture over the cheese and reduce the heat. Cook for a few minutes, without stirring.*
5. *Fill halfway through with mushrooms, tomatoes, baby spinach, cream cheese, turkey and oregano. Roast for a few more minutes.*
6. *When the egg mixture starts to set (it can still be quite loose, but not too loose), flip the empty half over the top, forming a crescent shape.*
7. *Roast for a few more minutes and enjoy!*



OMELET WITH MUSHROOMS

WEEK 4 - BREAKFAST

INGREDIENTS

- Eggs 3 pcs.
- Butter for frying 1 oz. (30g)
- Grated cheese 1 oz. (30g)
- Yellow onion 1/5 pc.
- Mushrooms 3 pcs.
- Salt and pepper to taste

Per 1 serving:

Protein : 31

Fat : 45

Carbs : 6

METHOD

1. *Break eggs into a bowl with a pinch of salt and pepper. Whisk eggs with a fork until smooth and frothy.*
2. *Add salt and spices to taste. Melt the butter in a frying pan. Once the butter has melted, pour in the egg mixture.*
3. *When the omelet begins to cook and becomes firm, but there is still a small raw egg on top, sprinkle the cheese, mushrooms and onions (if desired) on top.*
4. *Using a spatula, carefully circle the edges of the omelet and then fold it in half.*
5. *When it begins to turn golden brown, remove the pan from the heat and place the omelet on a plate.*
6. *Serve with herbs and your favorite sauce.*
7. *Bon appetit!*



OMELET WITH CREAM

WEEK 4 - BREAKFAST

INGREDIENTS

- Diced cheese 2.7 oz. (75g)
- Diced bacon 4 oz. (110g)
- Olive oil 2 Tbsp.
- Onions 2 pcs.
- Eggs 4 pcs.
- Slightly fresh parsley
- Chopped a few pitted olives
- Salt and pepper to taste

Per 2 servings:

Protein : 75

Fat : 120

Carbs : 17

METHOD

1. Slice cheese and bacon slices.
2. Heat olive oil over medium heat in a skillet and fry cheese, green onions and bacon until browned.
3. In a small bowl, whisk together the parsley, eggs, salt and pepper.
4. Pour egg mixture into skillet over bacon and cheese.
5. Reduce heat, add olives and stir for a couple of minutes.
6. Serve with or without salad.



SPINACH FRITTATA

WEEK 4 - BREAKFAST

INGREDIENTS

- Sliced bacon squares 5.3 oz. (150g)
- Olive oil 2 Tbsp.
- Fresh spinach or other green strained vegetables 8 oz. (225g)
- Eggs 8 pcs.
- Heavy cream 7.6 oz. (225 ml)
- Grated cheese 5.3 oz. (150g)
- Salt and pepper to taste

Per 2 servings:

Protein : 105
Fat : 220
Carbs : 12

METHOD

1. Preheat oven to 347°F (175°C).
2. Grease a 3.5x3.5 inch (9x9 cm) baking dish or individual molds. Fry bacon in oil over medium heat until crispy.
3. Add spinach and stir until cooked through. Remove pan from heat and set aside.
4. Whisk eggs and cream together and pour into baking dish or molds.
5. Add the bacon, spinach and cheese on top and place in the oven.
6. Bake for 25-30 minutes or until golden brown on top.



INGREDIENTS

- Ghee or pork fat 2oz. (55g)
- Medium white or yellow onion 1 pc.
- Garlic cloves, minced 2 pcs.
- Medium green pepper, sliced 1 pc.
- Green cabbage, chopped 1 pc.
- Sauerkraut, drain off the liquid 2 Cups
- Lemon juice 2 Tbsp.
- Water or chicken stock 1 1/2 Cup
- Fresh thyme 1 Tbsp. or 1 tsp. dried
- Fresh chopped oregano 1 Tbsp. or 1 tsp. dried oregano
- Salt or to taste 1/4 tsp.
- Sausages 28 oz. (800g)
- Fresh parsley for garnish

For 2 servings:

Protein : 110

Fat : 217

Carbs : 50

METHOD

1. Slice cabbage into quarters, remove core.
2. Slice onion, green pepper and chop garlic.
3. Grease a large saucepan with oil.
4. Add onions and fry for 5-8 minutes.
5. Add garlic, green pepper and fry for a minute.
6. Add the cabbage. Add sauerkraut, lemon juice, water, chicken broth, thyme, and oregano and stir. Cover with a lid and cook over medium heat for 10 minutes.
7. Preheat the oven to 392°F (200°C). Transfer the cabbage to a large roasting pan.
8. Place the sausages on top, cover with foil and place in the oven. Bake for about 25 minutes, then remove the foil and bake for another 5 minutes.
9. Remove from the oven and let cool for 5 minutes.
10. Garnish with fresh parsley.



QUESADILLA

WEEK 4 - LUNCH

INGREDIENTS

- Low-carb tortillas
- Eggs 2 pcs.
- Egg whites 2 pcs.
- Cream cheese 6.2 oz. (175g)
- Salt 0.5 tsp.
- Ground psyllium husk powder 1.5 tsp.
- Coconut flour 1 Tbsp.

Stuffing :

- Olive oil or oil for frying 1 Tbsp.
- Mexican cheese 5.3 oz. (150g)
- Young spinach 1 oz. (30g)

For 2 servings:

Protein : 40
Fat : 60
Carbs : 5

METHOD

1. *Preheat the oven to 392°F (200°C). Beat the eggs with a mixer and whisk until fluffy. In a large bowl, beat cream cheese until smooth.*
2. *Add eggs and beat until eggs and cream cheese form a smooth liquid batter.*
3. *Mix salt, plantain husk and coconut flour in a small bowl.*
4. *Add the flour 1 spoonful at a time to the batter and continue to whisk some more. Leave the batter for a few minutes until it becomes thick.*
5. *Take two baking trays and place parchment paper on each. Using a spatula, spread the liquid batter into 4-6 circles or 2 rectangles.*
6. *Bake for about 5 minutes, until the tortilla is slightly brown around the edges. Make sure the bottom side doesn't burn. Heat the butter in a skillet over medium heat.*
7. *Place a tortilla in the pan and sprinkle with cheese, spinach and some more cheese.*
8. *Place a second tortilla on top. Fry each quesadilla for about a minute on each side until cheese is melted. Serve with any kind of meat.*
9. *Bon appetit!*



INGREDIENTS

METHOD

Gravy :

- Heavy whipped cream 6 oz. (175 ml)
- Fresh parsley, chopped 1 oz. (30g)
- Tomato paste or seasoning to taste salt and pepper 2 Tbsp.

Hamburgers :

- Ground beef 24.5 oz. (700g)
- Egg 1 pc.
- Shredded cheese 3.2 oz. (90g)
- Salt 1 tsp.
- Ground black pepper Quarter tsp.
- Chopped fresh parsley 1.8 oz. (50g)
- Olive oil, for cooking 1 Tbsp.
- Butter, for frying 1 oz. (30g)
- Fried cabbage
- Green cabbage 24.5 oz. (700g)
- Butter 4.3 oz. (120g)
- Salt and pepper to taste

For several servings:

Protein : 167
Fat : 341
Carbs : 48

1. Add all hamburger ingredients to a large bowl, mix. With wet hands, form eight oblong patties.
2. Add olive oil to a large skillet. Fry over medium heat for at least 10 minutes. Flip them over several times to cook.
3. Add the tomato paste and whipped cream to the pan when the cutlets are almost done. Stir and let stew for a few minutes. Salt and pepper to taste.
4. Before serving, sprinkle chopped parsley on top.
5. Finely chop the cabbage using a food processor or sharp knife.
6. Add oil to a large skillet. Place the skillet over medium heat and fry the shredded cabbage for at least 15 minutes, until the cabbage is softened and golden brown around the edges.
7. Stir regularly and reduce the heat slightly toward the end.
8. Add salt and pepper to taste.
9. Bon appetit!



CHICKEN CASSEROLE

WEEK 4 - LUNCH

INGREDIENTS

- Fillet of chicken thigh 48 oz. (1.36 kg)
- Cherry tomatoes 10.5 oz. (300g)
- Grated cheese 13 oz. (370g)
- Mozzarella 1.6 oz. (45g)
- Fresh basil for garnish
- Pesto 6.6 oz. (188g)
- Arugula 3.2 oz. (90g)
- Fresh mint 1 oz. (30g)
- Walnuts 1 oz. (30g)
- Garlic cloves 2 pcs.
- Lemon juice 2 Tbsp.
- Sea salt or pink Himalayan salt 1/4 tsp.

For 2 servings:

Protein : 110
Fat : 217
Carbs : 50

METHOD

1. Preheat oven to 392°F (200°C).
2. Season the chicken with salt and pepper.
3. Place half of it in the bottom of a large pan. Pour pesto over the top.
4. Add half the spinach and half the mozzarella. Repeat from the first chicken layer.
5. Sprinkle cheese on top and add cherry tomatoes on the sides.
6. Bake for 45-50 minutes or until chicken is cooked through and cheese is golden.
7. Sprinkle with fresh basil and serve.
8. Bon appetit!



CHICKEN WINGS WITH RANCH SAUCE

WEEK 4 - LUNCH

INGREDIENTS

- 14-16 Chicken wings, cut at the joints 50 oz. (~1.4 kg) - freeze extra for later to make chicken broth
- Melted butter 2 oz. (57g)
- Garlic cloves, minced 4 pcs.
- Chopped parsley 2 Tbsp.
- Grated cheese 1 Cup

Ranch dressing:

- Sour cream 2 oz. (57g)
- Heavy whipped cream 2 oz. (60 ml)
- Mayonnaise 4 oz. (110g)
- Medium green onions 2 pcs.
- Garlic clove 1 pc.
- Parsley 2 Tbsp. or 2 tsp. dried parsley
- Fresh chopped dill 1 Tbsp.
- Apple cider vinegar or fresh lemon juice 1 Tbsp.
- Paprika 1/4 tsp.
- Salt and pepper to taste
- Optional: 1-2 Tbsp. water if sauce is too thick

For 6 servings:

Protein : 300
Fat : 360
Carbs : 14

METHOD

1. Preheat oven 446°F to (230°C).
2. Dip wings in paper towel.
3. Heat a large cast iron skillet over medium heat and fry the wings for 2-3 minutes on each side.
4. Transfer them to the oven and bake for another 20-30 minutes until golden and crispy.
5. Add the garlic and oil to the skillet with the wings, stirring to coat each wing in oil. Sprinkle with Parmesan and continue cooking until butter melts. Stir the wings and serve with pesto sauce.
6. Ranch dressing:
7. Finely chop greens and green onions. Peel and chop the garlic. Place sour cream, heavy whipped cream and mayonnaise in a bowl.
8. Add chopped greens, garlic, green onions, vinegar, paprika, salt and pepper to bowl. Mix well.
9. Bon appetit!



INGREDIENTS

Topping :

- Tomato sauce 4 oz. (120 ml)
- Grated cheese 8 oz. (225g)
- Dried basil or dried oregano 2 Tsp.
- Salt and pepper (optional)

Scones :

- Eggs 2 pcs.
- Egg whites 2 pcs.
- Cream cheese 6.2 oz. (175g)
- Salt 1 tsp.
- Ground plantain husk powder 1 tsp.
- Coconut flour 1 Tbsp.

For 2 servings:

Protein : 96

Fat : 128

Carbs : 20

METHOD

1. *Preheat the oven to 392°F (200°C).*
2. *Beat eggs and beat egg whites and continue beating with a mixer, preferably for a few minutes.*
3. *Whisk the batter and continue to whisk some more. Leave the batter for a few minutes until it becomes thick.*
4. *Take two baking trays and place parchment paper on each. Using a spatula,*
5. *Add the cream cheese and continue beating until the batter is smooth. Mix salt, plantain husk and coconut flour in a small bowl.*
6. *Add the flour, one spoonful at a time, to spread the liquid batter into 4-6 circles or 2 rectangles.*
7. *Bake on the top rack for about 5 minutes or more, until the tortilla is slightly brown around the edges. Carefully check the underside so it doesn't burn. Turn your oven to 437°F (225°C).*
8. *Spread 1-2 tablespoons of tomato paste sauce on each tortilla. Salt and pepper as needed.*
9. *Bake mini pizzas in the oven until cheese is melted.*
10. *Bon appetit!*



INGREDIENTS

- Almond flour 3.5 oz. (100g)
- Coconut flour 1 oz. (30g)
- Ground psyllium husk powder 1 Tbsp.
- Baking powder 1 tsp.
- 1 Pinch of salt
- Olive or coconut oil 3 Tbsp.
- Egg 1 pc.
- Water 2 oz. (60 ml)

Filling:

- Avocados 1.5 pcs.
- Mayonnaise 4.8 oz. (140 ml)
- Eggs 3 pcs.
- Fresh coriander, finely chopped 2 Tbsp.
- Red chili pepper, finely chopped 1 pc.
- Onion powder 0.5 tsp.
- Salt 0.5 tsp.
- Cream cheese 3.5 oz. (100g)
- Grated cheese 3.5 oz. (100g)

For 4 servings:

Protein : 120
Fat : 240
Carbs : 40

METHOD

1. Preheat the oven to 347°F (175°C).
2. Mix all the ingredients for the pie dough in a food processor for a few minutes, forming a ball use a fork or your hands.
3. Place a piece of parchment paper on a pan, no more than 10.2 inch (26 cm) in diameter. The springform pan makes it easier to remove the pie when it's ready. Grease the pan and paper.
4. Spread the batter on the pan. Bake the crust for 10 to 15 minutes. Separate the avocado.
5. Remove seeds from chili peppers and finely chop peppers and mix with other ingredients.
6. Pour mixture into pie crust. Bake for 35 minutes.
7. Allow to cool for a few minutes and serve with a green salad.
8. Bon appétit!



MACKEREL WITH GINGER

WEEK 4 - LUNCH

INGREDIENTS

- Boneless mackerel fillets 8 oz. (225g)
- Broccoli 1.5 Cups
- Small yellow onion 1 1/2 pcs.
- Melted butter, oil or coconut oil 1 Tbsp.
- Chopped red pepper 1 pc.
- 2 Slices of sun-dried tomatoes
- Almonds 0.7 oz. (20g)
- Choked avocado 4 Tbsp.

Marinade:

- Grated ginger 1 Tbsp.
- Lime juice or lemon juice 1 Tbsp.
- Olive oil 3 Tbsp.
- Sea salt, or to taste 1/4 tsp.
- Ground black pepper 1/8 tsp.

Per 2 servings:

Protein : 51
Fat : 98
Carbs : 20

METHOD

1. Preheat oven to 392°F (200°C).
2. Rub half of the dressing on the mackerel fillets (skinless).
3. Place mackerel fillets on a baking tray on foil and roast for 10-12 minutes until crispy or to taste. (If you don't have much time, skip the marinating and just bake in the oven.)
4. Place the almonds on a separate baking tray and bake in the oven for 6 minutes until golden. Remove from the oven, let cool and chop. Cook the broccoli in a pan of water for 5 minutes.
5. Roughly chop the broccoli or gently crush with a fork. Heat 1 Tbsp. oil.
6. Add onion and peppers. Fry for 2 to 3 minutes over medium heat until soft. Stir in broccoli and dried tomatoes until they are warm. Turn off the heat.
7. Mix in remaining dressing, sprinkle over sliced roasted almonds and mashed avocado. Can be kept in the fridge in 1/2 tsp. black pepper and salt olive oil 2.7 oz. (80ml) spinach 3 oz. (85g)
8. for 3 days.
9. Bon appetit!



MEDITERRANEAN MEATBALLS

WEEK 4 - LUNCH

INGREDIENTS

Meatballs:

- Minced chicken or turkey 17.5 oz. (500g)
- Grated parmesan cheese 1 Cup
- Large egg 1 pc.
- Garlic clove 1 pc.
- Minced fresh zest of 1 lemon
- Dried Italian herbs 2 tsp.
- Sea salt 1/2 tsp.
- Black pepper 1/4 tsp.
- Melted butter or duck fat 2 Tbsp.

Bowl:

- Medium cucumber, peeled and sliced 1 pc.
- Tomatoes, chopped 3 pcs.
- Large green bell pepper, sliced 1 pc.
- Little red onion, sliced 1pc.
- Large head of green salad 1 pc.

Sauce

- Sour cream 4 oz. (115g)
- Mayonnaise 3.8 oz. (110g)
- Unsweetened tomato paste 2 Tbsp.
- Chopped sun-dried tomatoes 1.3 oz. (37g)
- Chopped basil 0.4 oz. (10g)
- Fresh lemon juice 1 Tbsp.
- Salt and pepper to taste
- Olive oil 5 tsp.

For 2 servings:

Protein : 145

Fat : 275

Carbs : 40

METHOD

1. Add all hamburger ingredients to a large bowl, mix. With wet hands, form eight oblong patties.
2. Add olive oil to a large skillet. Fry over medium heat for at least 10 minutes. Flip them over several times to cook.
3. Add the tomato paste and whipped cream to the pan when the cutlets are almost done. Stir and let stew for a few minutes. Salt and pepper to taste. Before serving, sprinkle chopped parsley on top.
4. In a bowl, mix all the ingredients for the meatballs: shredded chicken, grated cheese, egg, minced garlic, lemon zest, herbs, salt and pepper.
5. Make 25 small meatballs, 1 oz. (about 26g) with your hands.
6. Heat a large frying pan greased with melted butter over high heat. When it is hot, reduce to medium and add the meatballs. Cook for about 2 minutes or until crispy and flip to the other side with a fork. Cook for another 2 minutes or until cooked through. When done, set aside.
7. Peel and slice cucumber, cut tomatoes in half and slice green peppers. Peel and slice the onion.
8. Put the lettuce leaves in a bowl. Add the vegetables.
9. To serve, add meatballs and drizzle with tomato and basil dressing, 3 tablespoons per serving.
10. Drizzle the meatballs with olive oil. The meatballs can be stored in the refrigerator for up to 4 days or in the freezer for up to 3 months.
11. Bon appetit!



INGREDIENTS

- Eggs 2 pcs.
- Egg whites 2 pcs.
- Cream cheese softened 5.3 oz. (150g)
- Salt 1 tsp.
- Ground psyllium husk powder 1.5 tsp.
- Coconut flour Stuffing 1 Tbsp.
- Ground beef 16 oz. (450g)
- Olive oil 2 Tbsp.
- Seasoning 2 Tbsp.
- Water 125 ml
- Salt and pepper to taste
- Salsa
- Avocados, diced 2 pcs.
- Diced tomato 1 pc.
- Lemon, juice 1 pc.
- Olive oil 1 Tbsp.
- Fresh coriander, chopped 3.5 oz. (100g)
- Salt and pepper to taste
- Chili powder 1 Tbsp.
- Paprika 2 tsp.
- Ground cumin 2 tsp.
- Garlic powder 1 tsp.
- Powder 1 tsp.
- Chili flakes 0.5 tsp.
- Dried oregano 0.5 tsp.
- Ground black pepper 0.5 tsp.
- 1 Pinch of cinnamon
- 1 Pinch of ground cloves
- Sea salt (optional) 1 Tbsp.

For 2 servings:

Protein : 145

Fat : 244

Carbs : 30

METHOD

1. Using a spatula, spread the liquid batter into 4-6 circles or 2 rectangles. Bake for about 5 minutes or more, until tortilla is slightly brown around the edges. Carefully check the underside so it doesn't burn.
2. Stuffing
3. Put a large skillet over medium heat and heat a little oil. Add ground beef and fry until tender.
4. Add 1 Tbps. seasoning and water, stir to combine. Let simmer until most of the water has evaporated.
5. Salsa
6. Meanwhile, make salsa from diced avocado, tomatoes, freshly squeezed lemon juice, olive oil and a few handfuls of fresh cilantro. Salt and pepper to taste.
7. Serve the beef tortilla stuffing, with grated cheese, salsa and chopped herbs. Enjoy!
8. Preheat the oven to 392°F (200°C). Using an electric mixer with a whisk attachment, beat the eggs and egg whites until puffy, preferably for a few minutes.
9. In a separate large bowl, whip cream cheese until smooth. Add eggs to cream cheese and whisk until eggs and cream cheese form a smooth liquid batter.
10. Mix salt, plantain husk and coconut flour in a small bowl.
11. Add the flour one spoonful at a time to the batter and continue to whisk some more.
12. Leave the batter for a few minutes until it becomes thick.
13. Take two baking trays and place parchment paper on each tray.



CRISPY CHICKEN SHANKS

WEEK 4 - LUNCH

INGREDIENTS

- Chicken shanks 32 oz. (900g)
- Sour cream 4 oz. (120 ml)
- Olive oil 2 Tbsp.
- Chicken seasoning 2 Tbsp.
- Salt 1 tsp.
- Pork rinds 5.3 oz. (150g)
- Coconut shavings 3.2 oz. (90g)
- Olive oil 2 oz. (60 ml)
- Green cabbage 16 oz. (450g)
- Mayonnaise 8.1 oz. (240 ml)
- Salt and pepper to taste

Per 2 servings:

Protein : 204

Fat : 291

Carbs : 40

METHOD

1. Preheat the oven to 347°F (175°C).
2. Mix marinade of seasoning, ground seasoning, salt and sour cream.
3. Sprinkle into a large plastic bag with the shanks. Do not remove skin! Shake thoroughly and let marinate for 15 minutes. Remove shanks from bag, place in a new clean bag.
4. Whisk the pork rinds into small crumbs in a blender. Add the coconut shavings and mix. Sprinkle the crumbs over the marinated chicken and shake well.
5. Place the shanks in a greased baking dish (A roaster is a good option.) Drizzle with olive oil and bake in the oven for 40-45 minutes. Turn the shanks after half the time.
6. Meanwhile, make the cabbage.
7. Finely chop the cabbage with a sharp knife. Place the cabbage in a bowl and add salt, pepper and mayonnaise.
8. Mix well and leave for 10 minutes.
9. Bon appetit!



INGREDIENTS

Bacon-wrapped pork loin

- Pork loin 21.2 oz. (600g)
- Bacon 7 oz. (200g)
- Pepper 1 tsp.
- Olive oil 1 Tbsp.
- Cream cheese 3.5 oz. (100g)
- Garlic clove, minced 1 pc.
- Sun-dried tomatoes in oil 1 oz. (30g)
- Fresh sage, chopped - or other herbs salt and pepper 2 Tbsp.
- Heavy whipped cream 6 oz. (175 ml)

Roasted garlic cauliflower puree

- Olive oil 1 Tbsp.
- Whole garlic
- Sea salt 1 tsp.
- Cauliflower 16 oz. (450g)
- Butter 4 oz. (110g)
- Salt and pepper to taste

For 2 servings:

Protein : 190
Fat : 300
Carbs : 40

METHOD

1. Puree the cauliflower according to the instructions below.
2. Reduce the oven temperature to 347°F (175°C). Mix cream cheese, tomatoes, garlic and sage for filling in a small bowl.
3. Wash the tenderloin and season with pepper. Cut it lengthwise to make a pocket for the filling. Add the filling to the pocket and try to close it by sliding the sides. Wrap the sirloin pieces with the bacon.
4. Heat oil in a frying pan and fry the tenderloin until golden on all sides. Then place it in the oven for baking.
5. Bake in the oven until the tenderloin is cooked inside. This will take about 20 minutes. Remove from the oven when done and leave, wrapped in foil.
6. Pour the juices from the baking dish into a saucepan along with the heavy cream and the rest of the filling. Bring to a boil and let stand for a few minutes. Season with salt and pepper.
7. Slice the tenderloin diagonally and serve with the mashed potatoes and sauce.
8. Roast garlic mashed cauliflower:
9. Preheat the oven to 437°F (225°C). Chop the garlic into slices without removing the skin.
10. Place the garlic in a baking dish in the oven, drizzle with olive oil and sprinkle sea salt on top. Roast the garlic for about 20 minutes or until golden and soft. Remove from the oven and allow to cool.
11. While the garlic is roasting, you make the mashed potatoes. Trim the cauliflower and cut into small florets.
12. Boil the cauliflower in lightly salted water until softened, but not until it loses its texture. Drain the boiling water. Squeeze some of the water out of the cabbage by pressing.
13. Peel the garlic and place in a food processor with the cooked cauliflower and butter. You can also blend with an immersion blender.
14. Bon appetit!



INGREDIENTS

- Green cabbage 26.5 oz. (750g)
- Butter 5.3 oz. (150g)
- Ground beef 21.2 oz. (600g)
- Salt 1 tsp.
- Garlic powder 1 tsp.
- Pepper 14 tsp.
- White wine vinegar to taste 1 Tbsp.
- Tomato paste 1 Tbsp.
- Garlic cloves, finely chopped 2 pcs.
- Thinly sliced 3.2 oz (90g)
- Fresh basil 4 oz. (120 ml)
- Mayonnaise 6.8 oz. (200 ml)

For 2 servings:

Protein : 7
Fat : 14
Carbs : 2

METHOD

1. Shred the green cabbage.
2. Roast kale in oil in a large skillet over medium heat for about 10 minutes, or until soft.
3. Add vinegar, salt, onion powder and pepper. Stir and fry for 2 to 3 minutes.
4. Put the roasted cabbage in a bowl.
5. Heat the remaining oil in a skillet.
6. Add garlic and onion, and stew for a minute.
7. Add the meat and continue frying until tender. Fry until most of the liquid has evaporated.
8. Add the tomato paste and stir well. Reduce the heat a little and add the cabbage and basil. Stir until cooked.
9. Add seasoning and serve with a spoonful of sour cream or mayonnaise.
10. Bon appetit!



INGREDIENTS

- Boneless chicken breasts 23 oz. (650g)
- Salt and pepper to taste
- Butter or coconut oil 2 Tbsp.
- Heavy cream 10.2 oz. (300 ml)
- Pitted olives 2.5 oz. (70g)
- Diced feta cheese, mozzarella, goat cheese, suluguni or other cheese to taste 3.5 oz. (100g)
- Garlic clove, finely chopped 1 pc.
- Greens 5.3 oz. (150g)
- Olive oil 4 Tbsp.
- Sea salt and ground black pepper
- Pesto 2.7 oz. (75g)
- Arugula 6.6 oz. (188g)
- Salad leaves 3.2 oz. (90g)
- Fresh mint 1 oz. (28g)
- Cheese 2 oz. (56g)
- Walnuts 1 oz. 30g
- Garlic cloves 2 pcs.
- Lemon juice 2 Tbsp.
- Sea salt or pink Himalayan salt 1/4 tsp.

METHOD

1. Preheat oven to 392°F (200°C).
2. Cut the chicken into pieces. Season with salt and pepper.
3. Add oil to a large skillet and fry chicken pieces in batches over medium heat until golden brown.
4. Mix pesto and heavy cream in a bowl.
5. Place the fried chicken pieces in a baking dish along with the olives, feta cheese and garlic.
6. Pour over the pesto and cream. Bake in the oven for 20-30 minutes, until the dish is brown around the edges.
7. Bon appetit!

Per 2 servings:

Protein : 15
Fat : 21
Carbs : 1



INGREDIENTS

- Olive oil 2 Tbsp.
- Broccoli 15.9 oz. (450g)
- Small onions 6 pcs.
- Small capers if desired 2 Tbsp.
- Butter 1 oz. (30g)
- White fish in pieces 24.7 oz. (700g)
- Heavy cream 10.2 oz. (300 ml)
- Dijon mustard 1 Tbsp.
- Salt 1 tsp.
- Ground black pepper 1/4 tsp.
- Dried parsley 1 Tbsp.
- Butter 3.2 oz. (90g)
- Greens 5.3 oz. (150g)

For 2 servings:

Protein : 145
Fat : 230
Carbs : 40

METHOD

1. *Preheat the oven to 392°F (200°C).*
2. *Separate the broccoli into small florets. Roast broccoli in oil over medium heat for 5 minutes, until golden and soft. Season with salt and pepper.*
3. *Add finely chopped green onions and capers. Roast for another 1 to 2 minutes and place the vegetables in an oiled baking dish.*
4. *Place the fish among the vegetables. Stir in parsley, whipped cream and mustard.*
5. *Pour over fish and vegetables. Place chunks of butter on top. Bake for 20 minutes or until fish is cooked through.*
6. *Serve as is or with a juicy green salad.*
7. *Enjoy!*



INGREDIENTS

- Smoked pork brisket 2.7 oz. (75g)
- Mushrooms 2.7 oz. (75g)
- Onions 1.5 oz. (40g)
- Salt and pepper to taste
- Broccoli puree 11.5 oz. (325g)
- Butter 0.7 oz. (20g)
- Cream cheese 1.4 oz. (40g)
- Salt and pepper to taste

Per 2 servings:

Protein : 10

Fat : 20

Carbs : 2

METHOD

1. *Dice pork or bacon and fry until tender. Taste and season with diced pork or bacon.*
2. *Finely chop the onion. Cut the mushrooms into quarters and fry in the fat with the onions until soft. Remove.*
3. *Add oil to the same skillet and fry the livers for a few minutes on each side.*
4. *Add the bacon, onions and mushrooms. Add cream, mix and braise until heated through. Sprinkle with parsley before serving.*
5. *Cut broccoli into florets. Cook until soft in lightly salted water. Drain and mix with butter and cream cheese.*
6. *Season with salt and pepper.*
7. *Serve the liver with onions, mushroom sauce and broccoli puree.*
8. *Bon appetit!*



INGREDIENTS

Crust

- Eggs 3 pcs.
- Mayonnaise 2.7 oz. (80 ml)
- Coconut flour 3 Tbsp.
- Baking powder 1 tsp.
- Salt 0.5 tsp.
- Onion powder 0.5 tsp.
- Olive oil 1 Tbsp.

Stuffing

- Tomato paste or cream cheese 8 Tbsp.
- Sea salt 1 tsp.
- Ground black pepper 1/4 tsp.
- Grated cheese 8 oz. (225g)
- Olive oil 1 Tbsp.
- 12 Olives or shrimp or cherry tomatoes or other toppings to taste

For 2 servings:

Protein : 85
 Fat : 150
 Carbs : 15

METHOD

1. Whisk eggs and mayonnaise in a bowl. Mix dry ingredients separately and add eggs. Mix into a smooth batter. Let it sit for a couple of minutes.
2. Add the batter to a hot buttered skillet. There should be 8-10 crusts, about 8 cm in diameter.
3. Fry for a minute on each side until golden. Place the crusts on a baking tray lined with parchment paper.
4. Preheat the oven to 392°F (200°C). Spread a layer of tomato paste, or cream cheese, depending on whether you want a red or white pizza. Or mix it all together!
5. Add the topping of your choice. Sprinkle salt, pepper and basil or oregano on top. Add cheese and sprinkle over olive oil.
6. Bake in the oven for 5-10 minutes or until the cheese is melted and the pizza is a nice color.
7. Bon appetit!



PASTA CARBONARA

WEEK 4 - DINNER

INGREDIENTS

- Heavy cream 3.5 oz. (100 ml)
- Butter 0.5 Tbsp.
- Bacon sliced 3.5 oz. (100g)
- Mayonnaise 0.3 oz. (10g)
- Salt and pepper to taste
- Zucchini 14.1 oz. (400g)
- Eggs 2 pcs.
- Grated cheese for serving 1.5 oz. (40g)

Per 2 servings:

Protein : 7
Fat : 14
Carbs : 3

METHOD

1. *In a saucepan, bring cream to a boil over medium heat.*
2. *Allow to simmer for a few minutes until the cream has reduced by a quarter. In a large skillet, melt butter over medium heat.*
3. *Add bacon to skillet, frying until crispy. Set bacon aside. Keep the fat warm in the pan, over low heat.*
4. *Whisk mayonnaise into heavy cream. Season with salt and pepper and simmer until the mayonnaise is heated through. Reduce heat to low, stirring occasionally.*
5. *Slice the zucchini into thin noodle shapes. You can do this with a potato peeler.*
6. *Cook the noodles in the microwave for 3-5 minutes, or in hot water for 30 seconds.*
7. *In a bowl, mix together the egg yolks, chopped bacon and parmesan cheese.*
8. *Add the bacon fat and warm cream sauce to the noodles, stir to combine. Make sure this mixture is slightly warm, then add the egg and bacon and parmesan cheese mixture, stirring everything together.*
9. *Sprinkle grated cheese on top before serving.*



PORK WITH CREAM SAUCE

WEEK 4 - DINNER

INGREDIENTS

- Pork shoulder 32 oz. (900g)
- Salt 1 Tbsp.
- Bay leaf 1 pc.
- Black pepper 1/4 tsp.
- Water 20.3 oz. (600 ml)
- Dried thyme or rosemary 2 tsp.
- Cloves of garlic 2 pcs.
- Fresh ginger 1.5 oz. (40g)
- Olive or coconut oil 1 Tbsp.
- Paprika 1 Tbsp.
- Ground black pepper 1 tsp.
- Heavy cream 12 oz. (350 ml)

For 2 servings:

Protein : 152
Fat : 310
Carbs : 15

METHOD

1. *Preheat the oven to a low heat: 212°F (100°C). Place meat in a deep baking dish and salt.*
2. *Add water to cover 1/3 of the meat. Add bay leaf, pepper and thyme. Put the baking dish in the oven for 7-8 hours, covered with aluminum foil. If you are using a multicooker, do the same in step 2, but add only 1 cup of water. Cook for 8 hours on low or 4 hours on high.*
3. *Remove the meat from the baking dish and leave in a separate pan. Turn the oven to 428°F (220°C).*
4. *Finely chop garlic and ginger in a small bowl. Add the oil, herbs, and pepper and mix well. Rub the meat with the garlic and herb mixture. Return meat to mold and bake for about 10-15 minutes. Slice meat into thin slices and serve with cream sauce and garnish of your choice.*
5. *Sieve the juices from the meat to remove any solids. Cook so that the volume is reduced to half, to about 1 cup. Pour into a container with whipped cream and bring to a boil. Reduce heat and leave over low heat for about 20 minutes or until desired consistency.*
6. *Bon appetit!*



INGREDIENTS

- Boneless pork chops 23 oz. (650g)
- Sea salt and ground black pepper
- Olive oil 1 Tbsp.
- Oil for frying 3 Tbsp.
- Capers or green olives 2 Tbsp.
- Chicken broth 7.6 oz. (225 ml)
- Lemon juice 2 Tbsp.
- Cherry tomatoes 20 pcs.
- Fresh parsley, chopped 2 Tbsp.

For 2 servings:

Protein : 186

Fat : 197

Carbs : 1

METHOD

1. Season pork chops generously on both sides with salt and pepper. Heat oil in a large saucepan over medium
2. over medium heat. Add pork to skillet and cook until browned on both sides and cooked through,
3. about 2 minutes per side.
4. Remove the pork from the pan and cover. In the same pan, add the oil and capers. Cook until the capers/olives are hot.
5. Add the chicken broth and lemon juice, and use a rubber spatula to mix up any bits that have stuck
6. to the bottom of the pan. Increase the heat and bring to a boil. Boil the sauce in half. Reduce the heat to medium and add the tomatoes to the pot. Cook until soft, about 3 minutes.
7. Pour the cooked sauce onto a plate with the pork. Garnish with fresh parsley.
8. Bon appetit!



INGREDIENTS

METHOD

Tomato sauce :

- Butter 2.1 oz. (60g)
- Shallot 1 pc.
- Garlic cloves 2 pcs.
- Red wine vinegar if desired 0.5 Tbsp.
- Tomato paste 2 Tbsp.
- Chopped tomatoes 14.1 oz. (400g)
- Salt 1 tsp.
- Dried basil 1 tsp.
- Dried oregano 1 tsp.
- Pepper to taste

Pasta :

- Small zucchini 2 pcs.
- Chicken breasts 4 pcs.
- Spinach 5.3 oz. (150g)
- Goat cheese 7 oz. (200g)
- Grated cheese 3.5 oz. (100g)
- Butter 3.5 oz. (100g)
- Salt and pepper to taste
- Grated cheese before serving

Protein : 300

Fat : 200

Carbs : 55

1. *Preheat oven to 392°F (200°C). Roast spinach until it shrinks. Salt and pepper. Put in a bowl and mix with ricotta cheese.*
2. *Slice chicken breasts lengthwise, but do not cut all the way through. Place in a greased buttered baking dish.*
3. *Fill chicken breasts with ricotta cheese mixture and sprinkle with grated cheese. Add a dash of the rest of the butter.*
4. *Bake in the oven for about 20-30 minutes, until the chicken is fully cooked. Later, you can pour the juices from the chicken into the tomato sauce, giving it extra flavor.*
5. *Finely chop the onion and garlic. Fry in butter until soft, not allowing to brown. Add tomato paste, vinegar, chopped tomatoes and bring to a boil.*
6. *Add the herbs. Allow to simmer over low heat for at least 15 minutes, salt and pepper to taste. (NOTE: there is enough sauce for two servings, so freeze half or use for pizza).*
7. *Make spirals of zucchini, using a sharp knife or potato peeler. Layer the "noodles" in a spicy tomato sauce and serve immediately with the chicken.*
8. *Bon appetit!*



ARGENTINE COOKIES

DESSERT

INGREDIENTS

- Butter, softened 3.5 oz. (100g)
- Erythritol 1.8 oz. (50g)
- Vanilla extract 1 tsp.
- 1 Pinch of salt
- Fine Almond Caramel 9 oz. (250g)
- Butter 2 Tbsp.
- Heavy cream 2.5 oz. (75 ml)
- Erythritol 3.5 oz. (100g)

METHOD

1. *In a large bowl, whisk the butter and sweetener until smooth. Add the vanilla and salt and whisk.*
2. *Add the almond flour and mix until smooth, then use a spatula to smooth. Transfer the dough to a piece of parchment paper and roll into a log. Wrap it up and let it cool in the refrigerator for an hour. In the meantime, let's make the caramel!*
3. *In a small saucepan or frying pan over medium heat, melt butter or ghee until brown. Add the cream and sweetener and bring to a boil. Reduce heat to medium and stir occasionally until sweetener has dissolved and liquid is thick and gooey.*
4. *Remove from heat and pour into a jar and let it cool at room temperature. Stir it every few minutes.*
5. *If your caramel doesn't thicken enough to spread on your cookies, add more butter!*
6. *Preheat the oven to 320°F (160°C). Line a baking tray with parchment paper.*
7. *Slice the dough thinly and gently, with your fingers, place each piece on the baking tray to give the cookies an even round shape with even edges.*
8. *Make 12 cookies, you need an even number for sandwiches. Leave 2 inches (5 cm) between them and bake for 15 minutes or until the edges are golden brown. Remove from the oven and let them cool. When the cookies are room temperature, flip them over.*
9. *Add a tablespoon of caramel to the cookies and then place a second one (sandwich) on top, pressing down so the caramel flattens out a bit between cookies.*



MERINGUE

DESSERT

INGREDIENTS

- Large egg whites 4 pcs.
- 1 Pinch of salt
- Vanilla extract or vanillin 1 tsp.
- Powdered erythritol 6 oz. (175 ml)

Per 1 Serving:

Protein : 1

Fat : 0

Carbs : 0,1

METHOD

1. Preheat the oven to 203°F (95°C) and line a baking tray with parchment paper.
2. Whisk the egg whites with a mixer until soft white peaks form. Reduce speed to medium. Stir in salt and vanilla.
3. Add powdered sweetener 1 tablespoon at a time until it runs out of sweetener. You will have to stop once or twice and scrape it all off the walls with a spatula.
4. Increase the mixer speed to medium and keep mixing until stiff white peaks form.
5. To make the meringue, you can simply spoon the mixture onto a baking tray or with a plastic bag with the tip cut off.
6. Make 24 puffins and bake for 50-55 minutes, until they are firm and slightly golden, but not brown.
7. Remove from the oven and let them cool.
8. Bon appetit!



PANCAKES WITH BERRIES AND WHIPPED CREAM

INGREDIENTS

- *Fresh raspberries or fresh blueberries or fresh strawberries 3.5 oz. (100g)*
- *Heavy cream 7.6 oz. (225ml)*
- *Eggs 4 pcs.*
- *Cream cheese 7 oz. (200g)*
- *Ground psyllium 1 Tbsp.*
- *Butter or coconut oil 1.8 oz. (50g)*

Per 1 Serving:

*Protein : 57
Fat : 200
Carbs : 20*

METHOD

1. *Add eggs, cheese and psyllium husk to a medium-sized bowl and mix together. Let stand for 5-10 minutes to thicken slightly.*
2. *Heat butter in a nonstick skillet. Fry the pancakes over medium heat for 3-4 minutes on each side. Don't make them too big or they will be difficult to flip.*
3. *Add cream to a separate bowl and whip until soft peaks form.*
4. *Serve pancakes with whipped cream and berries of your choice.*
5. *Bon appetit!*

DESSERT



BLUEBERRY BUTTER WAFFLES

DESSERT

INGREDIENTS

- Melted butter 5.3 oz. (150g)
- Eggs 8 pcs.
- Vanilla extract or vanillin 1 tsp.
- Baking powder 2 tsp.
- Coconut flour 1.5 oz. (40g)

Blueberry butter:

- Butter 2.7 oz. (75g)
- Fresh blueberries 1 oz. (30g)

Per 2 servings:

Protein : 65
Fat : 264
Carbs : 29

METHOD

1. *Mix together the melted butter and eggs. Add remaining ingredients and mix into a smooth batter using an electric mixer.*
2. *Allow to stand for 5 minutes while you preheat the waffle iron.*
3. *Once heated, pour in the liquid batter and bake until golden. Baking time depends on the size of the waffle iron.*
4. *Mix the butter and blueberries with an electric mixer and serve with the waffles.*
5. *Bon appetit!*



HOT CHOCOLATE

DESSERT

INGREDIENTS

METHOD

- *Unsalted butter 1 oz. (30g)*
- *Cocoa powder 1 Tbsp.*
- *Erythritol 0.4 oz. (10g)*
- *Vanilla 1/4 tsp.*
- *Boiling water 8.1 oz. (240 ml)*

1. *Put ingredients in a tall glass to use an immersion blender.*
2. *Blend for 15-20 seconds or until thin foam appears on top.*
3. *Pour the hot cocoa into cups and enjoy.*

Per 1 serving:

*Protein : 1
Fat : 23
Carbs : 3*



CASSEROLE WITH CHEESE AND BERRIES

INGREDIENTS

- Grated mozzarella 4.5 oz. (128g)
- Almond flour 1.8 oz. (50g)
- 1 Round brie cheese 7 oz. (200g)
- Fork crushed berries 2 Tbps.

Optional:

- Chopped walnuts 1-2 Tbsp.

Per 2 servings:

Protein : 21

Fat : 25

Carbs : 9

METHOD

1. Preheat oven to 356°F (180°C). Place shredded mozzarella in another bowl and microwave for 50-70 seconds, checking once or twice, or melt on the stove over low heat. Mix in the almond flour.
2. Using a fork, combine well until you create a batter.
3. Roll out the dough between 2 sheets of parchment paper until it is large enough to wrap around the brie (I used a silicone mat and a silicone rolling pin). Place the brie in the center of the dough and add the chia jam. Add chopped walnuts if desired.
4. Wrap the dough around the cheese to create a bag, and pinch it with your fingers to close.
5. Place in oven and bake for 15-18 minutes or until golden on top.
6. Remove from the oven and let it cool for 5 minutes before cutting.

DESSERT



CARAMEL CRÈME BRÛLÉE

DESSERT

INGREDIENTS

- Erythritol 1.8 oz. (50g)
- Olive oil 1 tsp.
- Water 0.5 Cup
- Heavy cream 2.8 oz. (80g)
- Vanilla 1 tsp.
- Large egg yolks 2 pcs.
- Slightly boiling water

Per 1 serving:

Protein : 9
Fat : 63
Carbs : 5

METHOD

1. In a deep saucepan, heat 1/3 of the erythritol, stirring frequently.
2. Add water and stir. Note that it will begin to foam and rise - so we need a deep pan.
3. Add the oil. The color of the erythritol will get darker and turn into caramel.
4. Once the caramel becomes an amber color, remove from the heat.
5. Pour the caramel evenly into two small molds. Set aside, allow to harden.
6. In a bowl, mix yolks and 1/3 of the erythritol.
7. In another bowl, mix heavy cream and vanilla (vanillin).
8. Slowly whisk the cream into the egg yolks.
9. Then, pour the cream mixture into your caramel molds.
10. Place the molds in a water bath in the oven. Bake at 347°F (175°C) for 45 minutes.
11. Allow to cool. Sprinkle the remaining erythritol over each custard in the molds.
12. Using a burner or any other fire source, slowly caramelize the erythritol.
13. Allow to cool and harden.
14. Bon appetit!



STRAWBERRY ICE CREAM

DESSERT

INGREDIENTS

- *Strawberries, without greens 2 Cups*
- *Sour cream 10.5 oz. (300g)*
- *Melted butter 2 oz. (60 ml)*
- *Erythritol 1.5 oz. (40g or to taste)*

For 2 servings:

Protein : 11

Fat : 175

Carbs : 30

METHOD

1. *Cut the strawberries into quarters. Place in refrigerator for 3 to 5 hours or overnight.*
2. *Place the strawberries in a blender or food processor.*
3. *Add all other ingredients. Blend well until smooth.*
4. *Place back in the refrigerator to freeze the ice cream.*
5. *Bon appetit!*



COCONUT CHOCOLATE PUDDING

DESSERT

INGREDIENTS

- Coconut milk 14.1 oz. (400g)
- Egg yolks 2 pcs.
- Dark chocolate with 70% cocoa minimum 2.7 oz. (75g)
- Vanilla extract or vanillin 1 tsp.

Per 8 servings:

Protein : 17

Fat : 110

Carbs : 44

METHOD

1. Add the coconut milk and egg yolks to a saucepan and stir. Place over medium-low heat and let simmer for 10 minutes.
2. Break the chocolate into small pieces and add to the saucepan.
3. Add the vanilla and pour the coconut milk on top. Allow to stand for a while to allow the chocolate to melt.
4. Whisk the liquid batter and pour into glasses.
5. Refrigerate for at least two hours before serving.
6. Bon appétit!



COCONUT FRITTERS

DESSERT

INGREDIENTS

- Eggs 6 pcs.
- Coconut flour 2.1 oz. (60g)
- Coconut milk 6 oz. (180 ml)
- Melted coconut oil 2 Tbsp.
- 1 Pinch of salt
- Baking powder 1 tsp.
- Coconut oil for frying

Per 2 servings:

Protein : 73
Fat : 310
Carbs : 16

METHOD

1. Separate the yolks from the egg whites and beat the egg whites with a pinch of salt using a hand mixer. Continue beating until stiff peaks form, then set aside.
2. In a separate bowl, mix yolks, oil, and coconut milk.
3. Add the coconut flour and baking powder. Mix into a smooth batter.
4. Carefully incorporate the egg whites into the batter. Allow the liquid dough to "rest" for 5 minutes.
5. Fry in butter or coconut oil for a few minutes or so on each side over low to medium heat.
6. Serve with melted butter or fresh berries.



LEMON ICE CREAM

DESSERT

INGREDIENTS

- Lemon zest and juice 1 pc.
- Eggs 3 pcs.
- Erythritol 1.8 oz. (50g)
- Heavy cream 14.5 oz. (425 ml)
- Quarter teaspoon yellow food coloring

Per 2 servings:

Protein : 28

Fat : 122

Carbs : 15

METHOD

1. Wash the lemon in warm water. Finely grate the zest. Squeeze out the juice and set aside.
2. Whisk the egg whites until stiff. In another bowl, whisk the egg yolks and sweetener until light and fluffy.
3. Add the lemon juice and a few drops of yellow food coloring (if desired). Thoroughly mix the egg whites into the yolk mixture.
4. Whisk cream in a large bowl until soft peaks form. Fold the egg mixture into the cream.
5. Place the ice cream molds in the freezer and stir well every half hour until it reaches the desired consistency. This can take up to 2 hours. If frozen, let stand at room temperature for 15 minutes before serving.
6. Bon appétit!



MUFFIN IN A MUG

INGREDIENTS

- Almond flour 4 Tbsp.
- Cocoa powder 2 Tbsp.
- Erythritol 4 Tbsp.
- Leavening agent 1 tsp.
- Vanilla extract or vanillin 1 tsp.
- 2 Pinches of salt
- Eggs beaten 2 pcs.
- Melted coconut oil 3 Tbsp.
- Dark chocolate 0.5 oz. (15g)

Per 1 servings:

Protein : 25

Fat : 76

Carbs : 15

METHOD

1. Microwave (7 minutes)
2. Mix dry ingredients in a small bowl.
3. Add eggs, melted coconut oil and chocolate. Mix until smooth.
4. Divide batter equally into four well-greased circles.
5. Cook on high power for 1-1 1/2 minutes (700 watts).
6. Remove and allow to cool for one minute. Serve with whipped cream.
7. Bon appetit!

DESSERT



NUTTY CHEESECAKE

DESSERT

INGREDIENTS

Cheesecake Crust:

- Melted butter 1 Tbsp.
- Favorite nuts, finely chopped 4 Tbsp.
- Erythritol 1/2 Tbsp.

Base:

- Butter 4 Tbsp.
- Softened cream cheese 8 oz. (225g)
- Erythritol 4 Tbsp.
- Unsweetened almond milk 2 Tbsp.
- Beaten egg 1 pc.
- Vanilla extract or vanillin 1 tsp.
- Favorite nuts, for decoration

Per 2 servings:

Protein : 41
Fat : 158
Carbs : 13

METHOD

1. Preheat oven to 347°F (175°C).
2. Grease a mold with butter. Place the melted butter, chopped nuts and sweetener in a small bowl. Stir with a fork to soften well. Use your fingers to press the mixture into the bottom of the mold.
3. Place in the oven, bake for 6 minutes while you prepare the filling.
4. Place the butter in a small saucepan over medium heat. Stirring frequently, heat until the butter foams and browns (but not black!) appear. Remove from heat and allow to cool slightly. This brown butter creates the caramel flavor of the cheesecake.
5. Place the softened cream cheese, sweetener, almond milk or cream, egg and vanilla in a medium bowl. Use a hand mixer to whip well.
6. Slowly add the butter chunks and mix. Pour the mixture into the pre-baked crust. Cover lightly with foil and bake for 30-35 minutes or until cheesecake is cooked through and barely bunched in the center.
7. Remove from the oven and let cool for 10 minutes, then place in the refrigerator for at least 2 hours. Sprinkle pecans on top.
8. Bon appetit!



PANNACOTTA

DESSERT

INGREDIENTS

- Powdered gelatin 2 tsp.
- Heavy cream 16 oz. (475 ml)
- Vanilla extract 1 Tbsp.
- Erythritol (optional) 1 tsp.
- Some strawberries or raspberries
- Fresh mint (optional)

Per 1 serving:

Protein : 4

Fat : 43

Carbs : 4

METHOD

1. Soak the gelatin (gauze) for 5-10 minutes in cold water. If you are using powdered gelatin, mix it with cold water, following the instructions on the package. Set it aside.
2. Add the cream, vanilla extract and erythritol to a saucepan and bring to a boil over medium heat. Reduce the heat and leave to simmer for a couple of minutes over medium heat until the cream begins to thicken.
3. Remove the cream from the heat and add the gelatin. If you are using gauze, be sure to squeeze as much water out of it as possible before adding it to the cream. Stir until the gelatin is completely dissolved.
4. Pour the cream into glasses. Allow to cool completely before covering with plastic wrap and placing in the refrigerator for 2-3 hours or overnight
5. Remove pannacotta from refrigerator half an hour before serving. Decorate with berries and fresh mint.
6. Bon appetit!



GINGERBREAD

INGREDIENTS

- Butter 2.7 oz. (75g)
- Cream cheese 1 Tbsp.
- Coconut flour 6 Tbsp.
- Ground ginger 2 tsp.
- Ground cinnamon 1 tsp.
- Baking powder 1 tsp.
- Vanilla extract or vanillin 1 tsp.
- Ground nutmeg 1/4 tsp.
- Ground cloves 1/4 tsp.

METHOD

1. Preheat the oven to 347°F (175°C).
2. Mix butter and cream cheese until smooth, using a hand or mechanical mixer. Add remaining ingredients and mix well.
3. Form the dough into a flat disc, cover it with plastic wrap and leave it in the refrigerator for 30 minutes or more. Cold dough is easier to work with.
4. Place the chilled dough between two sheets of non-stick parchment paper on a baking tray and roll it out about 4-5 mm thick.
5. Remove the top paper and use cookie molds to your liking. Leave some space between each one. Remove the dough between the cookie shapes with a small spatula or knife, being careful not to leave the cookies in place on the parchment paper. (The dough is soft and difficult to remove from the bottom of the parchment paper, so leave the cookies on the paper.)
6. Form the dough you removed into a ball and refrigerate if necessary. Repeat until all the dough is shaped into cookies on parchment paper.
7. Bake in the oven for about 10 minutes, until golden. Be careful not to burn the edges.
8. Remove the cookies from the oven and let them cool completely on a rack before removing them from the parchment paper.
9. Store in a container with a lid.

DESSERT



CONDENSED MILK

INGREDIENTS

- Coconut milk 28.2 oz. (800g)
- Erythritol 2.8 oz. (80g)
- Vanilla or cinnamon to taste

Per 2 servings:

Protein : 12
Fat : 148
Carbs : 16

METHOD

1. *Pour the coconut milk into a saucepan. Bring to a boil.*
2. *Once it begins to boil, turn the heat down to low. The milk should reduce by half. It will take 40-50 minutes.*
3. *After this time add the erythritol. Add as much sweetener as you need.*
4. *Pour into jars and let cool.*
5. *Store in the fridge for up to 3 months.*
6. *Bon appetit!*

DESSERT



AVOCADO TRUFFLES

INGREDIENTS

- Avocado, sliced 1 pc.
- Vanilla extract or vanillin 0.5 tsp.
- Lemon zest 0.5
- 1 Pinch of salt
- Dark chocolate with at least 80% cocoa, finely chopped 5.3 oz. (150g)
- Coconut oil 1 Tbsp.
- Unsweetened cocoa powder 1 Tbsp.

Per 2 servings:

Protein : 1
Fat : 5
Carbs : 5

METHOD

1. Blend the avocado with the vanilla extract using a blender. It is important to use ripe avocados so that the mixture is completely soft.
2. Add the lemon zest and add a pinch of salt.
3. Melt the chocolate and coconut oil in a water bath or in the microwave.
4. Mix chocolate and avocado, mix well. Leave in refrigerator for 30 minutes or until batter is firm, but not completely.
5. Form small truffle balls with your hands. Alternatively, use a small scoop or two teaspoons. Shape into palms and coat in cocoa powder.
6. Bon appétit!

DESSERT



CHEESECAKE

DESSERT

INGREDIENTS

- Almond flour 5.3 oz. (150g)
- Butter 1.8 oz. (50g)
- Erythritol 2 Tbsp.
- Vanillin or vanilla extract 0.5 tsp.

Base:

- Cream cheese 21.2 oz. (600g)
- Heavy cream 4.2 oz. (125 ml)
- 2 Eggs + 1 egg yolk
- Erythritol (optional) 1 Tbsp.
- Lemon zest 1 tsp.
- Vanilla extract or vanillin 0.5 tsp.
- Fresh blueberries 1.8 oz. (50g)

METHOD

1. **Preheat the oven to 347°F (175°C). Butter a 9 inch (22cm) baking pan and line the base with parchment paper.**
2. **Melt the butter for the crust and heat until it has a nutty flavor. This will give the crust a lovely butterscotch flavor.**
3. **Remove from heat and add almond flour, sweetener and vanilla. Mix into batter and press into base of mold. Bake for 8 minutes until crust is lightly golden. Set aside and let cool while you make the base.**
4. **Mix together cream cheese, heavy cream, eggs, lemon zest, vanilla and sweetener. Mix well. Pour the mixture over the crust.**
5. **Raise the heat to 392°F (200°C) and bake for 15 minutes.**
6. **Reduce the heat to 230°F (110°C) and bake for another 45-60 minutes.**
7. **Turn off the heat and let cool in the oven. Take it out when it has cooled completely and place it in the refrigerator overnight. Serve with fresh blueberries.**
8. **Bon appetit!**



INGREDIENTS

- Coconut oil - 7 oz. (200g)
- Cocoa powder - 2.5 oz. (70g)
- Erythrol or other sweetener
- Nuts to taste

Per 2 servings:

Protein : 12

Fat : 148

Carbs : 16

METHOD

1. Melt butter in a water bath, add cocoa powder.
2. Mix until smooth.
3. Fill the bottom of the chocolate mold, (the form can be any). Then sprinkle the poured bottom with nuts.
4. Pour the nuts. Cover with clingfilm and put the chocolate in the freezer to freeze.



CHOCOLATE CAKE

DESSERT

INGREDIENTS

- Dark chocolate with at least 70% cocoa 9 oz. (250g)
- Butter 5.3 oz. (150g)
- Eggs 5 pcs.
- 1 Pinch of salt
- Vanilla 1 tsp.

Per 10 servings:

Protein : 50
Fat : 240
Carbs : 120

METHOD

1. Preheat the oven to 320°F (160°C). Grease the mold for your future cake with butter or coconut oil and secure with parchment paper.
2. Break the chocolate into chunks and dice the butter. Melt together using a steamer or microwave. Be careful - chocolate burns easily, so stir often.
3. Once melted, stir until smooth and let the mixture cool slightly.
4. Separate the eggs and put the yolks and whites in separate bowls. Add salt to the egg whites and beat with a mixer until stiff peaks form. Set aside.
5. Add vanilla to egg yolks and whisk until smooth.
6. Pour the melted chocolate and butter into the egg yolks and mix well. Pour into the egg whites. Continue pouring until you see white streaks from the egg whites.
7. Pour the liquid batter into a baking dish and bake for about 15 minutes. To check for readiness, insert a toothpick; it should come out with moist crumbs, not liquid.
8. Bon appétit!



BÉCHAMEL

INGREDIENTS

- Heavy cream 14.5 oz. (425 ml)
- Cream cheese 7 oz. (200g)
- Salt 0.5 tsp.
- Ground black pepper 1/4 tsp.
- Ground nutmeg 1/4 tsp.

Per 10 servings:

Protein : 22

Fat : 188

Carbs : 18

METHOD

1. Add all ingredients to a non-stick saucepan and bring to a boil, stirring constantly.
2. Reduce heat and leave over low heat for a few minutes until it reaches the desired consistency.
3. When it is almost ready, taste and add more salt or spices if necessary.

SAUCES



GUACAMOLE

INGREDIENTS

- Avocados 2 pcs.
- Garlic clove 1 pc.
- Half a lemon or lime, juice
- Olive oil 3 Tbsp.
- Half an onion
- Fresh cilantro to taste
- Tomato, chopped 1 pc.
- Salt and pepper to taste

Per 10 servings:

Protein : 10
Fat : 126
Carbs : 30

METHOD

1. Peel and mash the avocado with a fork.
2. Grate or finely chop onion.
3. Add the tomatoes, olive oil, and finely chopped coriander.
4. Season with salt and pepper and mix well.

SAUCES



KETCHUP

INGREDIENTS

- *Tomato paste 8.5 oz. (240g)*
- *Apple cider vinegar 2 oz. (60 ml)*
- *Onions 2.1 oz. (60g)*
- *Garlic cloves 2 pcs.*
- *Ground allspice 1/8 tsp.*
- *Ground cloves 1/8 tsp.*
- *Erythritol 2 Tbsp.*
- *Sea salt 1 tsp.*
- *A pinch of ground black pepper*
- *Water 2 oz. (60 ml) (or more if you don't like the consistency)*

Per 20 servings:

Protein : 8

Fat : 1

Carbs : 49

METHOD

1. *Peel and chop onion and garlic.*
2. *Place all ingredients in a small saucepan and simmer over low heat for 5-10 minutes.*
3. *Add a little water if the sauce is too thick.*
4. *Pour everything into a blender or use an immersion blender, and whisk into a smooth mixture.*
5. *Pour into a glass jar and store in the refrigerator for up to a month or longer.*

SAUCES



COWBOY SAUCE

INGREDIENTS

- Butter 7 oz. (200g)
- Garlic cloves, finely chopped 2 pcs.
- Fresh parsley, finely chopped 2 Tbsp.
- Fresh green onions, chopped 1 Tbsp.
- Fresh horseradish, grated 1 Tbsp.
- Dried thyme 1 tsp.
- Paprika teaspoon salt 1 tsp.
- 1 Pinch of cayenne pepper

Per 10 servings:

Protein : 1
Fat : 164
Carbs : 10

METHOD

1. Melt butter in a saucepan over medium heat. Add other ingredients.
2. Whisk vigorously until sauce thickens. Reduce heat toward the end. If the sauce does not reach the desired consistency, simply whisk again.
3. This bright sauce goes very well with vegetables, fish, seafood, poultry and all types of meat!

SAUCES



MARINARA

INGREDIENTS

- *Cherry tomatoes 5.3 oz. (150g)*
- *Basil to taste*
- *Garlic cloves 2 pcs.*
- *Fine white onions 1 oz. (30g)*
- *Tomato paste 2 oz. (60g)*
- *Olive oil 2 oz. (60 ml)*
- *A quarter of a tsp. salt*
- *Minced black pepper*

Per 10 servings:

Protein : 3

Fat : 60

Carbs : 19

METHOD

1. *Wash the tomatoes and basil. Peel onion and garlic.*
2. *Place the ingredients in a food processor and blend until smooth. .*
3. *If you want a denser sauce, leave some of the tomatoes and basil to chop into the finished sauce.*
4. *After cooking, store in the refrigerator for up to 1 week.*
5. *The sauce is perfect for pizza.*

SAUCES



PESTO

INGREDIENTS

- Basil 1 oz. (30g)
- Macadamia nuts 1.6 oz. (45g)
- Pine nuts 0.5 oz. (15g)
- Garlic cloves 4 pcs.
- Lemon zest 1 tsp.
- Lemon juice 1 Tbsp.
- Olive oil 4 oz. (120 ml)
- Salt and pepper to taste.
- Grated cheese 1 oz. (30g)

Per 5 servings:

Protein : 13

Fat : 174

Carbs : 9

METHOD

1. Wash the basil, peel the garlic, and prepare the juice and zest of the lemon.
2. Place oil, basil, garlic, lemon, nuts, salt and pepper in blender.
3. Whisk until smooth. If desired, add grated cheese and beat some more.
4. Serve immediately, to meat dishes, salads.
5. Pour a little olive oil, cover tightly and store in the refrigerator for up to 2 weeks.

SAUCES



CREAM SAUCE

INGREDIENTS

- Sour cream 8.1 oz. (230g)
- Cream cheese 2 oz. (60g)
- Cilantro 0.5 oz. (15g)
- Hot peppers 0.5 oz. (15g)
- Lemon juice 2 oz. (60 ml)
- Olive oil 1.5 oz. (45 ml)
- Garlic cloves 2 pcs.
- Sea salt 1/2 tsp.

Per 5 servings:

Protein : 12
Fat : 128
Carbs : 9

METHOD

1. Place all ingredients in a blender and blend until smooth.
2. Store in refrigerator for up to 1 week.
3. Serve with salad, vegetables, chicken wings, etc.

SAUCES



ALFREDO SAUCE

INGREDIENTS

- Butter 2.7 oz. (75g)
- Heavy cream 8.1 oz. (240 ml)
- Garlic powder 0.5 tsp.
- Salt 0.5 tsp.
- Hot pepper 1/4 tsp.
- Grated hard cheese 2.8 oz. (80g)

Per 2 servings:

Protein : 25

Fat : 169

Carbs : 7

METHOD

1. *Finely grate cheese.*
2. *Put the butter and cream in a large saucepan over a low heat. Cook, stirring, for 3 minutes.*
3. *Stir in the garlic, salt and pepper. Then add the cheese.*
4. *Cook until all the ingredients are melted and the sauce has thickened.*
5. *Leave for 2 to 3 minutes before serving.*
6. *Serve with meat, fish and vegetables.*
7. *Store in the refrigerator for up to 5 days.*

SAUCES



RANCH SAUCE

INGREDIENTS

- Sour cream 2 oz. (58g)
- Fat whipped cream 2 oz. (60 ml)
- Mayonnaise 4 oz. (110g)
- Green onion 1 oz. (30g)
- Garlic clove 1 pc.
- Fresh parsley 2 Tbsp.
- Dried parsley 2 Tbsp.
- Fresh dill 1 Tbsp.
- Dried dill 1 Tbsp.
- Apple cider vinegar 1 Tbsp.
- Paprika 1/4 tsp.
- Salt and pepper to taste

Per 5 servings:

Protein : 2
Fat : 117
Carbs : 10

METHOD

1. Wash basil, peel garlic, and prepare lemon juice and zest.
2. Place oil, basil, garlic, lemon, nuts, salt and pepper in blender.
3. Whisk until smooth. If desired, add grated cheese and beat some more.
4. Serve immediately, to meat dishes, salads.
5. Pour a little olive oil, cover tightly and store in the refrigerator for up to 2 weeks.

SAUCES



CHILI SAUCE

INGREDIENTS

- Egg yolk 1 pc.
- Garlic cloves 2 pcs.
- Any favorite oil 6 oz. (180 ml)
- Ground hot pepper 1/2 tsp.
- Salt 1/2 tsp.
- Ground black pepper 1/4 tsp.
- Lemon juice 1 Tbsp.
- Heavy sour cream 3 Tbsp.

Per 2 servings:

Protein : 5
Fat : 209
Carbs : 4

METHOD

1. Squeeze garlic into a bowl, add egg yolk and mix well.
2. Add oil in a thin stream, beating constantly vigorously with a whisk or blender.
3. Whisk in the sour cream or cheese. Add more spices as needed.
4. Keep in the refrigerator for 4-5 days.

SAUCES



CHIMICHURRI SAUCE

INGREDIENTS

- Lemon, juice and zest 1 pc.
- Yellow pepper or green pepper 0.5 pc.
- Green chili pepper 1 pc.
- Olive oil 7.6 oz. (225 ml)
- Chopped fresh parsley 4.5 oz. (125g)
- Minced garlic cloves 2 pcs.
- Salt and pepper to taste

Per 1 serving:

Protein : 0

Fat : 224

Carbs : 2

METHOD

1. Wash the lemon and grate the zest. Be sure to grate only the yellow part of the rind, not the white layer underneath.
2. Squeeze the lemon juice into a bowl and add the zest.
3. Separate the sweet peppers and chili peppers and remove the seeds. Finely chop both and add to bowl. Add all other ingredients.
4. Blend with an immersion blender until sauce reaches desired consistency.

SAUCES



CHEESE SAUCE

INGREDIENTS

- Heavy whipped cream 2 oz. (60 ml)
- Butter 1 oz. (28g)
- Cream cheese 2.1 oz. (60g)
- Gaudu cheese 2.1 oz. (60g)
- Salt to taste
- Water 1-2 Tbsp.
- Cayenne pepper 1/4 tsp.
- Garlic powder 1/2 tsp.
- Onion powder 1/2 tsp.
- Paprika 1/2 tsp.
- Herbs of choice 2-4 Tbsp.

METHOD

1. Put cream and butter in one small saucepan and heat gently. Grate the cheese and set aside.
2. Once the cream and maSd has heated up, add the cream cheese to the pan. Stir until completely dissolved until it comes to a boil. Once bubbling, remove from heat.
3. Add the grated cheese and mix until smooth. If you want a thicker sauce, cook for 3 to 5 minutes more, stirring.
4. Serve with stewed vegetables, fish or meat. Do not keep for a long time, serve at once.

SAUCES



TARTAR

INGREDIENTS

- Mayonnaise 7.6 oz. (225 ml)
- Pickles 7 oz. (200g)
- Curry 1 Tbsp.
- Salt and pepper to taste

Per 2 servings:

Protein : 7
Fat : 150
Carbs : 7

METHOD

1. Wash the lemon and grate the zest. Be sure to grate only the yellow part of the peel, not the white layer underneath.
2. Squeeze the lemon juice into a bowl and add the zest.
3. Separate the sweet peppers and chili peppers and remove the seeds. Finely chop both and add to bowl. Add all other ingredients.
4. Blend with an immersion blender until sauce reaches desired consistency.

SAUCES



CHOCOLATE SAUCE

INGREDIENTS

- Heavy whipped cream 8.1 oz. (240 ml)
- 85% dark chocolate 4.2 oz. (120g)
- Butter 0.7 oz. (20g)
- Vanilla 1 tsp. or to taste
- Stevia or other sweetener to taste

Per 6 servings:

Protein : 24

Fat : 150

Carbs : 38

METHOD

1. Place chocolate sauce ingredients in a small saucepan over medium heat, stirring constantly until melted and smooth.
2. The sauce will be very liquid but delicious.
3. Store in an airtight container for up to 3 days.

SAUCES

