KETO MEAL PLAN FOR 30 DAYS

Stav Kogan

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Table of Contents

BAKED BEEF & EGG SKILLET 4
CLASSIC HERB OMELET WITH CRISPY BACON 6
THE PERFECT "FOLDED" BACON & CHEESE OMELET 8
SMOKY BACON & POACHED EGGS ON GREENS 10
"PASHOT": PORK PATTIES WITH STEAM-FRIED EGGS 12
LOW-CARB BEEF & CHEESE STUFFED RED PEPPERS 14
LOW-CARB BREAKFAST LETTUCE TACOS 16
TRADITIONAL GEORGIAN CHICKEN CHAKHOKHBILI 18
BACON & EGG BREAKFAST MUFFIN CUPS 20
SAVORY RED PEPPER & CHEESE ROLLED OMELET 22
CREAMY PEPPERCORN STEAK FILET 24
CREAMY CHICKEN & MUSHROOM SOUP 26
CLASSIC SPICED DEVILED EGGS (CHEF'S SPECIAL) 28
CHEESY JALAPEÑO CHICKEN & BROCCOLI BAKE 30
CHICKEN & CABBAGE PATTIES WITH CREAMY HERB SAUCE 32
CREAMY CHICKEN CURRY SOUP WITH GREEN BEANS 34
ZESTY GRILLED CHICKEN & AVOCADO SALAD 36
THE "SEAGULL" SALAD (KETO BACON & EGG BOWL) 38
CREAMY CAULIFLOWER & BACON SOUP 40
SAVORY POACHED EGGS WITH SAUTÉED MUSHROOMS,ASPARAGUS, AND BACON 42
CHEESY GROUND BEEF & BROCCOLI SKILLET (ONE-PAN MEAL) 44
GOLDEN GARLIC CHICKEN THIGHS WITH TURMERIC CAULIFLOWER RICE 46
LEMON GARLIC BUTTER CHICKEN THIGHS WITH ZUCCHINI 48
SPICY KETO BUFFALO WINGS WITH FRESH GREEN SALAD 50
20-MINUTE HEARTY BEEF & GREEN PEPPER RAGOUT 52
CREAMY MUSHROOM SMOTHERED PORK CHOPS 54
GOLDEN SEARED PORK & TURMERIC CAULIFLOWERRICE 56
PAN-SEARED PORK STEAKS WITH BUTTERED GREENBEANS 58
JUICY CHEESY MEATBALLS WITH ZUCCHINI NOODLES 60
CREAMY BAY-POACHED COD WITH GREEN BEANS 62
CHEESY BACON & EGG BREAKFAST ROLLS 64
KETO BACON WEAVE & EGG "BURGER" 66
CREAMY KETO CAULIFLOWER & CHEESE SCRAMBLE 68
SAVORY HAM & CHEESE SOUFFLÉ CUPS 70
HEARTY CHICKEN SAUSAGE & SPINACH FRITTATA 72
THE ULTIMATE NO-BREAD KETO EGG SANDWICH 74
SPANISH-STYLE GARLIC BUTTER STEAK STRIPS 76
LOW-CARB STUFFED CABBAGE ROLLS (GOLUBTSI) 78
SPICY PORK & RED CABBAGE STIR-FRY 80
HERB-CRUSTED CHICKEN "PIZZA" CASSEROLE 82
ONE-PAN CAPRESE BAKED CHICKEN THIGHS 84
BACON-WRAPPED CREAM CHEESE CHICKEN BOMBS 86
STUFFED BEEF ROULADE WITH PORCINI & SPINACH 88
SAVORY THYME & CHEESE CAULIFLOWER WAFFLES 90
CREAMY KETO CAULIFLOWER & BACON CHOWDER 92
CREAMY BRAISED CHICKEN WITH PORCINIMUSHROOMS & BACON 94
CREAMY KETO GROUND BEEF & CABBAGE SKILLET 96
KETO CHICKEN CUTLETS WITH WHIPPED TOMATOBUTTER & FRIED CABBAGE 98
AUTHENTIC MEXICAN SLOW-BRAISED SHREDDEDCHICKEN 100
CREAMY MEXICAN CHICKEN SOUP 102
CHEESE-STUFFED BEEF MEATBALLS 104
HOMEMADE RANCH SEASONING MIX (DRY MIX) 106
COMFORTING KETO CHICKEN & CAULIFLOWER"RICE"SOUP (ARROZ CALDO STYLE) 108
KETO AVOCADO & EGG SALAD (PERFECT SIDE FORSTEAK) 110
SLOW-ROASTED SOY & HERB PORK TENDERLOIN 112
CHINESE-STYLE PORK BELLY & BRUSSELS SPROUTSSKILLET 114
PAN-SEARED PORK CHOPS WITH PARMESAN ROASTEDCAULIFLOWER & HERB BUTTER 116
HEARTY BRAISED BEEF WITH RADISH & CARROTS 118
BAKED AVOCADO EGG BOATS 120
THE ULTIMATE 5-MINUTE KETO FRENCH TOAST (MUGBREAD METHOD) 122
GOLDEN KETO AVOCADO & CHEESE FRITTERS 124
THE ULTIMATE HEARTY KETO PANCAKE (SAVORYBREAKFAST) 126
TURKISH-STYLE EGGS WITH AVOCADO & CHILIBUTTER (CILBIR VARIATION) 128
SAVORY KETO BACON & EGG BREAKFAST MUFFINS 130
CREAMY LOADED KETO EGG SALAD WITH BACON & CHEDDAR 132
THE ULTIMATE KETO BUNLESS EGG SANDWICH(LOW CARB & HIGH PROTEIN) 134
CRISPY CHICKEN & CAULIFLOWER "RICE" CASSEROLE 136
LOW-CARB MEATZA: BEEF BASE MINI PIZZAS 138
KETO CHEESY BACON & BEEF MINI POT PIES 140
ULTIMATE KETO SAUSAGE & MOZZARELLA PIZZA(FATHEAD DOUGH) 142
LOW-CARB KETO CHICKEN CLUB LETTUCE WRAP 144
PAN-SEARED PORK CHOPS WITH CREAMY CABBAGECASSEROLE & PARMESAN BUTTER 146
PORK CHOPS WITH ASPARAGUS AND HOLLANDAISESAUCE 148
HEARTY CHICKEN MEATBALL AND VEGETABLE SOUP 150
CREAMY KETO CHICKEN & BROCCOLI FETTUCCINEALFREDO 152

LOW-CARB KETO CHEESEBURGER BRAID(STROMBOLI)....154
KETO CHEESY BACON & MUSHROOM HAND PIES(BAKED VARENIKI STYLE)....156
KETO BURGER LETTUCE WRAPS: A JUICY LOW-CARB“BOMB”....158
LOW-CARB BEEF STROGANOFF WITH BUTTEREDCABBAGE NOODLES....160
MOROCCAN-STYLE SHREDDED BEEF TACOS ONLOW-CARB ALMOND FLATBREADS....162
BACON-WRAPPED CHICKEN WITH GARLICCAULIFLOWER PUREE....164
CLASSIC HOMEMADE GUACAMOLE....166
CREAMY WHITE FISH & MUSHROOM CASSEROLE WITHMASHED BROCCOLI....168
JALAPEÑO POPPER STUFFED CHICKEN WITHGUACAMOLE....170
CHICKEN FAJITA SALAD BOWL....172
PAN-SEARED COD WITH BROWN BUTTER AND FRESHHORSERADISH....174
UNIVERSAL SMOKY SPICE BLEND (TEX-MEX STYLE)....176
BACON & CREAM CHEESE STUFFED MUSHROOMS....178
KETO CHICKEN BURGER BENEDICT WITH FRESHGUACAMOLE....180
KETO DRANIKI (SAVORY LOW-CARB PANCAKES) WITHBACON & CREAM CHEESE....182
THE SAILBOAT” BREAKFAST: AVOCADO & BACONDEVILED EGGS....184
AUTHENTIC MEXICAN-STYLE OMELET....186
CLOUD BREAD BREAKFAST SANDWICH....188
SAVORY LOW-CARB SAUERKRAUT & VEGETABLEFRITTERS....190
JILL’S CRISPY CHEESE & TURKEY OMELET....192
FLUFFY MUSHROOM & CHEESE OMELET....194
CREAMY BACON & CHEESE OMELET WITH OLIVES....196
CREAMY SPINACH & BACON FRITTATA....198
HEARTY SAUERKRAUT & SAUSAGE SKILLETCASSEROLE....200
KETO SPINACH & CHEESE QUESADILLA....202
CREAMY KETO HAMBURGER STEAKS WITHBUTTER-FRIED CABBAGE....204
CHEESY CHICKEN PESTO CASSEROLE WITHARUGULA & MINT....206
CRISPY GARLIC PARMESAN CHICKEN WINGS WITHHOMEMADE RANCH DRESSING....208
KETO MINI PIZZAS (LOW-CARB CHEESE & PSYLLIUMCRUST)....210
LOW-CARB KETO AVOCADO PIE RECIPE....212
ZESTY GINGER MACKEREL WITH BROCCOLI ANDAVOCADO MASH....214
MEDITERRANEAN CHICKEN MEATBALLS & SALADBOWL....216
LOW-CARB BEEF TACOS WITH FRESH SALSA....218
CRISPY CHICKEN DRUMSTICKS WITH CREAMYCOLESLAW....220
BACON-WRAPPED PORK TENDERLOIN WITH ROASTEDGARLIC CAULIFLOWER PURÉE....222
CABBAGE AND GROUND BEEF SKILLET....224
CREAMY LOW-CARB CHICKEN, OLIVE, AND CHEESECASSEROLE....226
CREAMY BAKED WHITE FISH & BROCCOLI CASSEROLE....228
CREAMY CHICKEN LIVER WITH MUSHROOM SAUCE &BROCCOLI PUREE....230
KETO-FRIENDLY COCONUT FLOUR MINI PIZZAS....232
KETO ZUCCHINI PASTA CARBONARA....234
SLOW-ROASTED PORK SHOULDER WITH CREAMYPAN SAUCE....236
LEMON CAPER PORK SCALLOPINI (PORK MEDALLIONS)....238
STUFFED CHICKEN BREAST WITH ZUCCHINI PASTA....240
KETO ARGENTINE ALFAJORES (CARAMEL SANDWICHCOOKIES)....242
SUGAR-FREE KETO VANILLA MERINGUE COOKIES....244
KETO ALMOND FLOUR RASPBERRY SPONGE CAKE....246
KETO CREAM CHEESE PANCAKES WITH BERRIES ANDWHIPPED CREAM....248
KETO COCONUT FLOUR WAFFLES WITH FRESHBLUEBERRY BUTTER....250
CREAMY BLENDED KETO HOT CHOCOLATE....252
KETO BAKED BRIE EN CROUTE WITH BERRIES....254
KETO CARAMEL CRÈME BRÛLÉE....256
KETO STRAWBERRY ICE CREAM....258
COCONUT CHOCOLATE PUDDING....260
FLUFFY LOW-CARB COCONUT PANCAKES....262
KETO-FRIENDLY HOMEMADE LEMON ICE CREAM....264
KETO CHOCOLATE MUG CAKE....266
CARAMELIZED BROWN BUTTER NUT CHEESECAKE....268
SUGAR-FREE KETO VANILLA PANNA COTTA RECIPE....270
CINNAMON SWIRL COOKIES....272
LOW-CARB SPICED GINGERBREAD COOKIES....274
HOMEMADE KETO COCONUT CONDENSED MILK....276
DARK CHOCOLATE AVOCADO TRUFFLES WITHLEMON ZEST....278
KETO ALMOND & BLUEBERRY CHEESECAKE....280
HOMEMADE KETO DARK CHOCOLATE WITH NUTS....282
THE ULTIMATE FLOURLESS CHOCOLATE CAKE....284
CREAMY LOW-CARB BECHAMEL SAUCE....286
THE ULTIMATE FRESH & CHUNKY GUACAMOLE....288
HOMEMADE SUGAR-FREE TOMATO KETCHUP....290
COWBOY BUTTER SAUCE....292
FRESH HOMEMADE MARINARA SAUCE....294
CREAMY KETO MACADAMIA & BASIL PESTO....296
CREAMY CILANTRO LIME SAUCE (ZESTY GREEN SAUCE)....298
CREAMY HOMEMADE ALFREDO SAUCE....300
CREAMY HOMEMADE RANCH DRESSING RECIPE....302
CREAMY GARLIC CHILI SAUCE (ZESTY AIOLI STYLE)....304
ZESTY GREEN CHIMICHURRI SAUCE....306
ULTIMATE CREAMY CHEESE SAUCE....308
CREAMY CURRY TARTAR SAUCE RECIPE....310
DECADENT LOW-CARB DESSERT SAUCES: DARKCHOCOLATE & RASPBERRY CHIA....312

BAKED BEEF & EGG SKILLET

2 servings

35 minutes

Week 1 - Breakfast

Ingredients

- Ground Beef: 2.8 oz (80g) lean ground beef
- Butter: 1 tbsp (15g) unsalted butter
- Eggs: 5 Large Eggs (approx. 8.8 oz / 250g)
- Cheese: 0.9 oz (25g) hard cheese (e.g., Cheddar or Parmesan), grated
- Mayonnaise: 2 tsp (10g) high-quality mayonnaise
- Seasoning: Salt and black pepper to taste
- Optional Garnish: Fresh cilantro (coriander), sliced avocado, and sour cream

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~845 kcal**
- **Protein: 52.2g**
- **Total Fat: 69.7g**
- **Total Carbohydrates: 2.4g**

Method

1. Preheat the oven to 400°F (200°C) and ensure your rack is positioned in the center.
2. Place a skillet (preferably cast iron) over medium heat and sauté the 2.8 oz (80g) of ground beef with your preferred spices until fully cooked and browned; remove the beef from the pan and set aside.
3. Add the 1 tbsp (15g) of butter to the hot skillet, allowing it to melt completely, then remove from heat and swirl carefully to coat the bottom and sides evenly.
4. Crack the 5 large eggs (250g) directly into the skillet, keeping the yolks intact, and season generously with salt and pepper.
5. Spoon the cooked ground beef evenly over the egg whites (avoiding the yolks for better presentation) and lightly drizzle or dot the 2 tsp (10g) of mayonnaise over the mixture.
6. Sprinkle the 0.9 oz (25g) of grated cheese evenly over the top of the dish.
7. Bake in the preheated oven for 15-20 minutes, or until the egg whites are set and the cheese is bubbly and golden.
8. Serve immediately while warm, garnished with fresh cilantro, avocado slices, and a dollop of sour cream if desired.

CLASSIC HERB OMELET WITH CRISPY BACON

1 servings

15 minutes

Week 1 - Breakfast

Ingredients

- 3 Large Eggs
- 2-3 Strips of Bacon (approx. 1.5 oz (45g))
- 0.35 oz (10g) Fresh Herbs (Dill, Parsley, or Chives), finely chopped (approx. 2 tbsp)
- 1 oz (30g) Semi-hard Cheese, grated or crumbled (approx. ¼ cup)
- Salt and Freshly Cracked Black Pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~690 kcal**
- **Total Fat: 57g**
- **Protein: 43g**
- **Total Carbohydrates: 2g**

Method

1. Crisp the Bacon: Place the bacon strips in a cold non-stick skillet and turn the heat to medium. Cook for 5-7 minutes, flipping occasionally, until the fat renders and the bacon is crispy. Transfer the bacon to a paper towel-lined plate to drain excess grease. (Chef's Tip: Keep about 1 tsp of the rendered bacon fat in the pan for cooking the eggs).
2. Prepare the Egg Mixture: While the bacon cooks, crack the 3 eggs into a mixing bowl. Add the 0.35 oz (10g) of chopped fresh herbs. Whisk vigorously until the yolks and whites are fully combined and slightly aerated. Pour the mixture into the heated skillet.
3. Cook and Add Cheese: Reduce heat to medium-low. Using a spatula, gently stir the eggs and shake the pan to create soft curds. Once the eggs are mostly set but still slightly moist on top, sprinkle the 1 oz (30g) of crumbled or grated cheese evenly over the eggs.
4. Season and Finish: Season lightly with salt and pepper (be mindful of the salt, as the bacon and cheese are already salty). Remove the pan from the heat immediately to prevent overcooking; the residual heat will melt the cheese perfectly.
5. Serve: Slide the omelet onto a warm plate and serve alongside the crispy bacon strips. Enjoy your protein-packed breakfast!

THE PERFECT “FOLDED” BACON & CHEESE OMELET

1 servings

15 minutes

Week 1 - Breakfast

Ingredients

- Bacon: 2 strips (approx. 1 oz / 28g), chopped into small pieces
- Butter: 1 tsp (0.18 oz / 5g), unsalted
- Eggs: 2 large eggs
- Cheese: 1 oz (30g) hard cheese (such as Cheddar, Gruyère, or Parmesan), grated
- Green Onion: 1 tbsp (0.1 oz / 3g), finely chopped (plus extra for garnish)
- Seasoning: Salt and black pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Protein: 31.7g**
- **Fat: 46.4g**
- **Carbs: 1.7g**

Method

1. Heat a non-stick skillet over medium heat and add the chopped bacon; fry until the fat renders and the bacon is crispy (about 3–4 minutes), then remove the bacon bits from the pan but leave the rendered fat (add the 1 tsp / 5g of butter now if the pan is too dry).
2. Whisk the eggs in a small bowl, season with salt and pepper, and pour them into the hot skillet.
3. Sprinkle the chopped green onions evenly over the wet eggs immediately.
4. Wait until the edges of the omelet begin to set and firm up (approx. 1–2 minutes), then place the cooked crispy bacon in the very center of the omelet.
5. Allow the eggs to cook for another 20–30 seconds until mostly set but slightly moist on top, then turn off the heat source completely.
6. Place the 1 oz (30g) of grated cheese in the center, directly on top of the bacon pile.
7. Using a spatula, take two opposite edges of the omelet and fold them inward over the cheese; hold them briefly so the melting cheese acts as "glue" to keep them in place.
8. Fold the remaining two edges inward to create a square or rectangular packet, sealing the cheese and bacon inside.
9. Flip the folded omelet over (seam side down) and let it rest in the warm pan for 1 minute to finish melting the cheese and setting the shape.
10. Garnish with extra fresh herbs or green onions and serve immediately.

SMOKY BACON & POACHED EGGS ON GREENS

1 servings

15 minutes

Week 1 - Breakfast

Ingredients

- 2 large Eggs (approx. 3.5 oz / 100g)
- 3 strips Bacon (approx. 1 oz / 28g cooked weight)
- 0.25 medium Red Onion (approx. 1.5 oz / 40g), thinly sliced
- 1 cup Fresh Spinach or Napa Cabbage leaves (approx. 1 oz / 30g)
- 0.25 tsp Ground Red Pepper or Paprika (approx. 0.5g)
- Salt, to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 315 kcal**
- **Protein: 21g**
- **Fat: 24g**
- **Carbohydrates: 3.5g**

Method

1. Prepare the eggs: Crack fresh eggs gently into separate small bowls or ramekins to keep yolks intact. Fill a saucepan with water and bring to a gentle simmer. Using a whisk, create a “whirlpool” or vortex in the center of the water; this centripetal force helps wrap the egg white around the yolk so it doesn’t spread.
2. Poach the eggs: Gently drop the egg into the water—not directly into the center of the vortex, but slightly closer to the wall of the pot. Simmer for 2 to 3 minutes for a runny yolk. Once cooked to your preference, carefully remove the eggs using a slotted spoon and let them drain.
3. Cook the bacon: While the water heats, slice the bacon strips into bite-sized pieces. Fry them in a skillet over medium heat until crispy and golden brown. Remove and set aside.
4. Assemble the salad: Slice the red onion into thin strips or rings. Arrange your bed of fresh spinach (or Napa cabbage) on a serving plate and top with the sliced onions.
5. Serve: Place the warm poached eggs on top of the greens and onion. Scatter the crispy bacon pieces over the dish. Season with the ground red pepper (paprika) and salt to taste. Serve immediately.

“PASHOT”: PORK PATTIES WITH STEAM-FRIED EGGS

1 servings

25 minutes

Week 1 - Breakfast

Ingredients

- Ground Pork: 3.5 oz (100g)
- Chicken Eggs: 8.8 oz (250g) — Approximately 5 medium eggs or 4 large eggs
- Mayonnaise: 0.35 oz (10g) — Approx. 2 tsp
- Fresh Greens (Dill, Parsley, or Chives): 1 tbsp (3g), chopped (to taste)
- Seasonings: Salt and black pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

Calories: ~645 kcal
Fat: ~50g
Protein: ~45g
Carbohydrates: ~2g

Method

1. Season the meat: Place the 3.5 oz (100g) of ground pork in a small bowl and mix in salt and pepper to taste.
2. Form the patties: Shape the seasoned pork into thin, round patties (cutlets); depending on the size of your pan, you can make one large patty or two smaller ones.
3. Fry the meat: Heat a non-stick skillet over medium-high heat; cook the patties for 3–4 minutes per side until fully cooked through and browned, then remove them from the pan and set aside on a warm plate.
4. Cook the eggs: Reduce the heat to low; carefully crack the eggs (approx. 4–5 large eggs) into the same skillet and immediately cover with a tight-fitting lid.
5. Steam-fry: Let the eggs cook undisturbed until the whites are fully set and opaque, but the yolks remain slightly runny (soft-set).
6. Shape the eggs: Using a round cookie cutter or the edge of a spatula, carefully cut a circle out of the cooked egg white around the yolk to match the size of your meat patty.
7. Assemble: Gently lift the circular egg and place it directly on top of the cooked pork patty; repeat this process for the remaining eggs and patties.
8. Garnish and serve: Top each stack with a dollop of mayonnaise (approx. 0.5 tsp per stack) and a sprinkle of fresh greens; serve immediately.

LOW-CARB BEEF & CHEESE STUFFED RED PEPPERS

1 servings

50 minutes

Week 1 - Breakfast

Ingredients

The Base

- 3.5 oz (100g) Large Red Bell Pepper (approx. 1/2 of a very large pepper or 1 medium pepper)
- 1/4 cup (60ml) Water (for the baking dish)

The Filling

- 5.3 oz (150g) Ground Beef
- 1.0 oz (30g) Mayonnaise (approx. 2 tbsp)
- To taste Salt and Black Pepper
- To taste Spices (e.g., 0.5 tsp paprika or garlic powder)
- 1 tbsp Fresh Herbs (dill or parsley), chopped

The Topping

- 3.3 oz (95g) Fresh Tomato (approx. 2 medium slices)
- 1.0 oz (30g) Hard Cheese (e.g., Parmesan, Gouda, or Cheddar), sliced

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~725 kcal**
- **Protein: 36.6g**
- **Fat: 59.1g**
- **Carbohydrates: 9.7g**

Method

1. Prep the oven and peppers: Preheat your oven to 356°F (180°C). Wash the red pepper thoroughly and pat it dry. Slice the pepper lengthwise into two equal “boats” and carefully remove the seeds and white membrane.
2. Cook the beef: Heat a skillet over medium heat. Add the 5.3 oz (150g) ground beef and sauté until browned. Season with salt, pepper, your choice of spices, and the chopped fresh herbs. Remove from heat. (Note: The original recipe implies mixing the mayonnaise here or with the raw meat; for best texture, mix the 1.0 oz (30g) mayonnaise into the beef mixture now to keep it juicy).
3. Stuff the peppers: Place the prepared pepper halves into a baking dish. Spoon the seasoned beef mixture evenly into the pepper cavities.
4. Add toppings: Place a slice of tomato (using the 3.3 oz (95g)) on top of the meat in each pepper. Place a slice of cheese (dividing the 1.0 oz (30g)) on top of the tomato. Chef’s Tip: Ensure the cheese slice is smaller than the surface area of the pepper so it melts inward rather than dripping onto the baking tray.
5. Bake: Pour the 1/4 cup of water into the bottom of the baking dish (careful not to pour it on the peppers) to keep the bottom moist. Bake in the preheated oven for 30–40 minutes until the peppers are tender and the cheese is golden brown.

LOW-CARB BREAKFAST LETTUCE TACOS

1 servings

20 minutes

Week 1 - Breakfast

Ingredients

- Lettuce: 3 large Romaine or Iceberg lettuce leaves (firm inner leaves work best for “shells”).
- Eggs: 3 large eggs.
- Bacon: 3 strips of bacon (approx. 0.9 oz / 25g cooked).
- Avocado: 0.5 medium avocado (approx. 2.5 oz / 70g).
- Tomato: 0.5 medium tomato (approx. 2.1 oz / 60g).
- Oil: 1 tsp (5ml) Extra Virgin Olive Oil.
- Seasoning: Salt and freshly ground black pepper to taste.
- Optional Garnish: Fresh cilantro, dill, or green onions.

Nutritional Information (Per Recipe)

- **Calories: ~580 kcal**
- **Protein: ~35g**
- **Fat: ~45g**
- **Carbohydrates: ~8g (Net Carbs: ~4g)**

Method

1. Crisp the bacon in a skillet over medium heat until golden brown, then remove, drain on a paper towel, and chop into bite-sized crumbles; leave a small amount of bacon fat in the pan for flavor if desired.
2. Crack the 3 large eggs into a small bowl, whisk thoroughly, and scramble them in the same hot skillet over medium-low heat, stirring frequently until fluffy and just set.
3. Dice the 0.5 medium tomato and 0.5 avocado into small 0.25-inch (0.6 cm) cubes, then place them in a mixing bowl with 1 tsp (5 ml) olive oil, a pinch of salt, and pepper, and toss gently to coat without mashing the avocado.
4. Wash and dry the 3 lettuce leaves carefully to ensure they are stiff enough to hold the filling, then lay them out on a serving platter.
5. Assemble the tacos by dividing the scrambled eggs and bacon crumbles evenly among the three lettuce cups, topping with the avocado-tomato salsa, and garnishing with fresh greens if using.

TRADITIONAL GEORGIAN CHICKEN CHAKHOKHBILI

1 servings

45 minutes

Week 1 - Breakfast

Ingredients

- 8.8 oz (250g) Chicken legs (drumsticks or thighs)
- 1.4 oz (40g) Butter (82% fat), approx. 3 tbsp
- 3.2 oz (90g) Fresh tomatoes (approx. 1 small tomato)
- 0.7 oz (20g) Yellow onion (approx. 2 tbsp chopped)
- Fresh Herbs: Cilantro, Parsley, and Purple Basil (to taste)
- Garlic: 1-2 cloves (to taste)
- Spices: Khmeli-suneli (approx. 1 tsp), Salt (to taste)

Nutritional Information (Per Recipe)

- **Calories: ~740 kcal**
- **Fat: 58.7g**
- **Protein: 44.6g**
- **Carbohydrates: 7.6g**

Table of Contents

Method

1. Sear the chicken: Heat a deep skillet or heavy-bottomed pan over medium heat. Place the chicken pieces in the hot pan (skin-side down first if using skin-on) and dry-fry/sear for 10-15 minutes, turning occasionally until the pieces are evenly golden brown and have a nice crust.
2. Prepare the tomatoes: While the chicken cooks, wash the tomatoes. Score an “X” on the bottom, submerge them in boiling water for 30 seconds, then transfer to cold water to peel off the skin easily. Dice the peeled tomatoes into small cubes.
3. Simmer chicken and tomatoes: Add the diced tomatoes to the skillet with the browned chicken. Cover with a lid and simmer on low heat for 8-10 minutes, allowing the chicken to braise in the tomato juices.
4. Sauté the onions: Slice the onion into quarter-rings. In a separate small frying pan, melt the 1.4 oz (40g) of butter. Add the sliced onions and sauté until they turn soft and golden brown.
5. Combine ingredients: Transfer the sautéed buttery onions into the deep skillet with the chicken and tomato mixture. Stir gently to combine.
6. Add aromatics and finish: Wash and dry the fresh herbs (cilantro, parsley, basil) and chop them finely. Peel and mince the garlic. Add the chopped herbs, minced garlic, and khmeli-suneli seasoning to the skillet. Season with salt to taste. Stir well, let it bubble for 1-2 minutes to release the aromas, and remove from heat. Serve hot.

BACON & EGG BREAKFAST MUFFIN CUPS

2 servings

25 minutes

Week 1 - Breakfast

Ingredients

- Red Bell Pepper: 1.2 oz (35g) – approx. 2 tbsp, diced
- Green Bell Pepper: 1.2 oz (35g) – approx. 2 tbsp, diced
- Bacon: 1.4 oz (40g) – approx. 2-3 slices (standard cut)
- Hard Cheese (Parmesan/Cheddar) or Feta: 0.35 oz (10g) – approx. 1 tbsp, crumbled or grated
- Chicken Eggs: 7 oz (200g) – approx. 4 large eggs
- Seasoning: Salt and black pepper to taste
- Cooking Oil: 0.5 tsp (2.5ml) – for greasing the pan if needed

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 545 kcal**
- **Carbohydrates: 5.7g**
- **Protein: 38g**
- **Fat: 42g**
- **Fiber: 1.2g**

Method

1. Preheat your oven to 400°F (200°C). Ensure the rack is positioned in the center of the oven.
2. Heat a skillet over medium heat. Add the bacon slices and cook for 3-4 minutes. The goal is to render some fat and cook it partially; the bacon should be pliable, not crispy. (Note: If using pre-cooked or smoked bacon, skip this frying step). Transfer to paper towels to drain, then lightly season with pepper.
3. In the same skillet (using the rendered bacon fat), add the diced red and green peppers. Sauté for 2-3 minutes until they soften slightly. Remove from heat.
4. Prepare a muffin tin. Place a spoonful of the sautéed peppers at the bottom of 4 muffin cups. Wrap the bacon slices around the inside edges of each cup to create a “wall.” Sprinkle the grated cheese or Feta over the peppers. Carefully crack one egg into each cup, keeping the yolk intact. Season the top with a pinch of salt and pepper.
5. Bake in the preheated oven for 10-15 minutes. For a runny yolk, aim for 10-12 minutes; for a firm yolk, bake for 13-15 minutes. Remove from the oven, run a butter knife around the edges to loosen, and serve immediately.

SAVORY RED PEPPER & CHEESE ROLLED OMELET

1 servings

15 minutes

Week 1 - Breakfast

Ingredients

- 3 Large Chicken Eggs
- 1 oz (30g) Hard Cheese (like Cheddar, Gouda, or Parmesan), grated
- 1.75 oz (50g) Red Bell Pepper, finely diced
- 1 tbsp (4g) Fresh Parsley or preferred herbs, chopped
- 1 tsp (5ml) Olive Oil (for greasing the pan)
- Salt & Black Pepper to taste
- Optional: 1 tbsp (15g) Mayonnaise for dipping/serving

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 395 kcal**
- **Carbohydrates: 5 g**
- **Protein: 26 g**
- **Fat: 29 g**

Method

1. Prepare the Egg Mixture: Crack the 3 large eggs into a mixing bowl. Season with salt and black pepper to taste, then whisk until smooth. Add the 1 tbsp chopped parsley, 1 oz (30g) grated cheese, and 1.75 oz (50g) diced red pepper. Stir well to combine all ingredients.
2. Heat the Pan: Place a non-stick skillet over medium heat and brush evenly with 1 tsp (5ml) olive oil. Ensure the pan is hot but not smoking.
3. Start the Roll: Pour a small ladle (approx. 1/3 of the mixture) onto the skillet, spreading it thin to cover the bottom like a crepe. Let it cook for roughly 1 minute until the top begins to set but is still slightly moist.
4. Roll and Repeat: Using a spatula, gently roll the egg layer up from one side, stopping before you reach the very end (leave a small flap unrolled). Push the roll to the side of the pan.
5. Add More Mixture: Pour another ladle of the egg mixture into the empty space of the pan, ensuring it touches the unrolled flap of the previous roll so they bond together. Once set, roll the egg cylinder over this new layer. Repeat this process until all the egg mixture is used.
6. Final Browning: Once the full roll is formed, leave it in the pan for an extra 30-60 seconds, turning it occasionally to brown slightly on all sides and ensure the cheese is fully melted inside.
7. Serve: Transfer to a cutting board and slice into thick rounds with a sharp knife. Serve hot with mayonnaise or your favorite dipping sauce.

CREAMY PEPPERCORN STEAK FILET

1 servings

30 minutes

Week 1 - Lunch

Ingredients

- Steak: 1 Beef or Pork Fillet Steak, approximately 7 oz (200g).
- Onion: 0.25 small White Onion, sliced into strips (approx. 1 oz / 30g).
- Cream: 0.5 cup Heavy Whipping Cream (4 fl oz / 120ml).

Seasoning:

- 1 to 2 tbsp. Coarsely Ground Black Pepper (adjust to taste).
- Cooking Fat: 1 tbsp. Butter or Olive Oil (0.5 oz / 14g).

Garnish:

- 2 to 3 Fresh Lettuce Leaves.
- Salt: Pinch of sea salt, to taste.

Nutritional Information (Per Recipe)

- **Calories: ~700 kcal**
- **Fat: 54.1g**
- **Protein: 48.4g**
- **Carbohydrates: 5.2g**

Table of Contents

Method

1. Heat a skillet over medium heat with the butter or oil. Add the sliced onions and sauté until they turn translucent and soft, then remove them from the pan and set aside.
2. Increase the heat to high. Once the skillet is smoking hot, place the steak fillet in the pan and sear for exactly 5 minutes on each side for a medium-rare to medium finish. Remove the steak from the pan and slice it into thick strips.
3. Return the sliced steak and the sautéed onions to the skillet. Reduce the heat to low and pour in the heavy cream and coarse black pepper.
4. Simmer the mixture gently on low heat for 5 to 10 minutes, allowing the sauce to thicken and the flavors to meld. Season with salt to taste.
5. Arrange the fresh lettuce leaves on a serving plate and top with the steak and creamy peppercorn sauce. Serve immediately.

CREAMY CHICKEN & MUSHROOM SOUP

2 servings

56 minutes

Week 1 - Lunch

Ingredients

- 4 cups (950 ml) Chicken broth (bone broth recommended for extra collagen)
- 1 medium (approx. 4 oz / 110g) Yellow onion, diced (about 1 cup)
- 8 oz (225g) White or brown (Cremini) mushrooms, sliced
- 6 oz (170g) Boneless, skinless chicken thighs (raw weight)
- 0.5 cup (120 ml) Heavy whipping cream (36% fat or higher)
- 1 tbsp (15 ml) Olive oil or butter (for frying chicken)
- 0.5 tsp (3g) Salt (adjust to taste)
- 0.25 tsp (0.5g) Black pepper (freshly cracked)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~780 kcal**
- **Protein: 56.5 g**
- **Fat: 56.1 g**
- **Carbohydrates: 10.8 g**

Method

1. Pour 4 cups (950 ml) of chicken broth into a large pot over medium heat, then add the diced onions and sliced mushrooms.
2. Bring the mixture to a boil, then immediately reduce the heat to low and simmer gently for 30 minutes; season with salt and pepper to taste.
3. While the soup simmers, heat a separate skillet over medium heat and sauté the chicken thighs for approximately 6 minutes on each side until fully cooked (internal temp of 165°F/74°C), then shred the meat with two forks.
4. Add the shredded chicken and 0.5 cup (120 ml) of heavy cream into the soup pot and simmer for an additional 10 minutes to meld the flavors.

CLASSIC SPICED DEVILED EGGS (CHEF'S SPECIAL)

2 servings

27 minutes

Week 1 - Lunch

Ingredients

- 6 Large Eggs (approx. 10.6 oz / 300g total weight)
- 1 Medium Shallot, peeled and finely minced (approx. 0.9 oz / 25g)
- 1 tbsp. (15g) Dijon Mustard OR 0.5 tsp. Ground Red Pepper (Cayenne/Paprika) for heat
- 2.5 tbsp. Mayonnaise (approx. 1.4 oz / 40g)
- 1 tsp. Fresh Lemon or Lime Juice (approx. 5ml)
- Salt and Freshly Ground Black Pepper to taste
- Optional Garnish: Fresh herbs (chives or dill) and a dusting of paprika.

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 785 kcal**
- **Total Fat: 62g**
- **Total Carbohydrates: 8g**
- **Protein: 40g**

Method

1. Place the eggs in a single layer in a saucepan and cover with water by at least an inch; bring to a boil, then remove from heat, cover, and let sit for 10-12 minutes to hard-boil.
2. Transfer the eggs immediately to an ice water bath to cool completely; once cold, peel the shells carefully, rinse, and slice each egg in half lengthwise.
3. Gently remove the yolks and place them into a medium mixing bowl, setting the egg white halves aside on a serving platter.
4. Add the minced shallot, Dijon mustard (or red pepper), mayonnaise, lemon (or lime) juice, salt, and pepper to the yolks; mash with a fork or whisk until the mixture is smooth and creamy.
5. Pipe or spoon the yolk mixture generously back into the hollowed egg white halves, garnish if desired, and serve immediately. Enjoy!

CHEESY JALAPEÑO CHICKEN & BROCCOLI BAKE

2 servings

40 minutes

Week 1 - Lunch

Ingredients

- 10.5 oz (300g) Boneless, skinless chicken thighs
- 3.5 oz (100g) Fresh broccoli florets (approx. 1 cup)
- 1.7 oz (50g) Full-fat mayonnaise (approx. 3.5 tbsp)
- 1 oz (30g) Hard cheese (Parmesan, Cheddar, or Gouda), grated
- Fresh Jalapeño peppers, sliced (to taste)
- Salt and black pepper, to taste
- Oil, for frying (approx. 1 tsp)

Nutritional Information (Per Recipe)

- **Calories: ~980 kcal**
- **Protein: ~75g**
- **Fat: ~75g**
- **Carbohydrates: ~7g**
- **Net Carbs: ~4g**

Method

1. Heat a skillet over medium heat with a small amount of oil and sear the 10.5 oz (300g) of chicken thighs until fully cooked through and golden brown. Once cooked, remove from heat and shred the meat using two forks (or pass through a meat grinder for a finer texture).
2. Chop the 3.5 oz (100g) of broccoli into small, bite-sized florets. In a mixing bowl or directly in a high-sided oven-safe skillet, combine the shredded chicken, chopped broccoli, 1.7 oz (50g) of mayonnaise, half of the 1 oz (30g) grated cheese, salt, and pepper. Mix thoroughly until well combined.
3. Transfer the mixture to a baking dish (if not using an oven-safe skillet) and bake in a preheated oven at 320°F (160°C) for 20 minutes.
4. Remove the dish carefully from the oven, sprinkle the remaining cheese and top with fresh jalapeño slices to taste. Return to the oven for the final 5 minutes until the cheese is melted and bubbly. Enjoy immediately!

CHICKEN & CABBAGE PATTIES WITH CREAMY HERB SAUCE

1 servings

30 minutes

Week 1 - Lunch

Ingredients

For the Chicken Patties:

- 7 oz (200g) Ground chicken (Chicken mince)
- 1 oz (30g) Hard cheese (like Parmesan, Cheddar, or Gouda), grated
- 1 small Egg
- 0.35 oz (10g) Onion (approx. 1 tbsp), finely chopped
- 1 tbsp (10g) Fresh green onions (scallions), chopped
- 1 tbsp (10g) Fresh dill, chopped
- 1 tbsp (10g) Olive oil (for frying)
- Salt and black pepper to taste

For the Side & Sauce:

- 3.5 oz (100g) Broccoli florets or Cauliflower florets
- 1.4 oz (40g) Mayonnaise (approx. 2.5 tbsp)
- Fresh herbs (parsley or extra dill) for garnish

Nutritional Information (Per Recipe)

- **Calories: ~940 kcal**
- **Protein: ~60g**
- **Fat: ~73g**
- **Carbohydrates: ~8g**

Table of Contents

Method

1. Prepare the mixture: In a medium mixing bowl, combine the 7 oz (200g) of ground chicken, 0.35 oz (10g) of chopped onion, 1 tbsp of green onions, 1 tbsp of dill, 1 oz (30g) of grated cheese, and the egg. Season generously with salt and pepper. Mix thoroughly until all ingredients are evenly incorporated.
2. Form the patties: Using damp hands to prevent sticking, shape the mixture into 2 or 3 medium-sized patties.
3. Cook the vegetables: While you prepare to fry the meat, steam or boil the 3.5 oz (100g) of broccoli or cauliflower for about 5-7 minutes until tender-crisp. Alternatively, you can sauté them in a separate pan with a splash of water and oil until golden.
4. Fry the patties: Heat 1 tbsp (10g) of olive oil in a non-stick skillet over medium heat. Place the patties in the hot pan and cook for 4-5 minutes per side. They should be golden brown on the outside and fully cooked through (reaching an internal temperature of 165°F/74°C).
5. Make the sauce: While the patties finish cooking, mix the 1.4 oz (40g) of mayonnaise with a pinch of fresh herbs in a small bowl.
6. Assemble and serve: Plate the warm patties alongside the cooked broccoli or cauliflower. Top the vegetables and meat with the creamy herb mayonnaise sauce. Serve immediately.

CREAMY CHICKEN CURRY SOUP WITH GREEN BEANS

1 servings

35 minutes

Week 1 - Lunch

Ingredients

- 7 oz (200g) Boneless, skinless chicken thighs
- 1.4 oz (40g) White onion, diced (approx. 1/4 cup)
- 3.5 oz (100g) Green beans (fresh or frozen), trimmed
- 2.5 tbsp (40g) Full-fat sour cream (or Crème fraîche)
- 1 tbsp (6g) Curry powder
- 1 tbsp (15ml) Olive oil or butter (for frying)
- Salt and Black Pepper to taste
- Optional: Fresh cilantro for garnish

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~645 kcal**
- **Protein: 46.1g**
- **Fat: 48.2g**
- **Carbohydrates: 8.5g**

Method

1. Heat a skillet over medium heat with a drizzle of oil. Add the 1.4 oz (40g) diced onions and sauté until translucent and fragrant. Remove onions from the pan and set aside.
2. In a deeper skillet or heavy-bottomed pot, increase the heat to high. Add the 7 oz (200g) chicken thighs and sear for 3–5 minutes on each side until golden brown.
3. Lower the heat slightly. Using two forks, shred the chicken directly in the pan into bite-sized chunks.
4. Return the cooked onions to the pan. Add the 2.5 tbsp (40g) sour cream, 3.5 oz (100g) green beans, 1 tbsp (6g) curry powder, salt, and pepper.
5. Stir well to combine. If the mixture is too thick for a soup consistency, add 1/4 to 1/2 cup of water or chicken broth. Simmer on low heat for 20 minutes.
6. Check that the chicken is fully cooked and the green beans are tender. Serve hot immediately. Enjoy!

ZESTY GRILLED CHICKEN & AVOCADO SALAD

1 servings

25 minutes

Week 1 - Lunch

Ingredients

- Chicken: 2 boneless, skinless chicken thighs (approx. 5.3 oz / 150g)
- Avocado: 1 medium avocado, ripe but firm (approx. 5 oz / 140g)
- Tomatoes: 2 medium tomatoes (approx. 7 oz / 200g)
- Greens: 1 cup (1 oz / 30g) fresh salad greens (lettuce mix, romaine, or spinach)
- Fat: 2 tsp (0.35 oz / 10g) extra virgin olive oil
- Acid: Juice of 1 whole lime (approx. 2 tbsp / 30ml)
- Seasoning: Salt and freshly ground black pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~670 kcal**
- **Protein: 46g**
- **Fat: 52g**
- **Carbohydrates: 10g**
- **Fiber: 9g**

Method

1. Sear the Chicken: Heat a non-stick skillet over medium-high heat. Add the chicken thighs and cook until fully cooked through and golden brown, approximately 5–8 minutes per side. Ensure the internal temperature reaches 165°F (74°C). Remove from heat and let rest for 5 minutes.
2. Prep the Vegetables: While the chicken rests, wash and dry the produce. Dice the medium avocado and the two tomatoes into uniform 0.5-inch cubes. Tear or chop the salad greens into bite-sized pieces.
3. Shred the Chicken: Using two forks, pull the warm chicken thighs apart into bite-sized shreds or chunks.
4. Assemble the Salad: In a large salad bowl, combine the shredded chicken, cubed avocado, diced tomatoes, and salad greens.
5. Dress and Serve: Drizzle with the olive oil and fresh lime juice. Season generously with salt and pepper to taste. Toss gently to combine—the creamy avocado will mix with the lime juice to create a light coating. Serve immediately.

THE “SEAGULL” SALAD (KETO BACON & EGG BOWL)

1 servings

20 minutes

Week 1 - Lunch

Ingredients

- Bacon: 4 strips (approx. 4 oz / 115g raw weight), sliced into small pieces
- Lettuce: 2 cups (approx. 2.5 oz / 70g) fresh lettuce leaves, chopped
- Eggs: 2 Large eggs (hard-boiled and peeled)
- Avocado: 1 small avocado (approx. 5 oz / 140g), pitted and peeled
- Mayonnaise: 3 tbsp (1.5 oz / 45g) full-fat mayonnaise

Nutritional Information (Per Recipe)

- **Calories: ~810 kcal**
- **Fat: ~74g**
- **Protein: ~35g**
- **Carbohydrates: ~14g**

Table of Contents

Method

1. Heat a skillet over medium heat and fry the 4 strips of chopped bacon for roughly 8–10 minutes until they render their fat and become golden and crispy.
2. While the bacon is sizzling, wash and chop the lettuce, placing it into a large serving bowl to create a fresh green “bed” for the other ingredients.
3. Dice the 2 hard-boiled eggs and the small avocado into bite-sized cubes, then scatter them evenly over the layer of lettuce.
4. Remove the bacon from the heat (draining excess grease if preferred) and sprinkle the hot, crunchy pieces directly on top of the egg and avocado.
5. Drizzle the 3 tablespoons of mayonnaise generously over the salad, toss gently if desired, and enjoy immediately!

CREAMY CAULIFLOWER & BACON SOUP

1 servings

35 minutes

Week 1 - Lunch

Ingredients

- 3.5 oz (100g) Cauliflower florets, roughly chopped
- 3.5 oz (100g) Bacon slices
- 2.3 oz (65g) Full-fat Sour Cream
- 1 small Carrot, finely diced or grated (approx. 1.7 oz / 50g)
- 0.25 cup (40g) White onion, diced
- 1.5 cups (350ml) Water or Chicken Stock (Note: Adjusted from original 4 cups for a richer consistency)
- 1 tbsp (15ml) Butter or Olive Oil (for sautéing)
- Salt & Black Pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~800 kcal**
- **Fat: 71.3g**
- **Protein: 27.9g**
- **Carbohydrates: 12.8g**

Method

1. Dice the cauliflower into small florets. In a soup pot, heat the butter (or oil) over medium heat and sauté the diced onions and carrots. Season with a pinch of salt and cook until the onions are translucent and the vegetables soften, about 5–7 minutes.
2. Pour in the water (or stock) and bring the mixture to a boil. Once boiling, reduce the heat to low and simulate a gentle simmer. Cook for approximately 15–20 minutes, or until the cauliflower is completely tender. (Chef's Tip: Avoid boiling rapidly to preserve the texture.)
3. In the final 2 minutes of cooking, remove the pot from the heat slightly and whisk in the sour cream until the broth is creamy and opaque. Do not let it boil vigorously after adding the cream.
4. While the soup simmers, fry the bacon strips in a separate skillet until golden and crispy. Remove from the pan, chop into bite-sized bits, and garnish the soup generously with the bacon just before serving.

SAVORY POACHED EGGS WITH SAUTÉED MUSHROOMS,ASPARAGUS, AND BACON

1 servings

20 minutes

Week 1 - Lunch

Ingredients

- Mushrooms: 5.3 oz (150g) white or brown (cremini) mushrooms, sliced.
- Greens: 10 medium spears of asparagus OR fresh green beans (approx. 3.5 oz / 100g).
- Protein: 3 slices of bacon OR 3.5 oz (100g) ground beef (fried).
- Produce: 1 medium tomato, sliced or chopped.
- Eggs: 2 large eggs (poached).
- Cooking Fat: 1 tbsp (15 ml) olive oil or butter for sautéing.
- Seasoning: Salt and freshly cracked black pepper to taste.

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~485 kcal**
- **Protein: 32g**
- **Fat: 36g**
- **Carbohydrates: 14g**
- **Net Carbs: ~9g**

Method

1. Wash and trim the asparagus (or green beans). Slice the mushrooms. Heat 0.5 tbsp (7 ml) of oil in a skillet over medium-high heat. Add the mushrooms and asparagus to the pan. Sauté for 4–6 minutes until tender and lightly browned.
2. In a separate pan (or the same one, if preferred), fry the bacon slices until crispy or cook the ground beef until browned and cooked through. Set aside on a paper towel to drain excess grease.
3. While the meat is cooking, bring a pot of water to a gentle simmer. Crack each egg into a small cup, create a gentle whirlpool in the water with a spoon, and slide the eggs in. Poach for 3–4 minutes for a runny yolk. Remove with a slotted spoon.
4. Arrange the warm sautéed vegetables and the fresh sliced tomato on a serving plate. Season the vegetables generously with salt and pepper.
5. Top the vegetables with the cooked bacon (or beef) and gently place the warm poached eggs on top. Serve immediately.

CHEESY GROUND BEEF & BROCCOLI SKILLET (ONE-PAN MEAL)

1 servings

20 minutes

Week 1 - Dinner

Ingredients

- 7 oz (200g) Ground Beef (minced meat)
- 3.5 oz (100g) Broccoli florets, chopped small
- 1.4 oz (40g) Shredded Mozzarella cheese (approx. 1/3 cup)
- 1 Large Egg
- 1 clove Garlic, minced
- 1 tsp (5ml) Olive oil or butter (for greasing the pan)
- Salt and Black Pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~730 kcal**
- **Protein: 54g**
- **Fat: 58g**
- **Carbohydrates: 7g**
- **Net Carbs: ~4g**

Method

1. Wash and chop the broccoli into small, bite-sized florets. Heat 1 tsp (5ml) of oil in a skillet or saucepan over high heat. Add the broccoli and sauté for 5-8 minutes until it begins to soften and char slightly.
2. Mince the garlic clove finely. Add it to the pan with the broccoli and stir for about 1 minute until fragrant and the broccoli has reached your desired tenderness.
3. Add the 7 oz (200g) of ground beef to the skillet. Break the meat apart with a wooden spoon and cook, stirring frequently, until the beef is fully browned and cooked through.
4. Crack the large egg directly into the pan and sprinkle in the 1.4 oz (40g) of shredded mozzarella. Stir everything together vigorously until the egg is cooked and the cheese is melted and creamy.
5. Season with salt and black pepper to taste. Remove from heat immediately and serve warm.

GOLDEN GARLIC CHICKEN THIGHS WITH TURMERIC CAULIFLOWER RICE

1 servings

30 minutes

Week 1 - Dinner

Ingredients

- Chicken: 7 oz (200g) Chicken thighs (boneless or bone-in, skin-on recommended for flavor)
- Cauliflower: 7 oz (200g) Fresh cauliflower florets (approx. 2 cups riced)
- Fat: 3 tbsp (45g) Unsalted butter, divided
- Aromatics: 2 Cloves garlic, minced
- Spices: 0.5 tsp Turmeric powder
- Seasoning: Salt and black pepper to taste
- Garnish: 1 tbsp Fresh herbs (dill, parsley, or cilantro), chopped

Nutritional Information (Per Recipe)

- **Calories: ~760 kcal**
- **Total Fat: ~60g**
- **Total Carbohydrates: ~12g**
- **Dietary Fiber: ~5g**
- **Net Carbs: ~7g**

Table of Contents

Method

1. Prep the Chicken: Pat the 7 oz (200g) chicken thighs dry with a paper towel. Rub them generously with half of the minced garlic, salt, and black pepper.
2. Sear the Chicken: In a skillet over medium-high heat, melt 1 tbsp (15g) of the butter. Add the chicken thighs (skin-side down first if using skin-on) and sear for 5–7 minutes per side until golden brown and cooked through (internal temperature of 165°F / 74°C). Remove chicken from the pan and set aside.
3. Rice the Cauliflower: While the chicken cooks, place the 7 oz (200g) cauliflower florets into a food processor and pulse until it resembles grain-sized rice. Alternatively, grate it using a box grater.
4. Sauté Aromatics: In the same pan used for the chicken (do not wipe out the flavor), lower the heat to medium and add the remaining 2 tbsp (30g) of butter. Add the remaining garlic and sauté briefly until fragrant (about 30 seconds).
5. Cook the Cauliflower: Add the riced cauliflower to the pan. Sprinkle with 0.5 tsp turmeric, salt, and pepper. Stir well to coat the "rice" in the yellow turmeric butter.
6. Finish the Dish: Cook the cauliflower uncovered for 5–7 minutes, stirring occasionally, until it is tender but not mushy. Stir in the chopped fresh herbs.
7. Serve: Plate the golden cauliflower rice and top with the cooked chicken thighs. Enjoy immediately!

LEMON GARLIC BUTTER CHICKEN THIGHS WITH ZUCCHINI

2 servings

35 minutes

Week 1 - Dinner

Ingredients

- 10.6 oz (300g) Boneless, skinless chicken thighs
- 0.5 Lemon (juiced)
- 2 Garlic cloves, thinly sliced
- 4 tbsp (60ml) Olive oil
- 7 oz (200g) Zucchini, sliced into rounds
- 1 tbsp (14g) Unsalted butter
- 1 tsp Salt (divided, or to taste)
- 0.5 tsp Black pepper (freshly ground)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,050 kcal**
- **Carbohydrates: 12g**
- **Protein: 65g**
- **Fat: 85g**

Method

1. Preheat your oven to 350°F (175°C) and grease a baking sheet lightly. Place the chicken thighs in a bowl and season thoroughly with the lemon juice, half of the salt, and the black pepper.
2. Transfer the chicken to the prepared baking sheet, top evenly with the sliced garlic, and bake for 25 minutes until the chicken is cooked through and the juices run clear.
3. While the chicken bakes, slice the zucchini and heat 4 tbsp (60ml) of olive oil in a skillet over medium heat; add the zucchini and sauté until it begins to soften (approx. 5-7 minutes).
4. Add 1 tbsp (14g) of butter to the skillet with the zucchini and continue to sauté for another 5 minutes, allowing the zucchini to brown slightly and absorb the butter flavor.
5. Remove the chicken from the oven, plate alongside the buttery zucchini, and serve immediately.

SPICY KETO BUFFALO WINGS WITH FRESH GREEN SALAD

1 servings

25 minutes

Week 1 - Dinner

Ingredients

- Chicken Wings: 8.5 oz (240g) raw chicken wings (bone-in, skin-on)
- Cooking Fat: 2 tbsp (30ml) Olive Oil or Unsalted Butter (divided for roasting and sauce)
- Seasoning: 1 tsp (5g) Paprika or sugar-free spicy seasoning blend
- Hot Sauce: 1 tbsp (15ml) Sugar-free Hot Sauce (e.g., Frank's RedHot)
- Salad: 2 cups (60g) Fresh Green Salad mix (lettuce, arugula, spinach)
- Dip: 1.2 oz (35g) Full-fat Mayonnaise

Nutritional Information (Per Recipe)

- **Calories: ~667 kcal**
- **Protein: 47.2g**
- **Fat: 52.7g**
- **Carbohydrates: 0.9g**

Table of Contents

Method

1. Preheat your oven to a high setting (400°F / 200°C). Season the 8.5 oz (240g) of chicken wings thoroughly with your choice of spices. Place them on a baking sheet and roast for 16 minutes total, flipping them halfway through (at the 8-minute mark).
2. While the wings bake, prepare the sauce. In a small skillet or sauce-pan over low heat, melt 2 tbsp (30ml) of butter (or heat the olive oil) and whisk in the sugar-free hot sauce until combined and warm.
3. Once the wings are roasted and crispy, immediately transfer them into the pan with the warm sauce and toss until evenly coated.
4. Plate the hot wings alongside the fresh green salad and serve with the 1.2 oz (35g) of mayonnaise on the side for dipping.

20-MINUTE HEARTY BEEF & GREEN PEPPER RAGOUT

1 servings

20 minutes

Week 1 - Dinner

Ingredients

- Ground Beef: 7 oz (200g)
- Green Bell Pepper: 3 oz (85g) — approx. 1 small pepper or 3/4 cup chopped
- Tomato Paste (Unsweetened): 1 oz (30g) — approx. 2 tbsp
- Paprika: 1 tsp (to taste)
- Fresh Herbs: 1 tbsp (dill, parsley, or cilantro), chopped
- Cooking Oil or Fat: 1 tsp (optional, depending on beef fat content)
- Mayonnaise: 1 tbsp (optional garnish for creaminess)
- Salt & Black Pepper: To taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~550 kcal**
- **Protein: 36.3g**
- **Fat: 40.1g**
- **Carbohydrates: 10.9g**

Method

1. Wash the green bell pepper, remove the seeds, and chop it into medium-sized cubes or strips. Heat a skillet over medium heat and sauté the peppers until they soften (about 3-4 minutes).
2. Add the 7 oz (200g) of ground beef to the skillet. Use a wooden spoon or spatula to break the meat apart into small crumbles, ensuring it mixes well with the peppers.
3. Sauté the mixture until the beef is browned and fully cooked through (about 5–7 minutes). Stir in the 1 oz (30g) of tomato paste, paprika, salt, and pepper. Cook for another 2 minutes to let the flavors meld.
4. Remove from heat. Top with fresh chopped herbs and a dollop of mayonnaise for extra richness. Serve hot and enjoy!

CREAMY MUSHROOM SMOTHERED PORK CHOPS

2 servings

35 minutes

Week 1 - Dinner

Ingredients

- 1/4 medium White onion, diced (approx. 1.8 oz / 50g)
- 10.5 oz (300g) White or Brown (Cremini) mushrooms, sliced
- 2 tbsp (30ml) Olive oil
- 1.75 oz (50g) Heavy whipping cream (approx. 3.5 tbsp)
- 7 oz (200g) Boneless pork chops (approx. 1 large or 2 small chops)
- Salt and black pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~780 kcal**
- **Carbohydrates: 15g**
- **Net Carbs: ~11g**
- **Protein: 52g**
- **Fat: 58g**

Method

1. Heat a saucepan or skillet over medium heat and sauté the diced onions with 1 tbsp of the olive oil until they become translucent and fragrant (about 3-4 minutes).
2. Add the sliced mushrooms to the onions along with the remaining oil if needed; sauté until the mushrooms are fully cooked, browned, and their liquid has evaporated (approx. 8-10 minutes).
3. Pour in the heavy cream, reduce heat to low, and simmer gently for about 10 minutes until the sauce thickens to a rich consistency.
4. While the sauce simmers, heat a separate skillet over medium-high heat and cook the pork chops for 5-7 minutes on each side, depending on thickness, until golden brown and the internal temperature reaches 145°F (63°C).
5. Plate the pork chops and spoon the thick, creamy mushroom sauce generously over the top to serve.

GOLDEN SEARED PORK & TURMERIC CAULIFLOWER RICE

1 servings

25 minutes

Week 1 - Dinner

Ingredients

The Protein

- 7 oz (200g) Pork tenderloin (trimmed and sliced into small steaks or medallions)
- 0.5 tsp Sea salt (divided use)
- 0.5 tsp Freshly cracked black pepper (divided use)
- 1 tbsp (15ml) Avocado oil or olive oil (for frying the pork)

The Cauliflower Rice

- 7 oz (200g) Fresh cauliflower florets
- 1 tbsp (15ml) Butter or cooking oil (for the rice)
- 1 clove Garlic, minced (optional, for aroma)
- 0.5 tsp Ground turmeric
- 2 tbsp (10g) Fresh herbs (dill, parsley, or cilantro), finely chopped

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~485 kcal**
- **Carbohydrates: 12g**
- **Net Carbs: ~8g**
- **Protein: 45g**
- **Fat: 28g**

Method

1. Prepare the meat by slicing the pork tenderloin into small medallions or steaks; season both sides generously with about 0.25 tsp of salt and 0.25 tsp of pepper (avoid complex marinades to let the natural meat flavor shine).
2. Heat 1 tbsp (15ml) of oil in a heavy-bottomed skillet over medium-high heat and sear the pork steaks for 3–4 minutes per side until they reach your desired level of doneness and have a golden-brown crust, then remove from the pan and set aside to rest.
3. Create the “rice” by pulsing the cauliflower florets in a food processor or grating them on a box grater until they resemble fine grains of rice.
4. Using the same pan (or a clean one), heat the butter or oil over medium heat; if using garlic, sauté it briefly for 30 seconds until fragrant but not browned.
5. Add the cauliflower “rice” to the pan along with the turmeric and the remaining salt and pepper; sauté uncovered for 5–7 minutes, stirring occasionally, until the cauliflower is tender but not mushy.
6. Remove from heat and immediately stir in the fresh chopped herbs to preserve their color and flavor before serving alongside the pork.

PAN-SEARED PORK STEAKS WITH BUTTERED GREEN BEANS

1 servings

20 minutes

Week 1 - Dinner

Ingredients

- Pork: 10.6 oz (300g) pork loin or neck chops
- Green Beans: 5.6 oz (159g) fresh string beans, trimmed
- Butter: 1 tbsp (14g) unsalted butter (for frying beans)
- Oil: 1 tsp (5ml) olive oil or avocado oil (for searing pork)
- Seasoning: 0.5 tsp (3g) sea salt, divided
- Seasoning: 0.25 tsp (1g) freshly ground black pepper
- Optional Garnish: 1 tbsp (15g) mayonnaise and fresh herbs (dill or parsley)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~860 kcal**
- **Protein: 51g**
- **Fat: 65g**
- **Carbohydrates: 5.4g**

Method

1. Take the 10.6 oz (300g) piece of pork and slice it into smaller, manageable steaks; pat them dry with a paper towel to ensure a good sear.
2. Season the meat generously on all sides with salt and freshly ground black pepper (avoid other spices to let the meat's natural flavor shine).
3. Heat 1 tsp (5ml) of oil in a heavy-bottomed skillet over medium-high heat and sear the steaks for 3–4 minutes per side, or until they reach your desired level of doneness. Remove meat and set aside to rest.
4. In the same skillet, melt 1 tbsp (14g) of butter and add the 5.6 oz (159g) of green beans.
5. Sauté the beans over medium heat for about 5–7 minutes until they are tender yet still slightly crisp.
6. Plate the pork steaks alongside the green beans.
7. Add a dollop of mayonnaise and a sprinkle of fresh herbs if desired, and serve immediately.

JUICY CHEESY MEATBALLS WITH ZUCCHINI NOODLES

1 servings

25 minutes

Week 1 - Dinner

Ingredients

For the Meatballs:

- 7 oz (200g) Ground Beef (85% lean recommended)
- 1 Large Egg
- 1.2 oz (35g) Hard Cheese (such as Parmesan or Sharp Cheddar), finely grated (approx. 1/3 cup)
- 0.5 tsp Salt (adjust to taste)
- 0.25 tsp Black Pepper
- 1 tbsp (15g) Sour Cream (optional, for braising)
- 1 tsp (5ml) Olive Oil or butter (for frying)

For the Zucchini Bed:

- 3.5 oz (100g) Fresh Zucchini (approx. 1 small zucchini)
- 0.5 tsp (2.5ml) Olive Oil (to grease the pan)
- Optional Garnish: 1 tbsp (15g) Mayonnaise and 1 tbsp Fresh Dill or Parsley, chopped

Nutritional Information (Per Recipe)

- **Calories: 720 kcal**
- **Total Fat: 54g**
- **Total Carbohydrates: 5g**
- **Protein: 51g**

Table of Contents

Method

1. Prepare the Meat Mixture: In a medium mixing bowl, combine 7 oz (200g) of ground beef, 1 large egg, 1.2 oz (35g) of grated hard cheese, salt, and pepper. Mix thoroughly with your hands until the ingredients are well incorporated, then shape the mixture into small, round meatballs (approx. 4–5 pieces).
2. Cook the Meatballs: Heat 1 tsp of oil in a skillet over medium heat. Place the meatballs in the pan and sear them until browned on all sides. Chef's Tip: Once browned, you can add 1 tbsp of sour cream to the pan, cover with a lid, and simmer on low heat for 5–7 minutes to make them extra tender.
3. Prepare the Zucchini Noodles: While the meat rests, slice the 3.5 oz (100g) of zucchini into thin strips using a knife, julienne peeler, or spiralizer to create "noodles." Heat a lightly greased skillet (0.5 tsp oil) over medium-high heat. Add the zucchini and sauté for no more than 2 minutes, stirring continuously so they remain crisp-tender (al dente).
4. Assemble and Serve: Arrange the warm zucchini noodles on a plate to form a bed. Top with the hot meatballs. For the best flavor experience, finish with a dollop of mayonnaise and a sprinkle of fresh herbs. Enjoy your meal!

CREAMY BAY-POACHED COD WITH GREEN BEANS

1 servings

25 minutes

Week 1 - Dinner

Ingredients

<u>For the Fish & Sauce:</u>

- 7 oz (200g) Cod fillet (fresh or thawed)
- 1 tbsp (15ml) Olive oil (for the sauce base)
- 1 cup (240ml) Water
- 0.25 cup (60ml) Heavy cream or full-fat sour cream
- 3 Bay leaves
- 0.5 tsp Salt (adjust to taste)
- 0.25 tsp Black pepper

<u>For the Side:</u>

- 5.3 oz (150g) Fresh green beans (trimmed)
- 1 tbsp (15ml) Olive oil (for sautéing beans)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~640 kcal**
- **Fat: 48g**
- **Protein: 40g**
- **Carbohydrates: 12g**
- **Net Carbs: ~8g**

Method

1. Heat 1 tbsp (15ml) of olive oil in a deep skillet or sauté pan over medium heat. Add the bay leaves, salt, pepper, and 1 cup (240ml) of water. Bring to a boil and let it simmer for 5 minutes to infuse the flavors, then stir in the heavy cream (or sour cream).
2. Reduce the heat to low. Gently place the cod fillet into the poaching liquid. Cover the pan with a lid and simmer for approximately 10 minutes, carefully flipping the fish halfway through, until the fish flakes easily.
3. While the fish is cooking, heat the remaining 1 tbsp (15ml) of olive oil in a separate frying pan over medium heat. Add the green beans and sauté for 10 minutes until tender-crisp and slightly blistered.
4. Once the cod is opaque and fully cooked, remove from heat. Serve hot alongside the green beans, spooning the creamy pan sauce over the fish. Enjoy!

CHEESY BACON & EGG BREAKFAST ROLLS

3 servings

30 minutes

Week 2 - Breakfast

Ingredients

- 18 slices Bacon (approx. 16 oz or 450g)
- 6 Large Eggs
- 1 cup Grated Cheese (Cheddar or Mozzarella) (4 oz or 113g)
- 2 tbsp Heavy Cream (1 fl oz or 30ml)
- 1 tbsp Unsalted Butter (0.5 oz or 14g)
- 1 tbsp Fresh Green Onions, chopped (approx. 6g)
- 0.25 tsp Garlic Powder (approx. 0.8g)
- 0.5 tsp Salt (adjust to taste)
- 0.25 tsp Ground Black Pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 260 kcal**
- **Protein: 16g**
- **Fat: 21g**
- **Carbohydrates: 0.8g**

Method

1. Crack the 6 large eggs into a large mixing bowl; add 2 tbsp (30ml) heavy cream, 0.25 tsp garlic powder, salt, and pepper, then whisk vigorously until the mixture is uniform and airy.
2. Melt 1 tbsp (14g) of butter in a non-stick skillet over medium heat; pour in the egg mixture and cook, stirring frequently, for about 3 minutes until soft curds form (do not overcook as they will cook again inside the bacon), then fold in the 1 tbsp green onions and remove from heat.
3. Lay out 3 slices of bacon on a cutting board or clean surface, positioning them side-by-side so they slightly overlap to form a wider rectangular “sheet.”
4. Sprinkle a portion of the grated cheese over the bottom third of the bacon sheet, then spoon a generous amount of the scrambled eggs on top of the cheese layer.
5. Roll the bacon tightly upward from the bottom, tucking the egg and cheese inside as you go, creating a tight cylinder (a “sushi” roll).
6. Repeat this process with the remaining bacon, cheese, and eggs to create a total of 6 rolls.
7. Heat a large skillet over medium-high heat (no extra oil is usually needed due to the bacon fat) and place the rolls in the pan, seam-side down first to seal them.
8. Fry the rolls, turning occasionally with tongs, until the bacon is crispy and browned on all sides (approx. 10–12 minutes).
9. Transfer the crispy rolls to a plate lined with paper towels to drain excess grease before serving hot.

KETO BACON WEAVE & EGG “BURGER”

2 servings

30 minutes

Week 2 - Breakfast

Ingredients

- 10 slices Bacon (approx. 10 oz / 280g)
- 2 tbsp (30 ml) Bacon grease (reserved from cooking the bacon)
- 4 cups (120g) Fresh spinach or salad greens
- 4 Large eggs
- 2 oz (60g) Hard cheese (Cheddar, Gouda, or similar), sliced or grated
- 2 tbsp (30 ml) Heavy whipping cream
- 0.5 tsp (3g) Salt
- 0.25 tsp (1g) Ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~560 kcal**
- **Fat: 48g**
- **Protein: 30g**
- **Carbohydrates: 1.5g**

Method

1. Preheat your oven to 400°F (200°C).
2. Create the “bun” by weaving the bacon strips together in a lattice pattern (5 strips vertical, 5 strips horizontal) on a baking sheet lined with parchment paper or foil.
3. Bake the bacon weave in the preheated oven for approximately 15 minutes until it is cooked through but still pliable enough to handle; while it bakes, prepare the egg mixture.
4. Crack the 4 large eggs into a mixing bowl or container.
5. Add 2 tbsp (30 ml) of heavy cream to the eggs and whisk until the mixture is completely uniform.
6. Once the bacon is done, carefully transfer the weave to a plate lined with paper towels to drain excess oil, but do not discard the grease.
7. Pour 2 tbsp (30 ml) of the hot rendered bacon grease from the baking sheet into a skillet over medium heat.
8. Add the spinach to the skillet and sauté briefly until wilted, then pour in the egg and cream mixture.
9. Scramble the eggs and spinach together, seasoning with the salt and pepper, stirring constantly until the eggs are mostly set but still moist.
10. Place the cooked bacon weave back onto a clean piece of foil on a baking sheet.
11. Spoon the scrambled egg and spinach mixture evenly on top of the bacon weave, aiming to keep it in a neat square shape.
12. Top the eggs with the 2 oz (60g) of cheese.
13. Return the baking sheet to the oven on the top rack (or set to broil/grill) and bake for about 3 minutes until the cheese is melted and bubbly.
14. Remove from the oven, slice the large square into two equal portions, and serve immediately.

CREAMY KETO CAULIFLOWER & CHEESE SCRAMBLE

1 servings

12 minutes

Week 2 - Breakfast

Ingredients

- Eggs: 4 large eggs
- Fat: 1 tbsp (15 ml) Extra virgin olive oil
- Cream: 1 tbsp (15 ml) Heavy whipping cream
- Vegetables: 3.5 oz (100g) Fresh cauliflower or broccoli florets (chopped small, approx. 1 cup)
- Cheese: 1.1 oz (30g) Hard cheese (such as Parmesan, Cheddar, or Gruyère), grated
- Seasoning: 1 pinch Sea salt
- Seasoning: 1 pinch Freshly ground black pepper

Nutritional Information (Per Recipe)

- **Calories: ~590 kcal**
- **Total Fat: ~48g**
- **Total Carbohydrates: ~6g**
- **Protein: ~34g**

Method

1. Prepare the egg mixture: In a medium mixing bowl, crack the 4 large eggs. Add 1 tbsp (15 ml) of heavy cream, a pinch of salt, and a pinch of pepper. Whisk vigorously until the yolks and whites are fully combined and slightly frothy.
2. Sauté the vegetables: Place a large skillet or frying pan over high heat. Add 1 tbsp (15 ml) of olive oil. Once the oil shimmers, add the 3.5 oz (100g) of chopped cauliflower (or broccoli). Sauté for 2–3 minutes until the vegetables are slightly tender and golden on the edges.
3. Cook the eggs: Lower the heat to medium. Pour the egg mixture directly over the sautéed vegetables. Stir continuously with a spatula, scrambling the eggs and mixing them well with the vegetables until they are just set but still soft (about 2–3 minutes).
4. Finish and serve: Turn off the heat. Immediately sprinkle the 1.1 oz (30g) of grated hard cheese over the hot eggs so it melts. Plate immediately and serve hot. Bon appétit!

SAVORY HAM & CHEESE SOUFFLÉ CUPS

4 servings

30 minutes

Week 2 - Breakfast

Ingredients

- 3 tbsp (45 ml) Olive oil
- 1/2 medium Onion, diced (approx. 4 oz / 110g)
- 1.5 tsp Fresh garlic, minced
- 6.3 oz (180g) Cooked ham, diced into small cubes
- 1 tbsp (14g) Butter (room temperature, for greasing the molds)
- 6 Large Eggs
- 1.4 oz (40g) Grated cheese (such as Cheddar, Gouda, or Gruyère)
- 1 tbsp (15 ml) Heavy cream
- 2 tbsp Fresh green onions (scallions), chopped
- 0.5 tsp Salt
- 0.5 tsp Black pepper
- Optional: Extra small pat of butter and fresh herbs for garnish

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,350 kcal**
- **Fat: ~115g**
- **Protein: ~75g**
- **Carbohydrates: ~10g**

Method

1. Preheat your oven to 400°F (200°C). Gather and measure all your ingredients: dice the ham and the 1/2 onion, mince the garlic, grate the cheese, and chop the fresh green onions.
2. Heat the 3 tbsp (45 ml) of olive oil in a skillet over medium heat. Add the diced onion and sauté until softened and translucent.
3. Add the 1.5 tsp of minced garlic to the skillet and continue to sauté until the garlic is fragrant and slightly browned. Remove from heat.
4. Crack the 6 large eggs into a mixing bowl. Add the 1 tbsp (15 ml) heavy cream, chopped green onions, 0.5 tsp salt, and 0.5 tsp black pepper. Whisk thoroughly.
5. Add the remaining ingredients to the egg mixture: the diced ham, grated cheese, and the sautéed onion and garlic mixture (including the oil from the pan for flavor). Stir well to combine.
6. Grease your baking molds (ramekins or a muffin tin) generously with the 1 tbsp (14g) of butter. Pour the mixture evenly into the molds.
7. Bake in the preheated oven for 20 minutes, or until the soufflés are puffed up and golden brown on top.
8. Remove from the oven. Before serving, garnish with fresh herbs and place a small slice of cold butter on top of each hot soufflé to melt. Enjoy!

HEARTY CHICKEN SAUSAGE & SPINACH FRITTATA

2 servings

25 minutes

Week 2 - Breakfast

Ingredients

- 3 large chicken sausages (high-quality or homemade), sliced into rounds
- 3 cups (approx. 3 oz / 90g) raw spinach or lettuce leaves, chopped
- 1.75 oz (50g) white button mushrooms, sliced
- 1.4 oz (40g) hard cheese (such as Parmesan, Cheddar, or Gouda), grated
- 10 large eggs
- 2 tsp sugar-free hot sauce (or spicy seasoning blend of choice)
- Salt and Black Pepper to taste
- Optional: 1 tsp cooking fat (butter or oil) if using very lean sausages

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,050 kcal**
- **Protein: 77g**
- **Fat: 79g**
- **Carbohydrates: 5.72g**

Method

1. Prep the ingredients: Slice the chicken sausages into bite-sized rounds and slice the mushrooms thinly. Roughly chop the spinach or lettuce leaves.
2. Sear the sausage: Preheat a large non-stick skillet (preferably cast iron) over medium-high heat. Add the sliced sausages to the pan.
3. Add vegetables: Once the sausages are crispy and browned on one side (about 3–4 minutes), flip them over. Immediately add the sliced mushrooms and chopped greens to the pan.
4. Sauté the mix: Cook the mixture, stirring occasionally, until the greens have completely wilted and the mushrooms are tender. Season the vegetable and meat mixture with salt and pepper to taste.
5. Whisk the eggs: While the vegetables are cooking, crack the 10 eggs into a mixing bowl. Add the 2 tsp of hot sauce (or dry spices) and whisk vigorously until the yolks and whites are fully combined.
6. Assemble the frittata: Arrange the sausage and vegetables evenly across the bottom of the pan. Sprinkle the 1.4 oz (40g) of grated cheese over the mixture.
7. Cook to finish: Pour the whisked eggs over the ingredients in the pan. Reduce heat to medium-low. Cook until the eggs are fully set (firm to the touch) and cooked through. Chef's Tip: You can cover the pan with a lid to steam the top or place the skillet under a broiler for 2 minutes to brown the top.
8. Serve: Remove from heat, slide onto a plate, and enjoy immediately.

THE ULTIMATE NO-BREAD KETO EGG SANDWICH

1 servings

15 minutes

Week 2 - Breakfast

Ingredients

- 2 large eggs
- 0.5 medium avocado (approx. 3.5 oz / 100g)
- 2 strips of bacon (approx. 1 oz / 28g cooked)
- 2 tbsp (14g) grated cheese (Cheddar, Mozzarella, or Swiss)
- 1 tbsp (15ml) water (for steaming)
- 0.25 tsp salt and freshly cracked black pepper (to taste)
- Non-stick cooking spray or 0.5 tsp (2.5g) butter/oil for greasing

Nutritional Information (Per Recipe)

- **Calories: ~460 kcal**
- **Total Fat: 38g**
- **Total Carbohydrates: 8g**
- **Net Carbs: ~4g**
- **Protein: 24g**

Table of Contents

Method

1. Heat a non-stick skillet over medium heat. Place two circular metal egg rings (or clean mason jar lid bands without the center) into the pan and grease the inside of the rings and the pan surface with cooking spray or butter.
2. Crack one egg carefully into each ring. Use a fork to gently pierce and slightly break the yolks; this ensures the “buns” cook flat and evenly. Season with salt and pepper.
3. Pour 1 tbsp (15ml) of water into the pan (around the outside of the rings, not directly on the eggs) to create steam. Immediately cover the pan with a lid.
4. Cook covered for approximately 3 minutes on medium heat, or until the whites are set and firm.
5. Remove the lid and sprinkle 1 tbsp (7g) of grated cheese onto each egg patty. Cook uncovered for another 1 minute until the cheese has melted. Remove the rings and set the egg “buns” aside.
6. While the eggs rest, fry the bacon strips in the same pan until crispy, then drain on a paper towel.
7. Mash the 0.5 avocado in a small bowl to create a quick guacamole (season with a pinch of salt if desired).
8. To assemble, place one egg patty (cheese side up) on a plate. Top with the mashed avocado and the cooked bacon strips. Place the second egg patty on top to close the sandwich. Enjoy immediately!

SPANISH-STYLE GARLIC BUTTER STEAK STRIPS

1 servings

20 minutes

Week 2 - Lunch

Ingredients

- 10 oz (280g) Beef Steak (Sirloin, Ribeye, or New York Strip), sliced into strips
- 6 Medium cloves of garlic, peeled
- 1 tbsp (15g) Ghee (Clarified butter) or high-heat cooking fat
- 0.5 tbsp (7ml) Extra Virgin Olive Oil
- 0.5 tbsp Garlic powder
- To Taste: Sea salt and freshly cracked black pepper
- 2 cups (60g) Fresh lettuce leaves or baby spinach (for serving)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,080 kcal**
- **Protein: 77g**
- **Fat: 84g**
- **Carbohydrates: 5g**

Method

1. Place a heavy-bottomed skillet (cast iron preferred) on a burner and heat it until very hot and dry. Do not add oil yet; simply move it to a neighboring burner or keep it on low heat to maintain temperature while you prep.
2. Finely slice or mince all 6 cloves of garlic. Divide the minced garlic into two equal portions and set aside.
3. Slice the 10 oz (280g) beef steak against the grain into bite-sized strips.
4. In a mixing bowl, combine the first half of the minced garlic, 0.5 tbsp garlic powder, salt, and pepper.
5. Add the steak strips to the bowl with the spice mixture and toss well to ensure the meat is evenly coated. Let it marinate for 5 minutes.
6. Add the 1 tbsp (15g) of ghee to the bowl with the meat and toss again to coat the strips in the fat.
7. In a separate small skillet, heat the 0.5 tbsp (7ml) olive oil over medium heat. Add the remaining half of the minced garlic and fry until golden brown and crispy. Remove from heat immediately to cool (this stops the cooking process).
8. Return the large, hot, dry skillet to high heat. Place the ghee-coated beef strips into the pan in a single layer.
9. Sear the meat without moving it until the bottom side is browned and slightly charred (approx. 1-2 minutes).
10. Flip the strips. Once the other side is seared and the meat is cooked to your preference (medium-rare is recommended), toss the strips in the pan to coat them in any rendered juices.
11. Remove from heat. Sprinkle the crispy fried garlic and its oil over the steak strips.
12. Serve immediately over a bed of fresh lettuce or spinach.

LOW-CARB STUFFED CABBAGE ROLLS (GOLUBTSI)

8 servings

90 minutes

Week 2 - Lunch

Ingredients

- 1 large, tight head of Green Cabbage (approx. 4.5 lbs / 2 kg)
- 1.1 lbs (500g) Ground Pork
- 1.1 lbs (500g) Ground Beef
- 1 cup (150g) Cauliflower, riced (finely chopped)
- 3 medium Onions (approx. 10.5 oz / 300g total)
- 1 medium Carrot (approx. 3.5 oz / 100g)
- 2 cloves Garlic, minced
- 2 tbsp (30g) Tomato Paste
- 2 tbsp (30ml) Olive Oil
- 4.2 cups (1 liter) Cabbage Broth (reserved liquid from boiling the cabbage)
- 1 Bay Leaf
- 1 tsp (5g) Salt (adjust to taste)
- 0.5 tsp (2g) Black Pepper (adjust to taste)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~365 kcal**
- **Protein: 28g**
- **Fat: 24g**
- **Carbohydrates: 10g**
- **Net Carbs: ~7g**

Method

1. Prepare the Cabbage Leaves: Using a sharp knife, cut out the core (the tough base stem) from the cabbage head so the leaves are no longer attached at the bottom. Place the whole head of cabbage into a large, deep pot and pour boiling water over it until submerged. Place the pot on medium heat. As the cabbage softens, the top leaves will begin to separate. Use a fork to gently peel these outer leaves off one by one as they become pliable and soft. Continue this process until you have separated all usable leaves for rolling. Save the remaining small inner leaves and the cooking water (broth).
2. Prepare the Cauliflower Rice: While the cabbage is boiling, prepare the cauliflower. If not already riced, pulse cauliflower florets in a food processor until they resemble rice grains. Boil this "rice" in water for 3–5 minutes until half-cooked (al dente). Drain and let cool.
3. Make the Meat Filling: Pass the pork and beef through a meat grinder if not already ground. Finely chop 1 of the onions and mince the garlic cloves. In a large mixing bowl, combine the ground meat, chopped onion, minced garlic, and the cooled cauliflower rice. Season generously with salt and pepper, then mix thoroughly by hand until combined.
4. Prepare the Sauce (Podliva): Cut the remaining 2 onions into thin strips and julienne (cut into thin matchsticks) or grate the carrot. Heat the olive oil in a skillet over medium heat. Sauté the onions and carrots until they turn a golden color. Add the 2 tbsp of tomato paste, a pinch of salt, and pepper. Stir well. Pour in 4.2 cups (1 liter) of the hot water reserved from boiling the cabbage. Stir to combine and remove from heat.
5. Assemble the Rolls: Take the softened cabbage leaves. If the center rib of the leaf is very thick, slice the thickest part off carefully to make rolling easier, or cut very large leaves in half. Place a spoonful of the meat filling onto the edge of a leaf and roll it up, tucking in the sides to create a sealed envelope.
6. Layer the Pot: Chop the leftover small inner cabbage leaves and place them at the bottom of a heavy-bottomed pot (like a Dutch Oven). Add a ladle of the sauce over them. Arrange a layer of stuffed cabbage rolls on top. Pour more sauce over this layer. Repeat the layering process until all rolls are in the pot.
7. Simmer: Pour the remaining sauce over the top layer. Add the bay leaf. Cover the pot with a lid and simmer over low heat (slow fire) for approximately 40 minutes, depending on how soft you prefer your cabbage. Serve hot with sour cream and fresh herbs.

SPICY PORK & RED CABBAGE STIR-FRY

1 servings

30 minutes

Week 2 - Lunch

Ingredients

- Pork: 6 oz (170g) Pork tenderloin, sliced into thin medallions
- 1.5 cups (100g) Purple cabbage, shredded or thinly sliced
- 1/2 medium Red bell pepper, cut into thin strips
- 1/2 cup (35g) Fresh mushrooms, sliced
- 2 stalks Green onions, chopped (separate white and green parts)
- 1 clove Garlic, minced
- 1 tbsp (15ml) Apple cider vinegar
- 2 tsp (5g) Paprika (Red pepper powder)
- 1/2 tsp (1g) Hot red chili flakes (adjust to taste)
- 1 tbsp (6g) Curry powder
- Salt and Black pepper to taste
- 3 tbsp (42g) Coconut oil (divided use)
- 1 tbsp (14g) Olive oil
- 2 tbsp (30ml) Dry white wine
- 1 tbsp (12g) Erythritol (sweetener)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1090 kcal**
- **Total Fat: 86g**
- **Total Protein: 140g**
- **Net Carbs: 20g**

Method

1. Prep the Veggies: Slice the purple cabbage and red bell pepper into thin strips.
2. Season the Slaw: In a mixing bowl, combine the cabbage and peppers with apple cider vinegar, minced garlic, paprika, sliced green onions (white parts), and curry powder. Toss well to coat and set aside to marinate while you prep the meat.
3. Sear the Pork: Slice the pork tenderloin into medallions as thinly as possible. Heat 2 tbsp (28g) of coconut oil in a skillet over medium-high heat. Add the pork and sear until browned. Remove the pork from the pan, keeping it in a bowl along with all its juices and melted oil. (Do this in batches if necessary to avoid overcrowding).
4. Sauté Mushrooms: In the same pan (now empty of pork), add the remaining 1 tbsp (14g) of coconut oil, 1 tbsp (14g) of olive oil, and 2 tbsp (30ml) of white wine. Add the sliced mushrooms and remaining green onion tops. Sauté for 3–4 minutes until soft.
5. Combine & Finish: Return the cooked pork (along with all the resting juices/oils from the bowl) back into the skillet. Add the Erythritol and the marinated cabbage mixture. Stir everything together well.
6. Simmer: Let the mixture cook for another 3–5 minutes until the cabbage is tender-crisp and the flavors have melded. Season with salt and pepper to taste before serving.

HERB-CRUSTED CHICKEN “PIZZA” CASSEROLE

2 servings

45 minutes

Week 2 - Lunch

Ingredients

The Base:

- 1 lb (450g) Boneless, Skinless Chicken Thighs (or drumstick fillets), minced or finely chopped
- 1 Large Egg
- 2 oz (55g) Hard Cheese (e.g., Parmesan or Cheddar), grated (for the mixture)
- 1 Garlic Clove, minced
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- 1 tsp Ground Basil
- 1 tsp Ground Black Pepper
- Salt to taste (optional, depending on cheese saltiness)

The Topping:

- 2 tbsp (30g) Sugar-Free Tomato Paste
- 2 oz (55g) Hard Cheese (e.g., Mozzarella or Cheddar), grated (for topping)
- 1 tsp (5ml) Olive Oil (for greasing or drizzling)

Nutritional Information (Per Recipe)

- **Calories: ~1,150 kcal**
- **Protein: ~105g**
- **Fat: ~78g**
- **Carbohydrates: ~8g**

Table of Contents

Method

1. Preheat the Oven: Preheat your oven to 180°C (350°F). Lightly grease a pizza pan or a round baking dish with the olive oil.
2. Prepare the Chicken Base: Place the chicken meat in a bowl and mash it thoroughly (if not already ground, use a food processor to mince it). Add the egg, the first portion of grated cheese (2 oz / 55g), minced garlic, thyme, rosemary, basil, and black pepper.
3. Mix and Shape: Mix the ingredients by hand until well combined. If you prefer a stronger flavor profile, adjust the spices now. Transfer the mixture to your prepared pan and press it down firmly with a fork to create an even, flat layer, similar to a pizza crust.
4. First Bake (The Crust): Place the dish in the oven and bake for 15 minutes. You are looking for the meat to set and the edges to begin browning or darkening slightly.
5. Add Toppings and Finish: Remove the dish from the oven. Spread the tomato paste evenly over the top of the chicken “crust.” Sprinkle the remaining grated cheese (2 oz / 55g) over the tomato layer.
6. Final Bake: Return the dish to the oven and bake for another 10–15 minutes, or until the chicken is fully cooked through and the cheese on top is melted and bubbly. Serve hot.

ONE-PAN CAPRESE BAKED CHICKEN THIGHS

6 servings

45 minutes

Week 2 - Lunch

Ingredients

The Chicken

- 0.5 tbsp (7 ml) High-heat oil (such as avocado or light olive oil) for frying
- 6 medium Boneless chicken thighs (approx. 1.5 lbs or 680g)
- 1 tsp (6g) Sea salt, divided (to taste)
- 0.5 tsp (2g) Freshly cracked black pepper

The “Pesto” & Toppings

- 1 cup (30g) Fresh basil leaves (loosely packed)
- 2 tbsp (30 ml) Extra virgin olive oil
- 2 medium Tomatoes, sliced into rounds (approx. 6 oz or 170g)
- 6 slices Mozzarella cheese (approx. 5 oz or 140g)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 310 kcal**
- **Total Fat: 22g**
- **Total Carbohydrates: 2g**
- **Protein: 26g**

Method

1. Preheat the oven: Preheat your oven to 350°F (180°C).
2. Sear the chicken: Heat a large cast-iron skillet (or other oven-safe pan) over medium-high heat. Add the 0.5 tbsp (7 ml) of frying oil and allow it to shimmer. Season the chicken thighs generously with about half of the salt and the pepper. Place the thighs in the hot skillet. Sear for 3–4 minutes per side until golden brown, then turn off the heat.
3. Prepare the basil sauce: While the chicken sears, combine the fresh basil leaves, 2 tbsp (30 ml) of olive oil, and the remaining salt in a blender or food processor. Pulse until you have a rough, pesto-like consistency.
4. Assemble the dish: Spread a spoonful of the fresh basil mixture over each seared chicken thigh. Top each thigh with a slice of tomato, followed by a slice of mozzarella cheese.
5. Bake: Transfer the skillet to the preheated oven. Bake for approximately 30 minutes, or until the chicken is fully cooked through (internal temperature reaches 165°F / 74°C) and the cheese is melted and bubbly.
6. Serve: Remove from the oven and let rest for 5 minutes before serving. Enjoy immediately!

BACON-WRAPPED CREAM CHEESE CHICKEN BOMBS

4 servings

60 minutes

Week 2 - Lunch

Ingredients

<u>The Meat & Wrap:</u>

- 1.5 lbs (680g) Boneless, skinless chicken breasts (approx. 4 small breasts or 2 large ones halved)
- 8 to 10 strips (approx. 8 oz / 225g) Smoked bacon (thin or regular cut works best for wrapping)
- 0.5 tsp (2.5g) Salt (adjust to taste, keep in mind bacon is salty)
- 0.5 tsp (1.2g) Black pepper

<u>The Creamy Filling:</u>

- 4 oz (115g) Mascarpone cheese or full-fat cream cheese, softened
- 1 cup (30g) Fresh spinach, chopped (Chef's Tip: Spinach holds up better than lettuce when baked)
- 1 clove Garlic, minced (optional, for extra flavor depth)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~445 kcal**
- **Protein: ~42g**
- **Fat: ~29g**
- **Carbohydrates: ~2g**
- **Net Carbs: ~1.5g**

Method

1. Preheat the Oven: Preheat your oven to 375°F (190°C).
2. Prepare the Filling: In a small mixing bowl, combine the 4 oz (115g) softened mascarpone (or cream cheese) with the 1 cup (30g) chopped spinach. Season with a pinch of the salt and pepper. If using garlic, add it now and mix until well incorporated.
3. Prepare the Chicken: Pat the 1.5 lbs (680g) of chicken dry. If the breasts are large, cut them in half to create 4 equal portions.
4. Create the Pockets: Using a sharp paring knife, carefully cut a horizontal slit into the thickest part of each chicken piece to create a "pocket." Be careful not to cut all the way through.
5. Stuff the Chicken: Spoon approximately 1 to 2 tbsp of the cheese mixture into the pocket of each chicken breast. Do not overstuff, or it may leak out during cooking.
6. Wrap with Bacon: Close the chicken pocket. Wrap each piece of chicken tightly with 2 to 3 strips of bacon. Ensure the bacon overlaps slightly to seal the pocket and covers the seam where you cut the chicken. If you accidentally cut the chicken too deep earlier, use the bacon to "bandage" and hold the shape together.
7. Sear (Crucial Step): Heat a skillet over medium-high heat. Place the bacon-wrapped bundles in the skillet and sear for 2–3 minutes per side until the bacon begins to brown and render fat. This ensures a crispy exterior.
8. Bake: Transfer the chicken to a baking dish (or place the oven-safe skillet directly into the oven). Bake for 35–45 minutes.
9. Rest and Serve: The dish is done when the bacon is crispy and the internal temperature of the chicken reaches 165°F (74°C). Let rest for 5 minutes before serving to keep the juices inside. Enjoy!

STUFFED BEEF ROULADE WITH PORCINI & SPINACH

4 servings

75 minutes

Week 2 - Lunch

Ingredients

The Meat Base

- 1.1 lbs (500g) Ground Beef (approx. 15-20% fat for juiciness)
- 1 tsp (6g) Salt
- 0.5 tsp (1g) Ground Black Pepper
- 0.5 tsp (1.5g) Garlic Powder
- 0.5 tsp (1g) Ground Cumin

The Filling

- 6 slices (approx. 5 oz / 140g) Semi-hard Cheese (such as Gouda, Havarti, or Swiss)
- 0.5 cup (30g) Green Onions (Scallions), finely chopped
- 1 cup (30g) Fresh Spinach leaves (or Lettuce), packed
- 0.5 cup (50g) Porcini Mushrooms (fresh or rehydrated), sliced

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~445 kcal**
- **Fat: ~32g**
- **Protein: ~35g**
- **Carbohydrates: ~2.5g**
- **Net Carbs: ~2g**

Method

1. Preheat your oven to 356°F (180°C) and lightly grease a small rectangular baking dish or loaf pan.
2. In a large mixing bowl, thoroughly combine the 1.1 lbs (500g) ground beef with 1 tsp salt, 0.5 tsp black pepper, 0.5 tsp garlic powder, and 0.5 tsp cumin until the spices are evenly distributed.
3. Divide the meat mixture roughly in half. Press the first half into the bottom of your baking dish, creating a base layer with slightly raised edges (walls) to hold the filling inside.
4. Layer the 6 slices of cheese flat along the bottom of the meat base.
5. Evenly distribute the 0.5 cup chopped green onions, 1 cup spinach leaves, and 0.5 cup sliced porcini mushrooms over the cheese layer.
6. Take the remaining half of the ground beef and flatten it slightly in your hands, then place it over the top of the filling; press the edges of the top and bottom meat layers together to seal the roulade completely so the cheese does not leak out.
7. Place the dish in the preheated oven and bake for 1 hour until the beef is browned and cooked through.
8. Remove from the oven and let the roll rest for 5–10 minutes before slicing to ensure the juices redistribute.

SAVORY THYME & CHEESE CAULIFLOWER WAFFLES

4 servings

25 minutes

Week 2 - Lunch

Ingredients

- 1/2 medium head Cauliflower (approx. 10 oz or 300g)
- 1 cup (4 oz or 113g) Shredded Cheese (Mozzarella or Cheddar recommended)
- 0.25 cup (15g) Fresh soft herbs (Parsley, Dill, or Cilantro), chopped
- 2 Large Eggs
- 2 Stalks Green Onion (Scallions)
- 1 tbsp (0.5 fl oz or 15ml) Olive Oil
- 1 tbsp (0.3 oz or 9g) Sesame Seeds
- 2 tsp Fresh Thyme leaves (or 1 tsp dried)
- 1 tsp Garlic Powder
- 0.5 tsp Salt
- 0.5 tsp Ground Black Pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 215 kcal**
- **Fat: 17g**
- **Protein: 12g**
- **Carbohydrates: 5g**
- **Net Carbs: 3g**

Method

1. Prepare your vegetables by washing the cauliflower and cutting it into small florets, finely chopping the green onions, and stripping the fresh thyme leaves from their woody stems.
2. Place the cauliflower florets into a food processor or high-speed blender and pulse until the mixture resembles a fine, crumbly “rice” texture (do not puree).
3. Add the chopped green onions, fresh thyme leaves, and the portion of fresh herbs (parsley/dill) to the blender and pulse briefly until well combined with the cauliflower.
4. Transfer the cauliflower and herb mixture into a large mixing bowl.
5. Add 1 cup (113g) of shredded cheese, 2 large eggs, 1 tbsp (9g) sesame seeds, 1 tbsp (15ml) olive oil, 1 tsp garlic powder, 0.5 tsp black pepper, and 0.5 tsp salt to the bowl.
6. Mix all ingredients thoroughly with a spatula or spoon until a cohesive, wet batter forms.
7. Preheat your waffle iron to medium-high heat and lightly grease it with a small amount of oil or cooking spray if it is not non-stick.
8. Spoon the batter onto the hot waffle iron, spreading it evenly across the surface (do not overfill).
9. Close the lid and cook for 4 to 6 minutes, or until the waffles are golden brown and crispy on the edges.
10. Carefully remove the waffles using a fork or tongs and serve immediately.

CREAMY KETO CAULIFLOWER & BACON CHOWDER

4 servings

35 minutes

Week 2 - Lunch

Ingredients

- 4-5 tbsp (approx. 2-2.5 fl oz or 60-75 ml) Olive oil (divided use)
- 1 tsp (approx. 5 g) Minced garlic
- 1 medium head (approx. 1.3 lbs or 600 g) Cauliflower, broken into florets
- 2 cups (16 fl oz or 480 ml) Chicken broth
- 1 cup (8 fl oz or 240 ml) Water
- 1 cup (8 fl oz or 240 ml) Heavy whipping cream (35%+ fat)
- 1 tsp (approx. 3 g) Psyllium husk powder (or starch-free thickener)
- 1.4 oz (40 g) Grated hard cheese (e.g., Cheddar or Parmesan)
- 4 strips (approx. 4 oz or 115 g) Bacon
- Optional: Fresh herbs (parsley or chives) for garnish

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 460 kcal**
- **Fat: 42g**
- **Protein: 12g**
- **Total Carbohydrates: 11g**
- **Net Carbohydrates: 7g**

Method

1. Sauté aromatics: In a deep soup pot or Dutch oven, heat 3/4 of the olive oil (approx. 3-3.5 tbsp) over medium heat. Add the minced garlic and sauté briefly until fragrant (about 30 seconds), being careful not to burn it.
2. Add cauliflower: Add the cauliflower florets to the pot and stir to coat them in the garlic oil.
3. Simmer: Pour in the 2 cups (480 ml) of chicken broth and 1 cup (240 ml) of water. Increase the heat to high to bring the mixture to a boil. Stir frequently.
4. Add cream: Once boiling, pour in the 1 cup (240 ml) of heavy whipping cream. Reduce the heat to medium and let it simmer gently.
5. Prepare thickener: In a separate small bowl, whisk the remaining olive oil (approx. 1-1.5 tbsp) with the 1 tsp of psyllium husk powder until it forms a smooth slurry (suspension).
6. Thicken soup: Pour the oil-psyllium slurry into the soup while stirring constantly to prevent clumps.
7. Add cheese: Sprinkle in the 1.4 oz (40 g) of grated cheese and continue cooking until the cauliflower is tender and the cheese is fully melted.
8. Cook bacon: While the soup finishes cooking, fry the 4 strips of bacon in a skillet until crispy. Remove from heat and chop into small bits.
9. Serve: Ladle the hot soup into bowls. Top generously with the crispy bacon bits and fresh herbs. Enjoy!

CREAMY BRAISED CHICKEN WITH PORCINI MUSHROOMS & BACON

4 servings

45 minutes

Week 2 - Lunch

Ingredients

The Meat & Produce

- 1.5 lbs (680g) boneless, skinless chicken thighs, cut into bite-sized pieces
- 10 oz (280g) fresh porcini mushroom caps (or brown cremini mushrooms), sliced
- 3 cloves garlic, minced
- 8 slices bacon, cooked until crispy and crumbled
- 2 tbsp (8g) fresh parsley, chopped

The Sauce & Seasonings

- 2 tbsp (30g) butter (divided use: 1 tbsp for cooking, 1 tbsp for finishing)
- 1 cup (240ml) chicken broth or stock
- 0.5 cup (120ml) heavy whipping cream
- 0.5 tsp dried basil
- 0.5 tsp dried oregano
- 0.25 tsp dried thyme
- 2 whole bay leaves
- Salt and Black Pepper to taste

Nutritional Information (Per Recipe)

- **Calories: ~580 kcal**
- **Total Fat: 42g**
- **Protein: 45g**
- **Total Carbohydrates: 6g**
- **Net Carbs: 5g**

Table of Contents

Method

1. Prep the ingredients: Wash the mushrooms thoroughly and slice the caps. Cut the chicken thighs into uniform bite-sized pieces. Cook the bacon separately until crispy, chop it into crumbles, and set aside.
2. Sear the chicken: In a large skillet or Dutch oven, melt 1 tbsp (15g) of butter over medium-high heat. Add the chicken pieces and sear until they are golden brown on all sides.
3. Simmer with aromatics: Add the sliced mushrooms, minced garlic, dried basil, oregano, thyme, and bay leaves to the pan. Pour in 1 cup (240ml) of chicken broth.
4. Braise the dish: Reduce the heat to low, cover, and simmer gently for about 15–20 minutes, or until the chicken is cooked through and tender.
5. Finish the sauce: Just before serving, stir in the heavy cream and the remaining 1 tbsp (15g) of butter to thicken and enrich the sauce. Taste and adjust with additional salt, pepper, or herbs if needed. Remove the bay leaves.
6. Serve: Ladle the chicken and sauce into bowls. Garnish generously with the crumbled bacon and fresh chopped parsley.

CREAMY KETO GROUND BEEF & CABBAGE SKILLET

3 servings

25 minutes

Week 2 - Dinner

Ingredients

- Ground Beef: 1 lb (16 oz / 450g), preferably 80/20 for flavor and fat content
- Cabbage Mix: 3.5 oz (100g) shredded cabbage (mix of white and red for color)
- Cooking Fat: 1 tbsp (15g) Coconut oil (or beef tallow/butter)
- Sauce Base: 1/3 cup (80g) Sour cream or Mayonnaise (adjust to reach desired creaminess)
- Green Onions: 2-3 stalks, chopped (approx. 0.5 oz / 15g)

Spices:

- 1 tsp (5g) Paprika
- 0.5 tsp (2.5g) Ground Black Pepper
- 0.25 tsp (1g) Ground Red Pepper (Cayenne) or Chili flakes
- 0.25 tsp (1g) Allspice (optional, for depth)
- Salt to taste

Nutritional Information (Per Recipe)

- **Calories: ~1,500 kcal**
- **Protein: 80g**
- **Fat: 127g**
- **Carbohydrates: 10g**

Method

1. Heat a large skillet over medium-high heat and melt 1 tbsp (15g) of coconut oil until shimmering.
2. Add 1 lb (450g) of ground beef to the skillet and sauté for approximately 5 minutes, breaking it apart with a spatula until browned and cooked through.
3. Stir in the 3.5 oz (100g) of shredded cabbage mix, combining it thoroughly with the beef juices.
4. Continue to cook for another 5 minutes, stirring frequently, until the cabbage softens and becomes tender-crisp.
5. Reduce the heat to medium-low to prevent curdling, then pour the sour cream or mayonnaise over the mixture.
6. Stir well to create a creamy coating over the meat and vegetables.
7. Season with paprika, black pepper, red pepper, allspice, and salt to taste; stir to distribute the spices evenly.
8. Remove the skillet from the heat immediately to maintain the texture of the sauce.
9. Fold in the chopped green onions for a fresh crunch and serve while hot.

KETO CHICKEN CUTLETS WITH WHIPPED TOMATO BUTTER & FRIED CABBAGE

4 servings

40 minutes

Week 2 - Dinner

Ingredients

<u>For the Chicken Cutlets:</u>

- 1.2 lbs (560g) Ground Chicken or Turkey
- 1 large Egg
- ½ medium Yellow Onion, grated or finely minced
- 1 tsp. Sea Salt
- ½ tsp. Ground Black Pepper
- 1 tsp. Dried Thyme (or crushed Coriander seeds)
- 3.5 tbsp. (50g) Unsalted Butter, for frying

<u>For the Fried Cabbage:</u>

- 1.1 lbs (500g) Green Cabbage (approx. ½ medium head)
- 6 tbsp. (83g) Unsalted Butter
- 1 tsp. Sea Salt
- ¼ tsp. Ground Black Pepper

<u>For the Whipped Tomato Butter:</u>

- 7 tbsp. (100g) Unsalted Butter, softened
- 1 tbsp. Tomato Paste
- 1 tsp. Red Wine Vinegar (optional, adds acidity)
- Sea salt and Black pepper, to taste

Nutritional Information (Per Recipe)

- **Calories: 675 kcal**
- **Total Fat: 58g**
- **Protein: 28g**
- **Total Carbs: 9g**
- **Net Carbs: 5g**

Table of Contents

Method

1. Preheat your oven to 212°F (100°C). This is just to keep the cutlets warm while you cook the cabbage.
2. In a large mixing bowl, combine the ground chicken (1.2 lbs / 560g), egg, grated onion, salt (1 tsp), pepper (0.5 tsp), and dried thyme (1 tsp). Mix well with your hands until combined.
3. Shape the meat mixture into 6 to 8 oval patties (“cutlets”).
4. Melt the frying butter (3.5 tbsp / 50g) in a large skillet over medium heat. Fry the cutlets for 4–5 minutes per side until golden brown and cooked through (internal temperature should reach 165°F / 74°C).
5. Transfer the cooked cutlets to an oven-safe dish and place them in the warm oven.
6. While the chicken rests, chop the cabbage (1.1 lbs / 500g) into ribbons using a sharp knife or a food processor.
7. In the same skillet used for the chicken (don’t wipe it out!), add the cabbage butter (6 tbsp / 83g). Once melted, add the cabbage.
8. Sauté the cabbage on medium-high heat, stirring frequently, until the edges are browned and caramelized, about 10–12 minutes. Season with salt (1 tsp) and pepper (1/4 tsp). Reduce heat slightly towards the end to prevent burning.
9. While the cabbage cooks, prepare the tomato butter. In a small bowl, combine the softened butter (7 tbsp / 100g), tomato paste (1 tbsp), and vinegar. Whip together using an electric hand mixer or a fork until fluffy and uniform.
10. To serve, plate a generous portion of fried cabbage, top with two warm chicken cutlets, and finish with a dollop of the whipped tomato butter. Enjoy immediately!

AUTHENTIC MEXICAN SLOW-BRAISED SHREDDED CHICKEN

6 servings

25 minutes

Week 2 - Dinner

Ingredients

- 2.2 lbs (1 kg) Boneless, skinless chicken thighs
- 1 tbsp (15 g) Ghee or clarified butter
- 4 medium (approx. 14 oz / 400 g) Red bell peppers or large mild chilies, seeded and roughly chopped
- 1 medium (approx. 5 oz / 150 g) Onion, peeled and quartered
- 4 cloves Garlic, peeled
- 2 cups (480 ml) Water (plus extra as needed during cooking)
- 1 tbsp (15 ml) Fresh lime or lemon juice (juice of 1/2 fruit)
- 1 tsp (6 g) Pink Himalayan salt
- 1 tsp (1 g) Dried oregano
- 0.5 tsp (1 g) Ground cumin
- 0.5 tsp (1 g) Cayenne pepper (adjust to taste)
- Optional Garnish: Fresh cilantro, lime wedges, and Mexican Crema (or full-fat sour cream)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~380 kcal**
- **Carbohydrates: 6g**
- **Protein: 33g**
- **Fat: 24g**

Method

1. Heat a large, deep skillet or Dutch oven over medium heat and melt 1 tbsp (15 g) of ghee.
2. Add the chicken thighs to the hot skillet and sear them until they are lightly browned on both sides, about 5–7 minutes.
3. While the chicken sears, prepare the braising sauce by combining the peppers, onion, garlic, salt, oregano, cumin, cayenne pepper, lime juice, and 2 cups (480 ml) of water in a high-speed blender.
4. Blend the mixture on high speed until completely smooth and liquid.
5. Pour the blended sauce directly over the browned chicken thighs in the skillet, ensuring the meat is fully submerged.
6. Reduce the heat to low, cover, and simmer gently for 90 minutes, turning the chicken occasionally; if the sauce reduces too much, add small amounts of water to maintain the original volume.
7. After 90 minutes, remove the pan from the heat briefly and shred the chicken thoroughly directly in the sauce using two forks.
8. Return the skillet to the stove and simmer the shredded chicken in the sauce for an additional 30 minutes to allow the flavors to penetrate the meat deeply.
9. Remove from heat and let the dish rest for 10–15 minutes to allow the sauce to cool slightly, thicken, and coat the meat (be careful not to let it scorch at the end).
10. Serve warm, garnished with fresh cilantro, extra lime juice, and a drizzle of rich crema or fatty sauce.

CREAMY MEXICAN CHICKEN SOUP

3 servings

180 minutes

Week 2 - Dinner

Ingredients

The Base

- 1 tbsp (15 ml) Vegetable or Olive Oil
- 1 tbsp (15g) Garlic, minced
- 1 Medium Onion, chopped
- 14 oz (400g) Boneless, skinless chicken thighs
- 5.3 oz (150g) Fresh tomatoes, diced
- 1.5 cups (360 ml) Chicken broth (warm)

The Spices

- 1 tsp Cumin
- 1 tsp Dried oregano
- 1.5 tsp Chili powder
- 1 tsp Paprika (optional)
- 1 tsp Mexican seasoning blend (optional)
- Salt to taste

The Creamy Finish

- 1 Red bell pepper, diced
- 1 cup (240 ml) Heavy cream
- 2 tbsp (1 oz / 30g) Cream cheese
- Garnish: Fresh cilantro (coriander) leaves and sour cream

Nutritional Information (Per Recipe)

- **Calories: 610 kcal**
- **Fat: 52g**
- **Protein: 28g**
- **Carbohydrates: 9g**

Table of Contents

Method

1. Heat the oil in a large skillet or frying pan over medium heat. Once the oil is shimmering, add the minced garlic followed immediately by the chopped onion. Sauté for about 5 minutes until the onion turns slightly golden brown.
2. Transfer the sautéed onion and garlic mixture into a preheated large pot (or Dutch oven). Add the raw chicken thighs, diced tomatoes, warm chicken broth, cumin, oregano, chili powder, paprika, and Mexican seasoning.
3. Cover the pot with a tight-fitting lid and simmer on very low heat for 2 to 3 hours. (This slow-cooking process ensures the chicken becomes tender enough to pull apart easily).
4. Remove the lid after the cooking time is up. Using two forks, shred the chicken meat directly inside the pot until it reaches your desired texture.
5. Add the diced red bell pepper, heavy cream, and cream cheese to the pot. Stir well to combine.
6. Simmer uncovered for an additional 20 to 30 minutes, allowing the soup to thicken and the peppers to soften.
7. Serve hot, garnished with fresh cilantro and a dollop of sour cream. Enjoy your meal!

CHEESE-STUFFED BEEF MEATBALLS

4 servings

27 minutes

Week 2 - Dinner

Ingredients

For the Meatballs:

- 1 lb (450g) Ground beef (80/20 lean-to-fat ratio recommended for juiciness)
- 1 tsp (6g) Salt
- 0.5 tsp (1g) Black pepper
- 0.5 tsp (1.5g) Garlic powder
- 0.5 tsp (1g) Dried oregano
- 1 Large egg
- 2 tbsp (30ml) Cold water (plus an extra 1 tbsp/15ml if needed for texture)
- 3.5 oz (100g) Hard cheese (like Cheddar, Mozzarella, or Gouda), cut into 12–16 small ½-inch cubes

For the Sauce & Garnish:

- 0.25 cup (60g) Sour cream (full fat) or mayonnaise
- 2 tbsp (8g) Fresh parsley, finely chopped
- 1 tbsp (15ml) Olive oil (for greasing the baking sheet)
- Salt & Pepper to taste (for the sauce)

Nutritional Information (Per Recipe)

- **Calories: ~380 kcal**
- **Total Fat: 28g**
- **Total Carbohydrates: 2g**
- **Net Carbohydrates: 1.5g**
- **Protein: 27g**

Method

1. Preheat the oven: Preheat your oven to 400°F (200°C). Line a baking sheet with aluminum foil or parchment paper and lightly brush or spray it with the 1 tbsp (15ml) of olive oil to prevent sticking.
2. Prepare the meat mixture: In a large mixing bowl, combine the 1 lb (450g) ground beef, 1 tsp (6g) salt, 0.5 tsp (1g) pepper, 0.5 tsp (1.5g) garlic powder, 0.5 tsp (1g) dried oregano, the egg, and 2 tbsp (30ml) water.
3. Mix thoroughly: Mix the ingredients together by hand until well combined. If the mixture feels too dry or stiff, add an additional 1 tbsp (15ml) of water to achieve a smooth, pliable consistency.
4. Form the meatballs: Divide the meat mixture into approximately 12 to 16 equal portions. Flatten a portion in your palm, place a cheese cube in the center, and wrap the meat around it. Roll gently between your palms to seal the cheese completely inside, ensuring no cheese is exposed.
5. Bake: Arrange the meatballs on the prepared baking sheet, spacing them out evenly so they brown rather than steam. Bake in the preheated oven for 10–12 minutes, or until the meat is fully cooked and browned (internal temperature should reach 160°F / 71°C).
6. Make the sauce: While the meatballs bake, whisk together the sour cream (or mayonnaise) with a pinch of salt and pepper in a small bowl. You can slightly thin it with a teaspoon of water if you prefer a drizzle consistency.
7. Serve: Remove the meatballs from the oven. Transfer them to a serving platter, drizzle with the creamy sauce, and garnish generously with the 2 tbsp (8g) of chopped fresh parsley. Serve immediately while hot and melty.

HOMEMADE RANCH SEASONING MIX (DRY MIX)

5 servings

16 minutes

Week 2 - Dinner

Ingredients

- 2 tbsp (4g) Dried tarragon OR dried chives (finely chopped)
- 2 tbsp (4g) Dried parsley
- 2 tbsp (6g) Dried dill weed
- 1 tbsp (9g) Garlic powder
- 1 tbsp (8g) Onion powder
- 1 tbsp (18g) Sea salt (fine grain recommended)
- 0.5 tbsp (3g) Ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 8 kcal**
- **Total Fat: 0.1g**
- **Total Carbohydrates: 1.8g**
- **Dietary Fiber: 0.5g**
- **Protein: 0.4g**

Method

1. Gather all your dried herbs and spices to ensure you have precise measurements ready.
2. In a small mixing bowl, combine the dried tarragon (or chives), parsley, dill, garlic powder, onion powder, sea salt, and black pepper.
3. Whisk the ingredients together thoroughly until the mixture is uniform in color and texture.
4. Transfer the seasoning mix carefully into a small glass jar or airtight spice container with a tight-fitting lid.
5. Store in a cool, dry place (like a pantry) away from direct sunlight. The mix will stay fresh for up to 6 months.

COMFORTING KETO CHICKEN & CAULIFLOWER“RICE”SOUP (ARROZ CALDO STYLE)

2 servings

30 minutes

Week 2 - Dinner

Ingredients

- 2 tbsp (30 ml) Coconut oil
- 0.5 medium Shallot, finely diced (approx. 2 tbsp)
- 2 medium Garlic cloves, minced
- 1 medium knob Ginger (approx. 1 inch / 2.5 cm), peeled and julienned or minced to taste
- 7–10.5 oz (200–300g) Boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 cups (approx. 225g) Cauliflower rice (fresh or frozen)
- 3–4 cups (700–950 ml) Chicken bone broth or stock (enough to cover ingredients generously)
- 1 tbsp (6g) Black pepper (Note: This creates a very spicy, heating soup. Reduce to 1 tsp for milder heat)
- 0.25 tsp (1g) Xanthan gum or Psyllium husk (Optional, for thicker consistency)
- 1 large Hard-boiled egg (for garnish)
- Fresh herbs (Cilantro, Green onions) to taste

Nutritional Information (Per Recipe)

- **Calories: ~380 kcal**
- **Fat: 28g**
- **Protein: 29g**
- **Total Carbs: 8g**
- **Net Carbs: 5g**

Table of Contents

Method

1. Heat a heavy-bottomed pot or Dutch oven over medium heat. Add the 2 tbsp (30 ml) of coconut oil and let it melt.
2. Add the diced shallot, minced garlic, and fresh ginger to the hot oil. Sauté for 2–3 minutes until fragrant and the shallots are translucent.
3. Add the 7–10.5 oz (200–300g) of chopped chicken thighs to the pot. Sauté, stirring frequently, until the chicken is browned on all sides (about 5 minutes).
4. Stir in the 2 cups (225g) of cauliflower rice, ensuring it is coated in the aromatic oil and chicken juices.
5. Pour in the 3–4 cups (700–950 ml) of chicken broth. Increase heat to high to bring the soup to a rolling boil.
6. Once boiling, reduce the heat to low. Simmer for 10–12 minutes, or until the chicken is fully cooked and the cauliflower is tender.
7. If using a thickener (xanthan gum or psyllium), whisk it in now to achieve a porridge-like consistency. Stir in the black pepper and adjust salt to taste.
8. Ladle the hot soup into bowls. Top with a halved hard-boiled egg and a generous sprinkle of fresh herbs. Enjoy immediately!

KETO AVOCADO & EGG SALAD (PERFECT SIDE FORSTEAK)

2 servings

20 minutes

Week 2 - Dinner

Ingredients

- Eggs: 3 large eggs, hard-boiled and peeled
- Avocado: 1 medium ripe avocado (approx. 7 oz / 200g)
- Tomato: 1 large tomato (approx. 6.3 oz / 180g)
- Dressing: 1 tbsp (0.5 oz / 15ml) extra virgin olive oil OR 1 tbsp (0.5 oz / 15g) high-quality mayonnaise
- Seasoning: 0.25 tsp (1.5g) sea salt (adjust to taste)
- Spice: 0.1 tsp (0.5g) freshly ground black pepper
- Garnish: 1 tbsp (3g) fresh herbs (dill, parsley, or green onion), finely chopped

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 580 kcal**
- **Total Fat: 46g**
- **Total Carbohydrates: 18g**
- **Dietary Fiber: 11g**
- **Net Carbs: 7g**

Method

1. Place the 3 eggs in a pot of cold water, bring to a rolling boil, then remove from heat, cover, and let sit for 10-12 minutes to hard-boil; cool immediately in an ice bath, peel, and chop into 0.5-inch (1.3cm) cubes.
2. Wash the large tomato thoroughly and dice it into cubes similar in size to the chopped eggs to ensure an even bite.
3. Cut the avocado in half, carefully remove the pit, scoop the flesh out of the skin, and dice it into cubes.
4. Combine the chopped eggs, diced tomato, and avocado cubes in a medium-sized mixing bowl.
5. Add the dressing by drizzling 1 tbsp (15ml) of olive oil or adding 1 tbsp (15g) of mayonnaise over the ingredients.
6. Season the mixture with 0.25 tsp salt and 0.1 tsp black pepper.
7. Toss the salad gently using a spoon or spatula to coat the ingredients without mashing the soft avocado.
8. Transfer the salad to a serving bowl or individual plates and sprinkle the chopped fresh herbs on top for a pop of color and flavor.
9. Serve immediately alongside your beef tenderloin or grilled steak for a complete meal.

SLOW-ROASTED SOY & HERB PORK TENDERLOIN

4 servings

40 minutes

Week 2 - Dinner

Ingredients

- Pork Tenderloin: 21 oz (600g)
- Leeks (white and light green parts): 2.5 oz (70g)
- Granulated Garlic: 1 tbsp (approx. 10g)
- Tomato Paste: 1 tbsp (approx. 15g)
- Soy Sauce (Sugar-Free): 2.4 fl oz (70ml)
- Salt: 1 tsp (5g)
- Pepper Blend (Black/White/Red): 1 tsp (2g)
- Italian Herbs (Dried): 1 tsp (1g)
- Cherry Tomatoes: Handful (for garnish/serving)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~980 kcal**
- **Carbohydrates: 26g**
- **Protein: 135g**
- **Fat: 36g**

Method

1. Prepare the Marinade: In a medium mixing bowl, combine the granulated garlic, salt, pepper blend, and Italian herbs. Stir the dry spices to mix evenly. Pour in 2.4 fl oz (70ml) of soy sauce and add 1 tbsp of tomato paste. Whisk everything together until smooth.
2. Prep the Meat: Rinse the 21 oz (600g) pork tenderloin thoroughly under cold water and pat it completely dry with paper towels.
3. Tie the Roast: Truss the meat firmly with kitchen twine to ensure it keeps a uniform shape during the long cooking process. Chef's Note: If you prefer, you can butterfly the meat, stuff it with fillings of your choice, roll it, and then tie it.
4. Marinate: Coat the meat generously with the prepared marinade on all sides. Reserve about 2 tablespoons of the marinade for later use. Cover the meat and refrigerate for at least 4 to 12 hours to allow the flavors to penetrate deep into the fibers.
5. Prepare the Baking Dish: When ready to cook, line a deep baking dish with aluminum foil. Slice the 2.5 oz (70g) of leeks into rings and arrange them to cover the bottom of the foil-lined dish.
6. Assemble: Drizzle the reserved 2 tablespoons of marinade over the leeks. Place the marinated pork tenderloin directly on top of the leek bed.
7. Seal: Wrap the foil tightly around the meat and leeks to create a sealed packet. Ensure there are no gaps for steam to escape.
8. Preheat & Water Bath: Preheat your oven to 350°F (180°C). Place a separate oven-safe pan filled with water on the bottom rack of the oven (this creates humidity). Place the dish with the wrapped pork on the middle rack.
9. Slow Roast: Bake for 3 hours. The low heat and moisture will braise the meat until it is extremely tender.
10. Brown the Meat: After 3 hours, remove the water bath from the oven. Carefully open the foil packet to expose the top of the meat. Increase oven temperature slightly if needed or switch to convection, and roast for another 20 minutes to brown the exterior.
11. Cool & Serve: Remove from the oven. Allow the meat to cool down while sitting in the juices and marinade that have gathered in the foil (there will be plenty of liquid). Slice and serve with fresh cherry tomatoes.

CHINESE-STYLE PORK BELLY & BRUSSELS SPROUTS SKILLET

2 servings

40 minutes

Week 2 - Dinner

Ingredients

- Pork Belly: 10 oz (285g), cut into bite-sized cubes
- Brussels Sprouts: 8 oz (225g), washed, trimmed, and halved (or quartered if large)
- Cooking Fat: 1.5 tbsp (20g) Unsalted Butter or Coconut Oil
- Aromatics: 2 cloves Garlic, smashed
- Sauce Base: 2 tbsp (30ml) Soy Sauce (sugar-free)
- Acid: 0.5 tbsp (7.5ml) Apple Cider Vinegar
- Topping: 2 Large Eggs, hard or soft boiled, halved
- Garnish: 0.25 cup (40g) Onion (yellow or green), thinly sliced
- Seasoning: Salt and freshly ground black pepper, to taste

Nutritional Information (Per Recipe)

- **Calories: 680 kcal**
- **Total Fat: 58g**
- **Total Carbohydrates: 10g**
- **Protein: 26g**

Table of Contents

Method

1. Prepare the Pork: Place a skillet or heavy-bottomed pot over medium heat. Add the 10 oz (285g) of cubed pork belly. Cook slowly to render the fat, stirring occasionally, until the cubes are golden brown and crispy on the edges (approx. 10–12 minutes).
2. Add Vegetables: Once the pork is browned, add the 2 smashed garlic cloves, the 8 oz (225g) of Brussels sprouts, and the 1.5 tbsp (20g) of butter (or coconut oil) to the pan.
3. Sauté: Stir well to coat everything in the fat. Continue to fry over medium heat until the Brussels sprouts are tender and have developed a golden-brown char (approx. 8–10 minutes).
4. Make the Sauce: While the vegetables cook, whisk together the 2 tbsp (30ml) of soy sauce and 0.5 tbsp (7.5ml) of apple cider vinegar in a small bowl.
5. Deglaze and Season: Pour the sauce mixture into the skillet, stirring to combine with the pork and sprouts. Allow it to bubble for 1 minute to thicken slightly. Taste and season with salt and ground black pepper as desired.
6. Assemble and Serve: Remove from heat. Scatter the thinly sliced onion over the dish and top with the halved boiled eggs. Serve immediately.

PAN-SEARED PORK CHOPS WITH PARMESAN ROASTED CAULIFLOWER & HERB BUTTER

4 servings

40 minutes

Week 2 - Dinner

Ingredients

For the Herb Butter:

- 4 tbsp (56g) unsalted butter, softened at room temperature
- 1 clove garlic, minced
- 1 tsp (5ml) fresh lemon juice
- 1 tbsp (4g) fresh parsley, finely chopped
- 0.25 tsp (1.5g) salt
- 0.25 tsp (0.5g) black pepper

For the Pork Chops:

- 4 pork chops (bone-in or boneless, approx. 6-8 oz / 170-225g each)
- 1 tbsp (10g) dry Ranch seasoning mix
- 0.5 tsp (3g) salt (adjust based on saltiness of Ranch mix)
- 0.5 tsp (1g) black pepper
- 1.75 oz (50g) butter, for frying

For the Parmesan Cauliflower:

- 1 medium head cauliflower (approx. 1.5 lb / 700g)
- 2 tbsp (30ml) olive oil
- 0.25 cup (25g) grated Parmesan cheese (hard cheese)
- Salt and black pepper to taste

Nutritional Information (Per Recipe)

- **Calories: ~580 kcal**
- **Total Fat: 45g**
- **Total Carbohydrates: 8g**
- **Net Carbohydrates: 5g**
- **Protein: 38g**

Table of Contents

Method

1. Prepare the Herb Butter: In a small bowl, combine 4 tbsp (56g) softened butter, minced garlic, lemon juice, chopped parsley, salt, and pepper. Mix until well combined and set aside to let flavors meld.
2. Season the Meat: Remove the pork chops from the refrigerator 15 minutes prior to cooking to bring them to room temperature. Rub the chops generously with the 1 tbsp (10g) Ranch seasoning, and season with additional salt and pepper. Set aside.
3. Preheat and Prep: Preheat your oven to 400°F (200°C). Line a baking sheet or roasting pan with parchment paper. Rinse the cauliflower, remove the leaves, and use a sharp knife to slice it into 1-inch (2.5 cm) thick “steaks” or florets.
4. Roast the Cauliflower: Arrange the cauliflower slices on the prepared baking sheet. Brush or drizzle with 2 tbsp (30ml) olive oil on both sides. Season with salt and pepper, then sprinkle the 0.25 cup (25g) Parmesan cheese over the top. Bake for 20–25 minutes until the edges are golden brown and the cheese is crispy.
5. Sear the Pork Chops: While the cauliflower roasts, heat the 1.75 oz (50g) of frying butter in a large skillet over medium-high heat. Once the butter foams, add the pork chops. Sear for 4–5 minutes per side, or until the internal temperature reaches 145°F (63°C) and the crust is golden brown.
6. Rest and Serve: Remove the chops from the pan and let them rest for 5 minutes to retain their juices. Serve warm with the roasted cauliflower, placing a dollop of the Herb Butter on top of each hot pork chop to melt.

HEARTY BRAISED BEEF WITH RADISH & CARROTS

2 servings

80 minutes

Week 2 - Dinner

Ingredients

- 1 lb (450g) Beef (stewing cuts like chuck), cut into bite-sized pieces
- 2 cups (480ml) Beef broth
- 4 cloves Garlic, minced
- 1.4 oz (40g) Onion, chopped
- 1.4 oz (40g) Carrots, chopped
- 1.4 oz (40g) Radish, chopped
- 1 tbsp (15ml) Cooking oil (like olive or avocado oil)
- 1 tbsp (15g) Coconut oil
- 1/2 tsp (2.5g) Psyllium husk
- 1/4 tsp Salt
- 1/4 tsp Black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,150 kcal**
- **Protein: ~120g**
- **Fat: ~70g**
- **Carbohydrates: ~12g**
- **Net Carbs: ~9g**

Method

1. Cut the beef into bite-sized pieces, season with the salt and pepper, and set aside.
2. Heat a large skillet or Dutch oven over medium-high heat and add the coconut oil.
3. Sear the beef pieces until browned on both sides, then remove the meat from the pan and set it aside.
4. Add the cooking oil, chopped onion, and minced garlic to the same pan; sauté for 2-3 minutes until the onion softens.
5. Pour in the beef broth and sprinkle in the psyllium husk, stirring continuously to prevent clumps.
6. Bring the liquid to a boil, then return the browned beef to the pan.
7. Cover the pan, reduce the heat to medium-low, and simmer for 30 minutes, stirring occasionally.
8. Add the chopped carrots and radishes to the pan.
9. Simmer for another 30 minutes (uncovered or partially covered) until the vegetables are tender and the sauce has thickened, stirring frequently.
10. Serve hot and enjoy!

BAKED AVOCADO EGG BOATS

1 servings

20 minutes

Week 3 - Breakfast

Ingredients

- 1 medium avocado (approx. 7 oz / 200g)
- 2 large eggs (approx. 3.5 oz / 100g)
- 1 strip bacon, cooked and crumbled (approx. 0.3 oz / 8g cooked weight)
- 1 tbsp (approx. 0.5 oz / 15g) grated cheese (Cheddar or Parmesan)
- 1 pinch (approx. 1/8 tsp) sea salt (to taste)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~485 kcal**
- **Protein: 22g**
- **Fat: 41g**
- **Carbohydrates: 13g**
- **Net Carbs: ~4g**

Method

1. Preheat your oven to 400°F (200°C) to ensure it reaches the optimal temperature for baking the eggs evenly.
2. Prepare the avocado by slicing it in half lengthwise and carefully removing the pit.
3. Create space for the egg by using a spoon to scoop out a small amount of the avocado flesh from the center of each half (about 1–2 tsp); save this extra avocado for a snack or toast!
4. Stabilize the avocado halves by placing them snugly into a muffin tin; this prevents them from tipping over while baking.
5. Add the eggs by cracking one egg into each avocado half; if the eggs are large, you may let a little white spill over or pour some out before adding to the avocado.
6. Season and garnish by sprinkling the grated cheese, salt, and crumbled cooked bacon over the top of the eggs.
7. Bake for 14–16 minutes, or until the egg whites are fully set and the yolks reach your desired consistency.
8. Serve immediately while warm. Bon appétit!

THE ULTIMATE 5-MINUTE KETO FRENCH TOAST (MUGBREAD METHOD)

2 servings

10 minutes

Week 3 - Breakfast

Ingredients

<u>For the Mug Bread Base:</u>

- 1 tsp (5g) Butter or Coconut Oil (for greasing the mug)
- 2 tbsp (0.5 oz / 14g) Almond Flour
- 2 tbsp (0.5 oz / 14g) Coconut Flour
- 1.5 tsp Baking Powder
- 1 pinch Sea Salt
- 1 large Egg
- 2 tbsp (1 fl oz / 30ml) Heavy Cream (30g)

<u>For the French Toast Batter & Frying:</u>

- 2 large Eggs
- 2 tbsp (1 fl oz / 30ml) Heavy Whipping Cream
- 0.5 tsp Ground Cinnamon
- 1 pinch Sea Salt
- 2 tbsp (1 oz / 28g) Unsalted Butter (for frying)

Nutritional Information (Per Recipe)

- **Calories: ~860 kcal**
- **Total Fat: 78g**
- **Total Carbohydrates: 14g**
- **approx. 6g Net Carbs**
- **Protein: 26g**

Table of Contents

Method

1. Grease a large microwave-safe mug or a flat-bottomed glass container (approx. 4-inch diameter works best) with 1 tsp (5g) of oil or butter.
2. Add 2 tbsp (14g) almond flour, 2 tbsp (14g) coconut flour, 1.5 tsp baking powder, and a pinch of salt into the mug; mix thoroughly with a fork to remove any lumps.
3. Crack 1 large egg into the dry mixture and pour in 2 tbsp (30ml) of heavy cream.
4. Whisk the mixture vigorously with a fork until you achieve a completely smooth, uniform batter.
5. Microwave on High (approx. 700W) for 2 minutes.
6. Check the center of the bread carefully; if it looks wet or uncooked, microwave for an additional 15-30 seconds.
7. Remove the mug from the microwave and allow the bread to cool for 1-2 minutes before sliding it out onto a cutting board.
8. Slice the bread cylinder lengthwise to create two thick, round slices.
9. Whisk together 2 large eggs, 2 tbsp (30ml) heavy cream, 0.5 tsp cinnamon, and a pinch of salt in a shallow bowl or deep plate.
10. Place the bread slices into the egg mixture and let them soak for about 30-60 seconds.
11. Flip the slices repeatedly to ensure they absorb as much of the custard mixture as possible without falling apart.
12. Melt 2 tbsp (28g) of butter in a frying pan over medium heat.
13. Fry the soaked bread slices for 2-3 minutes per side until golden brown and crispy on the edges.
14. Serve immediately while hot, optionally topped with sugar-free syrup or berries.

GOLDEN KETO AVOCADO & CHEESE FRITTERS

1 servings

20 minutes

Week 3 - Breakfast

Ingredients

- 1 small/medium slightly underripe Avocado (approx. 5.3 oz / 150g flesh)
- 1 oz (30g) Semi-hard Cheese (e.g., Cheddar, Gouda, or Mozzarella), grated
- 2 large Eggs
- 0.1 tsp (0.5g) Salt (or to taste)
- 0.1 tsp (0.5g) Black Pepper, freshly ground
- 1 tbsp (15g) Lard, Tallow, or Ghee (for frying)
- Optional Garnish: 2 tbsp (30g) Full-fat Sour Cream and fresh herbs (dill or parsley)

Nutritional Information (Per Recipe)

- **Calories: ~760 kcal**
- **Protein: 30g**
- **Fat: 68g**
- **Carbohydrates: 9g**
- **Net Carbs: ~4g**

Table of Contents

Method

1. Peel the avocado, remove the pit, and grate the flesh using a coarse grater into a medium mixing bowl.
2. Grate the cheese finely and add it to the bowl with the avocado.
3. Crack the two eggs into the mixture, season with salt and pepper, and mix thoroughly until combined into a batter.
4. Heat the lard in a skillet over medium heat until shimmering.
5. Spoon the batter into the hot skillet to form small fritters/pancakes.
6. Fry for approximately 2–3 minutes on each side until they form a deep golden-brown crust.
7. Transfer to a plate and serve immediately, topped with a dollop of full-fat sour cream and fresh chopped greens.

THE ULTIMATE HEARTY KETO PANCAKE (SAVORYBREAKFAST)

1 servings

20 minutes

Week 3 - Breakfast

Ingredients

Base Pancake:

- 3 large eggs (separate yolks from whites)
- 0.25 tsp (1.25 ml) apple cider vinegar
- 1.6 oz (45g) semi-hard cheese (like Cheddar or Gouda), grated
- 2 tbsp (0.6 oz / 16g) coconut flour, sifted
- 2 tbsp chopped green onions or fresh herbs of choice
- Salt and freshly ground black pepper, to taste
- 1 tbsp (0.5 oz / 14g) ghee or clarified butter (for frying)

Optional (but recommended) Toppings:

- 1 large egg, fried
- 2 slices bacon, cooked crispy
- 0.5 medium avocado, sliced

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~915 kcal**
- **Fat: 73g**
- **Protein: 50g**
- **Total Carbohydrates: 14g**
- **Net Carbs: ~6g**

Method

1. Separate the eggs: Carefully separate the egg whites from the yolks into two different bowls.
2. Whip the whites: Add the 0.25 tsp apple cider vinegar to the egg whites. Using a hand mixer, beat on high speed until stiff peaks form (the mixture should stand up straight when the beaters are lifted).
3. Combine ingredients: Gently fold the egg yolks into the stiff whites using a spatula, being careful not to deflate the air.
4. Add dry ingredients: Gently fold in the 1.6 oz (45g) of grated cheese. Next, add the 2 tbsp (16g) of sifted coconut flour and fold until just combined.
5. Season: Finally, fold in the 2 tbsp of chopped green onions, salt, and pepper.
6. Heat the pan: Melt 1 tbsp (14g) of ghee in a small non-stick skillet or frying pan over medium heat.
7. Start cooking: Once the pan is hot, pour in the pancake batter and spread it slightly if needed. Cook for approximately 2-3 minutes, or until small bubbles appear on the surface and the edges look set.
8. Finish cooking: Carefully flip the pancake. Reduce heat slightly if browning too fast, and cook for another 3-5 minutes until the pancake is cooked through and golden brown.
9. Serve: Transfer the pancake to a plate. Top immediately with sliced avocado, crispy bacon, and a fried egg. Enjoy your hearty keto meal!

TURKISH-STYLE EGGS WITH AVOCADO & CHILI BUTTER (CILBIR VARIATION)

4 servings

25 minutes

Week 1 - Breakfast

Ingredients

The White Sauce

- 3.5 tbsp (50g) Full-fat sour cream
- 1 tsp (5ml) Lemon juice
- 1 clove Garlic, minced
- 1 tbsp (3g) Fresh cilantro (or parsley), chopped
- 1 tsp (5g) Olive oil
- Salt, to taste

The Eggs & Vegetable Base

- 1 medium Red onion, sliced into half-moons
- 7 oz (200g) Salad leaves (lettuce or spinach), finely chopped
- 1 tbsp (14g) Butter or Ghee
- 4 Large eggs
- ~½ tsp (3g) Oil (for the wells)

Spicy Butter Sauce

- 1 tbsp (10g) Butter or Ghee
- ½ tsp Paprika
- 1 tsp Ground chili pepper

Topping

- ½ medium Avocado, sliced (approx. 2 oz / 60g)
- ¼ tsp Black pepper
- Chili flakes and Salt, to taste

Nutritional Information (Per Recipe)

- **Calories: ~810 kcal**
- **Fat: 70g**
- **Protein: 35g**
- **Carbohydrates: 14g**

Table of Contents

Method

1. Prepare the White Sauce: In a small mixing bowl, combine the 3.5 tbsp (50g) sour cream, 1 tsp lemon juice, minced garlic, 1 tbsp chopped cilantro, 1 tsp (5g) olive oil, and a pinch of salt. Whisk until smooth and set aside to let the flavors meld.
2. Sauté the Vegetables: Heat 1 tbsp (14g) of butter in a large skillet over medium heat. Add the sliced red onion and sauté for 2 minutes until softened. Add the 7 oz (200g) of chopped salad leaves to the pan and cook for another 2 minutes, stirring occasionally until wilted.
3. Cook the Eggs: spread the vegetable mixture evenly across the pan. Using a spoon, create 4 distinct wells (holes) in the greens. Add a tiny drop of oil (approx. 0.7g) into each well to prevent sticking. Carefully crack one egg into each well.
4. Simmer: Reduce heat slightly and cook for 6–8 minutes. The whites should be fully set, and the yolks should remain soft (or cook longer to your preferred doneness). Remove the skillet from the heat.
5. Make the Spicy Butter: While the eggs are finishing, take a separate small saucepan or butter warmer. Melt the remaining 1 tbsp (10g) of butter. Stir in the paprika, ground chili pepper (or flakes), and a pinch of salt. Simmer on low heat for about 30 seconds until the butter froths and smells fragrant. Remove from heat immediately.
6. Assemble and Serve: Arrange the sliced avocado (2 oz/60g) over the cooked eggs. Drizzle the reserved White Sauce over the dish, followed by the hot Spicy Butter sauce. Finish with a dusting of black pepper, extra chili flakes, and salt if desired. Serve warm directly from the skillet.

SAVORY KETO BACON & EGG BREAKFAST MUFFINS

4 servings

30 minutes

Week 3 - Breakfast

Ingredients

- Eggs: 8 large eggs, thoroughly beaten.
- Bacon: 8 slices of bacon, cooked until crispy and crumbled.
- Cheese: 1.1 oz (30g) hard cheese (such as Cheddar or Parmesan), shredded or finely sliced.
- Greens: 1 cup (30g) fresh spinach or lettuce, finely chopped.
- Seasoning: 0.5 tsp (2.5g) salt and 0.25 tsp (1g) freshly cracked black pepper.
- Fat for Greasing: 1 tbsp (15ml) olive oil or melted ghee (clarified butter).

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~260 kcal**
- **Total Fat: 19g**
- **Total Carbohydrates: 2g**
- **Protein: 18g**

Method

1. Preheat your oven to 350°F (180°C) and prepare a standard 12-cup muffin tin.
2. Brush the inside of 8 muffin cups generously with the 1 tbsp (15ml) of olive oil or ghee to prevent sticking.
3. In a large mixing bowl, combine the 8 beaten eggs, crumbled bacon, chopped spinach, salt, and pepper (reserve the cheese for the topping).
4. Pour the egg mixture evenly into the greased muffin cups, filling them about ¾ of the way to the top.
5. Bake in the preheated oven for approximately 20 minutes, or until the eggs are set, springy to the touch, and slightly golden brown on top.
6. Sprinkle the 1.1 oz (30g) of shredded cheese over the muffins during the last 2 minutes of baking so it melts perfectly.
7. Remove from the oven and let cool for 5 minutes before removing from the tin to serve.

CREAMY LOADED KETO EGG SALAD WITH BACON & CHEDDAR

4 servings

30 minutes

Week 3 - Breakfast

Ingredients

- Eggs: 12 large eggs, hard-boiled and peeled
- Bacon: 8 oz (225g) bacon, cooked until crispy and crumbled
- Cherry Tomatoes: 5.3 oz (150g) cherry tomatoes, halved (approx. 1 cup)
- Mayonnaise: 3.9 oz (110g) high-quality mayonnaise (approx. 0.5 cup)
- Cheese: 2.1 oz (60g) shredded cheddar or Colby jack cheese (approx. 0.5 cup)
- Green Onions: 1 oz (30g) green onions/scallions, finely chopped (approx. 2 stalks)
- Seasoning: Salt and black pepper to taste
- Serving Suggestion: Fresh green lettuce leaves for serving

Nutritional Information (Per Recipe)

- **Calories: ~620 kcal**
- **Fat: 52g**
- **Protein: 34g**
- **Carbohydrates: 4g**
- **Net Carbs: 3g**

Method

1. Place the 12 large hard-boiled eggs into a large mixing bowl and chop them into medium-sized chunks.
2. Add the 1 oz (30g) of chopped green onions, 5.3 oz (150g) of halved cherry tomatoes, and 2.1 oz (60g) of shredded cheese to the bowl.
3. Add the 3.9 oz (110g) of mayonnaise and the 8 oz (225g) of cooked, crumbled bacon to the mixture.
4. Season with salt and black pepper according to your taste preference.
5. Gently mix all ingredients until the mayonnaise coats the eggs and vegetables evenly.
6. Serve chilled over a bed of crisp green lettuce leaves. Enjoy your meal!

THE ULTIMATE KETO BUNLESS EGG SANDWICH (LOW CARB & HIGH PROTEIN)

2 servings

15 minutes

Week 3 - Breakfast

Ingredients

- 2 tbsp (28g) Unsalted butter or ghee
- 4 large Eggs
- 2-4 slices (approx. 2 oz / 57g) Cooked ham or crispy bacon strips
- 2 thick slices (approx. 2 oz / 57g) Russian cheese, Cheddar, or Gouda
- 0.1 tsp Sea salt (to taste)
- 0.1 tsp Black pepper (freshly cracked)
- 1 tsp (5ml) High-fat sauce (Mayonnaise, Guacamole, or Aioli) for drizzling

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~875 kcal**
- **Protein: 43g**
- **Fat: 77g**
- **Carbohydrates: 2g**

Method

1. Place a large non-stick skillet over medium heat and melt 2 tbsp (28g) of butter, allowing it to coat the pan evenly.
2. Crack the 4 eggs into the pan, keeping them separate if possible, and fry them until the whites are set and the edges are crispy; flip carefully to cook the other side to your desired doneness (over-easy or over-hard).
3. Season the eggs immediately with 0.1 tsp salt and 0.1 tsp pepper while they cook.
4. Assemble the sandwiches directly in the pan or on a plate by using one fried egg as the bottom "bun" for each sandwich.
5. Layer the 2 oz (57g) of ham or bacon onto the bottom egg, followed by a thick slice of cheese (1 oz / 28g per sandwich).
6. Top each stack with a second fried egg to close the sandwich.
7. (Optional) If assembling in the pan, cover with a lid for 30-60 seconds on low heat to ensure the cheese melts completely.
8. Transfer to a plate, drizzle with 1 tsp (5ml) of mayonnaise or guacamole, and serve hot.

CRISPY CHICKEN & CAULIFLOWER “RICE” CASSEROLE

4 servings

95 minutes

Week 3 - Lunch

Ingredients

The Chicken

- 6 Chicken thighs (bone-in, skin-on for best results)
- 0.5 tsp Sea salt (or to taste)
- 1 tbsp (0.5 oz / 12 g) Olive oil or Ghee

The Cauliflower Rice & Sauce

- 1 small head Cauliflower (approx. 1.1 lbs / 500 g)
- 2 tbsp (1 oz / 26 g) Ghee or Coconut oil
- 0.5 small Yellow onion, finely chopped (1.2 oz / 35 g)
- 2 cloves Garlic, minced
- 5.3 oz (150 g) Chopped tomatoes (fresh or canned)
- 1 cup (8 fl oz / 240 ml) Chicken broth
- 1 cup Fresh basil leaves (loosely packed)
- 0.5 tsp Paprika
- 0.25 tsp Ground black pepper
- Optional: 0.5 tsp Chili flakes (for heat)

Garnish

- 2 tbsp Fresh parsley, chopped

Nutritional Information (Per Recipe)

- **Calories: ~1,450 kcal**
- **Protein: ~115 g**
- **Fat: ~95 g**
- **Carbohydrates: ~40 g**

Method

1. Preheat your oven to 400°F (200°C). Place the chicken thighs skin-side up on a baking sheet. Rub them with the 1 tbsp (12 g) of olive oil and sprinkle evenly with the sea salt.
2. Bake the chicken for 20 minutes to start the cooking process and crisp the skin. While the chicken bakes, prepare the vegetables.
3. Cut the cauliflower into florets and place them in a food processor. Pulse until the texture resembles rice grains (do not over-process into a paste). Set aside.
4. Heat the 2 tbsp (26 g) of ghee or coconut oil in a large skillet or Dutch oven over low-medium heat. Add the chopped onion and sauté for 2–4 minutes until soft and translucent.
5. Add the minced garlic to the skillet and cook for another 30 seconds until fragrant.
6. Stir in the chopped tomatoes, paprika, chicken broth, fresh basil, chili flakes (if using), salt, and black pepper.
7. Chef's Tip: For a smoother, more sauce-like consistency, you can use an immersion blender to puree this mixture right in the pan before adding the cauliflower, though chunky is also delicious.
8. Remove the chicken from the oven (leave the oven on). Transfer the chicken to a plate and set aside.
9. Pour the cauliflower rice into the skillet with the tomato sauce mixture and stir well to combine. Spread the mixture into an even layer in a casserole dish (or keep it in the skillet if it is oven-safe).
10. Place the chicken thighs on top of the cauliflower mixture, skin-side up.
11. Bake in the oven for 50 minutes. The dish is ready when the cauliflower has absorbed the liquid and is tender, and the chicken skin is deeply golden and crispy.
12. Remove from the oven, garnish with fresh chopped parsley, and serve hot.

LOW-CARB MEATZA: BEEF BASE MINI PIZZAS

8 servings

70 minutes

Week 3 - Lunch

Ingredients

The Meat Base

- 2.2 lbs (1 kg) Ground beef (80/20 or 85/15 recommended)
- 1 Large egg
- 2 tsp (10 ml) Italian seasoning
- 1 tsp (3 g) Garlic powder
- 0.5 tsp (3 g) Sea salt (or to taste)
- 0.5 tsp (2 g) Black pepper (or to taste)

The Toppings

- 4.2 oz (120 g) Red bell pepper, cut into thin strips (approx. 1 medium pepper)
- 3.5 oz (100 g) White mushrooms, sliced (approx. 0.5 cup)
- 3.5 oz (100 g) Red onion, sliced into strips (approx. 1 medium onion)
- 2 tbsp (26 g) Ghee (clarified butter) or duck fat, melted
- 4 tbsp (60 g) Tomato paste or sugar-free pizza sauce (adjust to taste)
- 1.5 cups (150 g) Mozzarella or Cheddar cheese, grated (divided usage)
- 1 tbsp (3 g) Fresh oregano leaves (or 1 tsp dried oregano)
- Optional: Fresh leafy greens for serving (arugula or spinach)

Nutritional Information (Per Recipe)

- **Calories: ~2950 kcal**
- **Protein: 193 g**
- **Fat: 242 g**
- **Carbohydrates: 23 g**

Table of Contents

Method

1. Preheat your oven to 400°F (200°C) and line two large baking sheets with parchment paper.
2. Place the sliced red bell pepper (4.2 oz / 120 g), mushrooms (3.5 oz / 100 g), and red onion (3.5 oz / 100 g) into a mixing bowl.
3. Pour the melted ghee or duck fat (2 tbsp / 26 g) over the vegetables and toss until evenly coated.
4. Spread the vegetables in a single layer on one of the prepared baking sheets and roast in the oven for 30 minutes until tender and slightly caramelized.
5. While the vegetables roast, prepare the base by combining the ground beef (2.2 lbs / 1 kg), egg (1), garlic powder (1 tsp), Italian seasoning (2 tsp), salt (0.5 tsp), and pepper (0.5 tsp) in a large bowl; mix thoroughly by hand.
6. Divide the meat mixture into 8 equal portions and press them onto the second baking sheet to form flat, round patties (or form one large pizza base if preferred).
7. Bake the meat bases in the oven for 20 minutes (you can do this while the vegetables finish roasting if you have space, or immediately after).
8. Remove the meat bases from the oven and carefully drain any excess liquid accumulated on the tray.
9. Assemble the pizzas: Spread a thin layer of tomato paste/sauce onto each meat patty.
10. Top the sauce with half of the grated cheese, followed by a generous portion of the roasted vegetables.
11. Finish by sprinkling the remaining grated cheese and the oregano (1 tbsp fresh or 1 tsp dried) over the vegetables.
12. Return the tray to the oven and bake for an additional 15 minutes, or until the cheese is bubbly and golden.
13. Remove from the oven, let rest for 5 minutes, and serve warm with a side of fresh leafy greens.

KETO CHEESY BACON & BEEF MINI POT PIES

6 servings

70 minutes

Week 3 - Lunch

Ingredients

Savory Meat Filling:

- 17.6 oz (500g) Ground beef (approx. 80/20 lean-to-fat ratio)
- 4.2 oz (120g) Bacon (approx. 4 large slices), chopped into strips
- 1 Small yellow onion, finely diced
- 2 tbsp (30g) Tomato paste
- 1 cup (240ml) Beef broth or bone broth
- 0.5 tsp (approx. 2g) Xanthan gum or Psyllium husk (thickener)

Keto Crust (Fathead Dough):

- 8.8 oz (250g) Mozzarella cheese (or Suluguni/Adyghe), shredded
- 3.5 oz (100g) Cream cheese
- 5.3 oz (150g) Almond flour
- 2 Large eggs
- 1 tsp (3g) Garlic powder
- 2.3 oz (66g) Hard cheese (e.g., Cheddar or Parmesan), cut into 6 small cubes (approx. 0.4 oz / 11g per cube)

Nutritional Information (Per Recipe)

- **Calories: 4,320 kcal**
- **Total Fat: 348g**
- **Total Carbs: 54g**
- **Protein: 258g**

Method

1. Slice the bacon into small strips and the onion into small cubes. Place a large skillet over medium-high heat, add the bacon, onion, and 17.6 oz (500g) of ground beef, and cook until the meat is browned and onions are translucent (approx. 8–10 minutes).
2. Add 2 tbsp (30g) of tomato paste, 1 cup (240ml) of beef broth, and 0.5 tsp of xanthan gum to the pan and stir well to combine. Bring the mixture to a boil, then reduce the heat to low and simmer for 30 minutes until the sauce thickens and reduces; remove from heat and let it cool slightly.
3. Preheat your oven to 400°F (200°C). While the oven heats, prepare the dough by placing 8.8 oz (250g) of shredded mozzarella and 3.5 oz (100g) of cream cheese in a large microwave-safe bowl.
4. Microwave the cheese mixture for 1 minute. Remove and stir, then return to the microwave for another 30 seconds; repeat this melting and stirring process one more time until fully melted and uniform.
5. Add 5.3 oz (150g) of almond flour, 1 tsp garlic powder, and 2 large eggs to the melted cheese; mix vigorously with a spatula or hands until a soft, pliable dough forms.
6. Divide the dough into 4 equal parts; set 1 part aside for the lids. Take the remaining 3 parts, cut each in half (creating 6 pieces total), and flatten them into circles.
7. Grease a 6-hole muffin tin (standard size) with butter or oil. Press the 6 dough circles into the muffin wells to form the bottom crusts, ensuring the dough presses up the sides and leaves a slight overhang at the top.
8. Blind bake the crusts for 10 minutes in the preheated oven, then remove them (keep the oven on).
9. Fill the baked crusts with the prepared meat mixture. Place one small cube of hard cheese (0.4 oz / 11g) in the center of each pie, then cover with the remaining meat filling.
10. Divide the reserved portion of dough into 6 small circles to act as lids; place them over the filled pies and gently press the edges together to seal the crusts.
11. Poke a few steam holes in the top of each pie using a fork or knife.
12. Return the tin to the oven and bake for 10–15 minutes, or until the tops are golden brown; let cool for 5 minutes before serving.

ULTIMATE KETO SAUSAGE & MOZZARELLA PIZZA (FATHEAD DOUGH)

4 servings

40 minutes

Week 3 - Lunch

Ingredients

<u>For the Crust (Fathead Dough):</u>

- 6.3 oz (180g) mozzarella or sulguni cheese, shredded (low-moisture part-skim works best)
- 3.5 oz (100g) almond flour
- 2 tbsp cream cheese
- 1 large egg
- 1 tsp apple cider vinegar
- 0.5 tsp salt

<u>For the Toppings:</u>

- 8 oz (225g) homemade sausage or boiled meat, sliced or crumbled
- 4.4 oz (125g) tomato paste or low-sugar marinara sauce
- 4.2 oz (120g) mozzarella or sulguni cheese, grated
- 1 tbsp olive oil (for greasing hands)
- 0.5 tsp dried oregano
- Optional: Any other low-carb/keto-friendly toppings of choice

Nutritional Information (Per Recipe)

- **Calories: ~2440 kcal**
- **Protein: 133g**
- **Fat: 195g**
- **Carbohydrates: 38g**

Method

1. Preheat the oven: Preheat your oven to 400°F (200°C) and prepare two sheets of parchment paper.
2. Melt the cheese: Place the 6.3 oz (180g) of shredded mozzarella and the 2 tbsp of cream cheese in a non-stick pot over medium heat or in a microwave-safe bowl. Heat until fully melted, stirring until the two cheeses are completely combined and smooth.
3. Form the dough: Remove from heat and immediately add the almond flour, egg, apple cider vinegar, and salt to the melted cheese mixture. Stir vigorously until a uniform dough forms.
4. Roll out the crust: Lightly wet your hands with the 1 tbsp of olive oil to prevent sticking. Place the dough on a sheet of parchment paper and press it out into a circle approximately 8 inches (20 cm) in diameter. Alternatively, place a second sheet of parchment paper on top of the dough and use a rolling pin to roll it out evenly between the sheets.
5. Par-bake the crust: Remove the top sheet of parchment paper if used. Use a fork to poke holes all over the crust (docking) to prevent bubbling. Bake in the preheated oven for 10–15 minutes, or until the crust is firm and golden brown.
6. Prepare the toppings: While the crust is baking, fry your sausage or meat in a skillet until cooked through and browned.
7. Assemble the pizza: Remove the golden crust from the oven. Spread a thin layer of the tomato paste or sauce over the crust, arrange the cooked meat on top, and sprinkle with the remaining 4.2 oz (120g) of grated cheese and the dried oregano.
8. Final bake: Return the pizza to the oven and bake for another 10–15 minutes, or until the cheese is bubbly and slightly browned. Let cool slightly before slicing.

LOW-CARB KETO CHICKEN CLUB LETTUCE WRAP

1 servings

10 minutes

Week 3 - Lunch

Ingredients

The Wrap Filling:

- 3–4 large Lettuce leaves (Iceberg or Romaine) – 2.1 oz (60g)
- 1–2 slices Cooked Bacon – 0.9 oz (26g)
- 2–3 slices Cooked Chicken Breast (or meat of choice) – approx. 3.0 oz (85g)
- 2–3 slices Fresh Tomato – 1.8 oz (50g)
- 1/4 Small Avocado, sliced – 0.9 oz (25g)

The Creamy Herb Sauce:

- 1 tbsp Mayonnaise – 0.5 oz (15g)
- 1 tsp Lemon juice – 0.17 oz (5ml)
- 1 tsp Dried Parsley
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 pinch Salt and Black Pepper
- Chef's Note: You can customize the filling with any protein you have on hand, such as turkey, roast beef, or tofu.

Nutritional Information (Per Recipe)

- **Calories: 365 kcal**
- **Carbohydrates: 7g**
- **Approx. 4g Net Carbs**
- **Protein: 29g**
- **Fat: 25g**

Method

1. Whisk together the mayonnaise, lemon juice, dried parsley, garlic powder, onion powder, salt, and pepper in a small bowl until smooth.
2. Lay out a square sheet of parchment paper or aluminum foil on a flat surface to assist with rolling.
3. Arrange the lettuce leaves in a single layer on top of the paper, slightly overlapping them to create a solid, gap-free base.
4. Drizzle the prepared creamy herb sauce evenly over the center of the lettuce leaves.
5. Layer the cooked chicken, bacon strips, tomato slices, and avocado directly on top of the sauce.
6. Lift the edge of the parchment paper closest to you and begin to roll the lettuce over the filling, tucking the ingredients in tightly (similar to rolling sushi).
7. Continue rolling until the wrap is fully formed, then wrap the parchment paper entirely around the lettuce roll to secure it.
8. Slice the wrap in half through the paper using a sharp knife, then peel back the paper slightly to eat.

PAN-SEARED PORK CHOPS WITH CREAMY CABBAGE CASSEROLE & PARMESAN BUTTER

6 servings

60 minutes

Week 3 - Lunch

Ingredients

<u>For the Pork Chops:</u>

- 28 oz (800g) Pork chops
- 1 tsp (5g) Unsalted butter (for frying)
- Salt and black pepper to taste

<u>For the Parmesan Butter:</u>

- 5.6 oz (160g) Unsalted butter, softened
- 2 oz (60g) Hard cheese (like Parmesan), finely grated
- 0.5 tsp Sea salt
- 1 pinch Ground black pepper

<u>For the Cabbage Casserole:</u>

- 1.75 lbs (800g) Green cabbage
- 1 Medium yellow onion
- 2 Cloves garlic
- 2.8 oz (80g) Butter
- 5.3 oz (150g) Cream cheese
- 0.25 cup (60ml) Heavy cream (adjust to taste)
- 0.25 cup (60ml) Sour cream (adjust to taste)
- 1 tbsp Ranch seasoning mix
- 1 tsp Salt
- 1/4 tsp Ground black pepper
- 5.3 oz (150g) Shredded cheese (e.g., Cheddar or Gouda)

Nutritional Information (Per Recipe)

- **Calories: 4,850 kcal**
- **Total Fat: 430g**
- **Total Protein: 270g**
- **Total Carbohydrates: 60g**

Method

1. Remove the 5.6 oz (160g) of butter for the compound mixture and the pork chops from the refrigerator to let them come to room temperature.
2. Preheat your oven to 400°F (200°C).
3. Chop the onion, mince the garlic, and shred the cabbage into bite-sized strips using a knife or food processor.
4. Heat a large skillet over medium heat and melt the 2.8 oz (80g) of butter.
5. Sauté the cabbage, onion, and garlic for approximately 10 minutes until softened but not browned.
6. Add the heavy cream, sour cream, cream cheese, ranch seasoning, salt, and pepper to the skillet.
7. Stir thoroughly until the cream cheese has melted and the mixture is uniform; simmer on low heat for another 5–10 minutes.
8. Transfer the creamy vegetable mixture into a baking dish.
9. Sprinkle the 5.3 oz (150g) of shredded cheese evenly over the top and bake in the preheated oven for 20 minutes until bubbly and golden.
10. While the casserole bakes, prepare the Parmesan butter by mixing the softened butter, grated hard cheese, 0.5 tsp sea salt, and pinch of pepper in a small bowl with a fork until well combined.
11. Season the pork chops generously with salt and pepper.
12. Heat a skillet (or grill) over medium-high heat with 1 tsp (5g) of butter and sear the pork chops until cooked through (internal temperature of 145°F / 63°C).
13. Let the meat rest for 5 minutes to retain its juices.
14. Serve the warm pork chops topped with a dollop of Parmesan butter alongside the hot cabbage casserole.

PORK CHOPS WITH ASPARAGUS AND HOLLANDAIS ESAUCE

3 servings

35 minutes

Week 3 - Lunch

Ingredients

<u>For the Hollandaise Sauce:</u>

- 3.5 oz (100g) Butter (melted) or Ghee
- 3 large Egg Yolks
- 1 tbsp Lemon Juice
- Salt and Pepper to taste

<u>For the Pork & Asparagus:</u>

- 3 Pork Chops, bone-in (approx. 8.8 oz / 250g each) OR 3 Boneless Pork Chops (approx. 7 oz / 200g each)
- 1 tbsp (0.4 oz / 12g) Ghee or Lard (for searing)
- 12.7 oz (360g) Fresh Asparagus (trimmed) or Green Beans
- Salt and Pepper to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~640 kcal**
- **Fat: 54g**
- **Protein: 34g**
- **Net Carbs: 4g**

Method

1. Pasteurize the eggs (Optional Safety Step): If you are concerned about using raw eggs, you can pasteurize them at home. Fill a saucepan with enough water to cover the eggs and heat it to 140°F (60°C). Gently lower the eggs into the water using a spoon and keep them submerged for 3 minutes. Remove, let cool, and refrigerate if not using immediately.
2. Prepare the Hollandaise base: Place 3.5 oz (100g) of butter or ghee in a wide-mouth jar or a tall container suitable for an immersion blender. Melt the butter in the microwave until hot.
3. Emulsify the sauce: Add the 3 egg yolks and 1 tbsp lemon juice to the container with the melted butter. Place an immersion (hand) blender all the way to the bottom of the jar. Turn it on and blend, slowly pulling the blender up towards the surface until the mixture is thick, creamy, and fully emulsified. Season with salt and pepper to taste. Set aside in a warm spot.
4. Sear the pork chops: Heat a skillet over medium-low heat and melt 1 tbsp (12g) of ghee or lard. Season the pork chops generously with salt and pepper. Place the chops in the skillet and cook for about 4–6 minutes per side (depending on thickness) until golden brown and the internal temperature reaches 145°F (63°C).
5. Rest the meat: Remove the pork chops from the heat and transfer them to a plate. Let them rest for 5 minutes to allow the juices to redistribute.
6. Blanch the asparagus: While the pork rests, bring a pot of salted water to a boil. Add the 12.7 oz (360g) of asparagus and blanch for about 5 minutes until tender-crisp. Drain the water thoroughly.
7. Assemble and serve: Plate the warm pork chops alongside the asparagus. Drizzle the rich Hollandaise sauce generously over both the meat and the vegetables. Serve immediately.

HEARTY CHICKEN MEATBALL AND VEGETABLE SOUP

5 servings

45 minutes

Week 3 - Lunch

Ingredients

For the Chicken Meatballs:

- 1 lb (450g) Boneless, skinless chicken thigh fillets
- 1.2 oz (35g) Onion, cut into wedges
- 2 Cloves Garlic, sliced
- 1 tbsp (0.5 oz / 15g) Tomato paste
- 2 tbsp (8g) Fresh parsley, chopped
- 1/2 tsp (3g) Salt
- 1/4 tsp (0.5g) Ground black pepper
- 1 tbsp (0.4 oz / 12g) Ghee or melted butter (for greasing/binding)

For the Soup:

- 2 tbsp (0.9 oz / 25g) Ghee, butter, or coconut oil
- 1.2 oz (35g) Onion, chopped
- 2 Medium Carrots (approx. 4.2 oz / 120g), chopped
- 1 Green bell pepper, chopped (approx. 4 oz / 115g)
- 6.3 cups (1.5 Liters) Chicken broth or bone broth
- 1 tsp (1g) Dried thyme
- 1/2 tsp (3g) Sea salt (or to taste)
- 1/4 tsp (0.5g) Ground black pepper (or to taste)
- 2 cups (3.5 oz / 100g) Broccoli florets, chopped
- 1 tbsp (4g) Fresh parsley, chopped
- Optional: Fresh thyme sprigs for garnish

Nutritional Information (Per Recipe)

- **Calories: ~1,450 kcal**
- **Carbohydrates: 52g**
- **Protein: 105g**
- **Fat: 94g**

Method

1. Preheat your oven to 400°F (200°C) and grease a baking sheet with a small amount of ghee.
2. Combine the chicken thigh fillets, onion wedges, sliced garlic, tomato paste, 2 tbsp parsley, 1/2 tsp salt, 1/4 tsp pepper, and 1 tbsp ghee in a food processor; pulse until the mixture is fully combined and smooth.
3. Roll the mixture into small, bite-sized meatballs; you should end up with approximately 16 to 20 meatballs weighing about 1 oz (28g) each.
4. Place the meatballs on the prepared baking sheet and bake for 20 minutes or until cooked through. Chef's Note: If you are short on time, you can skip baking and boil the raw meatballs directly in the soup during step 6.
5. While the meatballs bake, melt 2 tbsp (25g) of ghee in a large soup pot over medium heat and sauté the chopped onion, green pepper, and carrots for 4 to 5 minutes until they begin to soften.
6. Pour in the 1.5 Liters of chicken broth and add the dried thyme, then bring the mixture to a boil before reducing the heat to medium and simmering for 15 minutes.
7. Add the chopped broccoli to the pot and cook for 1 to 2 minutes until it is tender but still vibrant green.
8. Taste the broth and adjust the seasoning with additional salt and pepper if desired.
9. Add the baked meatballs and fresh parsley to the soup, stirring gently to warm everything through.
10. Serve hot immediately, or store in the refrigerator for up to 4 days (this soup also freezes well for up to 3 months).

CREAMY KETO CHICKEN & BROCCOLI FETTUCCINE ALFREDO

4 servings

40 minutes

Week 3 - Lunch

Ingredients

<u>For the “Pasta” (Egg Noodles):</u>

- 1 cup (8.5 oz / 240g) Ricotta cheese (or cream cheese/mascarpone)
- 8 large Eggs
- 1 pinch Pink Himalayan salt
- 1 tbsp (15g) Coconut oil or Ghee (for greasing the pan)

<u>For the Chicken & Broccoli:</u>

- 1.3 lbs (21 oz / 600g) Chicken thigh fillets, cut into thin strips
- 1 medium head (12 oz / 350g) Broccoli, cut into florets
- 1 tbsp (0.5 oz / 15g) Ghee or clarified butter
- Salt, to taste

<u>For the Alfredo Sauce:</u>

- 4 tbsp (2 oz / 58g) Unsalted butter
- 1 cup (8 fl oz / 240ml) Heavy cream
- 2 cloves Garlic, minced
- 1.5 cups (4.7 oz / 135g) Grated Parmesan cheese (or similar hard cheese)
- 0.25 tsp White or Black pepper
- 1 tsp Dried Italian herbs
- 1 pinch Pink Himalayan salt

Nutritional Information (Per Recipe)

- **Calories: ~870 kcal**
- **Protein: 57g**
- **Fat: 68g**
- **Net Carbohydrates: 9g**

Table of Contents

Method

1. Prepare the Pasta Batter: In a blender, combine 1 cup (240g) ricotta cheese, 8 large eggs, and a pinch of salt. Blitz until completely smooth.
2. Cook the Crepes: Heat a non-stick skillet over medium heat and lightly grease with a small amount of coconut oil or ghee. Pour in a small amount of batter to coat the bottom of the pan thinly (like a crepe). Cook for 1–2 minutes per side until set. Repeat until all batter is used.
3. Cut the Noodles: Stack the cooked crepes on top of each other. Roll them up tightly into a cylinder. Slice the roll into thin strips to create "fettuccine" ribbons. Unravel the noodles and set them aside.
4. Cook the Chicken: Slice the 1.3 lbs (600g) of chicken thighs into thin strips and season with salt. In a large deep pan or dutch oven, melt 1 tbsp (15g) of ghee over medium heat. Add the chicken and sauté until golden brown and cooked through. Remove the chicken from the pan and set aside.
5. Cook the Broccoli: In a separate pot of boiling water, blanch the broccoli florets until tender-crisp (about 3–4 minutes). Drain well and set aside.
6. Make the Sauce: In the same pan used for the chicken (don't wash it—keep the flavor!), melt the 4 tbsp (58g) of butter. Add the minced garlic and sauté for 1 minute until fragrant.
7. Finish the Sauce: Pour in the 1 cup (240ml) of heavy cream. Add the 0.25 tsp pepper, 1 pinch of salt, 1 tsp Italian herbs, and the 1.5 cups (135g) of grated cheese. Stir constantly over medium-low heat until the cheese melts and the sauce thickens slightly.
8. Combine & Serve: Add the cooked chicken and blanched broccoli back into the sauce. Stir to coat. Turn off the heat after 30 seconds. To serve, place a portion of the egg noodles in a bowl and ladle the creamy chicken and vegetable sauce generously over the top. Garnish with fresh herbs if desired.

LOW-CARB KETO CHEESEBURGER BRAID (STROMBOLI)

6 servings

40 minutes

Week 3 - Lunch

Ingredients

For the Cheeseburger Filling:

- 1 tbsp (12g) Ghee or Duck Fat
- 1 small Onion, diced (2.5 oz / 70g)
- 2 cloves Garlic, minced
- 14 oz (400g) Ground Beef (Minced Meat)
- 2 tbsp (30g) Tomato Paste
- 1/2 tsp Sea Salt (or to taste)
- 1/4 tsp Ground Black Pepper (or to taste)
- 3 Pickles (fermented or dill), sliced
- 4 slices Cheddar or American Cheese (4 oz / 113g)

For the Keto Dough:

- 1 1/2 cups (6 oz / 170g) Mozzarella Cheese, shredded (low-moisture part-skim is best)
- 2/3 cup (2.3 oz / 66g) Almond Flour
- Chef's Note: You can substitute the Mozzarella with Suluguni or Adygei cheese if preferred, provided they melt well.

Nutritional Information (Per Recipe)

- **Calories: 2,530 kcal**
- **Total Fat: 200g**
- **Total Carbohydrates: 35g**
- **Protein: 150g**

Table of Contents

Method

1. Heat a skillet over medium-high heat with the ghee (or duck fat) and sauté the diced onion for 3–4 minutes until softened.
2. Add the minced garlic to the pan and sauté for another minute until fragrant.
3. Add the ground beef to the skillet and cook until browned, breaking it apart with a spatula.
4. Stir in the tomato paste, sea salt, and black pepper, then simmer for about 5 minutes, stirring occasionally to combine flavors. Remove from heat.
5. Preheat your oven to 350°F (180°C) while the meat mixture cools slightly.
6. Prepare the dough by placing the shredded mozzarella in a heat-proof bowl and melting it on the stove over low heat (or in the microwave) until completely smooth.
7. Add the almond flour to the melted cheese and mix vigorously with a fork until a uniform dough forms.
8. Place the dough between two large sheets of parchment paper and roll it out into a rectangle.
9. Spread the cooked meat mixture down the center of the dough rectangle, leaving the sides empty (try to leave any excess grease in the pan, not on the dough).
10. Top the meat with the sliced pickles and the cheese slices.
11. Using a sharp knife or pizza cutter, cut diagonal strips about 1 inch (2 cm) wide along both long sides of the dough, stopping just before the filling.
12. Fold the strips over the filling, alternating left and right to create a braided pattern, stretching the dough gently if needed to cover the meat.
13. Transfer the braid (on the parchment paper) to a baking sheet and bake for 18–20 minutes, or until the top is deep golden brown.
14. Let the braid cool for 5 minutes before slicing to allow the cheese to set.

KETO CHEESY BACON & MUSHROOM HAND PIES (BAKED VARENIKI STYLE)

4 servings

55 minutes

Week 3 - Dinner

Ingredients

<u>For the Filling:</u>

- 2 tbsp (30ml) Olive oil or butter
- 2 cloves Garlic, finely minced
- 1 medium Onion, finely chopped
- 3.2 oz (90g) Mushrooms, sliced
- 5.3 oz (150g) Bacon, chopped
- 2.1 oz (60g) Fresh spinach or lettuce leaves, chopped
- 2.1 oz (60g) Hard cheese (e.g., Cheddar or Gouda), grated
- 5.3 oz (150g) Cream cheese
- 0.5 tsp Salt
- 0.25 tsp Black pepper

<u>For the Dough:</u>

- 2.1 oz (60g) Almond flour
- 1.0 oz (30g) Coconut flour
- 0.5 tsp Salt
- 1 tsp (5g) Baking powder
- 6.2 oz (175g) Mozzarella cheese, grated (low moisture works best)
- 2.6 oz (75g) Butter
- 1 large Egg
- 1 large Egg, beaten (for egg wash)

Nutritional Information (Per Recipe)

- **Calories: 2,742 kcal**
- **Total Fat: 230g**
- **Total Protein: 140g**
- **Total Carbohydrates: 28g**

Table of Contents

Method

1. Prepare the filling base: Heat 2 tbsp (30ml) of oil in a skillet over medium heat. Add the chopped onion, minced garlic, bacon, mushrooms, and spinach. Sauté until the bacon is cooked through and the vegetables are tender. Season with 0.5 tsp salt and 0.25 tsp pepper.
2. Finish the filling: Reduce the heat to low. Stir in the 5.3 oz (150g) cream cheese and 2.1 oz (60g) grated hard cheese. Mix well and simmer for 1 minute until creamy. Remove from heat and set aside to cool completely (this prevents the dough from melting during assembly).
3. Preheat and prep dry ingredients: Preheat your oven to 350°F (175°C). In a mixing bowl, combine the almond flour, coconut flour, 0.5 tsp salt, and baking powder. Whisk to remove any lumps.
4. Melt the dough base: In a non-stick skillet or saucepan over low heat, melt the 6.2 oz (175g) grated mozzarella cheese and 2.6 oz (75g) butter together. Stir constantly until fully melted and combined.
5. Form the dough: Remove the cheese mixture from the heat. Quickly stir in 1 cracked egg. Add the dry flour mixture immediately and stir vigorously until a firm, uniform dough forms. (If the dough becomes too stiff, you can knead it with your hands).
6. Roll out the pies: Divide the dough into 4 equal balls. Roll each ball out into a circle approximately 0.2 inches (0.5 cm) thick and 7 inches (18 cm) in diameter.
7. Assemble: Place a generous amount of the cooled filling onto one half of each dough circle.
8. Seal and Wash: Fold the empty half of the dough over the filling to create a half-moon shape. Seal the edges by pressing down firmly with a fork or your fingers. Brush the top of each pie with the beaten egg.
9. Bake: Place the pies on a parchment-lined baking sheet. Bake for 20 minutes, or until the crust is golden brown.
10. Serve: Allow to cool slightly before serving with a fresh salad or dipping sauce. Enjoy!

KETO BURGER LETTUCE WRAPS: A JUICY LOW-CARB “BOMB”

1 servings

20 minutes

Week 1 - Breakfast

Ingredients

- 175 g Ground beef (high fat preferred)
- 50 g Bacon (streaky or classic)
- 30 g Mushrooms (sliced)
- 30 g Hard cheese (Cheddar or Gouda), grated
- ¼ head Iceberg lettuce (large leaves, separated and washed)
- Pinch Sea salt
- Pinch Freshly ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories ~800 kcal**
- **Protein 50 g**
- **Fat 66 g**
- **Carbohydrates 1 g**

Method

1. Crisp the Bacon: Heat a large skillet over medium heat. Add the bacon and fry until it reaches your desired crispiness. Remove the bacon from the pan and set aside, but do not drain the rendered fat—this is the flavor base for the next steps.
2. Sauté the Mushrooms: Add the sliced mushrooms to the same hot skillet with the bacon fat. Cook for 5–7 minutes, stirring occasionally, until they are golden brown and tender. Remove from the pan and set aside with the bacon.
3. Cook the Beef: Add the ground beef to the skillet. Season with salt and pepper. Fry for about 10 minutes until fully cooked, actively breaking up the meat with a wooden spoon so it becomes crumbly and browned evenly.
4. Assemble: Take 2-3 large Iceberg lettuce leaves and cup them together (nesting one inside the other for strength). Spoon the hot ground beef mixture into the leaves.
5. Toppings: Immediately sprinkle the grated cheese over the meat (the heat will help it melt). Top with the crispy bacon and golden mushrooms.
6. Serve: Carefully wrap the edges of the lettuce to form a wrap or burger shape. Enjoy immediately!

LOW-CARB BEEF STROGANOFF WITH BUTTERED CABBAGE NOODLES

4 servings

40 minutes

Week 3 - Dinner

Ingredients

For the Beef Stroganoff:

- 3 tbsp (42g) Unsalted butter, divided
- 8 oz (225g) Mushrooms (cremini or button), sliced
- Salt and black pepper, to taste
- 23 oz (650g) Beef steak (sirloin or ribeye), sliced into thin strips
- 0.5 medium Red onion, finely chopped
- 1 tbsp (15g) Tomato paste
- 0.75 cups (175ml) Beef broth, divided
- 3.5 oz (100g) Full-fat sour cream

For the Cabbage Noodles:

- 2 tbsp (28g) Butter
- 1.2 lbs (550g) Green cabbage (approx. 1/2 large head), thinly sliced into strips
- Salt and black pepper, to taste
- 2 tbsp (30ml) Water

Nutritional Information (Per Recipe)

- **Calories: 2,150 kcal**
- **Protein: 158g**
- **Fat: 155g**
- **Carbohydrates: 38g**

Table of Contents

Method

1. Heat 2 tbsp of the butter in a large skillet over medium heat. Add the sliced mushrooms, season generously with salt and pepper, and sauté for about 5 minutes until browned. Transfer the mushrooms to a clean bowl and set aside.
2. Pat the beef strips completely dry with paper towels and season with salt and pepper. Add the beef to the hot skillet (add a touch more oil if the pan is dry) and sear for about 5 minutes until browned. Transfer the beef to the bowl with the mushrooms.
3. Add the remaining 1 tbsp of butter to the skillet. Add the chopped red onion and sauté until soft and translucent, scraping up any browned bits from the bottom of the pan.
4. Stir in the tomato paste and pour in half (approx. 6 tbsp or 90ml) of the beef broth. Bring the mixture to a gentle boil.
5. In a small separate bowl, whisk the sour cream with the remaining beef broth until smooth. Pour this mixture into the skillet, stirring to combine.
6. Return the cooked mushrooms and beef (along with any accumulated juices from the bowl) back into the skillet. Stir well to coat everything in the sauce and simmer gently for 2-3 minutes to heat through.
7. While the sauce simmers, prepare the cabbage. In a large pot or Dutch oven, melt 2 tbsp of butter over medium heat. Add the sliced cabbage, salt, pepper, and the water.
8. Reduce the heat to medium-low, cover, and cook until the cabbage is tender but not mushy (resembling al dente noodles), usually 8–10 minutes. Serve the hot Stroganoff ladled generously over the cabbage noodles.

MOROCCAN-STYLE SHREDDED BEEF TACOS ON LOW-CARB ALMOND FLATBREADS

5 servings

11 hours

Week 3 - Dinner

Ingredients

<u>For the Moroccan Beef:</u>

- Beef (Chuck Roast or Stew Meat): 2 lbs (approx. 900g)
- Onions: 2 medium (approx. 0.5 lbs / 225g), sliced
- Garam Masala: 4 tbsp (0.8 oz / 24g)
- Salt: 1 tsp (0.2 oz / 6g)

<u>For the Low-Carb Flatbreads:</u>

- Almond Flour: 1.5 cups (5.3 oz / 150g)
- Psyllium Husk Powder: 5 tbsp (1.4 oz / 40g)
- Salt: 1 tsp (0.2 oz / 6g)
- Eggs: 2 large
- Water: 0.95 cups (7.6 fl oz / 225 ml)
- Coconut Oil (for frying): 2 tbsp (1 oz / 30g)
- Garnish: Fresh lettuce leaves and chopped vegetables of choice.

Nutritional Information (Per Recipe)

- **Calories: 3,785 kcal**
- **Carbohydrates: 90 g**
- **Protein: 282 g**
- **Fat: 267 g**

Table of Contents

Method

1. Slice the onions into thin strips and arrange them in an even layer at the bottom of your slow cooker or heavy pot.
2. Place the beef steaks (or roast) directly on top of the bed of onions.
3. Season the meat generously by sprinkling the 4 tbsp of Garam Masala and 1 tsp of salt over the beef.
4. Cover and cook on Low heat for exactly 8 hours without lifting the lid to ensure the meat becomes tender.
5. After 8 hours, use two forks to shred the beef completely inside the pot, then switch the slow cooker to Low (or Keep Warm) and cook for another 2 hours; this allows the shredded meat to absorb the juices and spices fully.
6. While the beef finishes, prepare the flatbread dough by whisking the almond flour, psyllium husk powder, and salt together in a medium bowl.
7. Add the eggs to the dry mixture and stir until the dough begins to thicken.
8. Pour in the water and mix thoroughly until a cohesive dough forms.
9. Let the dough rest for 1-2 minutes to allow the psyllium husk to absorb the moisture and firm up.
10. Divide the dough into 10 equal-sized balls.
11. Place a dough ball between two sheets of greased parchment paper and roll it out with a rolling pin into a thin circle with even thickness (use your hands to shape it if the rolling pin isn't creating a perfect circle, as the dough is very forgiving).
12. Heat a large skillet or pan over medium heat and melt a portion of the coconut oil.
13. Place a flatbread into the hot pan and fry until light golden brown spots appear, then flip and cook the other side (repeat for all dough balls, adding more oil as needed).
14. To assemble, place a generous portion of the shredded beef onto a flatbread and top with fresh lettuce and vegetables.

BACON-WRAPPED CHICKEN WITH GARLIC CAULIFLOWER PUREE

3 servings

40 minutes

Week 3 - Dinner

Ingredients

For the Chicken & Spinach:

- 1 lb (450g) Chicken breast fillets
- 9.7 oz (275g) Bacon strips
- 1 lb (450g) Fresh spinach
- 2 tbsp (30ml) Olive oil or butter (divided use)
- Salt and black pepper to taste

For the Cauliflower Puree:

- 11.5 oz (325g) Cauliflower florets
- 4 Cloves garlic, peeled
- 1.75 oz (50g) Unsalted butter
- 2.5 fl oz (75ml) Heavy cream
- Salt and black pepper to taste

Nutritional Information (Per Recipe)

- **Calories: 1,950 kcal**
- **Protein: 140g**
- **Fat: 145g**
- **Carbohydrates: 28g**

Method

1. Prepare the Garlic: Using the flat side of a chef's knife, crush the 4 garlic cloves and peel them. In a small skillet, melt a small knob of butter over medium heat. Sauté the garlic cloves until golden brown and fragrant, being careful not to burn them. Remove from heat and leave the garlic in the pan for later use.
2. Boil the Cauliflower: Rinse the cauliflower (11.5 oz / 325g) thoroughly and break it into small florets. Place them in a pot of lightly salted boiling water. Cook until the cauliflower is completely tender (about 8-10 minutes).
3. Make the Puree: Using a slotted spoon, transfer the cooked cauliflower into a blender (reserve about 1/4 cup of the cooking water). Add the sautéed garlic cloves (with their pan oils), 1.75 oz (50g) of butter, and 2.5 fl oz (75ml) of heavy cream. Pulse until smooth. If the texture is too thick, add the reserved cooking water 1 tbsp at a time until you reach your desired consistency. Season with salt and pepper to taste. Set aside and keep warm.
4. Wrap the Chicken: Season the chicken breasts (1 lb / 450g) lightly with pepper (go easy on the salt as the bacon is salty). Wrap 1 to 2 strips of bacon tightly around each chicken breast.
5. Cook the Chicken: Heat the remaining oil or butter in a skillet over medium heat. Sear the chicken for 3-4 minutes per side to crisp the bacon. You can finish cooking them in the skillet on low heat (covered) or transfer to a preheated oven at 400°F (200°C) for about 15 minutes, or until the internal temperature reaches 165°F (74°C).
6. Rest and Sauté Greens: Remove the chicken from the pan and let it rest on a plate for 5 minutes. In the same skillet (utilizing the bacon fat), add the 1 lb (450g) of fresh spinach. Sauté quickly until just wilted.
7. Serve: Spread a generous layer of cauliflower puree on the plate, top with the sautéed spinach, and place the bacon-wrapped chicken on top. Serve immediately.

CLASSIC HOMEMADE GUACAMOLE

4 servings

10 minutes

Week 3 - Dinner

Ingredients

- 2 ripe avocados (approx. 10.5 oz / 300g flesh)
- 2 cloves garlic, minced
- 0.5 lime, juiced (approx. 1 tbsp / 15ml)
- 1 small onion, finely chopped (approx. 2.5 oz / 70g) Note: Included based on recipe instructions
- 1 medium tomato, diced (approx. 4.4 oz / 125g)
- 3 tbsp extra virgin olive oil (45 ml)
- 0.33 cups fresh cilantro, chopped (approx. 80 ml or 0.5 oz / 15g)
- Salt and freshly ground black pepper to taste (approx. 0.5 tsp each)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,050 kcal**
- **Total Fat: ~100 g**
- **Total Carbohydrates: ~45 g**
- **Protein: ~10 g**

Method

1. Cut the avocados in half, remove the pits, and scoop the flesh into a medium mixing bowl.
2. Mash the avocado using a fork to your desired consistency (chunky or smooth), then immediately pour in the lime juice to prevent browning.
3. Add the minced garlic and the finely chopped or grated onion to the bowl.
4. Fold in the diced tomatoes, olive oil, and fresh chopped cilantro.
5. Season generously with salt and pepper to taste, stirring well until all ingredients are combined.
6. Serve immediately with chips or cover tightly with plastic wrap pressed against the surface to store.

CREAMY WHITE FISH & MUSHROOM CASSEROLE WITH MASHED BROCCOLI

6 servings

60 minutes

Week 3 - Dinner

Ingredients

<u>For the Fish & Mushroom Sauce:</u>

- 1.5 lbs (700g) White fish fillets (e.g., Cod, Haddock, or Pollock)
- 1 lb (450g) Fresh mushrooms (Button or Cremini), sliced
- 3.2 oz (90g) Unsalted butter (approx. 6 tbsp)
- 2 cups (475 ml) Heavy whipping cream
- 8 oz (225g) Semi-hard cheese (e.g., Gouda, Gruyère, or Mozzarella), grated
- 2 tbsp Fresh parsley, chopped
- 1 tsp Salt (divided)
- 0.5 tsp Black pepper (freshly ground)
- 1 tsp Herbs de Provence
- 0.25 tsp Ground allspice (or a few crushed peppercorns)
- 1 tbsp Olive oil (for the spice mix)

<u>For the Garnish (Veggie Mash):</u>

- 1.3 lbs (600g) Broccoli or Cauliflower florets
- 3.2 oz (90g) Butter or high-quality Olive oil
- Salt and pepper to taste

Nutritional Information (Per Recipe)

- **Calories: 4,650 kcal**
- **Total Fat: 395g**
- **Total Protein: 220g**
- **Total Carbohydrates: 65g**

Table of Contents

Method

1. Preheat & Prep: Preheat your oven to 350°F (175°C). Slice the mushrooms into wedges or thick slices and grate the cheese. Grease a standard 9x13 inch baking dish with a little butter or oil.
2. Sauté Mushrooms: Melt 3.2 oz (90g) of butter in a large skillet over medium heat. Add the sliced mushrooms and sauté for about 5 minutes until they soften and turn golden.
3. Create the Sauce: Add half the salt, pepper to taste, and the fresh parsley to the mushrooms. Pour in the 2 cups (475 ml) of heavy cream. Add the Herbs de Provence, allspice, and a splash of olive oil.
4. Simmer: Reduce the heat to low and let the sauce simmer gently for 5–10 minutes. This allows the cream to reduce slightly and the flavors to meld.
5. Assemble the Casserole: While the sauce simmers, season the raw fish fillets with the remaining salt and pepper. Arrange them in a single layer in your prepared baking dish.
6. Layering: Sprinkle half of the grated cheese (approx. 4 oz/112g) directly over the fish. Pour the hot mushroom cream sauce evenly over the fish and cheese. Top with the remaining cheese.
7. Bake: Place the dish in the preheated oven. Bake for approximately 30 minutes if using frozen fish, or 20–25 minutes for fresh fish.
8. Check Doneness: After 20 minutes, check the fish with a sharp knife or fork; it is ready when the flesh is opaque and flakes easily. Remember, the residual heat will continue to cook the fish slightly after removing it from the oven.
9. Prepare the Side: While the fish bakes, cut the broccoli (or cauliflower) into florets. Boil them in lightly salted water for 5–7 minutes until tender.
10. Mash the Veggies: Drain the water completely from the vegetables. Add the remaining 3.2 oz (90g) of butter or olive oil. Mash roughly with a wooden spoon or fork for a rustic texture. Season with salt and pepper to taste.
11. Serve: Plate the fish casserole hot, spooning the creamy mushroom sauce generously over the top, accompanied by the vegetable mash. Enjoy!

Table of Contents

JALAPEÑO POPPER STUFFED CHICKEN WITH GUACAMOLE

3 servings

40 minutes

Week 3 - Dinner

Ingredients

For the Chicken & Filling:

- 1.65 lbs (750g) Chicken breast (boneless, skinless)
- 2 tbsp (30ml) Olive oil (divided use)
- 1 medium Green or Red bell pepper, finely diced
- 1 clove Garlic, minced
- 2 tbsp (30g) Pickled jalapeños, finely chopped (adjust to taste)
- 0.5 tsp (1g) Ground cumin (or preferred taco seasoning)
- 2.6 oz (75g) Cream cheese, softened
- 3.9 oz (110g) Grated cheese (Cheddar or Monterey Jack works best)
- Salt and Black pepper to taste
- 4-6 Toothpicks (for securing)

For Serving (Optional but Recommended):

- Guacamole (generous portion)
- Sour cream
- 8 oz (225g) Fresh leafy greens or salad mix

Nutritional Information (Per Recipe)

- **Calories: 1,895 kcal**
- **Carbohydrates: 16g**
- **Protein: 205g**
- **Fat: 112g**

Table of Contents

Method

1. Preheat your oven to 350°F (175°C). While the oven heats, finely chop the bell pepper and mince the garlic clove.
2. Heat 1 tbsp (15ml) of olive oil in a skillet over medium heat. Add the chopped peppers and garlic, sautéing until softened and fragrant (about 3-4 minutes). Remove from heat and transfer to a mixing bowl to cool for 5 minutes.
3. Add the chopped jalapeños, cumin, softened cream cheese, and grated cheese to the bowl with the cooled peppers. Mix thoroughly until you have a uniform, thick cheese paste.
4. Prepare the chicken by cutting a pocket into each breast. Slice horizontally along the thickest part (as if opening a book), being careful not to cut all the way through.
5. Spoon a generous amount of the cheese mixture into the pocket of each chicken breast. Press the edges together to close and secure the opening with 1 or 2 toothpicks. Season the outside of the chicken liberally with salt and pepper.
6. Heat the remaining 1 tbsp (15ml) of oil (or substitute with coconut oil/butter) in the same skillet over medium-high heat. Sear the stuffed chicken breasts until golden brown, approximately 3-4 minutes per side.
7. Transfer the seared chicken to a baking dish. If there is any leftover cheese mixture, you can spoon it over the top of the chicken or place it in the dish to melt.
8. Bake in the preheated oven for 20 minutes, or until the chicken is fully cooked through and the internal temperature reaches 165°F (74°C).
9. Remove from the oven and let rest for 5 minutes. Crucial: Remember to remove the toothpicks before serving.
10. Plate the chicken alongside a bed of fresh leafy greens, a generous scoop of guacamole, and a dollop of full-fat sour cream.

CHICKEN FAJITA SALAD BOWL

4 servings

35 minutes

Week 3 - Dinner

Ingredients

For the Salad Base:

- 9.7 oz (275g) Mixed salad greens or lettuce
- 5.3 oz (150g) Cherry tomatoes, halved
- 2 Whole avocados, peeled and diced
- 5.3 oz (150g) Hard cheese (such as Cheddar or Monterey Jack), grated
- 4 tbsp Fresh cilantro (coriander), chopped

For the Fajita Chicken:

- 1.4 lbs (650g) Boneless chicken thighs
- 1 Medium yellow onion, thinly sliced
- 1 Green bell pepper, seeded and thinly sliced
- 5 tbsp (75g) Unsalted butter (or cooking oil of choice)
- 2 tbsp Fajita seasoning mix (store-bought or homemade)
- Salt and black pepper, to taste

Optional Garnish:

- Sour cream, to serve

Nutritional Information (Per Recipe)

- **Calories: ~750 kcal**
- **Carbohydrates: 10g**
- **Protein: 45g**
- **Fat: 55g**

Table of Contents

Method

1. Prepare the fresh vegetables: Tear the salad greens into bite-sized pieces and place them in a large bowl. Halve the cherry tomatoes, dice the avocados, and chop the fresh cilantro. Grate the cheese. Set these ingredients aside.
2. Slice the aromatics and meat: On a clean cutting board, slice the yellow onion and green bell pepper into thin strips. Using a separate cutting board to avoid cross-contamination, slice the chicken thighs into thin, even strips.
3. Sear the chicken: Melt the butter in a large skillet or frying pan over medium heat. Add the chicken strips to the pan. Season generously with salt and pepper. Fry the chicken until it is golden brown and nearly cooked through.
4. Add the veggies and spice: Add the sliced onions, bell peppers, and the 2 tablespoons of seasoning mix to the skillet with the chicken. Reduce the heat slightly to medium-low.
5. Finish cooking: Continue to sauté the mixture, stirring frequently, for several minutes until the chicken is fully cooked through and the vegetables have softened but still retain a slight crunch. Remove from heat.
6. Assemble the salad: Arrange the fresh salad greens in serving bowls. Top evenly with the hot chicken and vegetable mixture.
7. Add toppings and serve: Garnish the bowls with the grated cheese, diced avocado, cherry tomatoes, and fresh cilantro. Add a dollop of sour cream if desired. Serve immediately while the chicken is warm.

PAN-SEARED COD WITH BROWN BUTTER AND FRESH HORSERADISH

3 servings

30 minutes

Week 3 - Dinner

Ingredients

- 23 oz (650g) Fresh cod fillets (or similar white fish)
- 5.3 oz (150g) Unsalted butter (approx. 10.5 tbsp or 1 stick + 2.5 tbsp)
- 2.6 oz (75g) Fresh horseradish root, finely grated
- 1 lb (450g) Fresh green beans, trimmed
- 1 oz (30g) Celeriac root, finely diced (optional)
- 1 tsp. Salt (plus extra for blanching water)
- 0.5 tsp. Freshly ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,780 kcal**
- **Protein: 127g**
- **Fat: 128g**
- **Carbohydrates: 25g**

Method

1. Prepare the fish: Sprinkle the cod fillets evenly with 1 teaspoon of salt. Place them in the refrigerator uncovered for 1 hour to firm up the flesh. Chef's Note: If you are short on time, you can salt and cook immediately, but the texture is best with the resting period.
2. Prep the vegetables: While the fish rests, peel and finely grate the fresh horseradish and dice the celeriac (if using).
3. Sear the fish: Remove the fish from the fridge and pat it thoroughly dry with paper towels to ensure a good crust. Heat one-third of the butter (approx. 1.7 oz / 50g) in a large skillet over medium heat.
4. Cook the fish: Once the butter is foaming, add the cod fillets. Cook for 3–4 minutes on the first side. Carefully flip and cook for another 3–4 minutes on the other side. Frequently spoon the hot butter over the fish while it cooks to keep it moist. Lower the heat slightly toward the end of cooking.
5. Season and rest: Season the fish with freshly ground black pepper. Remove the fish from the pan as soon as it is opaque and flakes easily. Set aside on a warm plate.
6. Make the brown butter: In a small saucepan, melt the remaining butter (approx. 3.5 oz / 100g) over medium heat. Continue cooking, swirling the pan occasionally, until the milk solids turn golden brown and the butter smells nutty and fragrant.
7. Blanch the beans: While the butter browns, boil the green beans in a pot of salted water for 3–5 minutes until tender-crisp. Drain well.
8. Assembly: Arrange a bed of the cooked green beans on serving plates. Place the seared cod fillets on top. Generously pour the hot, nutty brown butter over the fish and beans.
9. Garnish: Finish by piling a generous amount of grated fresh horseradish (and celeriac, if used) directly on top of the fish. Serve immediately.

UNIVERSAL SMOKY SPICE BLEND (TEX-MEX STYLE)

4 servings

5 minutes

Week 3 - Dinner

Ingredients

- 1 tbsp (8g) Chili Powder
- 1 tbsp (18g) Sea Salt (optional, adjust to taste)
- 2 tsp (4.6g) Paprika (Smoked or Sweet)
- 2 tsp (5g) Ground Cumin
- 1 tsp (3g) Garlic Powder
- 1 tsp (2.5g) Onion Powder (Note: The original text stated “1 tsp powder”; in this culinary context, onion powder is the standard pairing)
- 0.5 tsp (1g) Chili Flakes (Red Pepper Flakes)
- 0.5 tsp (0.5g) Dried Oregano
- 0.5 tsp (1.2g) Ground Black Pepper
- 0.1 tsp (0.2g) Ground Cinnamon (1 pinch)
- 0.1 tsp (0.1g) Ground Cloves (1 pinch, optional)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 76 kcal**
- **Carbohydrates: 15g**
- **Protein: 3g**
- **Fat: 3g**
- **Sodium: 6,900mg**

Method

1. Gather all your spices and a small glass jar with a tight-fitting lid.
2. Add the chili powder, sea salt, paprika, cumin, garlic powder, onion powder, chili flakes, oregano, black pepper, cinnamon, and cloves directly into the jar or a small mixing bowl.
3. Mix the ingredients thoroughly with a spoon or whisk until the color is uniform; if using a jar, you can simply seal the lid and shake vigorously.
4. Store the spice blend in a cool, dry, and dark place (like a pantry cupboard) to maintain potency for up to 6 months.
5. Use approximately 2 tablespoons of this mix per 1 pound (450g) of meat or vegetables.

BACON & CREAM CHEESE STUFFED MUSHROOMS

3 servings

35 minutes

Week 3 - Dinner

Ingredients

- Bacon: 3.5 oz (100g) raw bacon slices
- Mushrooms: 10 large white button mushrooms or cremini mushrooms (approx. 10 oz or 280g)
- Cream Cheese: 7 oz (200g) full-fat cream cheese, softened
- Green Onions: 3 tbsp (15g) fresh green onions, finely chopped
- Seasoning: 1 tsp (2g) paprika
- Seasoning: 0.5 tsp salt (to taste)
- Seasoning: 0.5 tsp black pepper
- Garnish: Fresh parsley and 2 tbsp (30g) mayonnaise (optional)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1,150 kcal**
- **Fat: 105g**
- **Protein: 35g**
- **Carbohydrates: 12g**
- **Net Carbs: 9g**

Method

1. Preheat your oven to 400°F (200°C) and lightly grease a baking dish with cooking spray or a small amount of oil.
2. Fry the 3.5 oz (100g) of bacon in a skillet over medium heat until crispy; remove the bacon, let it cool, and crumble it into small bits, reserving the rendered bacon fat in the pan.
3. Clean the mushrooms damp paper towel, carefully remove the stems from the caps, and finely chop the mushroom stems.
4. Sauté the chopped mushroom stems in the reserved bacon fat for 3–4 minutes until tender (add a little extra butter or oil if the pan is too dry).
5. In a medium mixing bowl, combine the softened 7 oz (200g) cream cheese, crumbled bacon, sautéed stems, 3 tbsp green onions, 1 tsp paprika, salt, and pepper until thoroughly mixed.
6. Spoon a generous amount of the filling into each hollowed mushroom cap, mounding it slightly on top.
7. Place the stuffed caps into the prepared baking dish and bake for 20 minutes, or until the mushrooms are tender and the tops are golden brown.
8. Remove from the oven, drizzle with mayonnaise if desired, sprinkle with fresh herbs, and serve warm.

KETO CHICKEN BURGER BENEDICT WITH FRESH GUACAMOLE

2 servings

25 minutes

Week 4 - Breakfast

Ingredients

For the Guacamole:

- 1 medium avocado (approx. 5.3 oz / 150g)
- 1/2 small white or yellow onion, finely chopped (approx. 1.2 oz / 35g)
- 2 tbsp (30ml) fresh lemon juice
- Salt and black pepper to taste

For the Burger Stack:

- 1–2 tbsp (0.5–1 oz / 15–30g) ghee or clarified butter for frying
- 6 oz (170g) chicken mince (or ground turkey/beef preference)
- 2 large eggs
- Salt and black pepper to taste
- Optional: Fresh lettuce leaves for wrapping

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 845 kcal**
- **Protein: 46g**
- **Fat: 66g**
- **Carbohydrates: 16g**
- **Net Carbs: ~8g**

Method

1. Prepare the Guacamole: Scoop the flesh of the avocado (approx. 5.3 oz / 150g) into a medium mixing bowl. Add the 2 tbsp (30ml) lemon juice, chopped onion (1.2 oz / 35g), and season generously with salt and pepper. Mash everything together with a fork until creamy but slightly chunky, then set aside.
2. Shape and Cook the Patties: Heat a skillet over medium-high heat and melt 1 tbsp (15g) of the ghee. Season the 6 oz (170g) of chicken mince with salt and pepper, then divide and shape the meat into two equal round patties with your hands. Place them in the hot skillet and fry for about 4–5 minutes per side until golden brown and cooked through (internal temperature should reach 165°F / 74°C). Remove from the pan and keep warm.
3. Fry the Eggs: In the same skillet, add the remaining ghee if needed. Crack the 2 large eggs into the pan—using silicone egg rings if available to keep them perfectly round—and fry to your desired doneness (sunny-side up is recommended for that “Benedict” feel).
4. Assemble the Burgers: Build your stack starting with the chicken patty as the base (“First Floor”). Spread a generous layer of the prepared guacamole over the patty (“Second Floor”). Finally, top carefully with the fried egg (“Third Floor”).
5. Serve: Garnish with fresh herbs or wrap the entire stack in large lettuce leaves for a handheld option. Enjoy immediately!

KETO DRANIKI (SAVORY LOW-CARB PANCAKES) WITH BACON & CREAM CHEESE

2 servings

30 minutes

Week 4 - Breakfast

Ingredients

The Filling

- 3.5 oz (100g) Turkey or Pork Bacon, diced
- 1 Small Yellow Onion, finely chopped (approx. 2.5 oz / 70g)
- 2 tbsp (30ml) Olive oil or butter, for frying

The Batter

- 4 Large Eggs
- 0.95 cup (225ml) Heavy Whipping Cream
- 3.9 oz (110g) Cream Cheese, softened
- 2.1 oz (60g) Almond Flour
- 1 tbsp (8g) Psyllium Husk Powder
- 1 tsp (5g) Baking Powder
- 1 tsp (5g) Salt
- 0.5 tsp Black Pepper (optional)

Garnishes (Optional)

- 1 tbsp Fresh Parsley, chopped
- Handful of Olives (as mentioned in original text)
- Sour cream for serving

Nutritional Information (Per Recipe)

- **Calories: 2,551 kcal**
- **Total Fat: 234g**
- **Total Carbohydrates: 41g**
- **Protein: 80g**

Method

1. Prepare the Filling: Place a skillet over medium heat. Add the diced bacon and chopped onion. Fry until the bacon is crispy and the onion is golden brown and translucent. Remove from heat and set aside to cool slightly.
2. Mix the Wet Ingredients: In a medium mixing bowl, whisk together the eggs, heavy whipping cream, and softened cream cheese until the mixture is mostly smooth. (Small lumps of cream cheese are fine; they add delicious pockets of flavor).
3. Add Dry Ingredients: Add the almond flour, psyllium husk powder, baking powder, salt, and pepper to the wet mixture. Whisk vigorously to combine. The psyllium will begin to thicken the batter quickly.
4. Combine: Fold the cooked bacon and onions (and chopped parsley if using) into the batter. Note: If the original intent was an omelet-style dish, you can pour this batter directly into the hot pan over the bacon, but for true “Draniki,” mixing them creates a better pancake.
5. Cook the Pancakes: Wipe the skillet and add the 2 tbsp of olive oil over medium-low heat. Scoop about 1/4 cup of batter per pancake into the pan. Flatten them slightly with a spatula.
6. Flip and Finish: Fry for 3–4 minutes on the first side until golden brown and firm enough to flip. Flip carefully and cook for another 2–3 minutes on the other side. (If adding olives, you can press them into the batter before flipping).
7. Serve: Serve hot, garnished with extra fresh parsley and a side of sour cream or a fresh green salad.

THE SAILBOAT” BREAKFAST: AVOCADO & BACON DEVILED EGGS

1 servings

20 minutes

Week 4 - Breakfast

Ingredients

- 2 Large Eggs
- 0.5 Ripe Avocado (approx. 3.5 oz / 100g)
- 1 tsp (5 ml) Extra Virgin Olive Oil
- 2.1 oz (60g) Bacon slices (approx. 2-3 slices)
- 1 pinch Sea Salt (to taste)
- 1 pinch Black Pepper (freshly cracked)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~540 kcal**
- **Fat: 45g**
- **Protein: 28g**
- **Carbohydrates: 8g (Net Carbs: ~4g)**

Method

1. Preheat and Prep: Preheat your oven to 350°F (180°C) if baking the bacon, or preheat a skillet over medium-high heat.
2. Boil the Eggs: Place the 2 large eggs in a saucepan and cover them completely with cold water. Bring the water to a rolling boil over high heat. Once boiling, cover the pan, remove from heat, and let stand for exactly 8-10 minutes.
3. Cool the Eggs: Immediately transfer the eggs to a bowl filled with ice water to stop the cooking process and make peeling easier. Let them cool for at least 3 minutes.
4. Cook the Bacon: While eggs are cooling, lay the 2.1 oz (60g) of bacon on a baking sheet and bake for 5-7 minutes until crispy (or fry in a skillet until golden and stiff enough to stand up). Drain on a paper towel.
5. Make the Filling: Peel the cooled eggs, slice them in half lengthwise, and gently remove the yolks. Place the yolks in a small mixing bowl. Add the 0.5 avocado and 1 tsp (5 ml) olive oil. Mash with a fork until smooth and creamy. Season with salt and pepper to taste.
6. Assemble the “Boats”: Carefully spoon (or pipe) the green avocado-yolk mixture back into the hollowed egg whites.
7. Set the Sails: Break the crispy bacon pieces to size and stick one piece vertically into each egg half to resemble a sailboat’s sail. Serve immediately and enjoy!

AUTHENTIC MEXICAN-STYLE OMELET

1 servings

10 minutes

Week 4 - Breakfast

Ingredients

- 3 Large Eggs
- 0.5 Medium Onion, finely chopped (approx. 2 oz / 60g)
- 0.5 Medium Tomato, diced (approx. 2 oz / 60g)
- 1 Pickled Jalapeño, minced (approx. 0.5 oz / 15g) — Chef's Note: Substitute with 0.25 tsp chili flakes if preferred.
- 1.4 oz (40g) Grated Cheese (Cheddar, Monterey Jack, or Mexican Blend)
- 1 tbsp (15 ml) Cooking Oil (Olive oil or Avocado oil)
- Salt and Freshly Ground Black Pepper, to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~550 kcal**
- **Fat: 45g**
- **Protein: 31g**
- **Carbohydrates: 6g**

Method

1. Prepare the vegetables: Finely chop the onion, pickled jalapeño, and tomato. Heat 1 tbsp (15 ml) of oil in a non-stick skillet over medium heat. Add the chopped vegetables and sauté for 3 minutes until softened and fragrant.
2. Cook the eggs: While the vegetables cook, crack the 3 eggs into a bowl and whisk thoroughly. Pour the eggs into the skillet over the vegetables. Scramble gently or let set for an omelet for about 2 minutes. Sprinkle the 1.4 oz (40g) of grated cheese and seasonings (salt and pepper) on top. Let the cheese melt slightly before removing from heat.

CLOUD BREAD BREAKFAST SANDWICH

2 servings

40 minutes

Week 4 - Breakfast

Ingredients

For the Cloud Bread

- 3 Large Eggs (separated into whites and yolks)
- 4.2 oz (120g) Cream Cheese, softened
- 0.1 tsp Salt (a pinch)
- 0.5 tbsp (4g) Psyllium Husk Powder
- 0.5 tsp (2.5g) Baking Powder

For the Filling

- 8 tbsp (120g) Mayonnaise
- 5.3 oz (150g) Bacon
- 1.7 oz (50g) Lettuce leaves (washed and dried)
- 1 Medium Tomato, thinly sliced
- Fresh Basil (to taste, optional)

Table of Contents

Nutritional Information (Per Recipe)

Calories: ~1,950 kcal
Fat: 180g
Protein: 72g
Carbohydrates: 11g

Method

1. Preheat your oven to 300°F (150°C) and line a baking sheet with parchment paper.
2. Separate the eggs carefully, placing the egg whites into a clean, dry mixing bowl and the yolks into a separate medium bowl.
3. Using a hand electric mixer, beat the egg whites and the 0.1 tsp salt until very stiff peaks form; you should be able to turn the bowl upside down without the whites moving.
4. In the second bowl, add the 4.2 oz (120g) cream cheese, 0.5 tbsp (4g) psyllium husk powder, and 0.5 tsp (2.5g) baking powder to the egg yolks and mix thoroughly until smooth.
5. Gently fold the stiff egg whites into the yolk mixture in batches; use a spatula and a gentle hand to keep the mixture airy and fluffy—do not overmix.
6. Spoon the batter onto your prepared baking sheet to form 8 evenly sized rounds (pieces of cloud bread).
7. Bake in the preheated oven for approximately 25 minutes or until the tops are golden brown.
8. While the bread bakes, fry the 5.3 oz (150g) bacon in a skillet over medium heat until crispy, then set aside on a paper towel.
9. Once the bread is done and slightly cooled, assemble the sandwiches by spreading 1 tbsp of mayonnaise on the flat side of each bread piece.
10. Layer the lettuce, tomato slices, fresh basil, and crispy bacon between two pieces of bread to create 4 sandwiches.

SAVORY LOW-CARB SAUERKRAUT & VEGETABLE FRITTERS

2 servings

30 minutes

Week 4 - Breakfast

Ingredients

- 6.5 oz (185g) Celeriac (celery root), grated (approx. 1/2 medium root)
- 3.0 oz (85g) Carrot, grated (approx. 1 medium)
- 10.0 oz (285g) Zucchini, grated (approx. 1 medium)
- 5.0 oz (140g) Sauerkraut, dried well (approx. 1 cup)
- 2.5 oz (70g) Yellow onion, diced (approx. 1 small)
- 4 Large eggs
- 0.5 tsp Sea salt
- 0.25 tsp Chili flakes or dried spicy herbs (adjust to taste)
- 2 tbsp (28g) Ghee, duck fat, or butter (for frying)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 742 kcal**
- **Total Carbohydrates: 48g**
- **Protein: 34g**
- **Fat: 49g**

Method

1. Place the grated celeriac and carrot into a large bowl filled with water and a generous pinch of salt; let them sit for 15 minutes to soften slightly.
2. Transfer the soaked vegetables to a clean cheesecloth or nut milk bag, adding the grated zucchini and the sauerkraut.
3. Squeeze the mixture thoroughly over a sink to remove as much liquid and sauerkraut juice as possible (this ensures crispy fritters).
4. Place the dried vegetable mixture into a dry mixing bowl and add the diced onions, eggs, chili flakes, and sea salt.
5. Mix thoroughly until the eggs coat the vegetables evenly and the batter holds together.
6. Heat the ghee (or fat of choice) in a large skillet over medium-low heat.
7. Spoon the mixture into the pan to form fritters, frying them gently for 5–6 minutes on the first side; ensure the heat is not too high to prevent burning before the inside cooks.
8. Flip the fritters carefully and cook for another 5–6 minutes on the other side until golden brown and crispy.
9. Serve warm with sour cream or fresh herbs.

JILL'S CRISPY CHEESE & TURKEY OMELET

2 servings

20 minutes

Week 4 - Breakfast

Ingredients

The Omelet Base

- 2 Large Eggs
- 2 tbsp (30ml) Heavy Whipping Cream
- 1 tbsp (14g) Unsalted Butter or Coconut Oil
- 2.6 oz (75g) Mature Cheddar Cheese, grated (or sliced)
- Salt and Freshly Ground Black Pepper (to taste)

The Filling

- 2 medium Mushrooms, sliced
- 2 Cherry Tomatoes, sliced
- 2 tbsp (30g) Cream Cheese
- 0.5 oz (15g) Fresh Spinach (or other leafy greens)
- 1 oz (30g) Cooked Turkey, diced
- 1 tsp (1g) Dried Oregano (or preferred herbs)

Table of Contents

Nutritional Information (Per Recipe)

Calories: ~840 kcal
Total Fat: ~70g
Protein: ~46g
Total Carbohydrates: ~6g
Net Carbohydrates: ~4g

Method

1. Whisk the eggs: In a mixing bowl, combine the 2 eggs, 2 tbsp (30ml) heavy cream, salt, and pepper. Whisk until the mixture is uniform and slightly frothy.
2. Heat the pan: Place a non-stick skillet over medium heat and melt 1 tbsp (14g) of butter (or coconut oil).
3. Create the cheese crust: Evenly scatter the 2.6 oz (75g) of grated cheese across the bottom of the pan. Let it fry on medium heat until it bubbles and begins to form a lacy layer.
4. Add the egg mixture: Carefully pour the egg mixture over the bubbling cheese. Reduce the heat to low-medium and cook for 2–3 minutes without stirring.
5. Add the fillings: Once the eggs begin to set (but are still slightly loose on top), arrange the mushrooms, tomatoes, spinach, cream cheese, turkey, and oregano on one half of the omelet.
6. Fold and serve: Carefully fold the empty half of the omelet over the filled half to form a half-moon shape. Cook for another 1–2 minutes to warm the filling, then slide onto a plate and enjoy!

FLUFFY MUSHROOM & CHEESE OMELET

1 servings

12 minutes

Week 4 - Breakfast

Ingredients

- 3 Large Eggs
- 2 tbsp (1 oz / 30g) Unsalted Butter, for frying
- 1 oz (30g) Semi-hard Cheese (like Gouda or Cheddar), grated (approx. 0.3 cup)
- 0.2 Yellow Onion (approx. 1 oz / 28g), finely chopped
- 3 Medium Mushrooms (approx. 2 oz / 55g), thinly sliced
- 0.2 tsp Salt (or to taste)
- 0.1 tsp Black Pepper (freshly ground)
- Optional: Fresh herbs (parsley or dill) and sauce for serving.

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 574 kcal**
- **Carbohydrates: 6g**
- **Protein: 29g**
- **Fat: 49g**

Method

1. Crack the 3 eggs into a medium mixing bowl, adding a pinch of salt and the black pepper.
2. Whisk the eggs vigorously with a fork or whisk until the mixture is uniform, frothy, and well-aerated. Adjust seasoning if necessary.
3. Place a non-stick frying pan over medium heat and add the 2 tbsp (30g) of butter.
4. Once the butter has fully melted and begun to foam slightly, pour the egg mixture into the pan.
5. Allow the eggs to cook undisturbed for 1-2 minutes until the bottom is firm but the top remains slightly runny and moist.
6. Sprinkle the grated cheese, sliced mushrooms, and chopped onions evenly over the surface of the omelet.
7. Using a spatula, gently loosen the edges of the omelet from the pan, then carefully fold it in half to cover the filling.
8. Continue cooking for another 1-2 minutes until the omelet turns a golden-brown color.
9. Remove the pan from the heat and slide the omelet onto a warm plate.
10. Garnish with fresh herbs and serve immediately with your favorite sauce. Bon appétit!

CREAMY BACON & CHEESE OMELET WITH OLIVES

2 servings

20 minutes

Week 4 - Breakfast

Ingredients

- 2.6 oz (75g) Hard cheese (like Cheddar or Gouda), cut into small cubes
- 3.9 oz (110g) Bacon, diced into small cubes
- 2 tbsp. (30ml) Extra virgin olive oil
- 2 Green onions (scallions), chopped finely
- 4 Large eggs
- 1 tbsp. Fresh parsley, finely chopped
- 5-6 Pitted olives, sliced
- 0.5 tsp. Salt (adjust to taste, as bacon is salty)
- 0.25 tsp. Freshly ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1360 kcal**
- **Total Fat: 122g**
- **Total Protein: 58g**
- **Total Carbohydrates: 7g**

Method

1. Prepare the ingredients: Cut the 2.6 oz (75g) of cheese and 3.9 oz (110g) of bacon into uniform small cubes to ensure even cooking.
2. Sauté the base: Heat the 2 tbsp. of olive oil in a skillet over medium heat. Add the cheese cubes, chopped green onions, and diced bacon. Fry them together, stirring occasionally, until the bacon is cooked through and the ingredients are lightly browned.
3. Prepare the egg mixture: While the meat and cheese are cooking, take a small mixing bowl and vigorously whisk together the 4 eggs, chopped parsley, salt, and pepper until well combined.
4. Combine and cook: Pour the whisked egg mixture directly into the skillet over the sizzling bacon and cheese.
5. Finish the omelet: Immediately reduce the heat to low. Scatter the sliced olives on top of the eggs. Stir gently for a couple of minutes to create soft curds, or let it set like a traditional omelet depending on your preference.
6. Serve: Remove from heat once the eggs are set but still moist. Serve hot, either on its own or with a fresh green salad.

CREAMY SPINACH & BACON FRITTATA

6 servings

40 minutes

Week 4 - Breakfast

Ingredients

- 5.3 oz (150g) Bacon, diced into small squares
- 2 tbsp (28g) Butter or cooking oil
- 8 oz (225g) Fresh spinach or other leafy greens
- 8 Large eggs
- 0.95 cups (225ml) Heavy cream
- 5.3 oz (150g) Grated cheese (e.g., Cheddar, Gruyère, or Mozzarella)
- 1 tsp (5g) Salt (adjust to taste)
- 0.5 tsp (2g) Ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

Calories: ~2,450 kcal
Fat: 220g
Protein: 105g
Total Carbs: 12g

Method

1. Preheat your oven to 350°F (175°C) to ensure it is ready for baking.
2. Grease a 9x9 inch (23x23 cm) baking dish or individual ramekins generously with butter or cooking spray.
3. Heat the butter in a skillet over medium heat and fry the diced bacon until it reaches a crispy, golden-brown texture.
4. Add the fresh spinach to the skillet with the bacon and stir continuously until the leaves have wilted and softened.
5. Remove the skillet from the heat immediately and set it aside to cool slightly.
6. Whisk the eggs and heavy cream together in a large mixing bowl until the mixture is smooth and well-combined.
7. Pour the egg and cream mixture evenly into your prepared baking dish or molds.
8. Distribute the cooked bacon and spinach mixture evenly over the top of the eggs, followed by the grated cheese.
9. Bake in the preheated oven for 25-30 minutes, or until the center is set and the top is a golden-brown color.

HEARTY SAUERKRAUT & SAUSAGE SKILLET CASSEROLE

8 servings

70 minutes

Week 4 - Lunch

Ingredients

- 4 tbsp (55g) Clarified butter (Ghee), lard, or bacon fat
- 1 medium (110g) White or yellow onion, sliced into strips
- 2 cloves Garlic, finely minced
- 1 medium (120g) Green bell pepper, sliced into strips
- 1 small head (600g) Green cabbage, cored and shredded
- 2 cups (284g) Sauerkraut, drained well
- 2 tbsp (30ml) Fresh lemon juice (or reserved sauerkraut brine)
- 1/2 cup (120ml) Water or chicken broth
- 1 tbsp Fresh thyme leaves (or 1 tsp dried thyme)
- 1 tbsp Fresh oregano, chopped (or 1 tsp dried oregano)
- 1/4 tsp Salt (adjust to taste depending on sausage saltiness)
- 8-12 links (800g) Fresh sausages (bratwurst, kielbasa, or similar)
- Fresh parsley, chopped (for garnish)

Table of Contents

Nutritional Information (Per Recipe)

Calories: ~2,600 kcal
Fat: 217g
Protein: 110g
Carbohydrates: 50g

Method

1. Preheat your oven to 400°F (200°C).
2. Prepare the vegetables by cutting the cabbage into quarters, removing the hard core, and shredding the leaves; slice the onions and green peppers into strips, and mince the garlic.
3. Heat the fat (butter or lard) in a large, oven-safe pot or Dutch oven over medium heat.
4. Add the sliced onions to the pot and sauté for 5-8 minutes until softened and translucent.
5. Stir in the minced garlic and sliced green peppers, sautéing for another 1 minute until fragrant.
6. Add the shredded fresh cabbage to the pot and stir to combine with the peppers and onions.
7. Mix in the drained sauerkraut, lemon juice, water (or broth), thyme, and oregano, stirring well to distribute the spices.
8. Cover the pot with a lid and simmer on medium heat for 10 minutes to soften the cabbage.
9. Transfer the cabbage mixture to a large heat-proof skillet or casserole dish (if your pot isn't oven-safe); otherwise, smooth the top of the mixture directly in the pot.
10. Arrange the sausages (or bacon slices if substituting) on top of the cabbage mixture.
11. Cover the dish tightly with aluminum foil and bake in the preheated oven for 25 minutes.
12. Remove the foil carefully and bake for an additional 5 minutes to brown the sausages slightly.
13. Remove from the oven and let the casserole rest for 5 minutes before serving.
14. Garnish generously with fresh chopped parsley and serve warm.

KETO SPINACH & CHEESE QUESADILLA

2 servings

25 minutes

Week 4 - Lunch

Ingredients

For the Low-Carb Tortillas

- Cream Cheese: 6.2 oz (175g), softened
- Eggs: 2 large whole eggs
- Egg Whites: 2 large whites
- Coconut Flour: 1 tbsp (8g)
- Psyllium Husk Powder: 1.5 tsp (4g)
- Salt: 0.5 tsp

For the Filling

- Hard Cheese (Mexican Blend, Cheddar, or Gouda): 5.3 oz (150g), grated
- Fresh Baby Spinach: 1 oz (30g)
- Olive Oil or Butter (for frying): 1 tbsp (15ml)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: ~1530 total**
- **Total Fat: ~125g total**
- **Total Carbohydrates: ~14g total**
- **Dietary Fiber: ~6g total**
- **Net Carbs: ~8g total**

Method

1. Preheat & Prep: Preheat your oven to 400°F (200°C). Line two baking sheets with parchment paper to ensure the tortillas do not stick.
2. Whisk the Eggs: In a bowl, use a mixer with a whisk attachment to beat the 2 whole eggs and 2 egg whites until the mixture is fluffy and aerated.
3. Cream the Cheese: In a separate large mixing bowl, beat the 6.2 oz (175g) of cream cheese until it is perfectly smooth and free of lumps.
4. Combine Wet Ingredients: Pour the fluffy egg mixture into the cream cheese. Continue beating until the eggs and cheese combine into a smooth, liquid batter.
5. Mix Dry Ingredients: In a small bowl, combine the 0.5 tsp salt, 1.5 tsp (4g) psyllium husk powder, and 1 tbsp (8g) coconut flour.
6. Make the Batter: Add the dry flour mixture into the wet batter one spoonful at a time, whisking continuously to avoid clumps.
7. Thicken the Batter: Allow the batter to rest for a few minutes; the psyllium and coconut flour will absorb moisture, causing the batter to thicken significantly.
8. Shape the Tortillas: Using a spatula, spread the thickened batter onto the prepared parchment paper. Form either 4–6 circular tortillas or 2 large rectangles, depending on your preference.
9. Bake: Place in the oven and bake for approximately 5 minutes. Remove them when the edges turn slightly golden brown. Note: Watch carefully to ensure the bottoms do not burn.
10. Assemble: Heat the 1 tbsp of olive oil (or butter) in a skillet over medium heat. Place one baked tortilla in the pan, top generously with half of the grated cheese and spinach, and cover with a second tortilla.
11. Fry: Cook for about 1 minute on the first side, then carefully flip and cook for another minute on the other side until the cheese is fully melted and the tortilla is crisp. Repeat with remaining tortillas.
12. Serve: Slice into wedges and serve immediately with your choice of meat or a side of sour cream.

CREAMY KETO HAMBURGER STEAKS WITH BUTTER-FRIED CABBAGE

5 servings

40 minutes

Week 4 - Lunch

Ingredients

<u>For the Hamburgers</u>

- 1.5 lbs (700g) Ground beef (mince)
- 1 large Egg
- 3 oz (90g) Shredded cheese (cheddar or mozzarella)
- 1.7 oz (50g) Fresh parsley, finely chopped
- 1 tsp Salt
- 0.25 tsp Ground black pepper
- 1 tbsp (15ml) Olive oil (for frying)
- 2 tbsp (1 oz / 30g) Unsalted butter (for frying)

<u>For the Creamy Pan Gravy</u>

- 0.75 cup (175ml) Heavy whipping cream
- 2 tbsp (30g) Tomato paste
- 1 oz (30g) Fresh parsley, roughly chopped
- Salt and black pepper to taste

<u>For the Fried Cabbage</u>

- 1.5 lbs (700g) Green cabbage, shredded
- 4 oz (120g) Butter (approx. 8 tbsp or 1 stick)
- Salt and black pepper to taste

Nutritional Information (Per Recipe)

- **Calories: ~3,800 kcal**
- **Fat: 341g**
- **Protein: 167g**
- **Total Carbs: 48g**

Method

1. Prepare the Burger Mixture: In a large mixing bowl, combine 1.5 lbs (700g) ground beef, 1 large egg, 3 oz (90g) shredded cheese, 1 tsp salt, 0.25 tsp black pepper, and 1.7 oz (50g) finely chopped parsley. Mix thoroughly with your hands until the ingredients are well incorporated.
2. Shape the Patties: With moist hands, shape the meat mixture into eight oblong (oval-shaped) patties. This shape helps them fit better in the pan and cook evenly.
3. Cook the Patties: Heat 1 tbsp of olive oil and 2 tbsp (30g) of butter in a large skillet over medium heat. Once hot, add the patties. Fry for at least 10 minutes, flipping several times to ensure they brown evenly on both sides and are cooked through.
4. Simmer the Sauce: When the patties are nearly finished, reduce the heat slightly. Add 2 tbsp of tomato paste and 0.75 cup (175ml) of heavy cream directly into the skillet with the meat juices. Stir gently to combine the cream with the pan drippings. Let it simmer for 2–3 minutes until the sauce thickens. Season with salt and pepper to taste, and garnish with the remaining 1 oz (30g) of chopped parsley before serving.
5. Prepare the Cabbage: While the meat is cooking, shred the cabbage using a food processor or a sharp knife. In a separate large skillet or wok, melt 4 oz (120g) of butter over medium heat.
6. Fry the Cabbage: Add the 1.5 lbs (700g) of shredded cabbage to the butter. Sauté for at least 15 minutes. Stir regularly to prevent burning, allowing the cabbage to soften and turn golden-brown at the edges. Lower the heat slightly toward the end of cooking. Season generously with salt and pepper.
7. Serve: Plate two hamburger patties topped with the creamy pan sauce alongside a generous portion of the buttery fried cabbage. Enjoy immediately!

CHEESY CHICKEN PESTO CASSEROLE WITH ARUGULA & MINT

8 servings

60 minutes

Week 4 - Lunch

Ingredients

For the Casserole:

- 3 lbs (1.36 kg) Chicken thigh fillets
- 10.5 oz (300g) Cherry tomatoes
- 13 oz (370g) Mozzarella, Goat cheese, or similar soft melting cheese
- 1.6 oz (45g) Hard grated cheese (e.g., Parmesan)
- Fresh basil leaves (for garnish)
- Note: The method mentions spinach/greens for layering; ensure you have extra greens if not using all arugula for the pesto.

For the Arugula-Mint Pesto:

- 3.2 oz (90g) Arugula (rocket) or mixed salad greens
- 1 oz (28g) Fresh mint leaves
- 2 oz (56g) Hard cheese (e.g., Parmesan)
- 1 oz (30g) Walnuts
- 2 Cloves garlic
- 2 tbsp (30 ml) Fresh lemon juice
- 1/4 tsp Sea salt or Pink Himalayan salt

Nutritional Information (Per Recipe)

- **Calories: 3,420 kcal**
- **Carbohydrates: 45 g**
- **Protein: 412 g**
- **Fat: 182 g**

Table of Contents

Method

1. Preheat your oven to 400°F (200°C) for a standard oven or 350°F (180°C) for a fan-assisted (convection) oven.
2. Prepare the pesto by combining the arugula (or salad greens), fresh mint, 2 oz (56g) hard cheese, walnuts, garlic, lemon juice, and salt in a food processor; pulse until smooth.
3. Season the chicken thigh fillets lightly with salt and pepper.
4. Arrange half of the seasoned chicken in a single layer at the bottom of a large casserole dish or baking pan.
5. Spread half of the prepared pesto sauce over the chicken layer.
6. Add a layer of greens (spinach or remaining arugula) and half of the mozzarella (or chosen soft cheese) on top.
7. Repeat the process with a second layer of the remaining chicken, followed by the remaining pesto.
8. Top the casserole with the remaining mozzarella and the 1.6 oz (45g) of grated hard cheese.
9. Arrange the cherry tomatoes along the sides of the dish or scatter them on top.
10. Bake in the preheated oven for 45-50 minutes, or until the chicken is fully cooked through and the cheese is bubbly and golden brown.
11. Garnish with fresh basil leaves before serving.

CRISPY GARLIC PARMESAN CHICKEN WINGS WITH HOMEMADE RANCH DRESSING

6 servings

51 minutes

Week 4 - Lunch

Ingredients

<u>For the Chicken Wings:</u>

- 14-16 chicken wings, cut at the joints (~3.08 lbs / 49.3 oz / 1400g)
- 4 tbsp. (2.0 oz / 57g) melted butter
- 4 cloves garlic (~0.2 oz / 5g), minced
- 2 tbsp. (0.1 oz / 4g) chopped fresh parsley
- 1 cup (3.17 oz / 90g) grated Parmesan cheese

<u>For the Homemade Ranch Dressing:</u>

- 0.25 cup (2.05 oz / 58g) sour cream
- 0.25 cup (2.12 oz / 60g) heavy whipping cream
- 0.5 cup (3.88 oz / 110g) mayonnaise
- 2 medium green onions (1.05 oz / 30g), finely chopped
- 1 clove garlic (~0.1 oz / 3g), minced
- 2 tbsp. (0.1 oz / 4g) fresh parsley OR 2 tsp. dried parsley
- 1 tbsp. (0.1 oz / 3g) fresh dill OR 1 tsp. dried dill
- 1 tbsp. (0.5 oz / 15g) apple cider vinegar OR fresh lemon juice
- 0.25 tsp. (0.1 oz / 1g) paprika
- Salt and black pepper to taste
- Optional: 1-2 tbsp. (0.5-1.0 oz / 15-30g) water, if the sauce is too thick

Nutritional Information (Per Recipe)

- **Calories: 4825 kcal**
- **Carbohydrates: 15 g**
- **Protein: 278 g**
- **Fat: 405 g**

Table of Contents

Method

1. Preheat your oven to 446°F (230°C) for a conventional oven or 410°F (210°C) for a fan-forced oven, and thoroughly pat the chicken wings dry with a paper towel to guarantee a crispy skin.
2. Heat a large cast-iron skillet over medium heat on the stove, add the wings, and sear them for 2 to 3 minutes on each side until a golden crust begins to form.
3. Transfer the cast-iron skillet directly into the preheated oven and bake the wings for an additional 20 to 30 minutes until they are beautifully golden and fully cooked with a crispy exterior.
4. Remove the skillet from the oven, immediately add the minced garlic and melted butter to the hot pan, and toss the wings vigorously so every piece is coated in the garlic butter.
5. Sprinkle the grated Parmesan cheese evenly over the hot wings, gently stirring until the residual heat melts the cheese, and then set them aside.
6. Prepare the Ranch dressing by combining the sour cream, heavy whipping cream, and mayonnaise in a medium-sized mixing bowl.
7. Add the finely chopped green onions, minced garlic, parsley, dill, apple cider vinegar (or lemon juice), paprika, salt, and pepper into the creamy base.
8. Whisk the dressing ingredients together thoroughly until completely smooth, optionally stirring in 1 to 2 tbsp. of water if you prefer a thinner consistency, and serve immediately alongside your hot wings.

KETO MINI PIZZAS (LOW-CARB CHEESE & PSYLLIUM CRUST)

5 servings

25 minutes

Week 4 - Lunch

Ingredients

<u>The Keto Pizza Crust:</u>

- 2 Whole Eggs
- 2 Egg Whites
- 0.75 cups / 6.2 oz (175g) Cream Cheese, softened
- 0.5 tsp / 0.1 oz (3g) Salt
- 1 tsp / 0.1 oz (2.5g) Ground Psyllium Husk Powder
- 1 tbsp / 0.28 oz (8g) Coconut Flour

<u>The Pizza Toppings:</u>

- 0.5 cups / 4 fl oz (120ml / 120g) Tomato Sauce or Pizza Sauce
- 2 cups / 8 oz (225g) Grated Cheese (Mozzarella or your preferred blend)
- 2 tsp / 0.1 oz (3g) Dried Basil or Dried Oregano
- Salt and Black Pepper (to taste)

Nutritional Information (Per Recipe)

- **Calories: 1616 kcal**
- **Protein: 96g**
- **Fat: 128g**
- **Carbohydrates: 20g**

Table of Contents

Method

1. Preheat your oven to 390°F (200°C) and line two baking sheets with parchment paper to prevent sticking.
2. In a medium mixing bowl, combine the 2 whole eggs and 2 egg whites, then beat them with an electric hand mixer for several minutes until they are light, frothy, and well-aerated.
3. Add the 0.75 cups / 6.2 oz (175g) of cream cheese to the egg mixture and continue mixing until the batter is completely smooth and thoroughly combined.
4. In a separate small bowl, whisk together the 0.5 tsp / 0.1 oz (3g) of salt, 1 tsp / 0.1 oz (2.5g) of psyllium husk powder, and 1 tbsp / 0.28 oz (8g) of coconut flour.
5. Gradually add the dry flour mixture into the wet batter, one spoonful at a time, continuing to mix with the electric mixer until fully incorporated.
6. Set the batter aside to rest for a few minutes; the psyllium and coconut flour will absorb the moisture and cause the batter to thicken significantly.
7. Using a spatula, portion and spread the thickened batter onto the prepared baking sheets to form 4 to 6 equal-sized circular flatbreads (or 2 larger rectangles).
8. Bake on the top rack of your preheated oven for about 5 to 7 minutes, or until the edges of the flatbreads turn slightly golden brown (check the undersides carefully to ensure they do not burn).
9. Remove the crusts from the oven and increase the oven temperature to 440°F (225°C).
10. Spread about 1 to 2 tablespoons of the tomato sauce evenly over each baked flatbread, season lightly with salt and pepper if desired, and sprinkle evenly with the 2 cups / 8 oz (225g) of grated cheese and the 2 tsp / 0.1 oz (3g) of dried basil or oregano.
11. Return the mini pizzas to the oven and bake for an additional 5 to 8 minutes, or until the cheese is completely melted, bubbly, and slightly browned.

LOW-CARB KETO AVOCADO PIE RECIPE

4 servings

65 minutes

Week 4 - Lunch

Ingredients

Crust:

- 1.0 cup (3.5 oz / 100 g) almond flour
- 0.25 cup (1.1 oz / 30 g) coconut flour
- 1.0 tbsp (0.3 oz / 8 g) ground psyllium husk powder
- 1.0 tsp (0.2 oz / 5 g) baking powder
- 0.1 tsp (0.02 oz / 0.5 g) salt
- 3.0 tbsp (1.5 oz / 45 g) olive oil or coconut oil
- 1 large egg (1.8 oz / 50 g)
- 0.25 cup (2.0 oz / 60 g) water

Filling:

- 1.5 ripe avocados, pitted and peeled (approx. 7.0 oz / 200 g of flesh)
- 0.6 cup (4.7 oz / 135 g) mayonnaise
- 3 large eggs (5.3 oz / 150 g)
- 2.0 tbsp (0.2 oz / 5 g) fresh cilantro, finely chopped
- 1 medium red chili pepper, seeds removed and finely chopped
- 0.5 tsp (0.1 oz / 2.5 g) onion powder
- 0.5 tsp (0.1 oz / 3 g) salt
- 0.4 cup (3.5 oz / 100 g) cream cheese, softened
- 1.0 cup (3.5 oz / 100 g) grated cheese, such as cheddar or mozzarella

Nutritional Information (Per Recipe)

- **Calories: 3,330 kcal**
- **Carbs: 65 g**
- **Protein: 87 g**
- **Fat: 316 g**

Table of Contents

Method

1. Preheat your oven to 350°F (175°C).
2. Combine all the crust ingredients (almond flour, coconut flour, psyllium husk, baking powder, salt, oil, 1 egg, and water) in a food processor and blend for a few minutes until a ball of dough forms. Alternatively, you can mix the ingredients thoroughly using a fork or your hands.
3. Place a piece of parchment paper on the bottom of a springform pan with a maximum diameter of 10 inches (26 cm). Grease the bottom and sides of the pan, as well as the parchment paper, to prevent sticking. Using a springform pan will make it much easier to remove the finished pie.
4. Press the dough evenly onto the bottom and slightly up the sides of the prepared springform pan.
5. Bake the crust in the preheated oven for 10 to 15 minutes until it is lightly golden, then remove it and set it aside.
6. Prepare the filling by mashing the avocado flesh in a mixing bowl until mostly smooth.
7. Add the mayonnaise, 3 eggs, chopped cilantro, chopped chili pepper, onion powder, salt, cream cheese, and grated cheese into the mashed avocado. Mix thoroughly until all ingredients are completely combined.
8. Pour the avocado mixture evenly over the pre-baked pie crust.
9. Return the pan to the oven and bake for 35 minutes, or until the filling is set and lightly browned on top.
10. Allow the pie to cool in the pan for several minutes before releasing the springform ring. Slice and serve warm alongside a fresh green salad. Enjoy your meal!

ZESTY GINGER MACKEREL WITH BROCCOLI AND AVOCADO MASH

2 servings

22 minutes

Week 4 - Lunch

Ingredients

- 2.0 boneless mackerel fillets, skinless, 8.0 oz (225 g)
- 1.5 cups fresh broccoli florets, 4.8 oz (137 g)
- 0.5 cup chopped small yellow onion, 1.2 oz (35 g)
- 1.0 tbsp ghee, butter, or coconut oil, 0.5 oz (15 g)
- 0.5 cup chopped red bell pepper, 1.8 oz (50 g)
- 2.0 pieces sun-dried tomatoes, chopped, 0.2 oz (6 g)
- 0.2 cup small handful of raw almonds, 0.7 oz (20 g)
- 4.0 tbsp mashed avocado, 2.0 oz (58 g)
- Optional base: 3.0 cups fresh spinach, 3.0 oz (85 g) tossed with 0.1 cup olive oil, 2.7 fl oz (80 ml) and 0.5 tsp salt/pepper

<u>For the Marinade:</u>

- 1.0 tbsp grated fresh ginger, 0.2 oz (6 g)
- 1.0 tbsp lime or lemon juice, 0.5 fl oz (15 ml)
- 3.0 tbsp extra virgin olive oil, 1.1 oz (30 g)
- 0.25 tsp sea salt, or to taste, 0.1 oz (1.5 g)
- 0.1 tsp ground black pepper, 0.1 oz (0.3 g)

Nutritional Information (Per Recipe)

- **Calories: 1166 kcal**
- **Protein: 51 g**
- **Fat: 98 g**
- **Carbohydrates: 20 g**

Table of Contents

Method

1. Preheat your oven to 390°F (200°C) using the fan or convection setting for even roasting.
2. Whisk together the 1.0 tbsp (0.2 oz / 6 g) of grated ginger, 1.0 tbsp (0.5 fl oz / 15 ml) of lime juice, 3.0 tbsp (1.1 oz / 30 g) of olive oil, 0.25 tsp of sea salt, and 0.1 tsp of black pepper in a small bowl to create your dressing.
3. Rub exactly half of this prepared ginger marinade onto the 8.0 oz (225 g) of skinless mackerel fillets, saving the rest for later. (Chef's tip: If you are short on time, you can skip letting it sit and immediately place it in the oven).
4. Place the marinated mackerel fillets onto a foil-lined baking sheet and roast them in the preheated oven for 10 to 12 minutes until they develop a slightly crispy exterior.
5. Spread the 0.7 oz (20 g) of almonds on a separate baking tray, toast them in the oven for 6 minutes until golden brown, then remove them, let them cool, and chop them roughly.
6. Boil the 1.5 cups (4.8 oz / 137 g) of broccoli in a pan with water for 5 minutes until tender, then drain the water and roughly chop or gently mash the broccoli with a fork.
7. Heat the 1.0 tbsp (0.5 oz / 15 g) of ghee or coconut oil in a skillet over medium heat, add the 1.2 oz (35 g) of yellow onion and 1.8 oz (50 g) of red bell pepper, and pan-fry for 2 to 3 minutes until softened.
8. Stir the warm, mashed broccoli and the 0.2 oz (6 g) of chopped sun-dried tomatoes into the skillet until thoroughly heated, then turn off the heat.
9. Plate the vegetable mixture alongside the roasted mackerel, drizzle everything with the remaining half of the ginger dressing, and top with the 4.0 tbsp (2.0 oz / 58 g) of mashed avocado and the toasted almonds.
10. Serve immediately (optionally over a bed of spinach tossed in olive oil), or store any leftovers in an airtight container in the refrigerator for up to 3 days.

Table of Contents

MEDITERRANEAN CHICKEN MEATBALLS & SALAD BOWL

4 servings

25 minutes

Week 4 - Lunch

Ingredients

For the Meatballs:

- 1.1 lbs (17.6 oz / 500g) ground chicken or turkey
- 1.0 cup (3.2 oz / 90g) grated Parmesan cheese
- 1 large egg (1.8 oz / 50g)
- 1 clove garlic, minced (0.1 oz / 3g)
- Zest of 1 lemon (0.1 oz / 3g)
- 2.0 tsp (0.1 oz / 3g) dried Italian herbs
- 0.5 tsp (0.1 oz / 3g) sea salt
- 0.25 tsp (0.05 oz / 1.5g) black pepper
- 2.0 tbsp (1.1 oz / 30g) ghee or duck fat (for frying)

For the Salad Bowl:

- 1 large head Romaine lettuce, chopped (8.8 oz / 250g)
- 1 medium cucumber, peeled and chopped (8.8 oz / 250g)
- 2-3 regular tomatoes, chopped (6.6 oz / 188g)
- 1 large green bell pepper, sliced (5.8 oz / 164g)
- 1 small red onion, chopped (2.1 oz / 60g)

For the Sun-Dried Tomato Dressing:

- 0.5 cup (4.1 oz / 115g) sour cream
- 0.5 cup (3.9 oz / 110g) mayonnaise
- 2.0 tbsp (1.1 oz / 30g) unsweetened tomato paste
- 0.25 cup (1.3 oz / 37g) chopped sun-dried tomatoes
- 2.0 tbsp (0.4 oz / 10g) chopped fresh basil
- 1.0 tbsp (0.5 oz / 15g) fresh lemon juice
- 5.0 tsp (0.9 oz / 25g) olive oil
- 0.1 tsp (0.05 oz / 1g) salt and pepper, to tast

Nutritional Information (Per Recipe)

- **Calories: 2875 kcal**
- **Carbohydrates: 65g**
- **Protein: 141g**
- **Fat: 231g**

Table of Contents

Method

1. In a large mixing bowl, combine all the meatball ingredients: ground chicken, grated Parmesan cheese, egg, minced garlic, lemon zest, Italian herbs, sea salt, and black pepper.
2. Using wet hands to prevent sticking, shape the mixture into 25 small meatballs, weighing approximately 1.0 oz (26g) each.
3. Heat a large skillet coated with the ghee or duck fat over high heat, then reduce the heat to medium and carefully add the meatballs to the pan.
4. Cook the meatballs for about 2 minutes until they form a crispy golden crust on the bottom, then flip them using a fork and cook for another 2 to 3 minutes until fully cooked through, then set aside.
5. Prepare the salad base by placing the chopped Romaine lettuce into a large serving bowl, then top with the prepared cucumber, tomatoes, green bell pepper, and red onion.
6. In a separate small bowl, whisk together the dressing ingredients: sour cream, mayonnaise, tomato paste, sun-dried tomatoes, fresh basil, lemon juice, olive oil, salt, and pepper until smooth.
7. Assemble the final dish by arranging the warm meatballs over the fresh salad, drizzling with approximately 3.0 tbsp (1.5 oz / 45g) of the dressing per serving, and finishing with an extra splash of olive oil if desired.
8. Chef's Storage Tip: The cooked meatballs can be stored in an airtight container in the refrigerator for up to 4 days, or frozen for up to 3 months.

LOW-CARB BEEF TACOS WITH FRESH SALSA

4 servings

30 minutes

Week 4 - Lunch

Ingredients

Tortilla Batter:

- 2 large eggs (3.5 oz / 100g)
- 2 large egg whites (2.1 oz / 60g)
- 0.6 cups (5.3 oz / 150g) cream cheese, softened
- 0.5 tsp (0.1 oz / 3g) salt
- 1.5 tsp (0.14 oz / 4g) ground psyllium husk powder
- 1.0 tbsp (0.28 oz / 8g) coconut flour

Beef Filling:

- 16.0 oz (450g) ground beef, at room temperature
- 2.0 tbsp (1.0 oz / 28g) olive oil
- 2.0 tbsp (0.5 oz / 14g) Tex-Mex seasoning (see below)
- 0.5 cups (4.2 fl oz / 125g) water

Fresh Salsa:

- 2 medium avocados (10.5 oz / 300g), diced
- 1 medium tomato (5.3 oz / 150g), diced
- 2.0 tbsp (1.0 oz / 30g) fresh lemon juice
- 1.0 tbsp (0.5 oz / 14g) olive oil
- 1.0 cup (1.8 oz / 50g) fresh cilantro, chopped
- 0.1 tsp (0.05 oz / 1.5g) salt and pepper, or to taste

For Serving:

- 1.0 cup (3.5 oz / 100g) grated cheese
- 1.0 cup (2.6 oz / 75g) shredded lettuce

Tex-Mex Seasoning Blend:

- 1.0 tbsp (0.25 oz / 7g) chili powder
- 2.0 tsp (0.16 oz / 4.6g) paprika
- 2.0 tsp (0.15 oz / 4.2g) ground cumin
- 1.0 tsp (0.1 oz / 3g) garlic powder
- 1.0 tsp (0.1 oz / 3g) onion powder
- 0.5 tsp (0.05 oz / 1.5g) chili flakes
- 0.5 tsp (0.02 oz / 0.5g) dried oregano
- 0.5 tsp (0.04 oz / 1.2g) ground black pepper
- 0.1 tsp (1 pinch / 0.4g) cinnamon
- 0.1 tsp (1 pinch / 0.4g) ground cloves
- 1.0 tbsp (0.6 oz / 17g) sea salt (optional)

Nutritional Information (Per Recipe)

- **Calories: 2896 kcal**
- **Carbohydrates: 30 g**
- **Protein: 145 g**
- **Fat: 244 g**

Table of Contents

Method

1. Preheat the oven to 390°F (200°C) and prepare two baking sheets by lining them with parchment paper.
2. Using an electric mixer with a whisk attachment, beat the 2 large eggs (3.5 oz / 100g) and 2 large egg whites (2.1 oz / 60g) for a few minutes until they form a fluffy mass.
3. In a separate large bowl, whisk the 0.6 cups (5.3 oz / 150g) softened cream cheese until perfectly smooth.
4. Add the fluffy beaten eggs to the cream cheese and beat them together until they form a smooth, liquid batter.
5. In a small bowl, combine the 0.5 tsp (0.1 oz / 3g) salt, 1.5 tsp (0.14 oz / 4g) psyllium husk powder, and 1.0 tbsp (0.28 oz / 8g) coconut flour.
6. Add this dry flour mixture to the wet batter one spoonful at a time, continuing to beat the mixture thoroughly so no lumps form.
7. Let the batter rest for a few minutes until it becomes thick, then use a spatula to spread it evenly onto the prepared baking sheets into 4 to 6 circles or 2 large rectangles.
8. Bake for approximately 5 minutes or slightly more until the tortillas are lightly browned around the edges, carefully checking the bottom side to ensure it does not burn.
9. Place a large skillet over medium heat, add 2.0 tbsp (1.0 oz / 28g) olive oil, and fry the 16.0 oz (450g) ground beef until fully cooked.
10. Stir 2.0 tbsp (0.5 oz / 14g) of the prepared Tex-Mex seasoning and 0.5 cups (4.2 fl oz / 125g) water into the cooked beef, then let it simmer until most of the liquid has evaporated.
11. Prepare the fresh salsa in a medium bowl by tossing the diced avocados, diced tomato, 2.0 tbsp (1.0 oz / 30g) fresh lemon juice, 1.0 tbsp (0.5 oz / 14g) olive oil, and 1.0 cup (1.8 oz / 50g) chopped fresh cilantro, adding salt and pepper to taste.
12. Serve the hot beef filling inside the baked low-carb tortillas, garnishing with the fresh salsa, 1.0 cup (3.5 oz / 100g) grated cheese, and 1.0 cup (2.6 oz / 75g) shredded lettuce before serving.

CRISPY CHICKEN DRUMSTICKS WITH CREAMY COLESLAW

4 servings

70 minutes

Week 4 - Lunch

Ingredients

<u>For the Crispy Chicken:</u>

- 31.7 oz (900g) chicken drumsticks (skin-on)
- 0.5 cup / 4.2 oz (120g) sour cream
- 2.0 tbsp / 1.0 oz (28g) olive oil (for greasing the pan)
- 2.0 tbsp / 0.5 oz (14g) chicken seasoning
- 1.0 tsp / 0.2 oz (6g) salt
- 5.3 oz (150g) pork rinds
- 1.0 cup / 3.2 oz (90g) unsweetened shredded coconut
- 0.25 cup / 2.0 oz (56g) olive oil (for drizzling)

<u>For the Creamy Coleslaw:</u>

- 15.9 oz (450g) green cabbage
- 1.0 cup / 8.0 oz (225g) mayonnaise
- 0.1 tsp / 0.02 oz (0.5g) salt (or to taste)
- 0.1 tsp / 0.02 oz (0.5g) black pepper (or to taste)

Nutritional Information (Per Recipe)

- **Calories: 5,470 kcal**
- **Protein: 248 g**
- **Fat: 479 g**
- **Carbohydrates: 71 g**

Method

1. Preheat your oven to 350°F (175°C).
2. Mix the marinade in a small bowl by combining 2.0 tbsp / 0.5 oz (14g) chicken seasoning, 1.0 tsp / 0.2 oz (6g) salt, and 0.5 cup / 4.2 oz (120g) sour cream.
3. Place the 31.7 oz (900g) chicken drumsticks into a large, sealable plastic bag (ensure you do not remove the skin for maximum crispiness), pour in the sour cream marinade, seal the bag securely, shake thoroughly to coat, and let it marinate at room temperature for 15 minutes.
4. Remove the marinated drumsticks from the original bag and place them into a new, clean plastic bag.
5. Pulse the 5.3 oz (150g) pork rinds in a high-speed blender until they form fine crumbs, then transfer them to a bowl and stir in the 1.0 cup / 3.2 oz (90g) unsweetened shredded coconut until evenly mixed.
6. Pour this dry crumb mixture into the new bag with the marinated chicken and shake vigorously to ensure every drumstick is thoroughly and evenly coated with the breading.
7. Place the coated drumsticks into a baking dish or roaster lightly greased with 2.0 tbsp / 1.0 oz (28g) olive oil, drizzle the tops of the chicken with the remaining 0.25 cup / 2.0 oz (56g) olive oil, and bake in the preheated oven for 40 to 45 minutes, turning the drumsticks over at the halfway mark to ensure an even, golden crunch.
8. Prepare the coleslaw while the chicken is baking by taking a sharp knife and finely shredding the 15.9 oz (450g) green cabbage.
9. Place the shredded cabbage into a large mixing bowl, add the 1.0 cup / 8.0 oz (225g) mayonnaise, sprinkle in 0.1 tsp / 0.02 oz (0.5g) of salt and pepper, and toss everything together until the cabbage is completely coated.
10. Let the coleslaw rest at room temperature for 10 minutes to allow the flavors to meld perfectly before serving it alongside your hot, crispy chicken drumsticks.

BACON-WRAPPED PORK TENDERLOIN WITH ROASTED GARLIC CAULIFLOWER PURÉE

4 servings

70 minutes

Week 4 - Dinner

Ingredients

Pork Tenderloin & Sauce:

- 21 oz (600g) pork tenderloin
- 7 oz (200g) bacon slices
- 0.5 tsp (0.1 oz / 2g) black pepper
- 1 tbsp (0.5 oz / 14g) butter
- 1 tbsp (0.5 oz / 15ml) olive oil
- 0.4 cups (3.5 oz / 100g) cream cheese, softened
- 1 clove garlic, minced
- 2 tbsp (1 oz / 30g) sun-dried tomatoes in oil, chopped (optional)
- 2 tbsp (0.1 oz / 3g) fresh sage, chopped (or substitute with other herbs)
- 0.75 cups (6 oz / 175ml) heavy whipping cream
- Salt and pepper to taste

Roasted Garlic Cauliflower Purée:

- 1 tbsp (0.5 oz / 15ml) olive oil
- 1 whole head of garlic
- 0.5 tsp (0.1 oz / 3g) sea salt
- 16 oz (450g) cauliflower florets
- 0.5 cups (4 oz / 110g) butter
- Salt and pepper to taste

Nutritional Information (Per Recipe)

- **Calories: 4004 kcal**
- **Carbohydrates: 51g**
- **Protein: 177g**
- **Fat: 355g**

Table of Contents

Method

1. Preheat your oven to 435°F (225°C) to begin roasting the garlic for the purée. Break the 1 whole head of garlic into individual cloves while keeping their skins intact, place them in a baking dish, drizzle with 1 tbsp (0.5 oz / 15ml) olive oil, sprinkle with 0.5 tsp (0.1 oz / 3g) sea salt, and roast for approximately 20 minutes until golden and soft, then remove and set aside to cool.
2. Lower the oven temperature to 350°F (175°C) to prepare for baking the pork tenderloin.
3. While the garlic cools, prepare the filling for the pork by mixing 0.4 cups (3.5 oz / 100g) cream cheese, 2 tbsp (1 oz / 30g) chopped sun-dried tomatoes, 1 minced garlic clove, and 2 tbsp (0.1 oz / 3g) chopped fresh sage together in a small bowl.
4. Wash the 21 oz (600g) pork tenderloin, pat it completely dry with paper towels, season it with 0.5 tsp (0.1 oz / 2g) black pepper, and carefully slice it lengthwise down the middle to create a deep pocket for the stuffing.
5. Spoon the prepared cream cheese filling into the pocket, press the sides of the pork firmly together to enclose the stuffing, and tightly wrap the entire tenderloin with the 7 oz (200g) of bacon slices to hold everything securely in place.
6. Heat 1 tbsp (0.5 oz / 15ml) olive oil and 1 tbsp (0.5 oz / 14g) butter in an oven-safe skillet over medium-high heat, and sear the bacon-wrapped pork until it is beautifully golden brown and crispy on all sides.
7. Transfer the skillet (or place the pork in a baking dish) into the preheated 350°F (175°C) oven and bake for about 20 minutes, or until the pork is thoroughly cooked inside, then remove it from the oven, wrap it loosely in aluminum foil, and let it rest.
8. While the pork is resting, finish the purée by boiling the 16 oz (450g) of cauliflower florets in lightly salted water until tender but not mushy, then drain the boiling water and gently press the cauliflower to squeeze out any excess moisture.
9. Peel the cooled, roasted garlic cloves and place them into a food processor or blender along with the cooked cauliflower and 0.5 cups (4 oz / 110g) butter, blending until completely smooth and creamy, then season to taste with salt and pepper.
10. To create the sauce, pour the leftover meat juices from the baking dish into a saucepan, whisk in the 0.75 cups (6 oz / 175ml) heavy whipping cream along with any leftover cream cheese filling, bring to a gentle boil, and let it simmer for a few minutes until beautifully thickened, seasoning with salt and pepper.
11. Slice the rested pork tenderloin diagonally into beautiful medallions, and serve them warm alongside a generous scoop of the roasted garlic cauliflower purée, drizzled with the rich pan sauce.

CABBAGE AND GROUND BEEF SKILLET

4 servings

40 minutes

Week 4 - Lunch

Ingredients

- 26.5 oz (750g) green cabbage, shredded (approx. 8.0 cups)
- 5.3 oz (150g) butter, divided (approx. 10.6 tbsp.)
- 21.2 oz (600g) ground beef
- 0.17 oz (5g) salt (approx. 1.0 tsp.)
- 0.1 oz (3g) garlic powder (approx. 1.0 tsp.)
- 0.04 oz (1g) black pepper (approx. 0.25 tsp.)
- 0.5 oz (15g) white wine vinegar (approx. 1.0 tbsp.)
- 0.56 oz (16g) tomato paste (approx. 1.0 tbsp.)
- 0.2 oz (6g) garlic, minced (approx. 1.0 tsp. / 2 cloves)
- 3.2 oz (90g) onion, thinly sliced (approx. 0.5 cups)
- 0.35 oz (10g) fresh basil, chopped (approx. 0.5 cups)
- 7.0 oz (200g) sour cream or mayonnaise (approx. 0.85 cups)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 2850 kcal**
- **Carbs: 55 g**
- **Protein: 115 g**
- **Fat: 245 g**

Method

1. Chop and measure out 26.5 oz (750g) of green cabbage. In a large skillet, melt half of the 5.3 oz (150g) butter over medium heat and fry the cabbage for about 10 minutes, or until it becomes soft.
2. Add 0.5 oz (15g) white wine vinegar, 0.17 oz (5g) salt, 0.1 oz (3g) garlic powder, and 0.04 oz (1g) black pepper to the skillet. Stir everything thoroughly and fry for another 2 to 3 minutes, then transfer the cooked cabbage into a separate bowl.
3. In the same skillet, heat the remaining half of the 5.3 oz (150g) butter over medium heat.
4. Add the 0.2 oz (6g) minced garlic and 3.2 oz (90g) thinly sliced onion to the pan, sautéing for about 1 minute until fragrant.
5. Add the 21.2 oz (600g) ground beef to the skillet and continue to fry until the meat is fully cooked, ensuring that most of the liquid has evaporated.
6. Stir in 0.56 oz (16g) tomato paste and mix it well with the ground beef.
7. Reduce the heat slightly, then return the cooked cabbage to the skillet along with 0.35 oz (10g) freshly chopped basil. Mix everything together until it is well combined and heated through.
8. Adjust any final seasonings to taste and serve hot, topped with a generous dollop from the 7.0 oz (200g) of sour cream or mayonnaise. Enjoy!

CREAMY LOW-CARB CHICKEN, OLIVE, AND CHEESE CASSEROLE

4 servings

55 minutes

Week 4 - Dinner

Ingredients

For the Chicken Bake:

- Chicken: 22.9 oz (650g) boneless chicken breasts
- Seasoning: 0.1 oz (3g) sea salt and ground black pepper
- Frying Fat: 2 tbsp (1.0 oz / 28g) butter or coconut oil
- Base Sauce: 1.25 cups (10.1 fl oz / 300ml) heavy whipping cream
- Olives: 0.5 cups (2.5 oz / 70g) pitted olives
- Cheese: 0.75 cups (3.5 oz / 100g) cheese (feta, mozzarella, goat cheese, or suluguni), cubed
- Aromatics: 1 clove garlic, finely chopped

For the Mint-Arugula Pesto (yields 6.6 oz / 188g total; you will use 5 tbsp / 2.6 oz / 75g for the bake):

- Greens: 3 cups (3.2 oz / 90g) arugula or mixed salad leaves
- Herbs: 1 cup (1.0 oz / 28g) fresh mint
- Cheese: 0.5 cups (2.0 oz / 56g) hard cheese
- Nuts: 0.25 cups (1.1 oz / 30g) walnuts
- Garlic: 2 cloves garlic
- Acid: 2 tbsp (1.0 fl oz / 30ml) lemon juice
- Seasoning: 0.25 tsp (0.1 oz / 1.5g) sea salt or pink Himalayan salt

For the Side Salad:

- Base: 5 cups (5.3 oz / 150g) leafy greens
- Dressing: 4 tbsp (2.0 fl oz / 60ml) olive oil
- Seasoning: 0.1 oz (3g) sea salt and ground black pepper to taste

Nutritional Information (Per Recipe)

- **Calories: 3334 kcal**
- **Carbs: 27g**
- **Protein: 234g**
- **Fat: 252g**

Table of Contents

Method

1. Preheat your oven to 392°F (200°C). Cut the 22.9 oz (650g) of boneless chicken breasts into bite-sized pieces and season them evenly with the salt and pepper.
2. Add the 2 tbsp (1.0 oz / 28g) of butter or coconut oil to a large skillet and heat over medium heat, frying the chicken pieces in batches until they achieve a golden-brown color.
3. Prepare the pesto by combining the 3 cups (3.2 oz / 90g) arugula, 1 cup (1.0 oz / 28g) fresh mint, 0.5 cups (2.0 oz / 56g) hard cheese, 0.25 cups (1.1 oz / 30g) walnuts, 2 cloves of garlic, 2 tbsp (1.0 fl oz / 30ml) lemon juice, and 0.25 tsp (0.1 oz / 1.5g) salt in a food processor, blending until smooth.
4. In a medium mixing bowl, whisk together exactly 5 tbsp (2.6 oz / 75g) of your freshly made pesto with the 1.25 cups (10.1 fl oz / 300ml) of heavy whipping cream.
5. Transfer the golden fried chicken pieces into a baking dish, distributing the 0.5 cups (2.5 oz / 70g) pitted olives, 0.75 cups (3.5 oz / 100g) cubed cheese, and 1 finely chopped garlic clove evenly among the chicken.
6. Pour the creamy pesto mixture directly over the chicken and cheese in the baking dish, ensuring all the ingredients are well coated.
7. Bake in the preheated oven for 20 to 30 minutes, or until the edges of the casserole are bubbling and turn a rich golden-brown color.
8. Serve the hot casserole alongside a fresh side salad made from the 5 cups (5.3 oz / 150g) of leafy greens tossed with 4 tbsp (2.0 fl oz / 60ml) olive oil, sea salt, and ground black pepper.

CREAMY BAKED WHITE FISH & BROCCOLI CASSEROLE

4 servings

42 minutes

Week 4 - Dinner

Ingredients

For the Casserole:

- 2 tbsp (1 oz / 28g) olive oil
- 5 cups (16 oz / 450g) broccoli, cut into small florets
- 0.5 cup (1.8 oz / 50g) small scallions (about 6 small onions), finely chopped
- 2 tbsp (1 oz / 28g) small capers (or olives, if preferred)
- 2 tbsp (1 oz / 30g) butter, for greasing the baking dish
- 24.7 oz (700g) firm white fish fillets (like cod or halibut), cut into bite-sized pieces
- 1.25 cups (10.5 oz / 300g) heavy whipping cream
- 1 tbsp (0.5 oz / 15g) Dijon mustard
- 1 tsp (0.2 oz / 6g) salt
- 0.25 tsp (0.02 oz / 0.7g) ground black pepper
- 1 tbsp (0.1 oz / 3g) dried parsley
- 6 tbsp (3.2 oz / 90g) butter, cut into small cubes

For Serving:

- 5.3 oz (150g) fresh mixed leafy greens

Nutritional Information (Per Recipe)

- **Calories: 2917 kcal**
- **Carbohydrates: 49 g**
- **Protein: 152 g**
- **Fat: 241 g**

Method

1. Preheat your oven to 400°F (200°C) and generously grease a medium baking dish using the 2 tbsp (1 oz / 30g) of butter.
2. Heat the 2 tbsp (1 oz / 28g) of olive oil in a large skillet over medium heat, add the 5 cups (16 oz / 450g) of broccoli florets, and fry for 5 minutes until they become golden and tender.
3. Season the cooked broccoli with the 1 tsp (0.2 oz / 6g) of salt and 0.25 tsp (0.02 oz / 0.7g) of ground black pepper.
4. Stir the chopped scallions and 2 tbsp (1 oz / 28g) of capers into the skillet, sauté for an additional 1 to 2 minutes to release their flavors, and then transfer the entire vegetable mixture into your prepared baking dish.
5. Nestle the 24.7 oz (700g) of white fish pieces evenly among the cooked vegetables in the dish.
6. In a small mixing bowl, whisk together the 1.25 cups (10.5 oz / 300g) of heavy whipping cream, 1 tbsp (0.5 oz / 15g) of Dijon mustard, and 1 tbsp (0.1 oz / 3g) of dried parsley until smooth, then pour this creamy sauce evenly over the fish and vegetables.
7. Scatter the 6 tbsp (3.2 oz / 90g) of cubed butter over the top of the casserole to ensure a rich, golden finish.
8. Bake in the preheated oven for 20 minutes, or until the sauce is bubbly and the fish is completely cooked through and flakes easily with a fork.
9. Serve the casserole hot, exactly as it is, or plated alongside the 5.3 oz (150g) of crisp, juicy leafy greens for a fresh contrast. Enjoy your meal!

CREAMY CHICKEN LIVER WITH MUSHROOM SAUCE & BROCCOLI PUREE

2 servings

35 minutes

Week 4 - Dinner

Ingredients

For the Chicken Liver & Mushroom Sauce:

- 14 oz (400g) chicken livers, cleaned
- 2.6 oz (75g) smoked pork belly or bacon, diced
- 2.6 oz (75g) mushrooms, quartered (about 1 cup)
- 1.4 oz (40g) onion, finely chopped (about 0.25 cup)
- 4 oz (120g) heavy cream (about 0.5 cup)
- 0.1 oz (3g) fresh parsley, chopped (about 1 tbsp)
- 0.1 oz (3g) salt, or to taste (about 0.5 tsp)
- 0.1 oz (2g) black pepper, or to taste (about 0.5 tsp)

For the Broccoli Puree:

- 11.5 oz (325g) broccoli florets (about 3 cups)
- 0.7 oz (20g) butter (about 1.5 tbsp)
- 1.4 oz (40g) cream cheese (about 2.5 tbsp)
- 0.1 oz (3g) salt, or to taste (about 0.5 tsp)
- 0.1 oz (2g) black pepper, or to taste (about 0.5 tsp)

Nutritional Information (Per Recipe)

- **Calories: 1815 kcal**
- **Carbs: 36 g**
- **Protein: 124 g**
- **Fat: 131 g**

Table of Contents

Method

1. Dice the smoked pork belly or bacon into small pieces and fry in a large skillet over medium heat until crispy and fully cooked, making sure to preserve the rendered fat in the pan.
2. Finely chop the onion and quarter the mushrooms, then add them to the skillet with the hot bacon fat and sauté until softened and golden brown.
3. Remove the cooked bacon, onions, and mushrooms from the pan and set them aside on a plate.
4. In the same skillet, add a little extra butter or cooking oil if needed, and sear the chicken livers for a few minutes on each side until beautifully browned on the outside but slightly pink and tender on the inside.
5. Return the set-aside bacon, onions, and mushrooms to the skillet with the cooked chicken livers.
6. Pour in the heavy cream, stir everything together well, and let it simmer gently until the sauce thickens and the ingredients are completely heated through.
7. Prepare the puree by cutting the broccoli into small florets and boiling them in lightly salted water until fork-tender.
8. Drain the water completely, then blend or thoroughly mash the broccoli together with the butter and cream cheese until smooth and creamy.
9. Season the puree with salt and black pepper to taste.
10. Plate the warm broccoli puree and top or serve alongside the creamy chicken liver and mushroom sauce, finishing with a sprinkle of fresh chopped parsley.

KETO-FRIENDLY COCONUT FLOUR MINI PIZZAS

5 servings

30 minutes

Week 4 - Dinner

Ingredients

For the Crust:

- 3 large eggs (approx. 5.3 oz / 150g)
- 0.33 cup (2.8 oz / 80g) mayonnaise
- 3 tbsp (0.7 oz / 20g) coconut flour
- 1 tsp (0.17 oz / 5g) baking powder
- 0.5 tsp (0.1 oz / 3g) regular salt
- 0.5 tsp (0.05 oz / 1.5g) onion powder
- 1 tbsp (0.5 oz / 14g) olive oil (for frying)

For the Topping:

- 0.5 cup or 8 tbsp (4.5 oz / 130g) tomato paste OR cream cheese
- 2 cups (8 oz / 225g) grated cheese (mozzarella or your favorite melting cheese)
- 1 tbsp (0.5 oz / 14g) olive oil (for drizzling)
- 1 tsp (0.2 oz / 6g) sea salt
- 0.25 tsp (0.02 oz / 0.5g) ground black pepper
- 12 pieces of olives, shrimp, or cherry tomatoes (or toppings of your choice)
- Dried basil or oregano to taste

Nutritional Information (Per Recipe)

- **Calories: 2060 kcal**
- **Carbohydrates: 49 g**
- **Protein: 84 g**
- **Fat: 170 g**

Table of Contents

Method

1. In a medium mixing bowl, whisk together the 3 large eggs and 0.33 cup (2.8 oz / 80g) of mayonnaise until completely smooth.
2. In a separate small bowl, combine your dry ingredients: 3 tbsp (0.7 oz / 20g) coconut flour, 1 tsp (0.17 oz / 5g) baking powder, 0.5 tsp (0.1 oz / 3g) salt, and 0.5 tsp (0.05 oz / 1.5g) onion powder.
3. Add the dry ingredient mixture to the wet egg and mayonnaise mixture, stirring well until you have a smooth batter, and then let it rest for 2 to 3 minutes so the coconut flour can absorb the moisture and thicken.
4. Heat a skillet over medium heat and add 1 tbsp (0.5 oz / 14g) of olive oil to coat the bottom.
5. Spoon the batter into the hot pan to form 8 to 10 small crusts, making each about 3 inches (8 cm) in diameter.
6. Fry the crusts for approximately 1 minute per side until they achieve a nice golden-brown color, cooking in batches if necessary.
7. Transfer the cooked crusts to a baking sheet lined with parchment paper and preheat your oven to 390°F (200°C).
8. Spread 0.5 cup (4.5 oz / 130g) of tomato paste or cream cheese evenly across the baked crusts, depending on whether you want a classic red pizza or a rich white pizza.
9. Add your 12 pieces of preferred toppings, such as olives, shrimp, or cherry tomatoes, distributing them evenly across the mini crusts.
10. Sprinkle the pizzas with 1 tsp (0.2 oz / 6g) sea salt, 0.25 tsp (0.02 oz / 0.5g) ground black pepper, and your preferred amount of dried basil or oregano.
11. Top the pizzas evenly with the 2 cups (8 oz / 225g) of grated cheese and drizzle the remaining 1 tbsp (0.5 oz / 14g) of olive oil over the top for extra richness and crispiness.
12. Bake in the preheated oven for 5 to 10 minutes, or until the cheese is beautifully melted, bubbly, and has developed a nice golden color.

Enjoy!

KETO ZUCCHINI PASTA CARBONARA

2 servings

25 minutes

Week 4 - Dinner

Ingredients

- 3.4 fl oz (100 ml / 0.4 cups) heavy cream
- 0.25 oz (7 g / 0.5 tbsp) butter
- 3.5 oz (100 g / 0.5 cups) bacon, chopped
- 0.35 oz (10 g / 0.7 tbsp) mayonnaise
- Salt and freshly ground black pepper (to taste)
- 14.1 oz (400 g / approx. 2 medium) zucchini
- 1.3 oz (36 g / from 2 large eggs) egg yolks
- 1.4 oz (40 g / 0.4 cups) grated Parmesan cheese (plus extra for serving)

Nutritional Information (Per Recipe)

- **Calories: 1246 kcal**
- **Carbs: 18 g**
- **Protein: 72 g**
- **Fat: 98 g**

Table of Contents

Method

1. In a saucepan, bring the 3.4 fl oz (100 ml / 0.4 cups) of heavy cream to a gentle boil over medium heat, allowing it to simmer for a few minutes until the liquid reduces by a quarter.
2. In a large skillet, melt the 0.25 oz (7 g / 0.5 tbsp) of butter over medium heat, then add the 3.5 oz (100 g) of chopped bacon and fry until crispy.
3. Remove the crispy bacon from the pan and set it aside, keeping the rendered bacon fat warm in the skillet over low heat.
4. Whisk the 0.35 oz (10 g / 0.7 tbsp) of mayonnaise into the reduced heavy cream, season with salt and pepper to taste, and simmer on low heat until thoroughly warmed, stirring occasionally.
5. Slice the 14.1 oz (400 g) of zucchini into thin, noodle-like strips using a spiralizer, julienne peeler, or standard potato peeler.
6. Cook the zucchini noodles either by microwaving them for 3 to 5 minutes or by blanching them in boiling water for exactly 30 seconds, then drain off any excess moisture.
7. In a small mixing bowl, vigorously whisk together the 2 egg yolks, the cooked crispy bacon, and the 1.4 oz (40 g / 0.4 cups) of grated Parmesan cheese.
8. Transfer the drained zucchini noodles to the skillet with the warm bacon fat, pour in the warm cream sauce, and gently toss to coat.
9. Verify that the noodle mixture is slightly warm but not boiling hot (to prevent the eggs from scrambling), then swiftly stir in the egg, bacon, and cheese mixture until a glossy, thick sauce forms.
10. Plate the carbonara immediately and garnish the top with additional grated Parmesan cheese before serving.

SLOW-ROASTED PORK SHOULDER WITH CREAMY PAN SAUCE

2 servings

540 minutes

Week 4 - Dinner

Ingredients

- Pork Shoulder: 31.7 oz (900g)
- Salt: 0.5 tbsp (7.5g)
- Bay Leaf: 1 leaf (0.1 oz / 1g)
- Black Peppercorns: 5 peppercorns (0.1 oz / 1g)
- Water: 2.5 cups (20.3 oz / 600g)
- Dried Thyme or Rosemary: 2.0 tsp (0.1 oz / 2g)
- Garlic: 2 cloves (0.2 oz / 6g)
- Fresh Ginger: 1.4 oz (40g)
- Olive or Coconut Oil: 1.0 tbsp (0.5 oz / 15g)
- Paprika: 1.0 tbsp (0.2 oz / 7g)
- Ground Black Pepper: 0.5 tsp (0.1 oz / 1g)
- Heavy Whipping Cream: 1.5 cups (11.8 oz / 350g)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 3458 kcal**
- **Carbs: 15g**
- **Protein: 152g**
- **Fat: 310g**

Method

1. Preheat your oven to a low heat of 210°F (100°C) to ensure the 31.7 oz (900g) pork shoulder will slow-roast perfectly without drying out.
2. Place the meat into a deep baking dish, season it evenly with 0.5 tbsp (7.5g) salt, and pour in 2.5 cups (20.3 oz / 600g) of water, ensuring the liquid covers about one-third of the pork, before adding 1 bay leaf (0.1 oz / 1g), 5 black peppercorns (0.1 oz / 1g), and 2.0 tsp (0.1 oz / 2g) of dried thyme or rosemary.
3. Cover the baking dish tightly with aluminum foil and roast in the oven for 7 to 8 hours (alternatively, if using a slow cooker, follow step 2 but use only 1.0 cup (8.1 oz / 240g) of water and cook for 8 hours on low or 4 hours on high).
4. Remove the fully cooked pork from the baking dish and transfer it to a separate platter or pot, making sure to carefully strain and reserve all the meat juices in a saucepan to build the base of your creamy sauce.
5. Increase the oven temperature to 430°F (220°C).
6. Mince the 2 garlic cloves (0.2 oz / 6g) and 1.4 oz (40g) of fresh ginger in a small bowl, then mix them with 1.0 tbsp (0.5 oz / 15g) olive or coconut oil, 1.0 tbsp (0.2 oz / 7g) paprika, and 0.5 tsp (0.1 oz / 1g) ground black pepper until it forms a fragrant paste.
7. Rub the meat thoroughly with this garlic, ginger, and spice mixture to create an incredibly flavorful crust.
8. Return the seasoned pork to the baking dish and bake uncovered for 10 to 15 minutes to crisp the outside edges.
9. Prepare the sauce by boiling the strained meat juices in the saucepan to reduce the volume by half, yielding roughly 1.0 cup (8.1 oz / 240g) of concentrated broth.
10. Pour 1.5 cups (11.8 oz / 350g) of heavy whipping cream into the reduced broth, bring the mixture to a rapid boil, then immediately reduce the heat and let it simmer on low for about 20 minutes until the sauce reaches your desired thickness.
11. Slice the roasted meat into thin portions and serve immediately alongside the rich creamy sauce and your favorite choice of side dish.

LEMON CAPER PORK SCALLOPINI (PORK MEDALLIONS)

4 servings

22 minutes

Week 4 - Dinner

Ingredients

- 23 oz (650g) boneless pork chops, thinly sliced
- 0.1 tsp (0.02 oz / 0.5g) sea salt, or to taste
- 0.1 tsp (0.02 oz / 0.5g) ground black pepper, or to taste
- 1 tbsp (0.5 oz / 15g) olive oil
- 3 tbsp (1.5 oz / 45g) cooking oil or butter
- 2 tbsp (1 oz / 28g) capers or green olives
- 1 cup (8 oz / 225g) chicken broth
- 2 tbsp (1 oz / 30g) lemon juice
- 1 cup (5 oz / 140g) cherry tomatoes (approx. 20 tomatoes)
- 2 tbsp (0.1 oz / 3g) fresh parsley, chopped

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1818 kcal**
- **Carbohydrates: 10g**
- **Protein: 139g**
- **Fat: 140g**

Method

1. Season the pork chops generously on both sides with the sea salt and ground black pepper.
2. Heat the olive oil in a large skillet or pan over medium heat.
3. Add the seasoned pork to the skillet and cook until it is nicely browned on both sides and cooked completely through, which will take about 2 minutes per side.
4. Remove the pork from the pan, transfer it to a plate, and cover it to keep it warm.
5. In the exact same skillet, add your cooking oil (or butter) along with the capers, cooking briefly just until they are hot.
6. Pour the chicken broth and lemon juice into the skillet, using a rubber spatula to gently scrape and mix all the delicious browned bits stuck to the bottom of the pan.
7. Increase the stove heat to bring the liquid to a boil, allowing the sauce to reduce by half.
8. Reduce the heat back down to medium and toss the cherry tomatoes into the pan, cooking until they become soft and tender, about 3 minutes.
9. Pour the finished, reduced pan sauce and warm tomatoes directly over your plated pork, then garnish with the freshly chopped parsley before serving.

STUFFED CHICKEN BREAST WITH ZUCCHINI PASTA

4 servings

45 minutes

Week 4 - Dinner

Ingredients

<u>For the Stuffed Chicken:</u>

- 4 boneless, skinless chicken breasts (approx. 24 oz / 680g)
- 5.3 oz (150g / approx. 5 cups) fresh spinach
- 7.1 oz (200g / approx. 0.8 cups) ricotta cheese (or goat cheese, mozzarella, etc.)
- 3.5 oz (100g / approx. 1 cup) grated cheese, divided
- 3.5 oz (100g / approx. 7 tbsp) butter
- Salt and black pepper to taste

<u>For the Zucchini Pasta & Tomato Sauce:</u>

- 2 small zucchini (approx. 10.5 oz / 300g)
- 2.1 oz (60g / approx. 4.2 tbsp) butter
- 1 shallot, finely chopped
- 2 cloves garlic, minced
- 0.5 tbsp (0.25 oz / 7.5g) red wine vinegar (optional)
- 2 tbsp (1.1 oz / 30g) tomato paste
- 1.7 cups (14.1 oz / 400g) crushed tomatoes
- 0.5 tsp (0.1 oz / 3g) salt
- 1 tsp (0.03 oz / 1g) dried basil
- 1 tsp (0.03 oz / 1g) dried oregano
- Black pepper to taste

Nutritional Information (Per Recipe)

- **Calories: 3185 kcal**
- **Carbohydrates: 65 g**
- **Protein: 274 g**
- **Fat: 204 g**

Method

1. Preheat the oven to 400°F (200°C) and lightly grease a baking dish.
2. Sauté the 5.3 oz (150g) of fresh spinach in a pan over medium heat until completely wilted, then season with salt and pepper, and mix thoroughly in a bowl with the 7.1 oz (200g) of ricotta cheese.
3. Slice the 4 chicken breasts lengthwise to create a pocket, being careful not to cut all the way through, and place them into your prepared baking dish.
4. Stuff each chicken breast generously with the ricotta and spinach mixture, sprinkle the tops with half of the 3.5 oz (100g) of grated cheese, and place small dollops of the 3.5 oz (100g) of butter over the chicken.
5. Bake in the preheated oven for 20 to 30 minutes until the chicken is fully cooked through.
6. Prepare the sauce while the chicken bakes by melting the 2.1 oz (60g) of butter in a saucepan over medium heat, then sautéing the 1 minced shallot and 2 minced garlic cloves until soft but not browned.
7. Stir in the 2 tbsp (30g) of tomato paste, 0.5 tbsp (7.5g) of red wine vinegar, and 1.7 cups (400g) of crushed tomatoes, bringing the mixture to a gentle boil.
8. Add the 1 tsp (1g) of dried basil and 1 tsp (1g) of dried oregano, reduce the heat, and let the sauce simmer for at least 15 minutes, adding 0.5 tsp (3g) of salt and black pepper to taste.
9. Pour the delicious roasting juices from the baked chicken dish directly into the simmering tomato sauce for an incredible depth of flavor.
10. Use a sharp knife, julienne peeler, or spiralizer to cut the 2 small zucchini into long, thin vegetable noodles.
11. Toss the raw zucchini noodles directly into the hot, spicy tomato sauce just before plating to gently warm them without making them mushy.
12. Serve the warm zucchini pasta immediately alongside the hot stuffed chicken breasts, garnished with the remaining grated cheese.

KETO ARGENTINE ALFAJORES (CARAMEL SANDWICH COOKIES)

6 servings

90 minutes

Dessert

Ingredients

For the Cookies:

- 7 tbsp (3.5 oz / 100g) butter, softened
- 0.25 cup (1.8 oz / 50g) erythritol
- 1 tsp (0.17 fl oz / 5ml) vanilla extract
- 1 pinch salt
- 2.5 cups (8.8 oz / 250g) fine almond flour

For the Sugar-Free Caramel:

- 2 tbsp (1.0 oz / 28g) butter or ghee
- 0.3 cup (2.5 fl oz / 75ml) heavy cream
- 0.5 cup (3.5 oz / 100g) erythritol

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 2650 kcal**
- **Carbohydrates: 55g**
- **Protein: 53g**
- **Fat: 250g**

Method

1. In a large bowl, whisk together 7 tbsp (3.5 oz / 100g) of softened butter and 0.25 cup (1.8 oz / 50g) of erythritol until perfectly smooth. Add 1 tsp (5ml) of vanilla extract and 1 pinch of salt, whisking to combine. Fold in 2.5 cups (8.8 oz / 250g) of fine almond flour and mix until a uniform dough forms, using a rubber spatula to smooth it out. Transfer the dough onto a sheet of parchment paper and roll it tightly into a log shape. Wrap it up and let it chill in the refrigerator for 1 hour. Meanwhile, let's prepare the caramel!
2. In a small saucepan or skillet over medium heat, melt 2 tbsp (1.0 oz / 28g) of butter or ghee until it begins to turn a nutty brown color. Pour in 0.3 cup (2.5 fl oz / 75ml) of heavy cream and 0.5 cup (3.5 oz / 100g) of erythritol, bringing the mixture to a gentle boil. Reduce the heat to medium-low and stir occasionally until the sweetener fully dissolves and the liquid turns thick and delightfully sticky.
3. Remove the pan from the heat and carefully pour the caramel into a glass jar to cool at room temperature. Be sure to stir it every few minutes to maintain a smooth, spreadable texture.
4. If your caramel does not thicken quite enough to spread easily onto the cookies as it cools, simply stir in a little extra butter until you reach the desired consistency!
5. Preheat your oven to 320°F (160°C). Line a standard baking sheet with parchment paper. Take your chilled dough log out of the fridge, slice it thinly, and carefully place each piece onto the baking sheet. Use your fingers to gently shape them into perfect circles with even, smooth edges. You need exactly 12 individual cookies so you have an even number for making sandwiches. Leave a 1.2 to 2.0 inch (3 to 5 cm) gap between each cookie and bake for 15 minutes, or until the edges turn a lovely golden brown. Remove from the oven and let them cool completely. Once the cookies reach room temperature, flip half of them over.
6. Spoon 1 tbsp (0.5 oz / 15g) of your homemade caramel onto the center of the flipped cookies. Place a second cookie on top to create a beautiful alfajor sandwich, pressing down gently so the caramel flattens slightly and peeks out between the layers.

SUGAR-FREE KETO VANILLA MERINGUE COOKIES

12 servings

70 minutes

Dessert

Ingredients

- 4 large egg whites (approx. 4.2 oz / 120g)
- 1 pinch salt (approx. 0.03 oz / 1g)
- 1 tsp (0.17 fl oz / 5ml) vanilla extract
- 0.75 cups (4.2 oz / 120g) powdered erythritol

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 75 kcal**
- **Carbs: 122g**
- **Protein: 14.5g**
- **Fat: 0.2**

Method

1. Preheat the oven to 200°F (95°C) and line a large baking sheet with high-quality parchment paper.
2. Beat the 4 large egg whites (4.2 oz / 120g) in a perfectly clean glass or metal bowl using an electric mixer until soft white peaks form, then lower the speed to medium and gently mix in the 1 pinch of salt and 1 tsp (5ml) vanilla extract.
3. Add the 0.75 cups (4.2 oz / 120g) of powdered erythritol very gradually, exactly 1 tbsp at a time, making sure to stop the mixer one or two times to scrape down the sides of the bowl with a silicone spatula so everything is fully incorporated.
4. Increase the mixer speed back up to medium-high and continue whipping the mixture until stiff, glossy white peaks form that hold their shape firmly when you lift the beaters.
5. Portion the meringue mixture onto your prepared baking sheet by either dropping it by the spoonful or piping it using a pastry bag (or a plastic zip-top bag with the corner snipped off) for a more professional bakery look.
6. Pipe exactly 24 individual puffs, spacing them slightly apart, and bake in the preheated oven for 50 to 55 minutes until they are entirely firm to the touch and slightly golden, but not overly browned.
7. Remove the baking sheet from the oven and allow the meringues to cool completely to room temperature so they crisp up before you enjoy them.

KETO ALMOND FLOUR RASPBERRY SPONGE CAKE

8 servings

75 minutes

Dessert

Ingredients

<u>For the Cake:</u>

- Almond flour: 1.25 cups (4.4 oz / 125 g)
- Erythritol (or to taste): 0.75 cups (5.3 oz / 150 g)
- Baking powder: 1 tsp (0.14 oz / 4 g)
- Salt: 0.25 tsp (0.05 oz / 1.5 g)
- Large eggs: 4 (7.1 oz / 200 g)
- Cream cheese, softened: 7 tbsp (3.5 oz / 100 g)
- Butter, softened: 4 tbsp (2.0 oz / 57 g)
- Vanilla extract: 1 tsp (0.17 oz / 5 g)

<u>For the Filling:</u>

- Heavy whipping cream (or additional cream cheese): 1 cup (8.5 oz / 240 g)
- Powdered erythritol: 2 tbsp (0.7 oz / 20 g)
- Raspberries (or other berries), softened/muddled: 0.5 cups (2.1 oz / 60 g)

Nutritional Information (Per Recipe)

- **Calories: 2620 kcal**
- **Carbohydrates: 45 g**
- **Protein: 66 g**
- **Fat: 251 g**

Method

1. Preheat your oven to 170°C (340°F) if using a convection/fan oven, or 190°C (375°F) for a conventional oven. In a large bowl, cream together the erythritol, softened butter, and softened cream cheese until smooth and fluffy.
2. Reduce the mixer speed to low and add the eggs one at a time, making sure to beat the mixture well after each addition. Stir in the vanilla extract.
3. In a separate, smaller bowl, whisk together the dry ingredients: almond flour, baking powder, and salt. Gradually add these dry ingredients to your wet mixture, beating continuously until a smooth batter forms.
4. Grease two small, round baking pans and divide the batter evenly between them. Place them in the preheated oven and bake for 45 to 60 minutes, or until a toothpick inserted into the center comes out clean.
5. Once fully baked, remove the cakes from the oven and let them cool completely. Carefully cut the cakes in half horizontally to create layers. Whip the heavy cream with the powdered erythritol until stiff peaks form, spread the whipped cream and softened raspberries onto the bottom layers, and gently cover with the top layers before serving.

KETO CREAM CHEESE PANCAKES WITH BERRIES AND WHIPPED CREAM

2 servings

25 minutes

Dessert

Ingredients

- Fresh Berries: 0.7 cups / 3.5 oz (100g) fresh raspberries, blueberries, or strawberries (or to taste)
- Heavy Cream: 1 cup / 7.6 fl oz (225ml) heavy whipping cream
- Eggs: 4 large eggs
- Cream Cheese: 14 tbsp / 7.1 oz (200g) full-fat cream cheese, softened
- Psyllium Husk: 1 tbsp / 0.28 oz (8g) ground psyllium husk powder
- Cooking Fat: 3.5 tbsp / 1.7 oz (50g) butter or coconut oil

Nutritional Information (Per Recipe)

- **Calories: 2,150 kcal**
- **Carbohydrates: 40 g**
- **Protein: 42 g**
- **Fat: 208 g**

Table of Contents

Method

1. Add the 4 eggs, 14 tbsp / 7.1 oz (200g) of cream cheese, and 1 tbsp / 0.28 oz (8g) of ground psyllium husk into a medium-sized bowl and whisk together until a smooth batter forms. Let the mixture sit for 5 to 10 minutes so the psyllium can absorb the moisture and slightly thicken the batter.
2. Heat the 3.5 tbsp / 1.7 oz (50g) of butter or coconut oil in a non-stick skillet over medium heat. Ladle the batter into the pan to form small pancakes, cooking for 3 to 4 minutes on each side until golden brown. Be careful not to make the pancakes too large, or they will be difficult to flip.
3. Pour the 1 cup / 7.6 fl oz (225ml) of heavy cream into a separate, chilled mixing bowl and whisk using an electric mixer until soft peaks form.
4. Serve the warm pancakes topped generously with the freshly whipped cream and the 0.7 cups / 3.5 oz (100g) of fresh berries of your choice. Enjoy your meal!

KETO COCONUT FLOUR WAFFLES WITH FRESH BLUEBERRY BUTTER

4 servings

25 minutes

Dessert

Ingredients

For the Waffle Batter:

- 10.5 tbsp (5.3 oz / 150g) melted butter or ghee
- 8 large eggs (14.1 oz / 400g)
- 1 tsp (0.17 oz / 5g) vanilla extract
- 2 tsp (0.35 oz / 10g) baking powder
- 0.3 cups (1.4 oz / 40g) coconut flour

For the Blueberry Butter:

- 5.3 tbsp (2.6 oz / 75g) softened butter
- 0.2 cups (1.1 oz / 30g) fresh blueberries

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 2,625 kcal**
- **Total Fat: 257g**
- **Protein: 56g**
- **Total Carbs: 31g**

Method

1. In a large mixing bowl, combine the 10.5 tbsp (5.3 oz / 150g) melted butter and the 8 eggs, beating them together using an electric mixer until fully incorporated.
2. Add the 1 tsp (0.17 oz / 5g) vanilla extract, 2 tsp (0.35 oz / 10g) baking powder, and 0.3 cups (1.4 oz / 40g) coconut flour to the wet ingredients, blending until you achieve a smooth, lump-free batter.
3. Let the batter rest at room temperature for 5 minutes; this allows the coconut flour to absorb the liquids and thicken properly while you preheat your waffle iron.
4. Once the waffle iron is fully heated, pour in the appropriate amount of batter and bake until the waffles are a deep golden brown and slightly crispy on the outside (baking time will vary depending on your specific waffle maker).
5. While the waffles are baking, prepare the topping by whipping the 5.3 tbsp (2.6 oz / 75g) softened butter and 0.2 cups (1.1 oz / 30g) fresh blueberries together with your electric mixer until the butter is fluffy and takes on a vibrant berry color.
6. Serve the warm, golden waffles immediately, topped with a generous dollop of the freshly whipped blueberry butter.

CREAMY BLENDED KETO HOT CHOCOLATE

1 servings

2 minutes

Dessert

Ingredients

- 2 tbsp (1.06 oz / 30 g) unsalted butter
- 1 tbsp (0.17 oz / 5 g) cocoa powder
- 2.5 tsp (0.35 oz / 10 g) erythritol
- 0.25 tsp (0.04 oz / 1 g) vanilla extract
- 1 cup (8.0 fl oz / 240 g) boiling water

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 230 kcal**
- **Total Fat: 24.7 g**
- **Total Carbs: 13 g**
- **Net Carbs: 1.5 g**
- **Protein: 1 g**

Method

1. Place the unsalted butter, cocoa powder, erythritol, vanilla extract, and boiling water into a tall, heat-proof glass or measuring cup to accommodate an immersion blender without splashing.
2. Blend the mixture continuously for 15 to 20 seconds, or until the ingredients are fully emulsified and a delicate, creamy foam appears on the top.
3. Pour the hot, frothy cocoa into your favorite mug and enjoy immediately.

KETO BAKED BRIE EN CROUTE WITH BERRIES

4 servings

30 minutes

Dessert

Ingredients

- 1.1 cups (4.5 oz / 128g) shredded low-moisture mozzarella cheese (adjust slightly to taste)
- 0.5 cup (1.8 oz / 50g) almond flour
- 1 whole wheel (7.0 oz / 200g) Brie cheese
- 2.0 tbsp (1.0 oz / 30g) mashed berries mixed with sweetener (ensure all excess liquid is drained)
- Optional: 1.0 to 2.0 tbsp (0.5 oz / 15g) chopped walnuts

Nutritional Information (Per Recipe)

- **Calories: 1455 kcal**
- **Carbohydrates: 19g**
- **Protein: 86g**
- **Fat: 119g**

Table of Contents

Method

1. Preheat the oven to 350°F (180°C). Place the 1.1 cups (4.5 oz / 128g) of shredded mozzarella in a microwave-safe bowl and heat for 50 to 70 seconds, checking once or twice, or melt it slowly on the stovetop over low heat. Once melted, stir in the 0.5 cup (1.8 oz / 50g) of almond flour.
2. Using a fork, mix the melted cheese and almond flour thoroughly until a unified, smooth dough forms.
3. Roll out the dough between two sheets of parchment paper (or use a silicone mat and rolling pin) until it is large enough to fully wrap the Brie wheel. Place the 1 wheel (7.0 oz / 200g) of Brie in the center of the dough, spread the 2.0 tbsp (1.0 oz / 30g) of mashed berries on top, and sprinkle with the optional 1.0 to 2.0 tbsp (0.5 oz / 15g) of chopped walnuts.
4. Fold the edges of the keto dough up and over the cheese to encase it completely, pinching the seams tightly with your fingers to seal the packet.
5. Place the wrapped Brie on a lined baking sheet and bake in the preheated oven for 15 to 18 minutes, or until the top of the crust is a beautiful golden brown.
6. Remove from the oven and allow the dish to cool for exactly 5 minutes before slicing so the cheese sets slightly and doesn't completely run out.

KETO CARAMEL CRÈME BRÛLÉE

2 servings

65 minutes

Dessert

Ingredients

- Erythritol (or preferred sweetener): 3.5 tbsp (1.8 oz / 50g) total, divided into three equal parts
- Butter: 1 tsp (0.17 oz / 5g)
- Water (for caramel): 0.5 cups (4 fl oz / 120g)
- Heavy Cream: 0.33 cups (2.8 oz / 80g)
- Vanilla Extract: 1 tsp (0.17 fl oz / 5g)
- Egg Yolks: 2 large yolks (1.3 oz / 36g)
- Boiling Water: Approx. 2 cups (16 fl oz / 475g) for the baking water bath

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 428 kcal**
- **Carbohydrates: 53.4g Total Carbs**
- **Protein: 7.6g**
- **Fat: 41.8g**

Method

1. In a deep saucepan, heat 1.1 tbsp (0.6 oz / 16.6g) of the erythritol over medium heat, stirring frequently.
2. Add 0.5 cups (4 fl oz / 120g) of water and stir; note that the mixture will start to foam and rise significantly, which is why a deep pot is absolutely necessary.
3. Add 1 tsp (0.17 oz / 5g) of butter and continue stirring until the erythritol deepens in color and transforms into a rich caramel.
4. As soon as the caramel reaches a golden amber color, immediately remove the saucepan from the heat to prevent burning.
5. Evenly pour the hot caramel base into two small ramekins, setting them aside to let the sugar layer cool and harden completely.
6. In a mixing bowl, thoroughly combine 2 large egg yolks (1.3 oz / 36g) with another 1.1 tbsp (0.6 oz / 16.6g) of erythritol.
7. In a separate bowl, gently mix 0.33 cups (2.8 oz / 80g) of heavy cream and 1 tsp (0.17 fl oz / 5g) of vanilla extract.
8. Slowly whisk the heavy cream mixture into the egg yolks until the custard base is completely smooth and homogeneous.
9. Pour this liquid custard mixture evenly into your two ramekins, directly over the set caramel layer.
10. Place the ramekins into a larger baking dish, carefully pour the boiling water into the dish until it reaches halfway up the sides of the ramekins, and bake in a preheated oven at 350°F (175°C) for exactly 45 minutes.
11. Carefully remove from the oven and water bath, let the custard cool, and then sprinkle the remaining 1.1 tbsp (0.6 oz / 16.6g) of erythritol evenly across the top of both portions.
12. Using a kitchen blowtorch or your oven's broiler, slowly heat the topping until the erythritol melts and caramelizes into a crispy crust.
13. Allow the newly formed caramel shell to cool and harden for a few minutes before serving; enjoy your delicious dessert!

KETO STRAWBERRY ICE CREAM

4 servings

370 minutes

Dessert

Ingredients

- 2 cups (10.6 oz / 300g) strawberries, hulled and quartered
- 1.25 cups (10.6 oz / 300g) full-fat sour cream
- 4 tbsp (2 fl oz / 60 ml) MCT oil
- 3.3 tbsp (1.4 oz / 40g) erythritol, or your preferred sweetener to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1,739 kcal**
- **Carbohydrates: 30g**
- **Protein: 11g**
- **Fat: 175g**

Method

1. Cut the strawberries into quarters and place them in the freezer for 3 to 5 hours, or overnight, until they are completely solid.
2. Transfer the frozen strawberries to a high-speed blender or food processor, add the sour cream, MCT oil, and erythritol, then blend thoroughly on high speed until the mixture reaches a completely smooth and creamy consistency.
3. Pour the blended mixture into an airtight, freezer-safe container and place it back into the freezer for another 2 to 3 hours to allow the ice cream to set completely before scooping and serving.

COCONUT CHOCOLATE PUDDING

2 servings

130 minutes

Dessert

Ingredients

- 1.7 cups (14.1 oz / 400g) full-fat coconut milk
- 2 large egg yolks (1.3 oz / 36g)
- 0.5 cups (2.6 oz / 75g) dark chocolate (minimum 70% cocoa), finely chopped
- 1.0 tsp (0.17 oz / 5g) vanilla extract

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1234 kcal**
- **Carbohydrates: 44g**
- **Protein: 17g**
- **Fat: 110g**

Method

1. Add 1.7 cups (14.1 oz / 400g) of coconut milk and the 2 egg yolks into a medium saucepan and whisk them together thoroughly until smooth. Place the saucepan on medium-low heat and let it simmer gently for 10 minutes, stirring constantly so the egg yolks thicken the mixture without scrambling.
2. Remove the saucepan from the heat. Finely chop 0.5 cups (2.6 oz / 75g) of dark chocolate into very small pieces and add them directly into the hot coconut milk mixture.
3. Stir in 1.0 tsp (0.17 oz / 5g) of vanilla extract. Let the mixture sit undisturbed for 2 to 3 minutes to allow the residual heat to completely melt the chocolate.
4. Whisk the entire mixture vigorously until you have a smooth, fully combined, and glossy pudding batter, then pour it evenly into your chosen serving glasses or ramekins.
5. Place the glasses in the refrigerator and chill for at least 2 hours to allow the pudding to set completely before serving. Enjoy!

FLUFFY LOW-CARB COCONUT PANCAKES

3 servings

35 minutes

Dessert

Ingredients

- 6 large eggs (approx. 10.6 oz / 300g)
- 0.5 cup (2.1 oz / 60g) coconut flour
- 0.75 cup (6.1 oz / 180ml) canned coconut milk
- 2 tbsp (1.0 oz / 28g) melted coconut oil
- 0.1 tsp (0.01 oz / 0.5g) salt (just a pinch)
- 1 tsp (0.18 oz / 5g) baking powder
- 1 tbsp (0.5 oz / 14g) coconut oil or butter (for frying)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1390 kcal**
- **Carbohydrates: 44g**
- **Protein: 53g**
- **Fat: 114g**

Method

1. Separate the egg yolks from the whites. Place the whites in a clean bowl, add 0.1 tsp (0.01 oz / 0.5g) of salt, and whip using a hand mixer until stiff peaks form, then set aside.
2. In a separate mixing bowl, combine the egg yolks, 2 tbsp (1.0 oz / 28g) of melted coconut oil, and 0.75 cup (6.1 oz / 180ml) of coconut milk, whisking until perfectly blended.
3. Add the 0.5 cup (2.1 oz / 60g) of coconut flour and 1 tsp (0.18 oz / 5g) of baking powder to the yolk mixture. Mix thoroughly until you have a smooth, lump-free batter.
4. Gently fold the whipped egg whites into the batter using a spatula, being careful not to deflate the air bubbles. Let the batter rest for exactly 5 minutes to allow the coconut flour to hydrate.
5. Heat 1 tbsp (0.5 oz / 14g) of coconut oil or butter in a skillet over low to medium heat. Pour small portions of the batter into the pan and fry for about 3 to 4 minutes on each side until golden brown and cooked through.
6. Serve immediately with melted butter, fresh berries, or your favorite low-carb syrup. Bon appétit!

KETO-FRIENDLY HOMEMADE LEMON ICE CREAM

4 servings

140 minutes

Dessert

Ingredients

- Lemon: 1 whole medium lemon (Yields approx. 1 tbsp / 0.2 oz / 6g zest AND 3 tbsp / 1.5 fl oz / 45ml juice)
- Eggs: 3 large eggs (Approx. 5.3 oz / 150g total weight)
- Sweetener: 0.25 cups of erythritol (Approx. 1.7 oz / 50g)
- Heavy Cream: 1.8 cups of heavy cream (Approx. 14.4 fl oz / 425ml)
- Coloring (Optional): 0.25 tsp yellow food coloring (Approx. 0.04 fl oz / 1ml)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1270 kcal**
- **Carbs: 15g**
- **Protein: 28g**
- **Fat: 122g**

Method

1. Wash 1 whole medium lemon thoroughly in warm water, then finely grate the zest to yield about 1 tbsp (6g) and squeeze the lemon to extract approximately 3 tbsp (45ml) of juice, setting both aside.
2. Separate the 3 large eggs (150g). In a very clean bowl, whip the egg whites until stiff peaks form; in a separate bowl, whisk the egg yolks and 0.25 cups (50g) of erythritol until the mixture becomes pale, light, and fluffy. Add the reserved lemon juice, lemon zest, and 0.25 tsp (1ml) of yellow food coloring (if using) into the yolk mixture, then gently fold the stiff egg whites into the yolk mixture until thoroughly combined.
3. In a large, chilled mixing bowl, whip 1.8 cups (425ml) of heavy cream until soft peaks form, then carefully fold the combined egg mixture into the whipped cream, making sure to use a gentle folding motion so you do not deflate the airy texture.
4. Pour the resulting ice cream base into a freezer-safe container or loaf pan, place it in the freezer, and stir the mixture thoroughly every 0.5 hours (30 minutes) to break up ice crystals until it reaches your desired creamy consistency, which generally takes about 2 hours. If the ice cream is left in the freezer overnight or freezes completely solid, let it sit at room temperature for 10 to 15 minutes to soften slightly before scooping and serving.

KETO CHOCOLATE MUG CAKE

4 servings

11 minutes

Dessert

Ingredients

- 4 tbsp. (1.06 oz / 30g) almond flour
- 2 tbsp. (0.35 oz / 10g) cocoa powder
- 4 tbsp. (1.76 oz / 50g) erythritol
- 1 tsp. (0.18 oz / 5g) baking powder
- 1 tsp. (0.17 fl oz / 5ml) vanilla extract
- 2 pinches of salt
- 2 large eggs, beaten
- 3 tbsp. (1.50 oz / 42g) melted coconut oil
- 1 tsp. (0.18 oz / 5g) coconut oil (for greasing the mugs)
- 0.53 oz. (15g) roughly chopped dark chocolate

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 825 kcal**
- **Carbs: 15g**
- **Protein: 25g**
- **Fat: 76g**

Method

1. In a small mixing bowl, thoroughly whisk together the dry ingredients: 4 tbsp. (1.06 oz / 30g) almond flour, 2 tbsp. (0.35 oz / 10g) cocoa powder, 4 tbsp. (1.76 oz / 50g) erythritol, 1 tsp. (0.18 oz / 5g) baking powder, and 2 pinches of salt.
2. Add the beaten eggs, 3 tbsp. (1.50 oz / 42g) melted coconut oil, 1 tsp. vanilla extract, and 0.53 oz. (15g) chopped dark chocolate to the dry mixture, stirring vigorously until the batter is completely smooth and uniform.
3. Lightly grease the inside of four microwave-safe mugs or ramekins using the remaining 1 tsp. (0.18 oz / 5g) of coconut oil, then evenly divide the batter among them.
4. Microwave each mug individually on high power (approx. 700 watts) for 1 to 1.5 minutes.
5. Carefully remove the mugs from the microwave and allow them to cool for 1 minute before serving with a dollop of whipped cream.

CARAMELIZED BROWN BUTTER NUT CHEESECAKE

4 servings

155 minutes

Dessert

Ingredients

The Crust:

- 1 tbsp (0.5 oz / 14g) butter, melted
- 4 tbsp or 0.25 cups (1 oz / 28g) of your favorite nuts, finely ground
- 0.5 tbsp (0.2 oz / 6g) erythritol

The Filling:

- 4 tbsp or 0.25 cups (2 oz / 57g) butter
- 8 oz (225g) cream cheese, softened
- 4 tbsp or 0.25 cups (1.7 oz / 48g) erythritol
- 2 tbsp (1 oz / 30g) unsweetened almond milk or heavy cream
- 1 large egg (1.8 oz / 50g), beaten
- 1 tsp (0.1 oz / 5g) vanilla extract or vanillin
- 2 tbsp (0.5 oz / 14g) of your favorite nuts, chopped (for decoration)

Table of Contents

Nutritional Information (Per Recipe)

Calories: 1638 kcal
Protein: 41 g
Fat: 158 g
Carbohydrates: 13 g

Method

1. Preheat your oven to 175°C (350°F).
2. Grease a small springform pan with butter. In a small bowl, combine 1 tbsp (0.5 oz / 14g) melted butter, 4 tbsp or 0.25 cups (1 oz / 28g) finely ground nuts, and 0.5 tbsp (0.2 oz / 6g) erythritol. Mix thoroughly with a fork until well combined, then use your fingers to press the mixture firmly and evenly into the bottom of the pan to form the crust.
3. Place the pan in the oven and bake the crust for 6 minutes while you prepare the filling.
4. Place 4 tbsp or 0.25 cups (2 oz / 57g) of butter in a small saucepan over medium heat. Stirring frequently, heat the butter until it foams and develops brown (but not black) specks. Remove from the heat and let it cool slightly. This browned butter is the secret to creating the cheesecake's rich caramel flavor!
5. In a medium mixing bowl, combine the 8 oz (225g) softened cream cheese, 4 tbsp or 0.25 cups (1.7 oz / 48g) erythritol, 2 tbsp (1 oz / 30g) almond milk or heavy cream, 1 beaten egg (1.8 oz / 50g), and 1 tsp (0.1 oz / 5g) vanilla extract. Use a hand mixer to beat the ingredients together until completely smooth and fluffy.
6. Slowly pour the slightly cooled browned butter into the cream cheese mixture and mix well. Pour this filling directly over your pre-baked crust. Cover the pan lightly with aluminum foil and bake for 30 to 35 minutes, or until the cheesecake is cooked through but still slightly jiggly in the very center.
7. Remove the cheesecake from the oven and allow it to cool at room temperature for 10 minutes. Transfer it to the refrigerator to chill for at least 2 hours. Once chilled, top with extra nuts for decoration, slice, and enjoy!

SUGAR-FREE KETO VANILLA PANNA COTTA RECIPE

4 servings

165 minutes

Dessert

Ingredients

- 2 tsp (5g / 0.17 oz) unflavored powdered gelatin
- 0.1 cup (24g / 0.8 oz) cold water (for blooming the gelatin)
- 2 cups (475ml / 16.7 oz) heavy whipping cream
- 1 tbsp (15ml / 0.5 oz) pure vanilla extract
- 1 tsp (4g / 0.14 oz) erythritol (optional, adjust to taste)
- 0.5 cup (75g / 2.6 oz) fresh strawberries or raspberries (optional, for garnish)
- Fresh mint leaves (optional, for garnish)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1655 kcal**
- **Carbohydrates: 15.6 g**
- **Protein: 14 g**
- **Fat: 170 g**

Method

1. Bloom the gelatin: In a small bowl, sprinkle 2 tsp (5g / 0.17 oz) of powdered gelatin over 0.1 cup (24g / 0.8 oz) of cold water. Stir gently and let it sit for 5 to 10 minutes to bloom following the package instructions. Set aside.
2. Heat the cream base: In a medium saucepan, combine 2 cups (475ml / 16.7 oz) of heavy whipping cream, 1 tbsp (15ml / 0.5 oz) of vanilla extract, and 1 tsp (4g / 0.14 oz) of erythritol. Bring the mixture to a gentle simmer over medium heat. Once it reaches a low boil, reduce the heat to low and let it simmer for about 2 minutes until the cream begins to slightly thicken.
3. Dissolve the gelatin: Remove the saucepan completely from the heat. Add the bloomed gelatin into the hot cream mixture. Whisk constantly until the gelatin is perfectly and completely dissolved into the liquid, ensuring a silky smooth texture.
4. Chill and set: Pour the warm panna cotta mixture evenly into 4 serving glasses or ramekins. Allow them to cool to room temperature, then cover the tops tightly with plastic wrap. Place in the refrigerator to chill for 2 to 3 hours, or overnight, until fully set with a slight jiggle.
5. Garnish and serve: Remove the set panna cotta from the refrigerator about 30 minutes before serving to take the chill off. Garnish the top with fresh berries and a sprig of fresh mint. Enjoy your perfect dessert!

CINNAMON SWIRL COOKIES

4 servings

70 minutes

Dessert

Ingredients

- 3.0 cups (10.6 oz / 300g) almond flour
- 0.5 cups (2.8 oz / 80g) powdered sweetener (erythritol)
- 2.0 tsp (0.3 oz / 8g) baking powder
- 1.0 large egg (1.8 oz / 50g)
- 2.0 tbsp (1.0 oz / 28g) butter, ghee, or coconut oil (melted)
- 0.25 tsp (0.05 oz / 1.5g) salt
- 2.0 - 3.0 tbsp (0.5 oz / 15g) ground cinnamon

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 2,072 kcal**
- **Carbohydrates: 65g**
- **Protein: 66g**
- **Fat: 177g**

Method

1. In a mixing bowl, combine all the dry ingredients except the cinnamon: 3.0 cups (10.6 oz / 300g) almond flour, 0.5 cups (2.8 oz / 80g) powdered erythritol, 2.0 tsp (0.3 oz / 8g) baking powder, and 0.25 tsp (0.05 oz / 1.5g) salt.
2. Add the 1.0 large egg (1.8 oz / 50g) and 2.0 tbsp (1.0 oz / 28g) of your chosen fat (butter, ghee, or coconut oil) to the bowl, mixing and kneading thoroughly with your hands until a uniform dough forms.
3. Divide the dough into 2 equal parts; add the 2.0 - 3.0 tbsp (0.5 oz / 15g) of cinnamon to one portion and knead it in completely with your hands, while leaving the second portion plain.
4. Place both balls of dough in a bowl, cover tightly with plastic wrap, and chill in the refrigerator for 30 minutes. Once chilled, preheat your oven to 285°F (140°C), remove the dough, and roll out the plain dough between 2 sheets of parchment paper or plastic wrap into an even rectangle.
5. Roll out the cinnamon dough on a separate piece of parchment paper or silicone baking mat into a matching rectangular shape, then carefully lift the parchment and flip the cinnamon layer directly on top of the plain layer.
6. Tightly roll the stacked dough layers together into a log, pinching the ends to seal them. Using a sharp knife, slice the log into cookies roughly 0.4 inches (1 cm) thick, wiping the blade frequently to prevent sticking and preserve the swirl pattern. To ensure 20 even servings, cut the log into 4 equal quarters, and then slice each quarter into 5 cookies.
7. Gently press down on each cookie slice to flatten it slightly and help it hold its shape.
8. Transfer the cookies onto a baking sheet lined with fresh parchment paper and bake for 25-30 minutes, or until the edges are golden brown. Let them cool slightly before serving!

LOW-CARB SPICED GINGERBREAD COOKIES

4 servings

10 minutes

Dessert

Ingredients

- 5.3 tbsp (2.65 oz / 75 g) butter, softened at room temperature
- 1.0 tbsp (0.5 oz / 14 g) cream cheese
- 6.0 tbsp (1.5 oz / 42 g) coconut flour
- 2.0 tsp (0.14 oz / 4 g) ground ginger
- 1.0 tsp (0.09 oz / 2.6 g) ground cinnamon
- 1.0 tsp (0.18 oz / 5 g) baking powder
- 1.0 tsp (0.17 oz / 5 g) vanilla extract
- 0.25 tsp (0.02 oz / 0.5 g) ground nutmeg
- 0.25 tsp (0.02 oz / 0.5 g) ground cloves

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 787 kcal**
- **Carbohydrates: 31 g**
- **Protein: 10 g**
- **Fat: 72 g**

Method

1. Preheat the oven to 347°F (175°C).
2. Using a hand or stand mixer, blend the 5.3 tbsp (2.65 oz / 75 g) of butter and 1.0 tbsp (0.5 oz / 14 g) of cream cheese until perfectly smooth. Add the remaining ingredients (coconut flour, ginger, cinnamon, baking powder, vanilla, nutmeg, and cloves) and mix well to combine.
3. Form the dough into a flat disk, wrap it tightly in plastic wrap, and refrigerate for at least 30 minutes, as cold dough is much easier to handle and cut.
4. Place the chilled dough between two sheets of non-stick parchment paper on a baking sheet, and roll it out to an even thickness of approximately 0.15 to 0.2 inches (4 to 5 mm).
5. Peel off the top sheet of parchment paper and use your favorite cookie cutters to punch out shapes, leaving a small amount of space between each cookie.
6. Carefully remove the excess dough from around the shapes using a small spatula or knife, leaving the unbaked cookies exactly where they are on the bottom parchment paper (the dough is soft, so moving them is difficult).
7. Gather the excess dough into a ball, chill it again if necessary, and repeat the rolling and cutting process until all the dough is utilized into cookie shapes on the parchment paper.
8. Bake in the preheated oven for approximately 10 minutes, or until the cookies achieve a beautiful golden color. Be careful and watch closely to ensure the edges do not burn.
9. Remove the cookies from the oven and allow them to cool completely on a wire rack before gently peeling them off the parchment paper. Store the finished cookies in an airtight container with a lid.

HOMEMADE KETO COCONUT CONDENSED MILK

16 servings

54 minutes

Dessert

Ingredients

- Full-fat Coconut Milk: 28.2 oz (800g) or 3.3 cups.
- Erythritol (or preferred sweetener): 2.8 oz (80g) or 0.5 cups.
- Vanillin or Ground Cinnamon: 0.1 oz (3g) or 0.6 tsp.

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1,444 kcal**
- **Carbohydrates: 16g**
- **Protein: 12g**
- **Fat: 148g**

Method

1. Pour 28.2 oz (800g) of full-fat coconut milk into a medium saucepan and bring the mixture to a gentle boil over medium heat.
2. Reduce the heat to the lowest setting as soon as it begins to boil and simmer for 40–50 minutes until the volume has reduced by half.
3. Stir in 2.8 oz (80g) of erythritol and your choice of vanillin or cinnamon, whisking until the sweetener is fully dissolved.
4. Transfer the thickened liquid into clean glass jars and allow it to cool completely at room temperature.
5. Store the condensed milk in the refrigerator for up to 3 months, noting that it will thicken significantly as it chills.

DARK CHOCOLATE AVOCADO TRUFFLES WITH LEMON ZEST

4 servings

40 minutes

Dessert

Ingredients

- 1 medium ripe avocado, pitted and peeled (approx. 5.3 oz / 150g)
- 0.5 tsp (2.5ml) vanilla extract
- 0.5 lemon, zested (approx. 1 tsp / 2g)
- 0.1 tsp (0.5g) fine sea salt
- 5.3 oz (150g) dark chocolate, 80% cacao or higher, finely chopped
- 1 tbsp (0.5 oz / 14g) extra-virgin coconut oil
- 1 tbsp (0.18 oz / 5g) unsweetened cocoa powder, for coating

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 105 kcal**
- **Total Carbohydrates: 5.8g**
- **Dietary Fiber: 2.5g**
- **Net Carbohydrates: 3.3g**
- **Protein: 1.2g**

Method

1. Place the avocado and vanilla extract into a blender or food processor and pulse until completely smooth and creamy. It is crucial that the avocado is fully ripe to avoid lumps in your ganache.
2. Fold in the fresh lemon zest and the 0.1 tsp (0.5g) of sea salt, mixing until evenly distributed.
3. Melt the chopped dark chocolate and coconut oil together using a double boiler or in the microwave in 20-second intervals, stirring until glossy and smooth.
4. Combine the melted chocolate mixture with the avocado puree and stir vigorously until a uniform, dark batter forms. Place the bowl in the refrigerator for 30 minutes, or until the mixture is firm enough to handle but still slightly pliable.
5. Scoop approximately 1 tbsp (0.5 oz / 14g) of the mixture and roll it between your palms to form a smooth ball. Roll each truffle in the cocoa powder until fully coated and serve immediately or store in the fridge.

KETO ALMOND & BLUEBERRY CHEESECAKE

2 servings

110 minutes

Dessert

Ingredients

The Crust:

- 1.5 cups (150g) Almond flour
- 3.5 tbsp (50g) Unsalted butter
- 2 tbsp (25g) Erythritol (granular)
- 0.5 tsp (2.5g) Vanilla extract or vanillin

The Filling:

- 21.2 oz (600g) Full-fat cream cheese, softened
- 0.5 cup (125ml) Heavy whipping cream
- 2 Large eggs + 1 Large egg yolk
- 0.8 tbsp (10g) Erythritol (optional, adjust to taste)
- 1 tsp (2g) Fresh lemon zest
- 0.5 tsp (2.5ml) Vanilla extract or vanillin
- 1.75 oz (50g) Fresh blueberries (for topping/optional)

Nutritional Information (Per Recipe)

- **Calories: 385 kcal**
- **Total Carbs: 6.5g**
- **Net Carbs: 4.2g**
- **Protein: 9.5g**
- **Fat: 36.5g**

Table of Contents

Method

1. Preheat your oven to 350°F (175°C), grease a 9-inch (22 cm) spring-form pan with butter, and line the base with parchment paper for easy removal.
2. Melt the butter for the crust in a small saucepan over medium heat, continuing to cook it until it turns a light golden brown and develops a nutty “toffee” aroma.
3. Remove the browned butter from the heat and stir in the almond flour, erythritol, and vanilla until a dough forms, then press it firmly and evenly into the bottom of the prepared pan.
4. Bake the crust for 8 minutes or until it is lightly golden, then remove it from the oven and let it cool completely while you prepare the filling.
5. Increase the oven temperature to 400°F (200°C) to prepare for the initial high-heat bake of the cheesecake filling.
6. In a large mixing bowl, combine the softened cream cheese, heavy cream, eggs, egg yolk, lemon zest, vanilla, and erythritol, mixing until the batter is completely smooth and free of lumps.
7. Pour the cream cheese mixture over the cooled crust and smooth the top with a spatula.
8. Bake at 400°F (200°C) for 15 minutes, which helps set the edges and creates a beautiful texture.
9. Reduce the oven temperature to 230°F (110°C) and continue baking for another 45 to 60 minutes until the edges are set but the center still has a slight jiggle.
10. Turn off the oven and leave the cheesecake inside with the door slightly ajar to cool gradually, preventing cracks.
11. Once the cheesecake reaches room temperature, refrigerate it overnight (at least 8 hours) to fully set the texture and flavors.
12. Serve chilled, garnished with fresh blueberries and optional mint leaves for a professional presentation.

HOMEMADE KETO DARK CHOCOLATE WITH NUTS

10 servings

40 minutes

Dessert

Ingredients

- Coconut Oil: 7 oz (200g) or approx. 0.9 cups
- Unsweetened Cocoa Powder: 2.5 oz (70g) or approx. 14 tbsp
- Erythritol (Powdered): 1.5 oz (40g) or approx. 3 tbsp (adjust to taste)
- Mixed Nuts (Hazelnuts, Walnuts, Almonds): 2 oz (55g) or approx. 0.5 cups

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 2,150 kcal**
- **Total Fat: 225g**
- **Total Carbs: 48g**
- **Protein: 18g**

Method

1. Melt the coconut oil using a double boiler (bain-marie) over low heat until it is completely liquid.
2. Sift in the cocoa powder and add the erythritol, whisking continuously until the mixture is glossy and smooth.
3. Pour half of the chocolate mixture into the bottom of your mold (silicone molds or a plastic-lined tray work best).
4. Sprinkle the chopped nuts evenly over the first layer of chocolate to ensure a consistent crunch in every bite.
5. Pour the remaining chocolate over the nuts and cover the mold tightly with plastic wrap to prevent ice crystals.
6. Place the mold in the freezer for at least 30 minutes or until the chocolate is completely firm and easy to snap.

THE ULTIMATE FLOURLESS CHOCOLATE CAKE

8 servings

30 minutes

Dessert

Ingredients

- 8.8 oz (250g) Dark Chocolate (at least 70% cocoa), broken into pieces
- 5.3 oz (150g) Unsalted Butter, cubed
- 5 Large Eggs, separated
- 1 tsp (5ml) Vanilla Extract
- 1 pinch Salt
- Extra butter for greasing the pan

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 2,840 kcal**
- **Total Fat: 240g**
- **Total Carbohydrates: 120g**
- **Protein: 50g**

Method

1. Preheat your oven to 320°F (160°C). Grease an 8-inch (20cm) springform pan with butter or coconut oil and line the bottom with parchment paper for easy removal.
2. Melt the dark chocolate and cubed butter together using a double boiler or in the microwave in 20-second bursts. Stir frequently to prevent the chocolate from burning. Once smooth and glossy, set aside to cool slightly.
3. Separate the egg whites from the yolks into two clean bowls. Add a pinch of salt to the egg whites and beat with a hand mixer or stand mixer until stiff peaks form.
4. Add the vanilla extract to the egg yolks and whisk until the mixture is smooth and slightly pale.
5. Gently pour the cooled chocolate-butter mixture into the egg yolks and stir until well combined.
6. Carefully fold the chocolate mixture into the beaten egg whites using a spatula. Stop mixing just as the white streaks disappear to keep the batter airy; do not overmix.
7. Pour the batter into the prepared pan and bake for approximately 15 minutes. Test for doneness by inserting a toothpick; it should come out with moist crumbs attached, but not liquid batter. Allow to cool before slicing.

CREAMY LOW-CARB BECHAMEL SAUCE

6 servings

10 minutes

Sauce

Ingredients

- 1.8 cups (425ml) heavy whipping cream (approx. 14.4 oz)
- 7 oz (200g) cream cheese, softened
- 0.5 tsp (3g) sea salt
- 0.25 tsp (0.5g) ground black pepper
- 0.25 tsp (0.5g) ground nutmeg

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1,862 kcal**
- **Total Fat: 188g**
- **Net Carbs: 18g**
- **Protein: 22g**

Method

1. Combine the heavy whipping cream, cream cheese, salt, pepper, and nutmeg in a non-stick saucepan over medium heat.
2. Whisk the mixture constantly as you bring it to a gentle boil to ensure the cream cheese melts smoothly into the cream.
3. Reduce the heat to low and let the sauce simmer for 3 to 5 minutes, stirring occasionally, until it reaches your desired thickness.
4. Perform a final taste test just before removing from heat, adding an extra pinch of salt or spices if needed to balance the richness.

THE ULTIMATE FRESH & CHUNKY GUACAMOLE

4 servings

15 minutes

Sauce

Ingredients

- 2 large ripe Hass avocados, pitted and peeled (approx. 14 oz or 400g)
- 1 clove garlic, minced (0.1 oz or 3g)
- 0.5 medium lime or lemon, juiced (approx. 1 tbsp or 15ml)
- 3 tbsp extra virgin olive oil (1.5 oz or 42g)
- 0.5 medium red or white onion, finely diced (approx. 2.5 oz or 70g)
- 0.25 cup fresh cilantro, chopped (0.2 oz or 5g)
- 1 medium tomato, deseeded and diced (approx. 4.5 oz or 125g)
- 0.5 tsp sea salt, or to taste (3g)
- 0.25 tsp freshly ground black pepper (0.5g)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 875 kcal**
- **Total Fat: 84g**
- **Total Carbohydrates: 38g**
- **Net Carbs: 14g**
- **Protein: 8g**

Method

1. Prepare the base by placing the scooped avocado flesh into a medium bowl and mashing it with a fork until it reaches your desired consistency, leaving some small chunks for texture.
2. Incorporate the aromatics by adding the finely diced onion, minced garlic, and freshly chopped cilantro to the avocado mixture.
3. Add the liquids and seasonings by pouring in the olive oil and lime juice, then sprinkling with salt and pepper.
4. Fold in the tomatoes by gently stirring the diced tomatoes into the mix, being careful not to over-mash them so they retain their shape.
5. Taste and adjust by doing a final flavor check, adding more salt or lime juice if needed, and serve immediately with tortilla chips or as a topping for tacos.

HOMEMADE SUGAR-FREE TOMATO KETCHUP

24 servings

20 minutes

Sauce

Ingredients

- 8.5 oz (240g) Tomato paste
- 2.1 oz (60ml / 0.25 cup) Apple cider vinegar
- 2.1 oz (60g / 0.5 cup) Red onion, finely chopped
- 2 cloves Garlic, peeled and smashed
- 0.125 tsp (1/8 tsp) Ground allspice
- 0.125 tsp (1/8 tsp) Ground cloves
- 2 tbsp (24g) Erythritol (or preferred sweetener, adjusted to taste)
- 1 tsp (6g) Sea salt
- 1 pinch Ground black pepper
- 2.1 oz (60ml / 0.25 cup) Water (add more by the tablespoon to reach desired consistency)

Table of Contents

Nutritional Information (Per Recipe)

- **Total Calories: 245 kcal**
- **Total Carbohydrates: 49g**
- **Total Protein: 8g**
- **Total Fat: 1g**

Method

1. Clean and finely dice the onion and garlic cloves to ensure they soften evenly during the simmering process.
2. Combine the tomato paste, apple cider vinegar, chopped onion, garlic, allspice, cloves, sweetener, sea salt, black pepper, and 2.1 oz (60ml) of water in a small saucepan over low heat.
3. Simmer the mixture gently for 5–10 minutes, stirring occasionally to prevent sticking; if the sauce appears too thick or starts to splatter, add a splash of extra water.
4. Remove the saucepan from the heat and transfer the contents into a high-speed blender, or use an immersion blender directly in the pot, and process until the texture is completely smooth and silky.
5. Pour the finished ketchup into a clean glass jar or airtight container and allow it to cool before sealing.
6. Store the ketchup in the refrigerator where it will stay fresh for up to one month or longer.

COWBOY BUTTER SAUCE

8 servings

10 minutes

Sauce

Ingredients

- 0.88 cups (7 oz / 200g) Unsalted butter
- 2 cloves Garlic, minced (approx. 0.2 oz / 6g)
- 2 tbsp (0.13 oz / 3.7g) Fresh parsley, finely chopped
- 1 tbsp (0.1 oz / 3g) Fresh chives, finely chopped
- 1 tbsp (0.5 oz / 15g) Fresh horseradish, grated
- 1 tsp (0.04 oz / 1.1g) Dried thyme
- 1 tsp (0.07 oz / 2g) Paprika
- 0.5 tsp (0.1 oz / 3g) Salt (adjust to taste)
- 1 pinch (0.001 oz / 0.05g) Cayenne pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1465 kcal**
- **Total Fat: 164g**
- **Net Carbs: 10g**
- **Protein: 1g**

Method

1. Melt the butter in a small saucepan over medium heat until it is completely liquid and begins to bubble slightly.
2. Add the minced garlic, chopped parsley, chives, horseradish, thyme, paprika, salt, and cayenne pepper to the pan.
3. Whisk the mixture vigorously for 1–2 minutes until the ingredients are well incorporated and the sauce begins to emulsify and slightly thicken.
4. Reduce the heat to low toward the end of the process to prevent the garlic from browning or the butter from separating.
5. If the sauce begins to separate or hasn't reached your desired consistency, simply remove it from the heat and whisk again until smooth.
6. Serve immediately while warm as a dipping sauce or drizzle for vegetables, fish, seafood, poultry, or any cut of red meat.

FRESH HOMEMADE MARINARA SAUCE

2 servings

10 minutes

Sauce

Ingredients

- 5.3 oz (150g) Cherry tomatoes
- 0.1 oz (3g) Fresh basil leaves (about 1/2 cup loosely packed)
- 2 cloves Garlic, peeled
- 1.1 oz (30g) Small white onion, peeled
- 2.1 oz (60g) Tomato paste (approx. 4 tbsp)
- 2.1 oz (60ml) Extra virgin olive oil (approx. 4 tbsp)
- 0.05 oz (1.5g) Salt (approx. 1/4 tsp)
- 1 pinch Ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 715 kcal**
- **Total Fat: 61g**
- **Total Carbohydrates: 28g**
- **Fiber: 6g**
- **Sugars: 16g**

Method

1. Wash the cherry tomatoes and fresh basil thoroughly, then pat them dry.
2. Place the tomatoes, basil, garlic, onion, tomato paste, olive oil, salt, and pepper into a food processor or high-speed blender.
3. Pulse the ingredients until the mixture reaches a smooth, uniform consistency.
4. For a rustic, chunky texture, set aside a few tomatoes and basil leaves to hand-chop and stir into the sauce after blending.
5. Transfer the sauce to an airtight container; it can be stored in the refrigerator for up to 1 week.
6. Use this sauce as the perfect base for homemade pizza or as a dipping sauce for breadsticks.

CREAMY KETO MACADAMIA & BASIL PESTO

8 servings

10 minutes

Sauce

Ingredients

- 1.0 oz (30g) Fresh Basil leaves, packed
- 1.6 oz (45g) Macadamia nuts (or your favorite nut)
- 0.5 oz (15g) Pine nuts
- 4 cloves Garlic, peeled
- 1 tsp (2g) Lemon zest
- 1 tbsp (15ml) Fresh lemon juice
- 4.0 fl oz / 0.5 cup (120ml) Extra virgin olive oil
- 1.0 oz (30g) Parmesan cheese, finely grated
- To taste Sea salt and black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 188 kcal**
- **Total Fat: 19.5g**
- **Net Carbs: 1.2g**
- **Protein: 1.8g**

Method

1. Prepare your fresh ingredients by thoroughly washing and drying the basil leaves, peeling the garlic cloves, and zesting/juicing the lemon.
2. Combine the extra virgin olive oil, basil, garlic, lemon juice, lemon zest, macadamia nuts, pine nuts, salt, and pepper into a high-speed blender or food processor.
3. Pulse the mixture until it reaches a smooth, uniform consistency; for a creamier finish, add the grated Parmesan cheese now and blend for an additional 10-15 seconds.
4. Serve the pesto immediately as a decadent topping for grilled meats, a zesty dressing for fresh salads, or a dip for low-carb crackers.
5. To store, transfer the pesto to a glass jar, pour a thin layer of olive oil over the top to prevent oxidation, seal tightly, and refrigerate for up to 2 weeks.

CREAMY CILANTRO LIME SAUCE (ZESTY GREEN SAUCE)

12 servings

10 minutes

Sauce

Ingredients

- Sour Cream: 8.1 oz (230g or 1 cup)
- Cream Cheese: 2.1 oz (60g or 1/4 cup), softened
- Fresh Cilantro: 0.5 oz (15g or 1 packed cup), stems removed
- Jalapeño (seeds removed): 0.5 oz (14g or 1 medium pepper)
- Lemon Juice: 2.1 oz (60ml or 4 tbsp)
- Extra Virgin Olive Oil: 1.5 oz (45ml or 3 tbsp)
- Garlic: 2 medium cloves (approx. 6g)
- Sea Salt: 0.1 oz (3g or 1/2 tsp)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1,037 kcal**
- **Total Fat: 105.6g**
- **Total Carbs: 18.0g**
- **Protein: 9.5g**

Method

1. Place the sour cream, cream cheese, cilantro, jalapeño, lemon juice, olive oil, garlic, and sea salt into a high-speed blender or food processor.
2. Blend on high for 45–60 seconds until the herbs are fully incorporated and the texture is completely smooth and pale green.
3. Taste the sauce and adjust the salt or lemon juice if necessary to balance the richness of the cream.
4. Transfer the sauce to an airtight glass jar or squeeze bottle and refrigerate for at least 30 minutes before serving to let the flavors marry.
5. Store in the refrigerator for up to 1 week; it pairs perfectly with salads, roasted vegetables, or crispy chicken wings.

CREAMY HOMEMADE ALFREDO SAUCE

4 servings

8 minutes

Sauce

Ingredients

- Butter: 5.3 tbsp (75g)
- Heavy Cream (33%+ fat): 1 cup / 8.1 oz (240ml)
- Garlic Powder: 0.5 tsp (1.5g)
- Salt: 0.5 tsp (3g)
- Ground Black Pepper: 0.25 tsp (0.5g)
- Hard Cheese (Parmesan/Grana Padano), finely grated: 1 cup / 2.8 oz (80g)

Nutritional Information (Per Recipe)

- **Calories: 1650 kcal**
- **Total Fat: 169g**
- **Total Carbs: 7g**
- **Protein: 25g**

Table of Contents

Method

1. Finely grate the hard cheese using a microplane or the smallest holes on a box grater to ensure it melts smoothly into the sauce.
2. Place the butter and heavy cream into a large saucepan or skillet over low heat.
3. Cook the mixture for approximately 3 minutes, stirring constantly with a whisk, until the butter is fully melted and integrated with the cream.
4. Whisk in the garlic powder, salt, and black pepper, then gradually add the grated cheese.
5. Continue to cook and whisk until all ingredients have melted together and the sauce reaches a thick, velvety consistency.
6. Remove from heat and let the sauce rest for 2–3 minutes before serving to allow it to thicken further.
7. Chef's Tip: Serve immediately over meat, fish, or vegetables. This sauce can be stored in an airtight container in the refrigerator for up to 5 days.

CREAMY HOMEMADE RANCH DRESSING RECIPE

10 servings

10 minutes

Sauce

Ingredients

- 1/4 cup (2 oz / 58g) Sour cream
- 1/4 cup (2 oz / 60ml) Heavy whipping cream
- 1/2 cup (4 oz / 110g) Mayonnaise
- 1/4 cup (1 oz / 30g) Green onions (scallions), finely chopped
- 1 clove Garlic, minced
- 2 tbsp (0.1 oz / 4g) Fresh parsley, finely chopped
- 2 tsp (0.07 oz / 2g) Dried parsley
- 1 tbsp (0.05 oz / 1.5g) Fresh dill, finely chopped
- 1 tsp (0.03 oz / 1g) Dried dill
- 1 tbsp (0.5 oz / 15ml) Apple cider vinegar or fresh lemon juice
- 1/4 tsp (0.02 oz / 0.5g) Paprika
- To taste Salt and freshly ground black pepper

Table of Contents

Nutritional Information (Per Recipe)

- **Total Calories: 1,125 kcal**
- **Total Carbohydrates: 10g**
- **Total Protein: 2g**
- **Total Fat: 117g**

Method

1. Finely chop the green onions, parsley, and dill, and mince the garlic clove until it forms a slight paste.
2. In a medium mixing bowl or blender, combine the sour cream, heavy cream, mayonnaise, and lemon juice (or vinegar).
3. Whisk or pulse the mixture until smooth; then stir in the fresh and dried herbs, garlic, and paprika.
4. Season with salt and pepper to taste, and whisk again until all ingredients are perfectly incorporated.
5. Transfer the dressing to an airtight jar and refrigerate for at least 30 minutes before serving to allow the flavors to meld.
6. Store in the refrigerator for up to 2 weeks; if the dressing thickens too much, stir in a teaspoon of water or milk to reach your desired consistency.

CREAMY GARLIC CHILI SAUCE (ZESTY AIOLI STYLE)

8 servings

10 minutes

Sauce

Ingredients

- 1 large Egg yolk (approx. 0.6 oz / 17g)
- 2 cloves Garlic, minced (approx. 0.2 oz / 6g)
- ¾ cup Neutral oil (e.g., avocado or sunflower oil) (6.1 fl oz / 180ml)
- ½ tsp Red chili flakes or ground hot pepper (approx. 0.04 oz / 1g)
- ½ tsp Sea salt (approx. 0.1 oz / 3g)
- ¼ tsp Ground black pepper (approx. 0.02 oz / 0.5g)
- 1 tbsp Fresh lemon juice (approx. 0.5 oz / 15ml)
- 3 tbsp Full-fat sour cream or softened cream cheese (approx. 1.6 oz / 45g)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1,480 kcal**
- **Total Fat: 162g**
- **Net Carbs: 4g**
- **Protein: 5g**

Method

1. Prepare the base: In a medium glass bowl or measuring jug, combine the minced garlic and the egg yolk. Use a whisk or an immersion blender to mix them thoroughly until the yolk slightly lightens in color.
2. Emulsify the oil: While whisking vigorously (or running the blender on low), begin adding the oil in a very slow, steady “needle-thin” stream. Continue this process until the mixture thickens into a stable, creamy mayonnaise-like consistency.
3. Finish and season: Fold in the sour cream (or cream cheese) and the lemon juice. Stir in the chili flakes, salt, and black pepper. Taste and adjust the spice level if a more intense heat is desired.
4. Storage: Transfer the sauce to an airtight container. It can be stored in the refrigerator for 4–5 days.

ZESTY GREEN CHIMICHURRI SAUCE

8 servings

10 minutes

Sauce

Ingredients

- 1 medium lemon, zested and juiced (approx. 3 tbsp or 1.5 oz / 45ml juice)
- 0.5 medium yellow or green bell pepper, finely diced (approx. 2.5 oz / 70g)
- 1 green chili pepper (Serrano or Jalapeño), seeded and minced (approx. 0.5 oz / 15g)
- 1 cup extra virgin olive oil (approx. 7.6 oz / 215g / 225ml)
- 1 cup fresh parsley, finely chopped and packed (approx. 2.1 oz / 60g / 125ml)
- 2 cloves garlic, minced or pressed (approx. 0.2 oz / 6g)
- 0.5 tsp sea salt (approx. 3g), or to taste
- 0.25 tsp freshly ground black pepper (approx. 1g)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 255 kcal**
- **Total Fat: 28g**
- **Total Carbs: 1.5g**
- **Protein: 0.3g**

Method

1. Zest the lemon using a microplane, ensuring you only take the yellow fragrant skin and avoid the bitter white pith, then squeeze the juice into a medium mixing bowl and add the zest.
2. Prepare the bell pepper and green chili by removing the stems and seeds, then finely dice both into uniform pieces before adding them to the bowl with the lemon.
3. Incorporate the chopped parsley, minced garlic, olive oil, salt, and pepper into the mixture.
4. Use an immersion blender to pulse the mixture until it reaches your desired consistency; for a traditional texture, pulse only a few times to keep it slightly chunky, or blend longer for a smoother vinaigrette.

ULTIMATE CREAMY CHEESE SAUCE

4 servings

15 minutes

Sauce

Ingredients

- 0.25 cup (60 ml) heavy whipping cream
- 2 tbsp (28g) unsalted butter
- 2.1 oz (60g) cream cheese (or soft goat cheese)
- 2.1 oz (60g) shredded cheese (Cheddar, Maasdam, or Gouda)
- 1-2 tbsp (15-30 ml) water (to adjust consistency)
- 0.1 tsp salt (or to taste)

Optional Seasonings:

- 0.25 tsp cayenne pepper
- 0.5 tsp garlic powder
- 0.5 tsp onion powder
- 0.5 tsp smoked paprika
- 2-4 tbsp (3-6g) fresh chopped herbs (parsley, chives, or dill)

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 235 kcal**
- **Total Carbs: 1.8g**
- **Protein: 5.5g**
- **Fat: 23g**

Method

1. Combine the heavy whipping cream and butter in a small saucepan over medium-low heat and warm gently until the butter is fully melted.
2. Grate your hard cheese (Cheddar, Maasdam, or Gouda) while the cream mixture heats and set it aside for later.
3. Add the cream cheese to the saucepan once the cream and butter are warm, stirring continuously until the mixture is smooth and begins to simmer.
4. Remove the saucepan from the heat immediately once small bubbles begin to appear to prevent the dairy from scorching.
5. Fold in the shredded cheese and whisk until the sauce is completely smooth and the cheese has melted.
6. Simmer for an additional 3-5 minutes while stirring if you prefer a thicker consistency, adding water 1 tablespoon at a time if it becomes too thick.
7. Season with salt and your choice of optional spices (cayenne, garlic, onion, or paprika) and stir in fresh herbs just before serving.
8. Serve immediately over steamed vegetables, fish, or meat, as this sauce is best enjoyed fresh and does not store well for long periods.

CREAMY CURRY TARTAR SAUCE RECIPE

12 servings

10 minutes

Sauce

Ingredients

- Mayonnaise: 1 cup / 8 oz (225g)
- Pickled Cucumbers (Gherkins): 1.75 - 7 oz (50 - 200g), depending on your preference for texture
- Curry Powder: 1 tbsp (6g)
- Lemon: 1 medium (for zest and juice)
- Bell Pepper: 0.5 unit / 2 oz (55g)
- Chili Pepper: 0.5 unit / 0.2 oz (5g)
- Salt: 0.25 tsp (1.5g) or to taste
- Black Pepper: 0.1 tsp (0.2g) or to taste

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 1,510 kcal**
- **Total Fat: 150g**
- **Total Carbohydrates: 7g**
- **Protein: 7g**

Method

1. Wash the lemon thoroughly and grate the zest, ensuring you only use the yellow skin and avoid the bitter white pith. Juice the lemon into a mixing bowl and add the zest.
2. Halve the bell pepper and chili pepper, removing all seeds. Finely dice both peppers and add them to the bowl along with the mayonnaise, pickled cucumbers, curry powder, salt, and pepper.
3. Use an immersion blender to process the mixture until the sauce reaches your desired consistency, whether you prefer it chunky or silky smooth.

DECADENT LOW-CARB DESSERT SAUCES: DARK CHOCOLATE & RASPBERRY CHIA

8 servings

15 minutes

Sauce

Ingredients

For the Rich Chocolate Sauce

- 1.0 cup (8.1 oz / 240g) Heavy whipping cream (35% fat or higher)
- 4.2 oz (120g) Dark chocolate (minimum 85% cocoa)
- 1.5 tbsp (0.7 oz / 20g) Unsalted butter
- 1.0 tsp (5ml) Vanilla extract (or to taste)
- To taste: Stevia or preferred keto sweetener

For the Raspberry Chia Sauce

- 4.0 oz (110g) Fresh raspberries (or preferred berries)
- 1.0 tbsp (0.4 oz / 12g) Chia seeds
- 3.0 tbsp (45ml) Hot water
- To taste: Vanilla extract

Table of Contents

Nutritional Information (Per Recipe)

- **Calories: 195 kcal**
- **Total Fat: 19.3g**
- **Total Carbs: 6.5g**
- **Net Carbs: 3.8g**
- **Protein: 3.2g**

Method

1. Prepare the Raspberry Chia base: In a small glass or bowl, combine the 1.0 tbsp (12g) of chia seeds with 3.0 tbsp (45ml) of hot water, stirring well, and let it sit for about 5 minutes to thicken and cool.
2. Blend the Berry Sauce: Add the fresh raspberries and a splash of vanilla to the thickened chia mixture, then use an immersion blender to process until the sauce reaches your desired consistency.
3. Store the Berry Sauce: Transfer the raspberry sauce into a sterilized glass jar; it is ready to serve immediately or can be chilled for a firmer set.
4. Melt the Chocolate Sauce: Place the heavy cream, dark chocolate, butter, and sweetener in a small saucepan over medium-low heat.
5. Emulsify the Chocolate: Whisk the chocolate mixture constantly until the ingredients are completely melted and the texture is glossy and smooth.
6. Finish and Cool: Remove the chocolate sauce from the heat, stir in the vanilla extract, and note that while it will appear thin and “liquid” while hot, it will thicken beautifully as it cools.
7. Storage: Pour the chocolate sauce into an airtight container and store in the refrigerator for up to 3 days.