KETO MEAL PLAN

Keto Meal Plan for 30 Days

Four Weeks of Breakfasts, Lunches & Dinners



STAV KOGAN

G & OZ · ML & FL OZ · °C & °F

COLLECTOR'S EDITION

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First English Edition · 2026

Dual measurements · g & oz · ml & fl oz · °C & °F

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WELCOME

A Month of Keto, Planned for You

Four weeks of breakfasts, lunches and dinners, arranged week by week — plus desserts and sauces to keep things interesting. The question of what to eat today is already answered, 103 times over.

Every recipe keeps net carbohydrates around 10 g per serving or less, and shows its full nutrition profile and serving size. Shop once a week, cook without guessing.

No exotic ingredients, no hour-long technique lists. Just honest food — eggs, cheese, meat, fish, nuts, berries and plenty of good fats — cooked the simple way.

> OUR PROMISE
>
> Every recipe in this book stays at roughly 10 g net carbohydrates per serving or less. Cook anything on any page, any day of the week, and stay comfortably in ketosis.

How to Use This Book

1. Every measure comes in pairs: grams with ounces, milliliters with fluid ounces, Celsius with Fahrenheit. Cook with whichever scale your kitchen speaks.
2. The green Net Carbs value on each page is the number that matters on keto. It is already calculated per serving.
3. The footer keeps your place: Recipe 7 of 103 tells you exactly how far through the book you are.

BEFORE YOU START

The Keto Kitchen Guide

One formula and two reference tables are all you need to read any recipe in this book, whether your scale speaks grams or ounces.

THE ONLY FORMULA THAT MATTERS

Net Carbs = Total Carbs − Fiber − Erythritol

OVEN TEMPERATURES

°C	°F	KITCHEN USE
120 °C	250 °F	*Meringues*
140 °C	275 °F	*Low braises*
150 °C	300 °F	*Custards*
160 °C	325 °F	*Cakes, breads*
170 °C	340 °F	*Gentle roast*
180 °C	350 °F	*Everyday bake*
190 °C	375 °F	*Cookies*
200 °C	400 °F	*Roasting*
220 °C	425 °F	*Hard sear*

WEIGHTS & VOLUMES

US → METRIC

WEIGHT	METRIC	VOLUME	METRIC
1 oz	28 g	1 fl oz	*30 ml*
4 oz	113 g	2 fl oz	*59 ml*
8 oz	227 g	4 fl oz	*118 ml*
16 oz (1 lb)	454 g	8 fl oz (1 cup)	*237 ml*

METRIC → US

WEIGHT	US	VOLUME	US
50 g	1.8 oz	100 ml	*3.4 fl oz*
100 g	3.5 oz	200 ml	*6.8 fl oz*
250 g	8.8 oz	500 ml	*17 fl oz*
500 g	17.6 oz	1 l	*34 fl oz*

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WEEK ONE

01

Week 1 · Breakfast

Planned keto eating — breakfast, lunch and dinner, week by week.

11 OF 103 RECIPES

Meat Scrambled Eggs

DIET	NET CARBS
Keto · Low-Carb	2.4 g



INGREDIENTS

- **80 g** (2.8 oz) Beef minced meat
- **15 g** (0.5 oz) Butter
- **250 g** (8.8 oz) Chicken egg
- **25 g** (0.9 oz) Cheese
- **10 g** (0.4 oz) Mayonnaise
- Greens to taste

METHOD

1. Preheat oven to 200°C (400°F). Place a frying pan on medium heat, fry the mince with spices to taste. Set aside the minced meat when ready.
2. Add the butter to the pan. Allow it to melt, then remove the pan from the heat and place it on top of a towel or oven. Make sure the inside of the pan is evenly coated with butter.
3. Cracked eggs open right into the pan. Sprinkle with salt and pepper. Place a few spoonfuls of minced meat on top of the eggs. Sprinkle cheese evenly on top of the dish, then bake. Bake for 15-20 minutes Serve warm with avocado, sour cream and, if desired, cilantro.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
845	69.7 g	52.2 g	2.4 g

Omelette

DIET	NET CARBS
Keto · Low-Carb	1.7 g



INGREDIENTS

- **5** Strips of bacon
- **5 g** (0.2 oz) Butter
- **2** Large eggs
- **30 g** (1.1 oz) Hard cheese
- Green onions
- Salt and pepper to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
551	46.4 g	31.7 g	1.7 g

Omelet with bacon

DIET	NET CARBS
Keto · Low-Carb	1.7 g



INGREDIENTS

- **3** Chicken eggs
- Bacon -2-3 strips
- **10 g** (0.4 oz) Greens
- **30 g** (1.1 oz) Any cheese

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
688	56.7 g	42.6 g	1.7 g

Paschot

DIET	NET CARBS
Keto · Low-Carb	1.3 g



INGREDIENTS

- **100 g** (3.5 oz) Stuffing
- **250 g** (8.8 oz) Fried egg
- **10 g** (0.4 oz) Mayonnaise
- Greens to taste
- Seasonings to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
547	44 g	36.4 g	1.3 g

Bacon poached pasta

DIET	NET CARBS
Keto · Low-Carb	2.9 g



INGREDIENTS

- **2** Large eggs
- **3** Strips of bacon
- Ood red onion, sliced
- Peking cabbage leaves
- 1-4 tsp. ground red pepper
- Salt to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
516	42.6 g	30.2 g	2.9 g

Stuffed Pepper

DIET	NET CARBS
Keto · Low-Carb	9.7 g



INGREDIENTS

- **100 g** (3.5 oz) Red pepper
- **150 g** (5.3 oz) Ground beef
- **30 g** (1.1 oz) Cheese
- **95 g** (3.4 oz) Tomato
- **20 g** (0.7 oz) Mayonnaise

METHOD

1. Bulgarian bell pepper, a large, we divide into 2 parts, free from the core. Wash and dry. Heat the oven to 180 degrees.
2. Fry minced meat in a pan, salt, pepper, add spices and chopped greens. Stuff the peppers with the stuffing and put them in a baking dish. On each pepper put a slice of tomato, top with a slice of cheese. The cheese slice should not cover the whole pepper, it should be smaller. This way the cheese won't drip down to the bottom of the mold when it melts. Add U4 cups of water to the bottom of the mold, to cover the bottom just a little bit. Bake at 180 degrees, 30-40 minutes.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
717	59.1 g	36.6 g	9.7 g

Taco

DIET	NET CARBS
Keto · Low-Carb	6 g



INGREDIENTS

- **3 pcs** Lettuce
- Chicken eggs -3-4 pcs.
- Bacon -2-3 strips
- **½** Avocado
- **½** Tomato

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
651	54 g	35.3 g	6 g

Chahahbilli with Chicken

DIET	NET CARBS
Keto · Low-Carb	7.6 g



INGREDIENTS

- **250 g** (8.8 oz) Chicken thighs
- **40 g** (1.4 oz) Butter 82%
- **90 g** (3.2 oz) Tomatoes
- **20 g** (0.7 oz) Onions
- Fresh cilantro, parsley, basil

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
737	58.7 g	44.6 g	7.6 g

Scrambled Eggs with Brisket, Chicken or Goose

DIET	NET CARBS
Keto · Low-Carb	1.1 g



INGREDIENTS

- **2 pcs** Eggs
- **100 g** (3.5 oz) Pork breast, veal or goose meat
- Seasoning to taste

METHOD

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
760	70.4 g	30.4 g	1.1 g

Egg Roll

DIET	NET CARBS
Keto · Low-Carb	5 g



INGREDIENTS

- Chicken eggs-3 pcs.
- **30 g** (1.1 oz) Hard cheese
- **50 g** (1.8 oz) Red pepper
- Parsley/greens to taste
- **20 g** (0.7 oz) Mayonnaise
- **1 cup** Olive oil

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
600	51.4 g	29.3 g	5 g

Egg and Bacon in a Mold

DIET	NET CARBS
Keto · Low-Carb	5.7 g



INGREDIENTS

- **35 g** (1.2 oz) Red pepper
- **35 g** (1.2 oz) Green pepper
- **40 g** (1.4 oz) Bacon
- **10 g** (0.4 oz) Hard cheese or feta cheese
- **200 g** (7.1 oz) Chicken eggs

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
559	42.8 g	37.9 g	5.7 g

WEEK ONE

02

Week 1 · Lunch

Planned keto eating — breakfast, lunch and dinner, week by week.

10 OF 103 RECIPES

Beef with Cream Sauce

DIET	NET CARBS
Keto · Low-Carb	5.2 g



INGREDIENTS

- **1** White onion, sliced
- Pork or beef fillet steak
- Cup of heavy cream
- **2 tbsp** Ground pepper
- Salad leaves

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
701	54.1 g	48.4 g	5.2 g

Mushroom Soup

DIET	NET CARBS
Keto · Low-Carb	10.8 g



INGREDIENTS

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

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
774	56.1 g	56.5 g	10.8 g

Classic Spiced Eggs

DIET	NET CARBS
Keto · Low-Carb	7 g



INGREDIENTS

- **300 g** (10.6 oz) Eggs
- **1** Shallot, finely diced
- **1 tbsp** Dijon mustard or ground red pepper
- **40 g** (1.4 oz) Mayonnaise
- Juice or lime

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
744	61.6 g	40.4 g	7 g

Chicken Casserole

DIET	NET CARBS
Keto · Low-Carb	6.9 g



INGREDIENTS

- **300 g** (10.6 oz) Boneless chicken thighs
- **100 g** (3.5 oz) Broccoli
- **50 g** (1.8 oz) Mayonnaise
- **30 g** (1.1 oz) Grated hard cheese
- Hot pepper (jalapeno) to taste

METHOD

1. Roast the chicken thighs in a well-greased frying pan over medium heat until tender. Chop them with two forks or meat grinder.
2. Slice broccoli florets and mix with chicken, mayonnaise,grated cheese, salt and pepper in a tall pan. Bake for 25 minutes at 160°C (325°F).
3. In the last 5 minutes of baking, top with remaining cheese slices and jalapeños if desired. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,012	75.8 g	75.7 g	6.9 g

Chicken Cutlets with Cabbage and Sauce

DIET	NET CARBS
Keto · Low-Carb	7.9 g



INGREDIENTS

- **200 g** (7.1 oz) Ground chicken
- **40 g** (1.4 oz) Mayonnaise
- **100 g** (3.5 oz) Broccoli or cauliflower
- **30 g** (1.1 oz) Hard cheese
- **10 g** (0.4 oz) Onions
- **1 pc** Chicken egg
- **10 g** (0.4 oz) Olive oil
- Greens to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
935	73.5 g	60.6 g	7.9 g

Chicken Curry Soup

DIET	NET CARBS
Keto · Low-Carb	8.5 g



INGREDIENTS

- Diced ears of white onions
- **200 g** (7.1 oz) Skinless chicken thighs
- **40 g** (1.4 oz) Fat sour cream
- **100 g** (3.5 oz) Green beans
- **1 tbsp** Curry powder

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
652	48.2 g	46 g	8.5 g

Salad with Avocado and Chicken

DIET	NET CARBS
Keto · Low-Carb	10.1 g



INGREDIENTS

- Chicken thighs
- **1** Medium avocado
- **2** Tomatoes
- **1** Handful of lettuce
- **10 g** (0.4 oz) Olive oil
- Lime or lemon juice

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
695	52.3 g	46 g	10.1 g

Seagull Salad

DIET	NET CARBS
Keto · Low-Carb	7.7 g



INGREDIENTS

- **4** Strips of bacon
- Sliced lettuce leaves
- **2** Large hard-boiled eggs
- **1** Small avocado
- **3 tbsp** Mayonnaise

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
845	74.8 g	35.3 g	7.7 g

Soup with Cauliflower and Bacon

DIET	NET CARBS
Keto · Low-Carb	12.8 g



INGREDIENTS

- **100 g** (3.5 oz) Cauliflower
- White onion, diced
- **1** Small carrot, shredded
- **65 g** (2.3 oz) Fat sour cream
- **100 g** (3.5 oz) Bacon

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
805	71.3 g	27.9 g	12.8 g

Poached Eggs with Vegetables

DIET	NET CARBS
Keto · Low-Carb	7 g



INGREDIENTS

- **150 g** (5.3 oz) White or brown mushrooms
- **10** Asparagus pods or green beans
- Grilled bacon or ground beef
- **1** Chopped tomato (tomato)
- **2** Large hard-boiled eggs

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
744	61.6 g	40.4 g	7 g

WEEK ONE

03

Week 1 · Dinner

Planned keto eating — breakfast, lunch and dinner, week by week.

7 OF 103 RECIPES

Beef with Green Cabbage

DIET	NET CARBS
Keto · Low-Carb	6.9 g



INGREDIENTS

- **100 g** (3.5 oz) Broccoli
- **1** Garlic clove
- **200 g** (7.1 oz) Ground beef
- **40 g** (1.4 oz) Grated mozzarella
- **1** Big egg

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
761	57.7 g	53.6 g	6.9 g

Chicken Thighs with Mashed Cauliflower

DIET	NET CARBS
Keto · Low-Carb	11.3 g



INGREDIENTS

- **200 g** (7.1 oz) Chicken thighs
- **200 g** (7.1 oz) Cauliflower
- Greens
- **45 g** (1.6 oz) Butter
- Spices to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
772	59.5 g	47.9 g	11.3 g

Chicken with Garlic and Zucchini

DIET	NET CARBS
Keto · Low-Carb	11.2 g



INGREDIENTS

- **300 g** (10.6 oz) Boneless chicken thighs
- Lemon to taste
- **2** Garlic cloves, thin slices
- **200 g** (7.1 oz) Zucchini

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
969	73.4 g	66 g	11.2 g

Pork with Mushrooms and Cream Sauce

DIET	NET CARBS
Keto · Low-Carb	8.4 g



INGREDIENTS

- **4** White onions diced
- **300 g** (10.6 oz) White or brown mushrooms
- **50 g** (1.8 oz) Fat cream
- **200 g** (7.1 oz) Pork chops

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
741	55.8 g	51.4 g	8.4 g

Pork with Cauliflower Rice

DIET	NET CARBS
Keto · Low-Carb	11.1 g



INGREDIENTS

- **200 g** (7.1 oz) Pork chops
- **200 g** (7.1 oz) Cauliflower
- Greens to taste
- Spices to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
686	51.7 g	44.1 g	11.1 g

Pork with Beans

DIET	NET CARBS
Keto · Low-Carb	5.4 g



INGREDIENTS

- **300 g** (10.6 oz) Pork steaks
- **159 g** (5.6 oz) Green beans
- **20 g** (0.7 oz) Butter
- Spices to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
812	65.1 g	51 g	5.4 g

Meatballs with Zucchini

DIET	NET CARBS
Keto · Low-Carb	5 g



INGREDIENTS

- **200 g** (7.1 oz) Ground beef
- **1 pc** Chicken egg
- **35 g** (1.2 oz) Hard cheese
- **100 g** (3.5 oz) Zucchini

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
724	56.1 g	49.8 g	5 g

WEEK TWO

04

Week 2 · Breakfast

Planned keto eating — breakfast, lunch and dinner, week by week.

6 OF 103 RECIPES

Bacon Roll with Cheese

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- **6** Large eggs
- **2 tbsp** Cream
- **¼ tsp** Garlic powder
- Salt to taste
- Ground black pepper
- **1 tbsp** Butter
- **1 tbsp** Chopped fresh green onions
- **18 slices** Bacon
- Grated cheese

METHOD

1. 6 Large eggs
2. 2 Tbsp. cream
3. ¼ Tsp. garlic powder
4. Salt to taste
5. Ground black pepper
6. 1 Tbsp. butter
7. 1 Tbsp chopped fresh green onions
8. 18 Slices of bacon
9. Grated cheese
10. In a large bowl, whisk eggs, cream and garlic powder and season with salt and pepper. Whisk everything with a whisk. In a shallow skillet over medium heat, melt butter. Add the eggs and stir for 3 minutes, then add the green onions. Place three strips of bacon on a cutting board. Sprinkle the bottom third with cheese and top with a large spoonful of scrambled eggs. Roll up tightly. Repeat with remaining cheese and eggs. Heat a skillet and place the bacon rolls, rolled seam-side down. Cook until crispy on all sides, then transfer to a plate lined with paper towel to drain the fat. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,700	144 g	97 g	4 g

Keto Burger with Egg and Bacon

DIET	NET CARBS
Keto · Low-Carb	3 g



INGREDIENTS

- **10 slices** Bacon.
- **4** Large eggs.
- Hard cheese.
- **1 tsp** Salt.

METHOD

1. 10 slices of bacon.
2. 2 tablespoons of bacon fat.
3. 4 cups spinach or salad leaves.
4. 4 large eggs.
5. Hard cheese.
6. 2 tablespoons heavy cream.
7. 1 teaspoon salt.
8. Quarter teaspoon ground black pepper.
9. Preheat oven to 200 degrees. Weave the bacon 5 x 5. After about 15 minutes of the bacon being cooked, start cooking the eggs. Crack 4 eggs into a container. Add 2 tablespoons of cream to the eggs. Stir until smooth. After the bacon is cooked, place the weave on a paper towel and transfer the fat from the bacon to a bowl. Stir in the spinach and egg mixture and fry in the pan, stirring. Place the fried eggs on top of the lashings of bacon. Try to make an even square. Add the cheese on top. Transfer the bacon weave to a piece of foil on a baking tray and place in the oven. Bake the bacon and eggs for about 3 minutes at the highest or second highest heat. After that, cut into equal square pieces

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,116	96 g	60 g	3 g

Omelet with Cauliflower

DIET	NET CARBS
Keto · Low-Carb	5.7 g



INGREDIENTS

- **4** Large eggs
- **1 tbsp** Olive oil
- **1 tbsp** Heavy cream
- **1 pinch** Salt
- **1 pinch** Pepper
- Fresh cabbage (broccoli or cauliflower)
- **30 g** (1.1 oz) Hard cheese

METHOD

1. Beat eggs with cream, salt and pepper. Take a large saucepan and place over high heat. Add 1 tbsp of olive oil. Saute the cabbage for a while. Pour in the eggs and stir until cooked.
2. Sprinkle with cheese.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
558	44.1 g	34.6 g	5.7 g

Cheese Soufflé

DIET	NET CARBS
Keto · Low-Carb	6 g



INGREDIENTS

- **3 tbsp** Olive oil
- **½** Medium onion, chopped in cubes
- **1½ tsp** Minced garlic
- **180 g** (6.3 oz) Ham, cooked and diced
- **1 tbsp** Oil to grease the pans
- **6** Big eggs
- 30-40g grated cheese
- **1 tbsp** Heavy cream
- **2 tbsp** Chopped fresh green onions
- **½ tsp** Salt
- **½ tsp** Black pepper

METHOD

1. 3 Tablespoons olive oil
2. 0.5 Medium onion, chopped in cubes
3. 1.5 Teaspoon minced garlic
4. 180g Ham, cooked and diced
5. 1 Tablespoon oil to grease the pans
6. 6 Big eggs
7. 30-40g Grated cheese
8. 1 Tbsp heavy cream
9. 2 Tablespoons chopped fresh green onions
10. 0.5 Teaspoon salt
11. 0.5 Teaspoon black pepper
12. Preheat the oven to 200 degrees. Prepare all your ingredients: diced ham, ½ medium onion, garlic, cheese and fresh green onions. In a frying pan, heat olive oil, add onions and fry until soft. After that, add the garlic and continue frying until the garlic is browned. In a bowl add 6 eggs, heavy cream, chopped green onions, salt and pepper. Add all other ingredients, including the onion and garlic from the pan. Mix well. Spread into molds or into one baking dish. Bake in the oven for 20 minutes. Before serving, sprinkle with greens and put a piece of butter on top.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,472	128 g	74 g	6 g

Frittata

DIET	NET CARBS
Keto · Low-Carb	5.7 g



INGREDIENTS

- **3** Large chicken sausages with good composition (homemade is best)
- **3 cups** Raw chopped spinach or lettuce leaves
- **50 g** (1.8 oz) Chopped porcini mushrooms
- 30-40g hard cheese
- **10** Large eggs
- **2 tsp** Sugar-free hot sauce or hot spices

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,042	79 g	77 g	5.7 g

Egg Sandwich

DIET	NET CARBS
Keto · Low-Carb	6 g



INGREDIENTS

- **2** Eggs
- **½** Avocado
- **2** Strips of bacon
- Grated cheese

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
724	60 g	40 g	6 g

WEEK TWO

05

Week 2 · Lunch

Planned keto eating — breakfast, lunch and dinner, week by week.

8 OF 103 RECIPES

Spanish Beef

DIET	NET CARBS
Keto · Low-Carb	5 g



INGREDIENTS

- **6** Medium garlic cloves
- Beef steak
- **½ tbsp** Garlic powder
- **1 tbsp** Ghee
- **½ tbsp** Olive oil
- Salt and pepper to taste
- Salad leaves/spinach

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,084	84 g	77 g	5 g

Stuffed Cabbage Rolls

DIET	NET CARBS
Keto · Low-Carb	2 g

INGREDIENTS

- One large tight cabbage
- **0.5 kg** (17.6 oz) Pork
- **0.5 kg** (17.6 oz) Beef
- **3** Medium onions
- **1** Carrot
- **2 tbsp** Tomato paste
- **1 tbsp** Shredded cauliflower olive oil
- Salt, pepper, bay leaf

METHOD

1. One large tight cabbage
2. 0.5 kg of Pork
3. 0.5 kg of Beef
4. 3 Medium onions
5. 1 Carrot
6. 2 Tbsp. tomato paste
7. 1 Tbsp. shredded cauliflower olive oil
8. Salt, pepper, bay leaf
9. Cut out the base (core) of the cabbage so that the leaves remain. Put the cabbage in a deep pan and pour boiling water, put on medium heat to boil. In it will be separated from the top leaves, which we easily remove with a fork. So we gradually, while boiling the whole cabbage into soft and whole leaves, which will be easy to work with.
10. While the cabbage is boiling, we also boil the cauliflower rice in advance until half cooked. We pass the meat through a meat grinder. Add an onion and a couple of garlic cloves. In the meat add cooled rice, salt and pepper. For gravy, chop a couple of onions and carrots in julienne strips. Fry until golden brown. Add tomato paste, salt and pepper and one liter of cabbage broth. Cut the large leaves in half while cutting out the thick base. Put a spoonful of stuffing on the leaves and wrap. In a pot with a thick bottom, cut the rest of the cabbage and some gravy. Put some of the stuffed cabbage rolls, pour the gravy again. We do it a few times. At the end pour the rest of the gravy on top. We put the bay leaf and put to stew on low heat for 40 minutes, depends on what kind of cabbage you like. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
121	9 g	8 g	2 g

Caprese Chicken Thighs

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- **½ tbsp** Frying oil
- **6** Boneless medium-sized chicken thighs
- Salt and pepper to taste
- Basil leaves or other lettuce
- Olive oil
- Chopped tomatoes
- Cheese, sliced

METHOD

1. 0.5 Tablespoon frying oil
2. 6 Boneless medium-sized chicken thighs
3. Salt and pepper to taste
4. Basil leaves or other lettuce
5. Olive oil
6. Chopped tomatoes
7. Cheese, sliced
8. Preheat the oven to!80°C (175°F). Heat a cast iron (or other oven-safe) skillet over medium heat. Add the butter and let it melt. Season the ^/rice thighs with salt and pepper, then place them in the skillet. Allow the chicken thighs to darken for a few minutes, until golden, before flipping and cooking the other side. In a mixer, combine the lettuce leaves and olive oil. Season with additional salt. Turn off the heat under the pan. Place the pesto sauce (salad leaves and oil) you just made on the chicken thighs. Place a layer of tomatoes and cheese on top. Bake for about 30 minutes, or until chicken is fully cooked and cheese is melted and browned. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,076	80 g	85 g	4 g

Bacon-Wrapped Chicken Bombs

DIET	NET CARBS
Keto · Low-Carb	4.5 g



INGREDIENTS

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

METHOD

1. Chicken (amount depends on how many pieces you want)
2. Lettuce leaves or spinach for the filling
3. Softened cream cheese (mascarpone) for the filling
4. Salt and pepper to taste
5. 8-10 Slices of bacon
6. Preheat the oven to 190 degrees.
7. Mix the lettuce leaves with the cream cheese, add the pepper and salt to taste. Cut the chicken pieces in half so that you can put the stuffing inside. Carefully cut pockets for stuffing in each piece. If you accidentally cut a piece too hard, that's okay. Wrapping the slice in bacon will make up for it. Fill the pockets with the filling. Wrap the slices tightly with bacon. Fry the chicken and bacon in a pan for a bit, then send to the oven for 35-45 minutes until the bacon is crispy and the chicken is cooked through. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,670	136 g	107 g	4.5 g

Meat Loaf

DIET	NET CARBS
Keto · Low-Carb	2 g



INGREDIENTS

- **500** Ground beef
- **1 tsp** Salt
- **½ tsp** Ground black pepper
- **½ tsp** Garlic powder
- **½ tsp** Cumin
- **6 slices** Cheese sliced green onions spinach or lettuce
- Porcini mushrooms

METHOD

1. 500 Ground beef
2. 1 Teaspoon salt
3. 0.5 Teaspoon ground black pepper
4. 0.5 Teaspoon garlic powder
5. 0.5 Teaspoon cumin
6. 6 Slices of cheese sliced green onions spinach or lettuce
7. Porcini mushrooms
8. The amount depends on how thick you want the stuffing.
9. Mix stuffing with salt, pepper, garlic and cumin. In a small baking dish, place minced meat and spices. With a rim. To enclose the stuffing. Layer the cheese on the bottom of the meatloaf. Add onion, spinach and mushrooms. Cover with remaining stuffing to make a roll. Bake at 180°C (350°F) for 1 hour. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
230	18 g	15 g	2 g

Cheese Waffles with Thyme

DIET	NET CARBS
Keto · Low-Carb	5.7 g

INGREDIENTS

- Cauliflower
- **40 g** (1.4 oz) Fine grated cheese
- **2** Large eggs
- **2 stalks** Green onions
- **1 tbsp** Sesame seeds
- **1 tbsp** Olive oil
- **2 tsp** Thyme
- **1 tsp** Garlic powder
- **½ tsp** Ground black pepper
- **½ tsp** Salt

METHOD

1. Cauliflower
2. 40g of Fine grated cheese
3. Portion of prepacked greens
4. 2 Large eggs
5. 2 Stalks of green onions
6. 1 Tablespoon sesame seeds
7. 1 Tablespoon olive oil
8. 2 Teaspoons thyme
9. 1 Teaspoon garlic powder
10. 0.5 Teaspoon ground black pepper
11. 0.5 Teaspoon salt
12. Prepare the cauliflower, green onions and thyme by cutting the cauliflower into florets, chopping the green onions into small pieces and tearing the thyme off the stems. In a blender, cook the cauliflower until it has a crumbly texture. Add the green onions, thyme and herbs to the mixture and continue cooking until everything is well blended. Transfer the mixture to a large bowl. Add 1 cup cheese, 2 large eggs, 1 tbsp kunya^/ta seeds, 1 tbsp olive oil, 1 tsp garlic powder, ½ tsp black pepper and ½ tsp table salt. Mix everything well until a liquid batter forms. Heat a waffle iron and then place the mixture evenly. Enjoy the batter!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
558	44.1 g	34.6 g	5.7 g

Cheese Cauliflower Soup with Bacon

DIET	NET CARBS
Keto · Low-Carb	15 g



INGREDIENTS

- 4-5 tbsp olive oil
- **1 tsp** Minced garlic
- **1** Medium cauliflower, shredded
- **2 cups** Chicken broth
- **1 cup** Water
- **1 cup** Heavy whipped cream
- **1 tsp** Psyllium or baking powder (no starch)
- **40 g** (1.4 oz) Grated cheese
- **4** Strips of bacon

METHOD

1. 4-5 Tbsp olive oil
2. 1 Teaspoon minced garlic
3. 1 Medium cauliflower, shredded
4. 2 Cups chicken broth
5. 1 Cup water
6. 1 Cup heavy whipped cream
7. 1 Teaspoon psyllium or baking powder (no starch)
8. 40 gr Grated cheese
9. 4 Strips of bacon
10. In a deep saucepan, heat ¾ of the olive oil and garlic over medium heat. Heat through, add cauliflower. Pour in chicken broth and water and bring to a boil over high heat. Stir frequently. Once it comes to a boil, add the heavy whipped cream, then reduce the heat to medium. In a separate bowl, whisk together the remaining butter and psyllium to form a slurry. Add the slurry to the soup. Stir. Sprinkle with cheese, cook until tender. In the meantime, fry the bacon, cut into small pieces. Throw in the soup and serve with greens. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,290	110 g	60 g	15 g

Stewed Chicken with Mushrooms

DIET	NET CARBS
Keto · Low-Carb	5 g



INGREDIENTS

- Caps of porcini mushrooms
- Boneless thigh fillets, chopped
- **3** Garlic cloves, minced
- **½ tsp** Dried basil (or other spices)
- **½ tsp** Dried oregano (or other spices)
- Tsp. dried thyme
- **2** Whole bay leaves
- **1 cup** Chicken stock
- **2 tbsp** Butter
- Whipped cream
- **8 slices** Bacon, cooked
- Chopped fresh parsley
- Salt and pepper to taste

METHOD

1. Caps of porcini mushrooms
2. Boneless thigh fillets, chopped
3. 3 Garlic cloves, minced
4. 0.5 Teaspoon dried basil (or other spices)
5. 0.5 Teaspoon dried oregano (or other spices)
6. Tsp. dried thyme
7. 2 Whole bay leaves
8. 1 Cup chicken stock
9. 2 Tablespoons butter
10. Whipped cream
11. 8 Slices of bacon, cooked
12. Chopped fresh parsley
13. Salt and pepper to taste
14. Wash all the mushrooms. Slice all the chicken into bite-sized pieces. Fry chicken until golden, add mushrooms, all spices, bay leaf, broth. Cook on low heat until tender. While frying bacon. Before it is ready, add 2 tablespoons of butter, heavy cream and additional spices (if necessary). Serve with crumbled bacon and parsley. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
2,137	165 g	158 g	5 g

WEEK TWO

06

Week 2 · Dinner

Planned keto eating — breakfast, lunch and dinner, week by week.

10 OF 103 RECIPES

Roast

DIET	NET CARBS
Keto · Low-Carb	10 g



INGREDIENTS

- **450 g** (15.9 oz) Ground beef
- **100 g** (3.5 oz) White and red cabbage
- Green onions
- Coconut oil for frying
- Sour cream or mayonnaise as a sauce

METHOD

1. 450g Ground beef
2. 100g White and red cabbage
3. Green onions
4. Spices: paprika, ground red, black pepper, allspice or other spices to taste.
5. Coconut oil for frying
6. Sour cream or mayonnaise as a sauce
7. Heat a large frying pan, put oil in it. Fry minced meat, about 5 minutes, stirring. Add the sliced cabbage mixture, and stir in the beef. Cook until cabbage is soft, about 5 minutes, stirring frequently. Reduce heat to medium-low. Pour the sauce into the pan. Stir. Add salt, spices to taste, if needed. Remove pan from heat. Stir in chopped green onions. Serve while hot. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,503	127 g	80 g	10 g

Keto Chicken Cutlets with Tomato Oil

DIET	NET CARBS
Keto · Low-Carb	2 g

INGREDIENTS

- **560 g** (19.8 oz) Ground chicken or turkey
- **1** Egg
- **½** Grated or finely chopped yellow onion
- **1 tsp** Ground sea salt
- **½ tsp** Ground black pepper
- **1 tsp** Dried thyme or crushed coriander seeds
- **50 g** (1.8 oz) Butter for frying
- **500 g** (17.6 oz) White cabbage
- **83 g** (2.9 oz) Butter
- **1 tsp** Salt
- **1 tsp** Ground black pepper
- **100 g** (3.5 oz) Butter
- **1 tbsp** Tomato paste
- **1 tsp** Red wine vinegar (optional)
- Sea salt and pepper to taste
- Or 8 "patties" and fry in oil over medium heat until golden brown and fully cooked. place in oven to keep warm. shred the cabbage with a sharp knife or blender. fry the cabbage in plenty of
- Oil over medium heat until it is browned around the edges. season with salt and pepper. reduce heat to low toward the end. place all the ingredients for the tomato butter in a small bowl and whisk together using an electric mixer. serve the plate with the chicken

METHOD

1. Chicken cutlets
2. 560g of ground chicken or turkey
3. 1 Egg
4. 0.5 Grated or finely chopped yellow onion
5. 1 Teaspoon ground sea salt
6. 0.5 Teaspoon ground black pepper
7. 1 Teaspoon dried thyme or crushed coriander seeds
8. 50g butter for frying
9. Fried cabbage
10. 500g of White cabbage
11. 83g Butter
12. 1 Teaspoon salt
13. 1 Teaspoon ground black pepper
14. Whipped tomato oil
15. 100g Butter
16. 1 Tablespoon tomato paste
17. 1 Teaspoon red wine vinegar (optional)
18. Sea salt and pepper to taste
19. Preheat the oven to 100°C (200°F). Mix all the ingredients for the cutlets in a bowl. Create 6 or 8 patties.
20. or 8 "patties" and fry in oil over medium heat until golden brown and fully cooked. Place in oven to keep warm. Shred the cabbage with a sharp knife or blender. Fry the cabbage in plenty of oil over medium heat until it is browned around the edges. Season with salt and pepper. Reduce heat to low toward the end. Place all the ingredients for the tomato butter in a small bowl and whisk together using an electric mixer. Serve the plate with the chicken cutlets and roasted cabbage, place a spoonful of tomato butter on top. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
157	13 g	8 g	2 g

Mexican Chicken

DIET	NET CARBS
Keto · Low-Carb	1 g

INGREDIENTS

- **1 kg** (35.3 oz) Boneless chicken thighs
- **1 tbsp** Melted butter
- **4** Peppers for sauce
- **1 tsp** Pink himalayan salt
- **1 tsp** Oregano
- **½ tsp** Cumin
- **½ tsp** Cayenne pepper
- **1** Medium onion
- **4 cloves** Garlic
- ½ lime juice or lemon juice
- **2 cups** Water for the sauce

METHOD

1. 1 kg Boneless chicken thighs
2. 1 Tablespoon of melted butter
3. 4 Peppers for sauce
4. 1 Teaspoon pink Himalayan salt
5. 1 Teaspoon oregano
6. ½ Teaspoon cumin
7. ½ Teaspoon cayenne pepper
8. 1 Medium onion
9. 4 Cloves garlic
10. ½ Lime juice or lemon juice
11. 2 Cups water for the sauce
12. Heat a skillet over medium heat. Melt a tablespoon of melted butter in the skillet! Fry chicken thighs in it. In a blender, combine pepper, salt, oregano, cumin, cayenne pepper, onion, garlic, lemon juice and 2 cups water. Mix until liquid. Once chicken is browned, add sauce to skillet over all chicken thighs. Cook for 90 minutes, turning the chicken occasionally. When the sauce has reduced, continue adding water to regain its former volume. After 90 minutes, shred the chicken. Cook the shredded ^/rice for 30 minutes. After 30 minutes, let the sauce cool completely. Make sure it doesn't burn. Garnish with lime, cilantro, dress with fat sauce

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
234	18 g	17 g	1 g

Mexican Chicken Soup

DIET	NET CARBS
Keto · Low-Carb	1.8 g

INGREDIENTS

- **400 g** (14.1 oz) Boneless skinless chicken thighs
- **150 g** (5.3 oz) Tomatoes
- **1** Medium bulb
- **1 tbsp** Minced garlic
- **1** Red bell pepper
- **1 tsp** Caraway seed spice
- **1 tsp** Dried oregano
- **1½ tsp** Chili powder
- **1 tsp** Paprika (optional)
- **1 tsp** Mexican seasoning (optional) (or other spices to taste)
- **1½ cup** Chicken broth
- **1 cup** Cream
- **2 tbsp** Cream cheese
- **1 tbsp** Oil for frying
- Salt to taste, fresh coriander leaves for garnish

METHOD

1. 400g boneless skinless chicken thighs
2. 150g of tomatoes
3. 1 Medium bulb
4. 1 Tablespoon minced garlic
5. 1 red bell pepper
6. 1 Teaspoon caraway seed spice
7. 1 Teaspoon dried oregano
8. 1.5 Tsp. chili powder
9. 1 Tsp. paprika (optional)
10. 1 Tsp. Mexican seasoning (optional) (or other spices to taste)
11. 1.5 Cup chicken broth
12. 1 Cup cream
13. 2 Tbsp cream cheese
14. 1 Tbsp oil for frying
15. Salt to taste, fresh coriander leaves for garnish
16. Heat a frying pan and put oil in it. When it is melted, put in minced garlic and onion. Fry until the onions are slightly browned. In a preheated saucepan, put the chicken meat, chopped tomatoes, the prepared garlic and onion mixture, all the spices and warm chicken broth. Cover with a lid and leave for 2-3 hours. At the end of cooking with 2 forks shred ("urice"). Add chopped bell peppers, cream and cream cheese and simmer for another 20-30 minutes. When serving, add fresh coriander (herbs), sour cream. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
151	12 g	9 g	1.8 g

Meat Balls with Cheese

DIET	NET CARBS
Keto · Low-Carb	2 g



INGREDIENTS

- Ground beef
- **1 tsp** Salt
- **½ tsp** Pepper
- **½ tsp** Garlic powder
- **½ tsp** Dried oregano
- **1** Egg
- **2 tbsp** Water
- Cheese, diced.
- Fat sour cream or mayonnaise for marinade
- **2 tbsp** Chopped fresh parsley olive oil
- Salt and pepper to taste

METHOD

1. Ground beef
2. 1 Teaspoon salt
3. 0.5 Teaspoon pepper
4. 0.5 Teaspoon garlic powder
5. 0.5 Teaspoon dried oregano
6. 1 Egg
7. 2 Tablespoons water
8. Cheese, diced.
9. Fat sour cream or mayonnaise for marinade
10. 2 Tablespoons chopped fresh parsley Olive oil
11. Salt and pepper to taste
12. Preheat the oven. Line a baking tray with foil, drizzle with olive oil. Place beef, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix thoroughly. You may have to add more water 1 tablespoon to get a smooth mixture. Form into balls. Take a cube of cheese, press it into the ball, roll it up so the cheese is inside and doesn't peek out. Place the meatball on a baking tray. Bake until tender (about 10 minutes). Put meatballs on a plate and pour sauce on top, sprinkle with parsley and serve at once. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,908	164 g	106 g	2 g

Rancho

DIET	NET CARBS
Keto · Low-Carb	—



INGREDIENTS

- **2 tbsp** Dried tarragon or green onions
- **2 tbsp** Dried parsley
- **2 tbsp** Dried dill
- **1 tbsp** Garlic powder
- **1 tbsp** Onion powder
- **1 tbsp** Sea salt
- **½ tbsp** Ground black pepper

METHOD

1. 2 Tablespoons dried tarragon or green onions
2. 2 Tablespoons dried parsley
3. 2 Tablespoons dried dill
4. 1 Tablespoon garlic powder
5. 1 Tablespoon of onion powder
6. 1 Tablespoon sea salt
7. 0.5 Tablespoon ground black pepper
8. Mix all ingredients well and pour into a small jar with a tight-fitting lid.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
—	—	—	—

Rice Soup

DIET	NET CARBS
Keto · Low-Carb	10 g



INGREDIENTS

- **2 tbsp** Coconut oil
- **½** Medium shallots, diced
- **2** Medium garlic cloves, chopped
- **1** Medium handle of ginger, chopped (to taste)
- 200-300 gr chicken thighs
- Cauliflower rice
- **1 tbsp** Black pepper
- Chicken broth
- Thickener if desired (xanthumgum/psyllium)
- Heat up a saucepan. heat the coconut oil in it. add the shallots, garlic and ginger. stir-fry. add the chicken thighs to the pan. fry on both sides. add the cauliflower rice to the pan. stir. add broth to the pot and let

METHOD

1. 2 Tablespoons coconut oil
2. 0.5 Medium shallots, diced
3. 2 Medium garlic cloves, chopped
4. 1 Medium handle of ginger, chopped (to taste)
5. 200-300 gr Chicken thighs
6. Cauliflower rice
7. 1 tablespoon black pepper
8. Chicken broth
9. Thickener if desired (xanthumgum/psyllium)
10. Heat up a saucepan. Heat the coconut oil in it. Add the shallots, garlic and ginger. Stir-fry. Add the chicken thighs to the pan. Fry on both sides. Add the cauliflower rice to the pan. Stir. Add broth to the pot and let come to a boil. Then turn down the heat and simmer until cooked, adding spices to taste and herbs. Put a hard-boiled egg on top. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
696	52 g	47 g	10 g

Salad for Sirloin

DIET	NET CARBS
Keto · Low-Carb	2 g



INGREDIENTS

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

METHOD

1. 3 Chicken eggs
2. Avocado
3. Large tomato 1
4. Mayonnaise or olive oil for dressing
5. Salt, pepper to taste
6. Dice up everything and dress with butter in a bowl. Sprinkle with greens. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
181	17 g	5 g	2 g

Chinese Pork Brisket with Brussels Sprouts

DIET	NET CARBS
Keto · Low-Carb	8 g



INGREDIENTS

- **2 tbsp** Soy sauce (no sugar) to taste
- **½ tbsp** Apple cider vinegar
- **2** Garlic cloves
- **20 g** (0.7 oz) Butter or coconut oil brussels sprouts
- **2** Hard boiled chicken eggs
- **½** Onions
- Salt and ground black pepper

METHOD

1. Pork brisket
2. 2 Tablespoons soy sauce (no sugar) to taste
3. ½ Tablespoon apple cider vinegar
4. 2 Garlic cloves
5. 20 g Butter or coconut oil Brussels sprouts
6. 2 Hard boiled chicken eggs
7. 0.5 onions
8. Salt and ground black pepper
9. Cut pork brisket into bite size pieces. The amount depends on your desire and appetite. Wash and trim brussels sprouts. Cut in half or quarters depending on their size. Put the pork in a saucepan and place over medium heat. Roast until golden. Smash the garlic cloves and add them along with the brussels sprouts and oil. Fry until the sprouts are golden brown. Mix the soy sauce and apple cider vinegar in a small bowl and add this to the pan. Add salt and pepper to taste. Finally, sprinkle with thinly sliced onions and place cooked egg halves on top.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
652	60 g	20 g	8 g

Beef Stew

DIET	NET CARBS
Keto · Low-Carb	15 g

INGREDIENTS

- **450 g** (15.9 oz) Beef
- **2 cups** Beef broth
- **4** Vloves of minced garlic
- **40 g** (1.4 oz) Onions
- **40 g** (1.4 oz) Carrots
- **40 g** (1.4 oz) Radish
- **¼ tsp** Salt
- **¼ tsp** Pepper
- **½ tsp** Psyllium
- **1 tbsp** Oil
- **1 tbsp** Coconut oil

METHOD

1. 450g of beef
2. 2 Cups beef broth
3. 4 Vloves of minced garlic
4. 40g of onions
5. 40g of carrots
6. 40g of radish
7. ¼ Teaspoon salt
8. ¼ Tsp. pepper
9. ½ Tsp. psyllium
10. 1 Tablespoon oil
11. 1 Tablespoon coconut oil
12. Slice beef into bite size pieces, salt and pepper and set aside. Heat a large frying pan, put the coconut oil on it. Fry the beef until brown on both sides and set aside. Chop the onion, carrot and radish into bite-sized pieces and chop the garlic.
13. Add onions, garlic and oil and cook for a couple of minutes, stirring.Once onions are soft, add broth and psyllium. Keep stirring. Once everything is boiling, add the meat and simmer for 30 minutes with the lid on medium-low heat. Stir occasionally. After 30 minutes add carrots and radishes and simmer for another 30 minutes, stirring frequently.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,312	100 g	88 g	15 g

WEEK THREE

07

Week 3 · Breakfast

Planned keto eating — breakfast, lunch and dinner, week by week.

6 OF 103 RECIPES

Avocado Breakfast

DIET	NET CARBS
Keto · Low-Carb	6 g



INGREDIENTS

- **1** Medium avocado
- **2** Eggs
- **1** Strip of bacon, cooked and crumbled
- **1 tbsp** Grated cheese pinch of salt

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
556	48 g	25 g	6 g

Avocado pancakes

DIET	NET CARBS
Keto · Low-Carb	9 g



INGREDIENTS

METHOD

1. Slightly unripe avocado -1
2. Grated cheese -30g
3. Chicken egg -2
4. Salt, pepper to taste
5. Butter for frying
6. Peel and grate avocado. Grate cheese on large grater. Mix and add 2 eggs.
7. Fry in grease until crispy. Serve with greased sour cream and greens.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
768	68 g	30 g	9 g

Hearty Keto Pancake

DIET	NET CARBS
Keto · Low-Carb	14 g



INGREDIENTS

- **3** Large eggs
- **¼ tsp** Apple cider vinegar
- **45 g** (1.6 oz) Grated cheese
- **2 tbsp** Coconut flour (16 g)
- **2 tbsp** Chopped green onions or herbs of choice
- Salt and pepper to taste
- **1 tbsp** Melted butter for frying
- Fried eggs
- Bacon slices
- Sliced avocado

METHOD

1. Separate egg whites from egg yolks. In a bowl, using a hand mixer, beat egg whites until stiff peaks form. Gently fold in egg yolks, whisk. Stir in the grated cheese. Sifted coconut flour, whisk. Finally, add the green onions and season with salt and pepper. Grease a small pan with melted butter and heat over medium heat. Once the pan is hot, pour in the pancake mixture. Cook for 2-3 minutes until small bubbles appear on top. Then fry over high heat for 3 to 5 minutes or until cooked through and lightly golden. 8. Then serve with avocado, bacon and fried egg. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
913	73 g	50 g	14 g

Egg Muffins with Bacon

DIET	NET CARBS
Keto · Low-Carb	3 g



INGREDIENTS

- **8** Beaten together
- **8 slices** Bacon cooked
- **30 g** (1.1 oz) Cheese, shredded or sliced
- Fresh spinach or lettuce, chopped
- Salt to taste
- Fresh pepper to taste
- Olive oil or melted butter to grease

METHOD

1. 8 Eggs beaten together
2. 8 Slices of bacon cooked
3. 30 gr. Cheese, shredded or sliced
4. Fresh spinach or lettuce, chopped
5. Salt to taste
6. Fresh pepper to taste
7. Olive oil or melted butter to grease
8. Preheat oven to 180 C. Use butter or clarified butter to grease the muffin tin. Mix the rest of the ingredients and pour gently into the baking dish. Bake in the preheated oven for about 20 minutes, until the eggs are springy to the touch (be careful!) Or lightly browned.Finish with a sprinkle of grated cheese. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,738	146 g	103 g	3 g

Egg Salad

DIET	NET CARBS
Keto · Low-Carb	15 g



INGREDIENTS

- **12** Large hard-boiled eggs
- **2** Chopped onions (30g)
- Cherry tomatoes in halves (150g)
- Shredded cheese (60g)
- **225 g** (7.9 oz) Bacon, cooked and crumbled
- Mayonnaise (110g)
- Salt and pepper to taste

METHOD

1. 12 Large hard-boiled eggs
2. 2 Chopped onions (30g)
3. Cherry tomatoes in halves (150g)
4. Shredded cheese (60g)
5. 225g Bacon, cooked and crumbled
6. Mayonnaise (110g)
7. Salt and pepper to taste
8. Place all the chopped eggs in a bowl. Add the green onions, tomatoes and grated cheese. Add mayonnaise and bacon. Add salt and pepper to taste. Stir to combine. Serve over crisp green lettuce leaves. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,926	162 g	102 g	15 g

Turkish Eggs

DIET	NET CARBS
Keto · Low-Carb	14 g



INGREDIENTS

- Greasy sour cream (50g).
- **1 tsp** Lemon juice
- **1** Garlic clove, minced
- **1 tbsp** Chopped coriander or other herbs
- Salt, to taste
- **1 tsp** Olive oil (5 g)
- **1** Medium red onion, sliced
- **200 g** (7.1 oz) Finely chopped lettuce leaves
- **1 tbsp** Butter or clarified butter
- **4** Large eggs
- **1 tbsp** Butter or ghee (10g)
- **½ tsp** Paprika
- **1 tsp** Ground chili pepper
- ½ medium avocado, sliced (60g)
- **¼ tsp** Black pepper
- Chili flakes and salt to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
826	70 g	35 g	14 g

WEEK THREE

08

Week 3 · Lunch

Planned keto eating — breakfast, lunch and dinner, week by week.

3 OF 103 RECIPES

Roll

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- 3-4 lettuce leaves (60g)
- **2** To 3 slices of tomato (50g)
- Small avocado, sliced (25g)
- **1 tbsp** Mayonnaise (15g)
- **1 tsp** Lemon juice
- **1 tsp** Dried parsley
- **¼ tsp** Garlic powder
- **¼ tsp** Chives powder
- Pinch of salt and black pepper

METHOD

1. 3-4 Lettuce leaves (60g)
2. 1 - 2 Slices of cooked bacon (26g)
3. 2 - 3 Slices of cooked chicken or other meat of choice
4. 2 to 3 Slices of tomato (50g)
5. Small avocado, sliced (25g)
6. 1 Tablespoon mayonnaise (15g)
7. 1 Teaspoon lemon juice
8. 1 Teaspoon dried parsley
9. ¼ Teaspoon garlic powder
10. ¼ Teaspoon chives powder
11. Pinch of salt and black pepper
12. Mix sauce ingredients. Prepare a piece of parchment or foil. Place lettuce on top in a single layer, slightly overlapping each other. Pour over the dressing. Place the toppings on top. Roll up like rolls by pulling the parchment up and out. Roll over, covering the roll completely with paper. Cut to desired length, remove paper.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
570	54 g	17 g	4 g

Pork Chops with Asparagus and Hollandaise Sauce

DIET	NET CARBS
Keto · Low-Carb	4 g

INGREDIENTS

- **3** Large egg yolks
- **1 tbsp** Lemon juice
- **3** Boneless pork chops (200g)
- **1 tbsp** Ghee or bacon (12g)
- **360 g** (12.7 oz) Asparagus or green beans
- Salt and pepper to taste

METHOD

1. Butter, ghee or olive oil (100g)
2. 3 large egg yolks
3. 1 Tablespoon lemon juice
4. 3 boneless pork chops (200g)
5. 1 Tablespoon ghee or bacon (12g)
6. 360g Asparagus or green beans
7. Salt and pepper to taste
8. Note: If the recipe calls for raw eggs and you are concerned about the potential risk of salmonella, you can make it safe by using pasteurized eggs. To pasteurize eggs at home, simply pour water into a saucepan to cover the eggs. Heat to about 60°C (140°F). Using a spoon, slowly place the eggs in the pan. Keep the eggs in the water for about 3 minutes. Allow the eggs to cool and store in the refrigerator for 6-8 weeks.
9. Prepare Hollandaise sauce. Place 100g of butter or melted butter in a wide-mouth jar or in a special container for a mixer. Melt the butter in the microwave. Add the egg yolks and lemon juice. Place a hand blender in the bottom of the jar and whisk until well blended, lifting it slowly until you are blended. Add seasonings to taste. Heat a skillet over low heat and melt the remaining melted butter. Cook the pork chops on each side and then leave uncovered for 5 minutes. Meanwhile, bring a pot of water to a boil and then blanch the asparagus for 5 minutes. Remove from the water and drain them well. Serve the pork with the asparagus and hollandaise sauce. Bon appetit.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
390	34 g	17 g	4 g

Soup with Chicken Meatballs

DIET	NET CARBS
Keto · Low-Carb	13 g

INGREDIENTS

- Fillet of chicken thigh (450g)
- **2** Garlic cloves, chopped
- **1 tbsp** Tomato paste (15g)
- **2 tbsp** Chopped parsley
- **½ tsp** Salt and
- **¼ tsp** Ground black pepper
- **1 tbsp** Melted butter (12g)
- **2 tbsp** Ghee, butter or coconut oil (25g)
- **2** Medium carrots, chopped (120g)
- **1** Green pepper, sliced
- Chicken broth (1.5 l)
- **1 tsp** Dried thyme
- **½ tsp** Sea salt, or to taste
- **¼ tsp** Ground black pepper, or to taste
- **2 cups** Chopped broccoli (100g)
- **1 tbsp** Chopped parsley
- Optional: a few sprigs of fresh thyme to taste

METHOD

1. Fillet of chicken thigh (450g)
2. Onion, sliced wedges (35g)
3. 2 Garlic cloves, chopped
4. 1 Tablespoon tomato paste (15g)
5. 2 Tablespoons chopped parsley
6. ½ Tsp. salt and
7. ¼ Tsp. ground black pepper
8. 1 Tbsp melted butter (12g)
9. 2 Tbsp. ghee, butter or coconut oil (25g)
10. Onions, chopped (35g)
11. 2 Medium carrots, chopped (120g)
12. 1 Green pepper, sliced
13. Chicken broth (1.5 l)
14. 1 Tsp. dried thyme
15. ½ Tsp. sea salt, or to taste
16. ¼ Tsp. ground black pepper, or to taste
17. 2 Cups chopped broccoli (100g)
18. 1 Tbsp. chopped parsley
19. Optional: a few sprigs of fresh thyme to taste
20. Preheat the oven to 200°C (400°F). Make the meatballs by placing all the ingredients for the meatballs in a food processor and whisk until blended. Roll into small meatballs. The mixture should make a total of 16-20 meatballs (about 28 g each). Place the chicken meatballs on a baking tray greased with melted butter. Bake in the oven for about 20 minutes until tender. Note: If you are short on time, skip baking and just add the raw meatballs to the soup after you add the broth (step 6). Meanwhile, prepare the soup. Melt the butter in a saucepan and fry the onions, peppers and carrots over medium heat for 4-5 minutes or until they start to soften. Add broth, thyme. Bring to a boil, then reduce heat to medium and simmer for 15 minutes. Add the cabbage for 1 to 2 minutes, until soft. Add seasonings to taste to your liking. Add the meatballs and parsley. Store in refrigerator for up to 4 days or frozen for 3 months. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,040	76 g	76 g	13 g

WEEK THREE

09

Week 3 · Dinner

Planned keto eating — breakfast, lunch and dinner, week by week.

3 OF 103 RECIPES

Hamburger

DIET	NET CARBS
Keto · Low-Carb	1 g



INGREDIENTS

- **50 g** (1.8 oz) Bacon
- **30 g** (1.1 oz) Sliced mushrooms
- **175 g** (6.2 oz) Ground beef pinch of salt pinch of pepper
- **30 g** (1.1 oz) Grated cheese
- Iceberg lettuce, leaves detached and washed

METHOD

1. 50g Bacon
2. 30g Sliced mushrooms
3. 175g Ground beef pinch of salt pinch of pepper
4. 30g Grated cheese
5. Iceberg lettuce, leaves detached and washed
6. In a large skillet, fry the bacon until desired crispiness. Remove from pan and set aside. Leave the fat in the pan. Add mushrooms to skillet and braise until browned and tender, about 5-7 minutes. Remove from the pan and set aside. Add the ground beef and season with salt and pepper. Roast until tender, about 10 minutes, breaking up pieces with a wooden spoon. Spoon ground beef into lettuce leaves, sprinkle with cheese, top with bacon and mushrooms. Wrap like a burger. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
798	66 g	50 g	1 g

Seasoning Mix

DIET	NET CARBS
Keto · Low-Carb	—



INGREDIENTS

- **1 tbsp** Chili powder
- **2 tsp** Paprika
- **2 tsp** Ground cumin
- **1 tsp** Garlic powder
- **1 tsp** Powder
- **½ tsp** Chili flakes
- **½ tsp** Dried oregano
- **½ tsp** Ground black pepper
- **1 pinch** Cinnamon
- **1 pinch** Ground cloves (if any)
- **1 tbsp** Sea salt (optional)

METHOD

1. 1 tablespoon chili powder
2. 2 teaspoons paprika
3. 2 tsp. ground cumin
4. 1 teaspoon garlic powder
5. 1 teaspoon powder
6. ½ tsp. chili flakes
7. ½ teaspoon dried oregano
8. ½ teaspoon ground black pepper
9. 1 pinch of cinnamon
10. 1 pinch of ground cloves (if any)
11. 1 tablespoon sea salt (optional)
12. Mix all ingredients well. Store in a jar with a tight fitting lid.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
—	—	—	—

Stuffed Mushrooms

DIET	NET CARBS
Keto · Low-Carb	10 g



INGREDIENTS

- **100 g** (3.5 oz) Bacon
- **10** Large mushrooms
- **200 g** (7.1 oz) Cream cheese
- **3 tbsp** Fresh green onions, finely chopped
- **1 tsp** Paprika salt and pepper
- Place the mushroom caps in a greased baking dish. in a bowl, mix the crumbled bacon with the fried, sliced mushroom stems and the remaining ingredients. add a little of the mixture to each mushroom. bake for 20 minutes or until the mushrooms

METHOD

1. 100g Bacon
2. 10 large mushrooms
3. 200g Cream cheese
4. 3 Tablespoons fresh green onions, finely chopped
5. 1 Teaspoon paprika salt and pepper
6. Preheat the oven to 200°C (400°F). Start by frying the bacon until crispy. Allow to cool and shred into crumbs. Save the fat from the bacon. Remove the mushroom stems and finely chop the stems. Fry in bacon, adding oil if necessary.
7. Place the mushroom caps in a greased baking dish. In a bowl, mix the crumbled bacon with the fried, sliced mushroom stems and the remaining ingredients. Add a little of the mixture to each mushroom. Bake for 20 minutes or until the mushrooms
8. Are golden brown. Serve with herbs and mayonnaise.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,318	110 g	72 g	10 g

WEEK FOUR

10

Week 4 · Breakfast

Planned keto eating — breakfast, lunch and dinner, week by week.

9 OF 103 RECIPES

Burger Benedict

DIET	NET CARBS
Keto · Low-Carb	10 g



INGREDIENTS

- **1** Medium avocado (150g)
- ½ small white or yellow onions, chopped (35g)
- **2 tbsp** Freshly squeezed lemon juice (30 ml)
- Melted butter for frying (about 1 to 2 tablespoons)
- **170 g** (6 oz) Ground chicken (or other meat to taste)
- **2** Large eggs
- Salt and pepper to taste

METHOD

1. 1 Medium avocado (150g)
2. ½ Small white or yellow onions, chopped (35g)
3. 2 Tablespoons freshly squeezed lemon juice (30 ml)
4. Salt and pepper to taste
5. Melted butter for frying (about 1 to 2 tablespoons)
6. 170g Ground chicken (or other meat to taste)
7. 2 Large eggs
8. Salt and pepper to taste
9. Make a quick guacamole. Put half of the avocado in a bowl. Add lemon juice, onion, salt and pepper. Mash with a fork and set aside. Heat a frying pan, put the oil in. Form burger patties with your hands. Fry both sides. Next fry the eggs, using special circles. After everything is ready, form the burgers. The first layer is a patty, the second is guacamole, the third is an egg. You can wrap with lettuce leaves. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
953	81 g	46 g	10 g

Draniki

DIET	NET CARBS
Keto · Low-Carb	7 g



INGREDIENTS

- **100 g** (3.5 oz) Turkey or pork bacon (can be substituted for any cooked meat) yellow onion ugg
- **4** 2 tablespoons frying oil eggs
- **225 ml** (7.6 fl oz) Heavy whipped cream
- Cream cheese (110 g) almond flour (60 g) ground psyllium husk powder 1 tablespoon (8 g) - psyllium baking powder 1 teaspoon (5 g) 1 teaspoon salt
- **1 tbsp** Chopped fresh parsley, for garnish (optional)

METHOD

1. 100g Turkey or pork bacon (can be substituted for any cooked meat) yellow onion Ugg
2. 2 Tablespoons frying oil Eggs 4
3. 225 ml of Heavy whipped cream
4. Cream cheese (110 g) almond flour (60 g) ground plantain husk powder 1 tablespoon (8 g) - psyllium baking powder 1 teaspoon (5 g) 1 teaspoon salt
5. 1 Tablespoon chopped fresh parsley, for garnish (optional)
6. Slice the cheese and bacon slices. Heat olive oil over medium heat in a skillet and fry cheese, green onions and bacon until browned. In a small bowl, whisk together the parsley, eggs, salt and pepper. Pour egg mixture into skillet over bacon and cheese. Reduce heat, add olives and stir for a couple of minutes. Serve with or without salad.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
362	30 g	16 g	7 g

Sailfish Breakfast

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- **2** Hard-boiled eggs
- Ogg avocado
- **1 tsp** Olive oil
- **60 g** (2.1 oz) Bacon
- Salt and pepper

METHOD

1. 2 Hard-boiled eggs
2. Ogg avocado
3. 1 Teaspoon olive oil
4. 60g Bacon
5. Salt and pepper
6. Preheat the oven to 180°C (350°F). Put the eggs in a saucepan and fill with water. Bring to a boil and let stand for 8-10 minutes. Place the eggs in ice water immediately after cooking them to make them easier to peel. Cut the eggs in half and remove the yolks. Place them in a small bowl. Add the avocado, oil, and make a puree out of this. Salt and pepper to taste. Place the bacon on a baking tray and bake until crispy. This will take about 5-7 minutes. You can also pan fry them. With a spoon, carefully add the mixture back into the cooked eggs and set the bacon sails!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
676	60 g	30 g	4 g

Mexican Omelet

DIET	NET CARBS
Keto · Low-Carb	6 g



INGREDIENTS

- **3** Eggs
- **½** Onions
- **1** Pickled jalapeño, finely chopped or spicy seasoning to taste
- **½** Tomato, finely chopped
- **40 g** (1.4 oz) Grated cheese
- **1 tbsp** Oil, for frying
- Salt and pepper to taste

METHOD

1. 3 Eggs
2. 0.5 Onions
3. 1 Pickled jalapeño, finely chopped or spicy seasoning to taste
4. 0.5 Tomato, finely chopped
5. 40g Grated cheese
6. 1 Tablespoon oil, for frying
7. Salt and pepper to taste
8. Finely chop green onions, jalapenos and tomatoes. Fry in oil for 3 minutes over medium heat.
9. Beat eggs and pour into skillet. Scramble for 2 minutes. Add cheese and seasoning.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
553	45 g	31 g	6 g

Cloudy Breakfast

DIET	NET CARBS
Keto · Low-Carb	11 g



INGREDIENTS

- Cloudbread
- **3** Eggs
- **120 g** (4.2 oz) Cream cheese
- **1 pinch** Salt
- **½ tbsp** Ground psyllium husk powder (4g)
- Psyllium teaspoon (2.5g)
- **8 tbsp** Mayonnaise
- **150 g** (5.3 oz) Bacon
- **50 g** (1.8 oz) Lettuce leaves
- **1** Tomato, thinly sliced
- Fresh basil (optional)

METHOD

1. Preheat the oven to 150°C (300°F). Separate the eggs. Put the egg whites in one bowl and the yolks in another. Whisk the egg whites together with the salt until very stiff.
2. It is preferable to use a hand-held electric mixer. You should whip them so that you flip the bowl without the egg whites moving. Add the cream cheese to the egg yolks and mix well. To make the mixture more like bread, add additional plantain seed husk (psyllium) and leavening agent. Gently fold the egg whites into the egg yolk mixture - try to keep the egg whites airy. Place 8 pieces of cloud bread on a paper lined baking tray. Bake in the oven for about 25 minutes until they are golden. Pan fry the bacon over medium heat until crispy. Place the cloud bread slices on top and down. Spread 1-2 tablespoons of mayonnaise on each. Place lettuce, tomato, some finely chopped fresh basil and fried bacon in layers between the bread halves. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,952	180 g	72 g	11 g

Fritters with Sauerkraut

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- **1** Grated carrot (85g)
- **1** Zucchini (zucchini) grated (285g)
- Dried sauerkraut (140g)
- **1** Little yellow onion, diced (70g)
- Chili flakes or any dried hot herbs, to taste
- **½ tsp** Sea salt
- **4** Medium eggs
- **2 tbsp** Butter, clarified butter or duck fat, to make

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
108	8 g	5 g	4 g

Omelet Jill

DIET	NET CARBS
Keto · Low-Carb	3 g



INGREDIENTS

- **2** Eggs
- **2 tbsp** Heavy whipped cream
- **1 tbsp** Butter or
- Coconut oil
- Salt and ground black pepper
- **75 g** (2.6 oz) Grated or sliced cheese
- **2** Mushrooms, sliced
- **2** Cherry tomatoes, sliced
- **2 tbsp** Cream cheese
- **15 g** (0.5 oz) Spinach or other green leafy vegetables
- **30 g** (1.1 oz) Cooked turkey
- **1 tsp** Dried oregano or other spices

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,282	110 g	70 g	3 g

Omelet with Mushrooms

DIET	NET CARBS
Keto · Low-Carb	6 g



INGREDIENTS

- **3** Eggs
- **30 g** (1.1 oz) Butter for frying
- **30** Grated cheese
- ⅕ of yellow onion
- **3** Mushrooms
- Salt and pepper

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
553	45 g	31 g	6 g

Spinach Frittata

DIET	NET CARBS
Keto · Low-Carb	12 g



INGREDIENTS

- **150 g** (5.3 oz) Sliced bacon squares
- **2 tbsp** Oil
- **225 g** (7.9 oz) Fresh spinach or other green strained vegetables
- **8** Eggs
- **225 ml** (7.6 fl oz) Heavy cream
- **150 g** (5.3 oz) Grated cheese
- Salt and pepper to taste

METHOD

1. Preheat oven to 175°C (350°F). Grease a 9x9 baking dish or individual molds. Fry bacon in oil over medium heat until crispy. Add spinach and stir until cooked through. Remove pan from heat and set aside. Whisk eggs and cream together and pour into baking dish or molds. Add the bacon, spinach and cheese on top and place in the oven. Bake for 25-30 minutes or until golden brown on top.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
2,448	220 g	105 g	12 g

WEEK FOUR

11

Week 4 · Lunch

Planned keto eating — breakfast, lunch and dinner, week by week.

1 OF 103 RECIPES

Chicken Wings with Ranch Sauce

DIET	NET CARBS
Keto · Low-Carb	14 g

INGREDIENTS

- 14-16 chicken wings, cut at the joints (~1.4 kg) - freeze extra for later to make chicken broth
- Melted butter (57g)
- **4** Garlic cloves, minced
- **2 tbsp** Chopped parsley
- **1 cup** Grated cheese (90g)
- Sour cream (58g)
- Heavy whipped cream (60 ml)
- Mayonnaise (110g)
- **2** Medium green onions (30g)
- **1** Garlic clove
- **2 tbsp** Parsley or 2 teaspoons dried parsley
- **1 tbsp** Fresh chopped dill or 1 teaspoon dried dill
- **1 tbsp** Apple cider vinegar or fresh lemon juice
- **¼ tsp** Paprika
- Salt and pepper to taste
- Optional: 1-2 tbsp. water if sauce is too thick

METHOD

1. 14-16 Chicken wings, cut at the joints (~1.4 kg) - freeze extra for later to make chicken broth
2. Melted butter (57g)
3. 4 Garlic cloves, minced
4. 2 Tablespoons chopped parsley
5. 1 Cup grated cheese (90g)
6. Sour cream (58g)
7. Heavy whipped cream (60 ml)
8. Mayonnaise (110g)
9. 2 Medium green onions (30g)
10. 1 Garlic clove
11. 2 Tablespoons parsley or 2 teaspoons dried parsley
12. 1 Tbsp. fresh chopped dill or 1 teaspoon dried dill
13. 1 Tbsp. apple cider vinegar or fresh lemon juice
14. ¼ Teaspoon paprika
15. Salt and pepper to taste
16. Optional: 1-2 tbsp. water if sauce is too thick
17. Preheat oven to 230°C (450°F) (regular mode) or 210°C (400°F) (fan assisted). Dip wings in paper towel.
18. Heat a large cast iron skillet over medium heat and fry the wings for 2-3 minutes on each side.
19. Transfer them to the oven and bake for another 20-30 minutes until golden and crispy.
20. Add the garlic and oil to the skillet with the wings, stirring to coat each wing in oil. Sprinkle with Parmesan and continue cooking until butter melts. Stir the wings and serve with pesto sauce.
21. Finely chop greens and green onions. Peel and chop the garlic. Place sour cream, heavy whipped cream and mayonnaise in a bowl.
22. Add chopped greens, garlic, green onions, vinegar, paprika, salt and pepper to bowl. Mix well. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
4,496	360 g	300 g	14 g

WEEK FOUR

12

Week 4 · Dinner

Planned keto eating — breakfast, lunch and dinner, week by week.

6 OF 103 RECIPES

Casserole with Olives and Cheese

DIET	NET CARBS
Keto · Low-Carb	1 g

INGREDIENTS

- **650 g** (22.9 oz) Boneless chicken breasts
- **2 tbsp** Butter or coconut oil
- **300 ml** (10.1 fl oz) Heavy whipped cream
- **70 g** (2.5 oz) Pitted olives
- **100 g** (3.5 oz) Diced feta cheese, mozzarella, goat cheese, suluguni or other cheese to taste
- **1** Garlic clove, finely chopped
- **150** Greens
- **4 tbsp** Olive oil
- **75 g** (2.6 oz) Pesto 188g - grind everything in a food processor arugula (90g) or other salad leaves fresh mint (28g) cheese (56g)
- **30 g** (1.1 oz) Walnuts
- **2** Garlic cloves
- **30 ml** (1 fl oz) 2 tablespoons lemon juice
- **¼ tsp** Sea salt or pink himalayan salt

METHOD

1. Preheat oven to 200 0 C. Cut the chicken into pieces. Season with salt and pepper. Add oil to a large skillet and fry chicken pieces in batches over medium heat until golden brown. Mix pesto and heavy cream in a bowl. Place the fried chicken pieces in a baking dish along with the olives, feta cheese and garlic. Pour over the pesto and cream. Bake in the oven for 20-30 minutes, until the dish is brown around the edges. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
253	21 g	15 g	1 g

Chicken Liver with Mushroom Sauce

DIET	NET CARBS
Keto · Low-Carb	2 g



INGREDIENTS

- **75 g** (2.6 oz) Smoked pork brisket or bacon
- **75 g** (2.6 oz) Mushrooms
- **40 g** (1.4 oz) Onions
- Salt and pepper
- **325 g** (11.5 oz) Broccoli puree
- **20 g** (0.7 oz) Butter
- **40 g** (1.4 oz) Cream cheese
- Salt and pepper to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
228	20 g	10 g	2 g

Mini Pizza

DIET	NET CARBS
Keto · Low-Carb	15 g

INGREDIENTS

- **3** Eggs
- **80 ml** (2.7 fl oz) Mayonnaise
- **3 tbsp** (20g) coconut flour
- **1 tsp** (5g) baking powder
- **½ tsp** Salt
- **½ tsp** Onion powder
- **1 tbsp** Olive oil
- Stuffing
- **8 tbsp** Tomato paste or cream cheese
- **1 tsp** Sea salt
- **¼ tsp** Ground black pepper
- **225 g** (7.9 oz) Grated cheese
- **1 tbsp** Olive oil
- **12** Olives or shrimp or cherry tomatoes or other toppings to taste

METHOD

1. Crust
2. 3 Eggs
3. 80 ml Mayonnaise
4. 3 Tablespoons (20g) coconut flour
5. 1 Teaspoon (5g) baking powder
6. 0.5 teaspoon salt
7. 0.5 teaspoon of onion powder
8. 1 Tablespoon olive oil
9. Stuffing
10. 8 Tablespoons tomato paste or cream cheese
11. 1 Teaspoon sea salt
12. ¼ Tsp. ground black pepper
13. 225g Grated cheese
14. 1 Tablespoon olive oil
15. 12 Olives or shrimp or cherry tomatoes or other toppings to taste
16. Whisk eggs and mayonnaise in a bowl. Mix dry ingredients separately and add eggs. Mix into a smooth batter. Let it sit for a couple of minutes. Add the batter to a hot buttered skillet. There should be 8-10 crusts, about 8 cm in diameter.
17. Fry for a minute on each side until golden. Place the crusts on a baking tray lined with parchment paper. Preheat the oven to 200°C (400°F). Spread a layer of tomato paste, or cream cheese, depending on whether you want a red or white pizza. Or mix it all together! Add the topping of your choice. Sprinkle salt, pepper and basil or oregano on top. Add cheese and sprinkle over > olive oil.
18. Bake in the oven for 5-10 minutes or until the cheese is melted and the pizza is a nice color. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,750	150 g	85 g	15 g

Pasta Carbonara

DIET	NET CARBS
Keto · Low-Carb	3 g



INGREDIENTS

- **100 ml** (3.4 fl oz) Heavy cream
- **½ tbsp** Butter
- **100 g** (3.5 oz) Bacon sliced
- **10 g** (0.4 oz) Mayonnaise salt and pepper
- **400 g** (14.1 oz) Zucchini
- **2** Eggs
- **40 g** (1.4 oz) Grated cheese for serving

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
166	14 g	7 g	3 g

Pork with Cream Sauce

DIET	NET CARBS
Keto · Low-Carb	15 g

INGREDIENTS

- **900 g** (31.7 oz) Pork shoulder
- **1 tbsp** Salt
- **1** Bay leaf
- **5** Black pepper
- **600 ml** (20.3 fl oz) Water
- **2 tsp** Dried thyme or rosemary
- **2 cloves** Garlic
- **40 g** (1.4 oz) Fresh ginger
- **1 tbsp** Olive or coconut oil
- **1 tbsp** Paprika
- **1 tsp** Ground black pepper
- **350 ml** (11.8 fl oz) Heavy whipped cream juices from meat

METHOD

1. 900g Pork shoulder
2. 1 Tablespoon salt
3. 1 Bay leaf
4. 5 Black pepper
5. 600 ml Water
6. 2 Tsp. dried thyme or rosemary
7. 2 Cloves of garlic
8. 40g Fresh ginger
9. 1 Tablespoon olive or coconut oil
10. 1 Tablespoon paprika
11. 1 Teaspoon ground black pepper
12. 350 ml of Heavy whipped cream juices from meat
13. Preheat the oven to a low heat: 100°C (200°F). Place meat in a deep baking dish and salt. Add water to cover ⅓ of the meat. Add bay leaf, pepper and thyme. Put the baking dish in the oven for 7-8 hours, covered with aluminum foil. If you are using a multicooker, do the same in step 2, but add only 1 cup of water. Cook for 8 hours on low or 4 hours on high. Remove the meat from the baking dish and leave in a separate pan. Turn the oven to 220°C (425°F). Finely chop garlic and ginger in a small bowl. Add the oil, herbs, and pepper and mix well. Rub the meat with the garlic and herb mixture. Return meat to mold and bake for about 10-15 minutes. Slice meat into thin slices and serve with cream sauce and garnish of your choice.
14. Sieve the juices from the meat to remove any solids. Cook so that the volume is reduced to half, to about 1 cup. Pour into a container with whipped cream and bring to a boil. Reduce heat and leave over low heat for about 20 minutes or until desired consistency. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
3,458	310 g	152 g	15 g

Pork Scallops

DIET	NET CARBS
Keto · Low-Carb	1 g

INGREDIENTS

- **650 g** (22.9 oz) Boneless pork chops sea salt and ground black pepper
- **1 tbsp** Olive oil
- **3 tbsp** Oil for frying
- **2 tbsp** Capers or green olives if desired
- **225 ml** (7.6 fl oz) Chicken broth
- **2 tbsp** Lemon juice
- **20** Cherry tomatoes
- **2 tbsp** Fresh parsley, chopped
- Season pork chops generously on both sides with salt and pepper. heat oil in a large saucepan over medium
- Over medium heat. add pork to skillet and cook until browned on both sides and cooked through,
- Remove the pork from the pan and cover. in the same pan, add the oil and capers. cook until the capers/olives are hot. add the chicken broth and lemon juice, and use a rubber spatula to mix up any bits that have stuck

METHOD

1. 650g Boneless pork chops sea salt and ground black pepper
2. 1 Tbsp. olive oil
3. 3 Tbsp oil for frying
4. 2 Tbsp capers or green olives if desired
5. 225 ml of Chicken broth
6. 2 Tbsp lemon juice
7. 20 Cherry tomatoes
8. 2 Tbsp. fresh parsley, chopped
9. Season pork chops generously on both sides with salt and pepper. Heat oil in a large saucepan over medium over medium heat. Add pork to skillet and cook until browned on both sides and cooked through, about 2 minutes per side.
10. Remove the pork from the pan and cover. In the same pan, add the oil and capers. Cook until the capers/olives are hot. Add the chicken broth and lemon juice, and use a rubber spatula to mix up any bits that have stuck to the bottom of the pan. Increase the heat and bring to a boil. Boil the sauce in half. Reduce the heat to medium and add the tomatoes to the pot. Cook until soft, about 3 minutes. Pour the cooked sauce onto a plate with the pork. Garnish with fresh parsley. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
2,521	197 g	186 g	1 g

EXTRAS

13 Desserts

Yes, you can have dessert on keto — sweet, rich and sugar-free.

Argentine Cookies

DIET	NET CARBS
Keto · Low-Carb	—

INGREDIENTS

- **100 g** (3.5 oz) Butter, softened
- **50 g** (1.8 oz) Erythritol
- **1 tsp** Vanilla extract
- **1 pinch** Salt
- **250 g** (8.8 oz) Fine almond caramel
- **2 tbsp** Butter or melted butter
- **75 ml** (2.5 fl oz) Heavy cream
- **100 g** (3.5 oz) Erythritol
- Add a tablespoon of caramel to the cookies and then place a second one (sandwich) on top, pressing down so the caramel flattens out a bit between

METHOD

1. 100g Butter, softened
2. 50g erythritol
3. 1 Teaspoon vanilla extract
4. 1 Pinch of salt
5. 250g Fine Almond Caramel
6. 2 Tablespoons butter or melted butter
7. 75 ml heavy cream
8. 100g erythritol
9. In a large bowl, whisk the butter and sweetener until smooth.Add the vanilla and salt and whisk.Add the almond flour and mix until smooth, then use a spatula to smooth. Transfer the dough to a piece of parchment paper and roll into a log. Wrap it up and let it cool in the refrigerator for an hour. In the meantime, let's make the caramel!
10. In a small saucepan or frying pan over medium heat, melt butter or ghee until brown. Add the cream and sweetener and bring to a boil. Reduce heat to medium and stir occasionally until sweetener has dissolved and liquid is thick and gooey.
11. Remove from heat and pour into a jar and let it cool at room temperature. Stir it every few minutes.
12. If your caramel doesn't thicken enough to spread on your cookies, add more butter!
13. Preheat the oven to 160°C (325°F). Line a baking tray with parchment paper. Slice the dough thinly and gently, with your fingers, place each piece on the baking tray to give the cookies an even round shape with even edges. Make 12 cookies, you need an even number for sandwiches. Leave 3-5 cm between them and bake for 15 minutes or until the edges are golden brown. Remove from the oven and let them cool. When the cookies are room temperature, flip them over.
14. Add a tablespoon of caramel to the cookies and then place a second one (sandwich) on top, pressing down so the caramel flattens out a bit between cookies.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
—	—	—	—

Meringue

DIET	NET CARBS
Keto · Low-Carb	0.1 g



INGREDIENTS

- **4** Large egg whites
- **1 pinch** Salt
- **1 tsp** Vanilla extract or vanillin
- **175 ml** (5.9 fl oz) Powdered erythritol

METHOD

1. Preheat the oven to 95°C (205°F) and line a baking tray with parchment paper.
2. Whisk the egg whites with a mixer until soft white peaks form. Reduce speed to medium. Stir in salt and vanilla.
3. Add powdered sweetener 1 tablespoon at a time until it runs out of sweetener. You will have to stop once or twice and scrape it all off the walls with a spatula.
4. Increase the mixer speed to medium and keep mixing until stiff white peaks form.
5. Make 24 puffins and bake for 50-55 minutes, until they are firm and slightly golden, but not brown.
6. Remove from the oven and let them cool.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
4	0 g	1 g	0.1 g

Biscuit

DIET	NET CARBS
Keto · Low-Carb	9 g



INGREDIENTS

- **4** Large eggs
- **100 g** (3.5 oz) Softened butter (57g) vanilla to taste heavy cream (240ml) or cream cheese 2 tablespoons erythritol powder (20g) softened raspberries or other berries

METHOD

1. Almond flour (125 g) erythritol (150 g) or to taste 1 teaspoon baking powder ¼ tsp. salt.
2. 4 large eggs
3. 100g softened butter (57g) vanilla to taste heavy cream (240ml) or cream cheese 2 tablespoons erythritol powder (20g) Softened raspberries or other berries
4. 1. Preheat oven to 170°C (350°F) (vented) or 190 0°C (30°F) (regular). Mix the erythritol with the butter and softened cream cheese. Reduce the speed of the mixer and add the eggs one at a time, beating well. Then add the vanilla. Put the almond flour and salt in a bowl. Add the dry ingredients and whisk again.
5. 2. Grease a few round baking molds. Pour the batter into them. Place in the oven for 45-60 minutes. When they are cooked, remove from the oven, cut in half, spread raspberries and cream cheese on one side, cover with the other part. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
345	25 g	21 g	9 g

Hot Chocolate

DIET	NET CARBS
Keto · Low-Carb	3 g



INGREDIENTS

- **30 g** (1.1 oz) Unsalted butter
- **1 tbsp** (5g) cocoa powder
- **10 g** (0.4 oz) Erythritol
- Quarter teaspoon vanilla
- **240 ml** (8.1 fl oz) Boiling water

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
223	23 g	1 g	3 g

Casserole with Cheese and Berries

DIET	NET CARBS
Keto · Low-Carb	9 g



INGREDIENTS

- Almond flour (50g)
- **1** Round brie cheese (200g) or to taste
- **2 tbsp** Fork crushed berries with low-moisture sugars
- Optional: 1-2 tablespoons chopped walnuts

METHOD

1. Preheat oven to 180°C (350°F). Place shredded mozzarella in another bowl and microwave for 50-70 seconds, checking once or twice, or melt on the stove over low heat. Mix in the almond flour.
2. Using a fork, combine well until you create a batter.
3. Roll out the dough between 2 sheets of parchment paper until it is large enough to wrap around the brie (I used a silicone mat and a silicone rolling pin). Place the brie in the center of the dough and add the chia jam. Add chopped walnuts if desired.
4. Wrap the dough around the cheese to create a bag, and pinch it with your fingers to close.
5. Place in oven and bake for 15-18 minutes or until golden on top.
6. Remove from the oven and let it cool for 5 minutes before cutting.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
345	25 g	21 g	9 g

Caramel Crème Brûlée

DIET	NET CARBS
Keto · Low-Carb	5 g



INGREDIENTS

- Erythritol (50g) or other sweetener to taste
- **1 tsp** Oil
- **½ cup** Water
- Heavy cream (80g)
- **1 tsp** Vanilla
- **2** Large egg yolks slightly boiling water

METHOD

1. In a deep saucepan, heat ⅓ of the erythritol, stirring frequently.
2. Add water and stir. Note that it will begin to foam and rise - so we need a deep pan.
3. Add the oil. The color of the erythritol will get darker and turn into caramel.
4. Once the caramel becomes an amber color, remove from the heat.
5. Pour the caramel evenly into two small molds. Set aside, allow to harden.
6. In a bowl, mix yolks and ⅓ of the erythritol.
7. In another bowl, mix heavy cream and vanilla (vanillin).
8. Slowly whisk the cream into the egg yolks.
9. Then, pour the cream mixture into your caramel molds.
10. Place the molds in a water bath in the oven. Bake at 175C for 45 minutes.
11. Allow to cool. Sprinkle the remaining erythritol over each custard in the molds.
12. Using a burner or any other fire source, slowly caramelize the erythritol.
13. Allow to cool and harden.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
623	63 g	9 g	5 g

Lemon Ice Cream

DIET	NET CARBS
Keto · Low-Carb	15 g



INGREDIENTS

- **1** Lemon, zest and juice
- **3** Eggs
- **50 g** (1.8 oz) Erythritol
- **425 ml** (14.4 fl oz) Heavy cream
- Quarter teaspoon yellow food coloring (optional)

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,270	122 g	28 g	15 g

Muffin in a Mug

DIET	NET CARBS
Keto · Low-Carb	15 g



INGREDIENTS

- **4 tbsp** (30g) almond flour
- **2 tbsp** (10g) cocoa powder
- **4 tbsp** (50g) erythritol
- **1 tsp** (5g) baking powder teaspoon vanilla extract or vanillin
- **2 pinch** Salt
- **2** Beaten
- **3 tbsp** Melted coconut oil teaspoon coconut oil or butter to grease the mug
- **15 g** (0.5 oz) Coarsely chopped dark chocolate

METHOD

1. Microwave (7 minutes)
2. Mix dry ingredients in a small bowl. Add eggs, melted coconut oil and chocolate. Mix until smooth.
3. Divide batter equally into four well-greased circles.
4. Cook on high power for 1-½ minutes (700 watts). Remove and allow to cool for one minute. Serve with whipped cream. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
844	76 g	25 g	15 g

Nutty Cheesecake

DIET	NET CARBS
Keto · Low-Carb	13 g



INGREDIENTS

- **1 tbsp** Melted butter
- **4 tbsp** Favorite nuts, finely chopped
- ½ tablespoon erythritol
- **4 tbsp** Butter
- **225 g** (7.9 oz) Softened cream cheese
- **4 tbsp** Erythritol
- **2 tbsp** Unsweetened almond milk or heavy cream
- **1** Beaten egg
- **1 tsp** Vanilla extract or vanillin
- favorite nuts, for decoration

METHOD

1. Preheat oven to 175°C (350°F).
2. Grease a mold with butter. Place the melted butter, chopped nuts and sweetener in a small bowl. Stir with a fork to soften well. Use your fingers to press the mixture into the bottom of the mold.
3. Place in the oven, bake for 6 minutes while you prepare the filling.
4. Place the butter in a small saucepan over medium heat. Stirring frequently, heat until the butter foams and browns (but not black!) appear. Remove from heat and allow to cool slightly. This brown butter creates the caramel flavor of the cheesecake.
5. Place the softened cream cheese, sweetener, almond milk or cream, egg and vanilla in a medium bowl. Use a hand mixer to whip well.
6. Slowly add the butter chunks and mix. Pour the mixture into the pre-baked crust. Cover lightly with foil and bake for 30-35 minutes or until cheesecake is cooked through and barely bunched in the center.
7. Remove from the oven and let cool for 10 minutes, then place in the refrigerator for at least 2 hours. Sprinkle pecans on top. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,638	158 g	41 g	13 g

Pannacotta

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- **2 tsp** (5g) of powdered gelatin
- **475 ml** (16.1 fl oz) Heavy whipped cream
- **1 tbsp** Vanilla extract
- **1 tsp** (4g) erythritol (optional)
- Some strawberries or raspberries fresh mint (optional)

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
419	43 g	4 g	4 g

Cinnamon Biscuits

DIET	NET CARBS
Keto · Low-Carb	2 g

INGREDIENTS

- **3 cups** Almond flour (300 g)
- **½ cup** Powdered sweetener (erythritol) (80 g)
- **2 tsp** Baking powder
- **1** Large egg
- **2 tbsp** Butter, ghee, or coconut oil (28 g) ¼ teaspoon salt
- 2-3 tablespoons cinnamon

METHOD

1. 3 cups almond flour (300 g)
2. ½ cup powdered sweetener (erythritol) (80 g)
3. 2 tsp. baking powder
4. 1 large egg
5. 2 tablespoons butter, ghee, or coconut oil (28 g) ¼ teaspoon salt
6. 2-3 tablespoons cinnamon
7. 1. Mix all dry ingredients except cinnamon: almond flour, powdered erythritol, baking powder, and salt.
8. 2. Add the egg and oil and mix well with your hands.
9. 3. Divide the dough into 2 parts. Add cinnamon to one part and fold well with your hands. Leave the other part plain.
10. 4. Place both types of dough in a bowl and cover with plastic wrap. Place in the refrigerator for 30 minutes. After 30 minutes, preheat the oven to 140°C (275°F). Remove the dough from the refrigerator and place the plain dough between 2 pieces of parchment paper or plastic wrap and roll out.
11. 5. Place the cinnamon dough on parchment paper or silicone mat and roll into a similar shape. Lift the parchment paper and place the cinnamon dough on top of the plain dough.
12. 6. Roll out the dough tightly. Fold the edges of the dough together. Using a sharp knife, cut cookies (each about 1 cm). Wipe the knife as needed to keep it from sticking and ruining the pattern. To ensure an equal amount of cookies, you can cut the dough into quarters. Finally, cut each into 5 cookie slices
13. 7. Gently press the cookies.
14. 8. Place them on a baking tray lined with parchment paper. Bake for 25-30 minutes or until browned. Bon appétit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
105	9 g	4 g	2 g

Gingerbread

DIET	NET CARBS
Keto · Low-Carb	—

INGREDIENTS

- **75 g** (2.6 oz) Butter at room temperature
- **1 tbsp** Cream cheese
- **6 tbsp** Coconut flour
- **2 tsp** Ground ginger
- **1 tsp** Ground cinnamon
- **1 tsp** (5g) baking powder
- **1 tsp** Vanilla extract or vanillin
- Quarter teaspoon ground nutmeg
- Quarter teaspoon ground cloves

METHOD

1. 75g Butter at room temperature
2. 1 Tablespoon cream cheese
3. 6 Tablespoons coconut flour
4. 2 Teaspoons ground ginger
5. 1 Teaspoon ground cinnamon
6. 1 Teaspoon (5g) baking powder
7. 1 Teaspoon vanilla extract or vanillin
8. Quarter teaspoon ground nutmeg
9. Quarter teaspoon ground cloves
10. Preheat the oven to 175°C (350°F). Mix butter and cream cheese until smooth, using a hand or mechanical mixer. Add remaining ingredients and mix well.
11. Form the dough into a flat disc, cover it with plastic wrap and leave it in the refrigerator for 30 minutes or more. Cold dough is easier to work with.
12. Place the chilled dough between two sheets of non-stick parchment paper on a baking tray and roll it out about 4-5 mm thick.
13. Remove the top paper and use cookie molds to your liking. Leave some space between each one. Remove the dough between the cookie shapes with a small spatula or knife, being careful not to leave the cookies in place on the parchment paper. (The dough is soft and difficult to remove from the bottom of the parchment paper, so leave the cookies on the paper.) Form the dough you removed into a ball and refrigerate if necessary. Repeat until all the dough is shaped into cookies on parchment paper.
14. Bake in the oven for about 10 minutes, until golden. Be careful not to burn the edges.
15. Remove the cookies from the oven and let them cool completely on a rack before removing them from the parchment paper. Store in a container with a lid.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
—	—	—	—

Avocado Truffles

DIET	NET CARBS
Keto · Low-Carb	5 g



INGREDIENTS

- **1** Ripe avocado, sliced
- **½ tsp** Vanilla extract or vanillin
- **½** Lemon zest
- **1 pinch** Salt
- **150 g** (5.3 oz) Dark chocolate with at least 80% cocoa, finely chopped
- **1 tbsp** Coconut oil
- **1 tbsp** (5g) unsweetened cocoa powder

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
69	5 g	1 g	5 g

Cheesecake

DIET	NET CARBS
Keto · Low-Carb	—

INGREDIENTS

- **150 g** (5.3 oz) Almond flour 50g butter
- **2 tbsp** (25g) erythritol
- **600 g** (21.2 oz) Cream cheese
- **125 ml** (4.2 fl oz) Heavy cream
- **2** + 1 egg yolk
- **1 tbsp** (10g) erythritol (optional)
- **1 tsp** Lemon zest
- **½ tsp** Vanilla extract or vanillin
- **50 g** (1.8 oz) Fresh blueberries (optional)

METHOD

1. 150g Almond flour 50g butter
2. 2 Tablespoons (25g) erythritol
3. 600g Cream cheese
4. 125 ml Heavy cream
5. 2 Eggs + 1 egg yolk
6. 1 Tablespoon (10g) erythritol (optional)
7. 1 Teaspoon lemon zest
8. 0.5 Teaspoon vanilla extract or vanillin
9. 50g fresh blueberries (optional)
10. Preheat the oven to 175°C (350°F). Butter a 22cm baking pan and line the base with parchment paper.
11. Melt the butter for the crust and heat until it has a nutty flavor. This will give the crust a lovely butterscotch flavor.
12. Remove from heat and add almond flour, sweetener and vanilla. Mix into batter and press into base of mold. Bake for 8 minutes until crust is lightly golden. Set aside and let cool while you make the base.
13. Mix together cream cheese, heavy cream, eggs, lemon zest, vanilla and sweetener. Mix well. Pour the mixture over the crust.
14. Raise the heat to 200°C (400°F) and bake for 15 minutes.
15. Reduce the heat to 110°C (225°F) and bake for another 45-60 minutes.
16. Turn off the heat and let cool in the oven. Take it out when it has cooled completely and place it in the refrigerator overnight. Serve with fresh blueberries. Bon appetit!

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
—	—	—	—

EXTRAS

14
Sauces & Condiments

The shortcuts to flavor: dressings, dips and sauces.

9 OF 103 RECIPES

Cowboy Sauce

DIET	NET CARBS
Keto · Low-Carb	10 g



INGREDIENTS

- **200 g** (7.1 oz) Butter
- **2** Garlic cloves, finely chopped
- **2 tbsp** Fresh parsley, finely chopped
- **1 tbsp** Fresh green onions, finely chopped
- **1 tbsp** Fresh horseradish, grated
- **1 tsp** Dried thyme
- **1 tsp** Paprika teaspoon salt
- **1 pinch** Cayenne pepper

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,520	164 g	1 g	10 g

Pesto

DIET	NET CARBS
Keto · Low-Carb	9 g



INGREDIENTS

- **30 g** (1.1 oz) Basil
- **45 g** (1.6 oz) Macadamia nuts or other favorites
- **15 g** (0.5 oz) Pine nuts
- **4** Garlic cloves
- **1 tsp** Lemon zest
- **1 tbsp** Lemon juice
- **120 ml** (4.1 fl oz) Olive oil
- **30 g** (1.1 oz) Grated cheese

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,654	174 g	13 g	9 g

Cream Sauce

DIET	NET CARBS
Keto · Low-Carb	9 g



INGREDIENTS

- **230 g** (8.1 oz) Sour cream
- **60 g** (2.1 oz) Cream cheese
- **15 g** (0.5 oz) Cilantro
- **14 g** (0.5 oz) Hot peppers without seeds
- **60 ml** (2 fl oz) Lemon juice
- **45 ml** (1.5 fl oz) Olive oil
- **2** Garlic cloves
- Half teaspoon sea salt

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,236	128 g	12 g	9 g

Alfredo Sauce

DIET	NET CARBS
Keto · Low-Carb	7 g



INGREDIENTS

- **75 g** (2.6 oz) Butter
- **240 ml** (8.1 fl oz) Heavy cream
- Garlic powder
- **½** Teaspoon
- **½ tsp** Salt
- **¼ tsp** Hot pepper
- **80 g** (2.8 oz) Grated hard cheese

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,649	169 g	25 g	7 g

Ranch Sauce

DIET	NET CARBS
Keto · Low-Carb	10 g



INGREDIENTS

- **58 g** (2 oz) Sour cream
- **60 ml** (2 fl oz) Fat whipped cream
- **110 g** (3.9 oz) Mayonnaise
- **30 g** (1.1 oz) Green onion
- **1** Garlic clove
- **2 tbsp** Fresh parsley and 2 tbsp dried parsley
- **1 tbsp** Fresh dill and 1 tbsp dried dill
- **1 tbsp** Apple cider vinegar or fresh lemon juice
- Quarter tsp. paprika
- Salt and pepper to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,101	117 g	2 g	10 g

Chili Sauce

DIET	NET CARBS
Keto · Low-Carb	4 g



INGREDIENTS

- **1** Yolk
- **2** Garlic cloves
- **180 ml** (6.1 fl oz) Any favorite oil
- Half teaspoon ground hot pepper (or chili flakes)
- Half teaspoon salt
- Quarter teaspoon ground black pepper
- **1 tbsp** Lemon juice
- **3 tbsp** Heavy sour cream or cream cheese

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,917	209 g	5 g	4 g

Chimichurri Sauce

DIET	NET CARBS
Keto · Low-Carb	2 g



INGREDIENTS

- **1** Lemon, juice and zest
- **½** Yellow pepper or green pepper
- **1** Green chili pepper
- **225 ml** (7.6 fl oz) Olive oil
- **125 g** (4.4 oz) Chopped fresh parsley
- **2** Minced garlic cloves salt and pepper

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
2,024	224 g	0 g	2 g

Cheese Sauce

DIET	NET CARBS
Keto · Low-Carb	—



INGREDIENTS

- **60 ml** (2 fl oz) Heavy whipped cream
- **28 g** (1 oz) Butter
- **60 g** (2.1 oz) Cream cheese or soft goat cheese
- **60 g** (2.1 oz) Cheddar/maasdam/gaudu cheese
- Salt to taste
- Water 1-2 tablespoons
- **¼ tsp** Cayenne pepper
- **½ tsp** Garlic powder
- **½ tsp** Onion powder
- **½ tsp** Paprika
- 2-4 tablespoons herbs of choice

METHOD

1. Heavy whipped cream 60 ml
2. Butter 28g
3. Cream cheese or soft goat cheese 60g
4. Cheddar/Maasdam/Gaudu cheese 60g
5. Salt to taste
6. Water 1-2 tablespoons
7. ¼ Teaspoon cayenne pepper
8. ½ Teaspoon garlic powder
9. ½ Teaspoon onion powder
10. ½ Teaspoon paprika
11. 2-4 Tablespoons herbs of choice
12. Put cream and butter in one small saucepan and heat gently. Grate the cheese and set aside. Once the cream and maSd has heated up, add the cream cheese to the pan. Stir until completely dissolved until it comes to a boil. Once bubbling, remove from heat.
13. Add the grated cheese and mix until smooth. If you want a thicker sauce, cook for 3 to 5 minutes more, stirring.
14. Serve with stewed vegetables, fish or meat. Do not keep for a long time, serve at once.

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
—	—	—	—

Tartar

DIET	NET CARBS
Keto · Low-Carb	7 g



INGREDIENTS

- **225 ml** (7.6 fl oz) Mayonnaise
- **50 - 200 g** Pickles
- **1 tbsp** Curry
- Salt and pepper to taste

METHOD

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

PER SERVING

CALORIES	FAT	PROTEIN	NET CARBS
1,406	150 g	7 g	7 g

THANK YOU

Cook Well, Live Well

I hope these recipes make your keto journey delicious and easy.

If you enjoyed this book, a short review helps other keto cooks find it.

STAV KOGAN · 2026