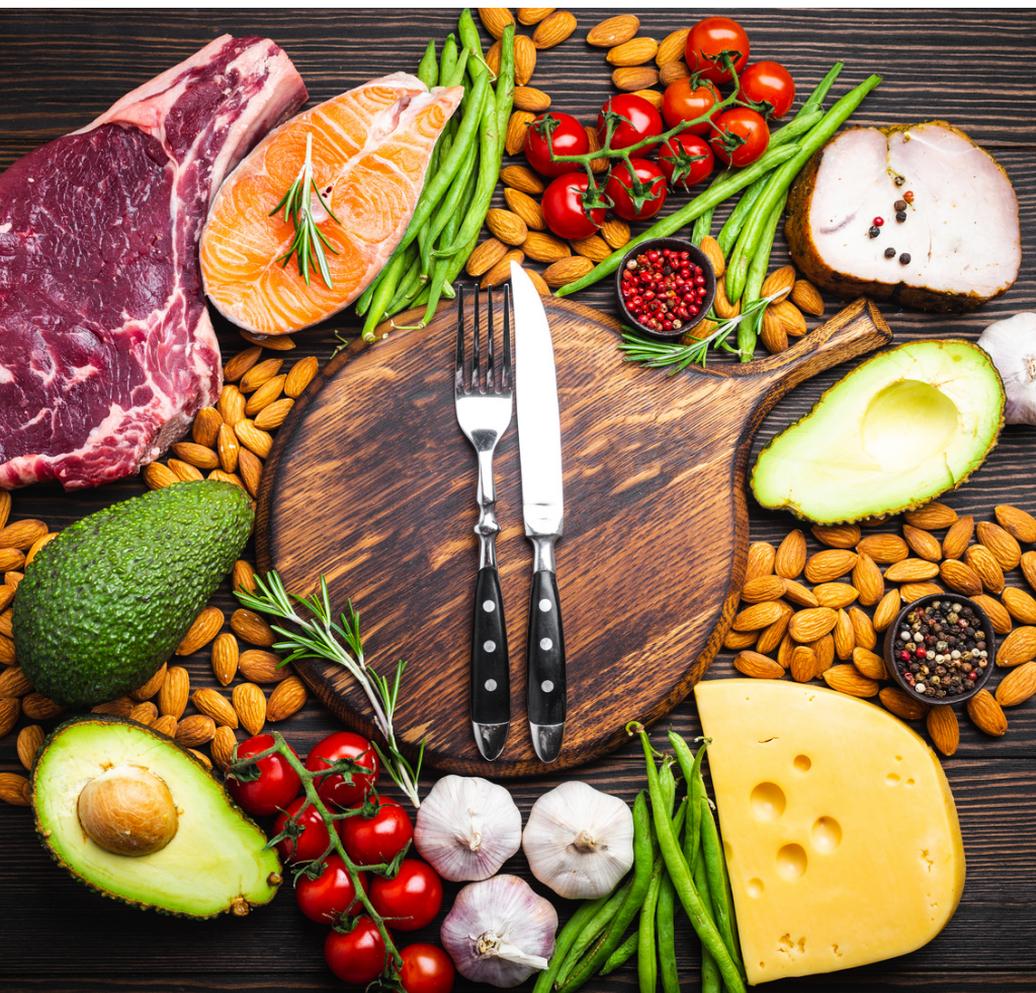


Designed for Health

K E T O C O O K B O O K



KATRINA FOE

Contents

3 How and Why to Use This Book

5 Meal Plan

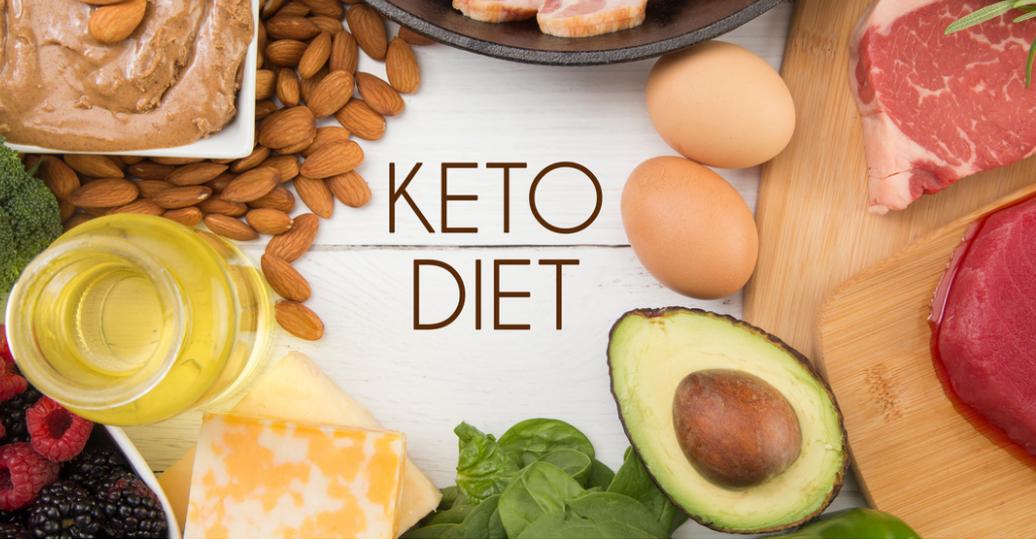
6 The Meals

8 Extras

10 Fat Bombs

10 Helpful Lists & Tips





KETO DIET

HOW AND WHY TO USE THIS BOOK

I remember how hard it was when I was first doing keto. I was already well versed in cooking and using weird foods but figuring out the macros was totally new. It was way too much math to say the least! I made a lot of mistakes and it took me awhile to get into ketosis. I felt very alone figuring it out. This site and specifically, this cookbook are for those of you out there that feel like I did. I want to be your advocate and help you as you learn new cooking techniques, how to plan ahead, change your taste buds, and learn about new ingredients. I want to make this as simple as possible for you.

This cookbook arises from the need I have seen in my clients for more specific guidance with implementation of the keto diet. Many of my clients need a keto diet for one reason or another but when they go to implement it, they are overwhelmed. While there are tons of great keto recipes online and in cookbooks, it can be confusing as to how to actually put together a meal plan. Additionally, many of the keto meals are complex, use weird techniques and ingredients, and take a lot of time. Many of them are aimed at creating amazing tasting recreations of people's favorite foods – from bloggers looking to attract people to their site. This doesn't necessarily make the learning curve easier though for people first starting out with keto.

Keto cookbooks are listed by breakfast, lunch and dinner as is typical for a cookbook. This leads people to just pick out what they like and what sounds good for each meal. While a food may be "keto" it may not pair well macro-wise with just any other "keto" food to make a meal and eventually a day that would still be keto. For example, if you

have a high carb main dish (but still keto) and you pair it with another higher carb side dish (still keto), you would then end up with too many carbs total and therefore, not keto. It's not enough to just have the right "keto" foods all the time or even to be low carb. Keto doesn't just happen; it has to be intentional, especially at first. The other 2 common issues are not getting enough fats or getting too many proteins. This has all been figured out for you here.

My aim here is to give you simple meals that have lots of variations to keep it interesting. I have put things together so that all the calculations have already been made. If you keep the meals in the order given, you'll have every day's macronutrients already figured out. This will help you get into ketosis successfully FAST, without the struggle through figuring it all out.

Every day has over 90 grams of fat, less than 30 grams of carbohydrates, and less than 70 grams of protein (you'll get more fat with the fat bombs added on). This is a great amount for an average adult woman (esp if you'd like to lose some weight too). You may need to tweak the portions if you are a very active, larger male or a growing child or a nursing mom as your needs would differ slightly.

Then once you have gotten the feel for cooking keto and how fabulous you feel on it, you can learn how to combine other keto recipes to make your own meal plans (look for videos on this in Implementation). This allows the learning curve to be less steep and more manageable.

In this cookbook, I am also aiming for keto that is nutrient dense. Sure, you can do keto on the cheap and fill yourself with rancid, cheap oils, but in the long run, you'll be doing more harm than good. The amount of inflammation you'll create will for sure lead to other health problems. Additionally, I am introducing several spice mixes so that you can make more and more of your own food from scratch. As you know, cutting out the processed foods will also cut out the food additives, artificial flavorings, artificial colorings and preservatives. This is huge in terms of the reduction in stress on your liver and overall health.

There are a few compromises made using store bought options for those of you in the process of transitioning away from these items. For example, there are times when I say you can use the Franz keto bread – not ideal. As you gradually get away from processed foods, you can simply leave this out and eat your hamburger on lettuce leaves or just use your fork for the Sloppy Joes' insides. It is a process of good, better, best and each of us is on our own journey here. Know what ideal is and go that direction, but do not beat yourself up because you have not arrived yet. Grace is key in making lasting changes. You

may also have family members that are not as on board with keto and these items may help them be able to participate with the meals. So, feel free to use some of the many keto store-bought foods and condiments as needed, just check the label to see that the macros are comparable to what you're swapping them for. Sometimes we all need some convenience. The recipes in here are designed to give you maximum nutrition for your money.

Because the order of the recipes is set in this cookbook, as opposed to listed by type of meal, I was also able to add many tips and pointers on preparing things ahead of time. For example, I have you purposely cook extra chicken that is not being eaten at that meal so you can use it in a recipe in the next few days. This is a gentle training on how to plan ahead in order to save you tremendous amounts of time and money. One of the most important tools for success with keto (and life in general) is to plan ahead. With keto, you can't just grab something on the go, you have to bring things with you because there just aren't high fat options out there. You may be able to get low carb options but they usually are high protein and rarely are high fat. Hopefully, going through this process will help you see how thinking ahead a little will save you a lot of time, energy, and frustration in addition to ensuring your success.

These recipes are all based on 4 servings so if you have more or less people in your family, please adjust accordingly. However, if something says servings for 8 –you will be using those extra servings in another meal. So, you will want to increase that as well to not mess you up later. Example, if you have a family of 8 and the recipe says servings for 8, that sounds perfect already, right? No, still double it so that you have the extra servings for the other recipes coming up.

If you are used to eating carbohydrates and just starting out with keto, you will want to keep in mind how incredibly satiating fats are. When you eat high fat, you will not need to eat the same volume of food. So, when you look at the portions and quantities of ingredients, it may seem odd at first, but eventually your body will not be wanting more because the fats have satiated you (think of how you eat less of rich food). If you do still want more, you have free reign to eat some extra fat bombs. This is a common need as you first start out and your body is transitioning into being fat adapted. Eat as many as you'd like.

You will notice that the fat bombs are not listed with the meals. I recommend that you make batches of them at the beginning and have them on hand in your freezer for when you need/want them. Different people will go through them at different speeds and you will need to restock them accordingly. I have also listed a bunch of things that would qualify as fat bombs but don't need a recipe - quick and easy! I

have allowed for a fat bomb or two each day as a given (your choice which ones) in order to get you up to 120 grams of fat a day. But again, if you need/want more, feel free. The fat bombs are included separately in the shopping list for this reason.

Yes, I know that not everyone likes sushi and pate (or some of the other foods). These are super nutrient dense foods so I encourage you to try them out. If you must, swap it out for another equivalent meal (I used to be a very picky eater myself so I have empathy). The macros may be a touch off but that should be close enough to work for most people. Just know it will throw off the shopping/planning aspect.. I really wanted to include the pate particularly to introduce you to one of the most nutrient dense foods out there. Open your mind to new foods and keep in mind that taste buds do change over time so it is always a good idea to try things before you judge. Trust me, my taste buds have changed radically!

As a nutritionist, this meal plan gives you a good variety of fibers, proteins and nutrients. However, some of you may be immune sensitive to dairy, eggs, nuts or any number of other things. Please refer to the [Optimizing Digestion](#) course in order to address those issues. In the meantime, I have included lists of the recipes that do not include or could easily omit common food issues of eggs, dairy and nuts. If you take those high fat items out of the recipes (omitting the cheese on a salad, for example), you'll want to compensate by adding some more fat by either adding more mayo or dressing to a meal or adding some fat bombs. There are lots of dairy free fat bombs online that would also be appropriate. There are also some great dairy and other food-sensitivity-free keto cookbooks and recipes online. Just use the concepts laid out here and apply them to those other recipes!

Another area of controversy that I want to address is around sweeteners. Ideally, you would want to eat very few sweet treats – a far cry from what most of us were raised on! On your journey towards changing your palate away from sweet towards savory, you may want or even need some sweet treats to help you stay on track. I have included some sweet treats for that reason.

Now what to use to sweeten things? Well, not an artificial sweetener and not anything with carbs. Stevia is a great option and my favorite is the liquid form by Sweet Leaf (no, I don't get kickbacks for saying that – everyone just asks so I thought I'd put it out there ahead of time). It takes a bit to get used to working with it though. If you put too much in, it will have a nasty aftertaste that even I don't like. Just go slow and add just a bit at a time. The key thing to know when you are making something is if it will be baked or frozen. If so, then it will need to taste much sweeter when making it, in order for it to taste

right when it has been baked or frozen and is done.

If you would like to use some of the popular sugar alcohols out there, that is fine too. I have a sweetener conversion chart at the end of the book so you can use whatever form you have. Know that some people have digestive issues with the sugar alcohols though (including myself - totally bloats me). It is also important to note that while sugar alcohols may look like they have carbs, they are not digested by the body and therefore are subtracted from the total carbs and not reflected in the net carbs.

I recommend to go through the Balancing Blood Sugar course first so that you understand what keto is and how to do it. There are some essential tips in there to prevent problems and ensure your success as well as methods on how to track your progress.

I look forward to hearing how your recipes turn out and all about your success on the forum!

Happy Keto-ing!
Katrina



DAY 1



13 BISCUITS AND GRAVY
F 42.6 / C 5.3 / P 17.2



16 SUSHI
F 39.2 / C 11.6 / P 19.7



18 TACO SALAD
F 35.7 / C 9.8 / P 23.6

Daily Total F 117.5 / C 26.7 / P 60.5

DAY 2



22 KETO MUFFINS
F 28.6 / C 5.5 / P 11.5



23 TUNA SALAD
F 36.3 / C 6.9 / P 21.3



25 ROASTED CHICKEN
F 58.5 / C 10.6 / P 20.9

Daily Total F 123.4 / C 23 / P 53.7

DAY 3



28 MEXICAN EGG CASSEROLE
F 29.6 / C 8.1 / P 17.7



29 CAESAR SALAD
F 39.1 / C 2.5 / P 25.5



31 HAMBURGERS
F 47.4 / C 5.8 / P 22.7

Daily Total F 116.1 / C 16.4 / P 60.4

DAY 4



**33 FRIED EGGS
AND SALSA**
F 31.4 / C 6.1 / P 12.6



**35 CURRY CHICKEN
SALAD**
F 43.9 / C 3.6 / P 21.6



36 KETO LASAGNE
F 19.8 / C 13.4 / P 26.2

Daily Total F 95.1 / C 23.1 / P 60.4

DAY 5



**37 BREAKFAST
BURRITOS**
F 33.8 / C 13.5 / P 23.8



**38 BROCCOLI
CHEESE SOUP**
F 24.6 / C 5.3 / P 22.9



**39 SAUSAGES & ROAST
CAULIFLOWER**
F 47.6 / C 7.7 / P 17.7

Daily Total F 106 / C 26.5 / P 64.4

DAY 6



40 KETO PANCAKES
F 38 / C 11 / P 21



41 CHEF SALAD
F 49.1 / C 8.8 / P 18.5



43 FATHEAD PIZZA
F 28.3 / C 8.3 / P 25.7

Daily Total F 115.4 / C 28.1 / P 65.2

DAY 7



44 CHEESE & SAUSAGE BISCUITS

F 29.4 / C 3.6 / P 23.9



45 BLAT

F 55.4 / C 2.6 / P 21.7



46 CHICKEN TACOS

F 27 / C 16.4 / P 15.3

Daily Total F 111.8 / C 22.6 / P 60.9

DAY 8



47 QUICHE MUFFINS

F 30.8 / C 3 / P 14.2



48 CHEESEBURGER SALAD

F 39 / C 6.3 / P 23.5



49 SALMON BOWL

F 53.3 / C 7.9 / P 26.7

Daily Total F 123.1 / C 17.2 / P 64.4

DAY 9



51 NUTMEAL

F 55.4 / C 6.1 / P 8.7



52 CAESAR WRAP

F 41.5 / C 12.5 / P 26.7



53 STUFFED BELLS

F 38.6 / C 9.7 / P 23.9

Daily Total F 135.5 / C 28.3 / P 59.3

DAY 10



54 EGGS BENIDICT

F 34.7 / C 2.7 / P 17.8



56 LOADED
CAULIFLOWER SOUP

F 23.4 / C 6.5 / P 23.2



57 CAJUN ZOODLES

F 28.1 / C 7.2 / P 27.9

Daily Total F 86.2 / C 16.4 / P 68.9

DAY 11



59 SCRAMBLED
EGGS

F 30.4 / C 6.1 / P 19.9



60 ASIAN CHICKEN
SALAD

F 45.8 / C 9.9 / P 24.9



61 MEATLOAF & MASHED
CAULIFLOWER

F 28.3 / C 6.1 / P 21

Daily Total F 104.5 / C 22.1 / P 65.8

DAY 12



62 EGG ROLL-UPS

F 32.4 / C 3.1 / P 20.7



64 PATE & CRACKERS

F 46.5 / C 12.2 / P 16.3



65 KETO ENCHILADAS

F 31.1 / C 9.1 / P 29.3

Daily Total F 110 / C 24.4 / P 65.6

DAY 13



66 GRANOLA & CREAM
F 41.8 / C 8.6 / P 10.6



67 TACO SOUP
F 25.1 / C 6.7 / P 26.6



68 PHILLY CHEESESTEAKS
F 43 / C 3.7 / P 19.8

Daily Total F 109.9 / C 19 / P 57

DAY 14



69 ITALIAN EGG CASSEROLE
F 33.9 / C 6 / P 15.6



71 WINTER SALAD
F 52.5 / C 9.1 / P 16.7



73 SLOPPY JOES & COLESLAW
F 29.2 / C 9.4 / P 24.1

Daily Total F 115.6 / C 24.5 / P 56.4

Day
1

Biscuits & Gravy

INGREDIENTS

Servings: 4

- 1/2 lb uncased sausage
- 2 Tbsp butter
- 1 tsp glucomannan (aka konjac root powder)
- 2 cups almond milk unflavored and unsweetened
- 1/2 recipe of Biscuits from page 14

Brown the sausage in a large pan. Add the butter to melt into the bottom. When the sausage is browned, add the glucomannan and stir all together. Add the almond milk and stir. Let it heat up until bubbling. After you take it off the heat, it will thicken up more as it cools.

Scoop over the biscuits to serve.



Nutrition Facts

Serving size 1 serving

Calories 473.3

Fat 42.6g

Total Carbs 8.8g

Fiber 3.5g

Sugar Alcohols

Net Carbs 5.3g

Protein 17.2g

Biscuits

INGREDIENTS

Servings: 8

- 1.5 cups almond flour
- 1/4 tsp unrefined sea salt
- 1 Tbsp baking powder
- 2 eggs
- 1/2 cup sour cream
- 4 Tbsp butter melted

Preheat oven to 350°. Melt butter and let cool. Combine almond flour, salt, and baking powder in large bowl. In another bowl, beat eggs and then mix in sour cream and melted butter. Mix the wet into the dry and stir. The mixture will be pretty wet. Scoop out batter into 8 blobs onto baking tray. Bake for 15 minutes until tops are starting to get a little brown.

These are great with the Biscuits and Gravy or as an additional side for an extra hungry person. Freeze any extras to have on hand for when they are needed.



Nutrition Facts

Serving size	1 biscuit
Calories	217.7
Fat	20.3g
Total Carbs	5.4g
Fiber	2.3g
Sugar Alcohols	
Net Carbs	3.1g
Protein	6.2g

Sausage Seasoning

INGREDIENTS

Single serving recipe

- 1 lb ground turkey
- 3 Tbsp onion powder
- 2 tsp unrefined sea salt
- 1/2 tsp basil
- 1/2 tsp thyme
- 1/2 tsp sage
- 1/4 tsp cumin
- 1/4 tsp marjoram
- 1/4 tsp black pepper
- 1/4 tsp oregano
- 1/4 tsp nutmeg
- 1/4 tsp ginger
- 1 egg beaten
- 2 Tbsp butter

9x recipe for bulk freezing

- 9 lb ground turkey
- 1.5 cup onion powder
- 6 Tbsp unrefined sea salt
- 4.5 tsp basil
- 4.5 tsp thyme
- 4.5 tsp sage
- 2.25 tsp cumin
- 2.25 tsp marjoram
- 2.25 tsp black pepper
- 2.25 tsp oregano
- 2.25 tsp nutmeg
- 2.25 tsp ginger
- 9 eggs beaten
- 1 cup and 2 Tbsp butter

Mix up all the ingredients together. You can use this immediately or mix in batches and freeze in 1 or 1/2 lb increments to use later. The 9x may seem a bit random but Costco sells organic ground turkey in 3 lb packages so I use 3 of these to make ahead and freeze the sausage.

Used in the recipes for Biscuits & Gravy and Cheese & Sausage Biscuits.



Day
1

Sushi

INGREDIENTS

Servings: 4

- 4 sheets of nori
- 4 cups riced cauliflower completely defrosted from frozen (not fresh)
- 8 oz cream cheese
- 1/4 cup smoked salmon
- 1 red bell pepper
- 2 avocados
- 1 cucumber
- Coconut Aminos or gluten free Tamari Sauce (1 Tbsp each)
- Pickled Ginger - optional (we like Ginger People)

Take the riced cauliflower and pat dry as much as possible. Mix the cauliflower with the cream cheese (works best with your hands). Cut the bell peppers, avocados and cucumbers so they are thin, long strips. Lay out the sheets of nori and divide evenly with the cauliflower/cream cheese mixture and spread out over the sheet. In the center of each in a strip, lay the cucumber, bell pepper, avocado and salmon. Roll it up tight, really tight. You can use a sushi rolling mat or some saran wrap to really pull it tight so it stays together (it tastes the same if it falls apart though!). Cut into pieces and dip in the Coconut Aminos with a pinch of ginger in it.

You don't have to eat it with chop sticks but it does make it more fun!



Nutrition Facts

Serving size	1 roll
Calories	449.3
Fat	39.2g
Total Carbs	22.5g
Fiber	10.6g
Sugar Alcohols	
Net Carbs	11.9g
Protein	19.7g

Day
1

Mustard

INGREDIENTS

Servings: 64

- 1 cup mustard seeds (not powder!)
- 1 cup apple cider vinegar
- water

Cover the mustard seeds in apple cider vinegar in a quart jar and then fill the jar the rest of the way up with water. Leave to soak for a day while the seeds absorb the liquid. The more apple cider vinegar you use in this ratio, the spicier your mustard will be although at this ratio you will not notice a huge spice in the foods it is used within.

Puree the entire contents of the jar to the desired consistency (add more water here if needed). Will keep in fridge (or out) for several months! Will make about a quart.

**This takes a day to soak before it is ready, so we are soaking it here to get ready to make tomorrow. It's not a mistake.

Nutrition Facts

Serving size	1 Tbsp
Calories	8.8
Fat	.6g
Total Carbs	.5g
Fiber	.2g
Sugar Alcohols	
Net Carbs	.3g
Protein	.4g



Day

1

Taco Salad

INGREDIENTS

Servings: 4

- 1/2 lb ground beef
- 1 Tbsp Taco Seasonings from page 19
- 1 heads green leaf lettuce
- 4 oz sliced olives drained
- 1/4 cup sour cream
- 1 cups shredded cheddar cheese
- 4 servings of Guacamole from page 20
- 4 servings of Salsa from page 21

Brown the beef and mix in the Taco Seasonings. Chop up the lettuce. Divide up the ingredients evenly between the plates or alternately, set it out as a salad bar.

This is the meal that we always serve when we have friends over for dinner (thus the servings for 8 listed here). There's no worry if anyone is gluten free and people can leave off whatever they don't like/tolerate. I'll often add a side of beans with this for those that are not low carb. It whips up super quick and the ingredients are staples in our house so they are usually on hand and ready for a last minute get together. We also always use paper plates so we can talk to our friends longer and not have dishes waiting. So invite some friends over and see how easy this makes it!



Nutrition Facts

Serving size	1 salad
Calories	481.8
Fat	35.7g
Total Carbs	17.4g
Fiber	7.6g
Sugar Alcohols	
Net Carbs	9.8g
Protein	23.6g

Day

1

Taco Seasoning

INGREDIENTS

- 1/2 cup onion powder
- 1/4 cup unrefined sea salt
- 1/4 cup chili powder
- 1/4 cup garlic powder
- 1 Tbsp oregano
- 2 Tbsp cumin
- 1 Tbsp crushed red peppers (optional for extra heat)

Mix up all the spices above and seal in an airtight container.



Day

1

Guacamole

INGREDIENTS

Servings: 4

- 2 avocados
- 1 clove garlic minced
- 1 Tbsp lemon juice
- 1 tsp unrefined sea salt (to taste)

Mash the avocados and stir in the other ingredients. If you are not going to eat this immediately, leave the pit in the guacamole in an air tight container. Best if eaten immediately.

Note: If this makes you want to have tortilla chips but you know those aren't keto, check out the ones from Savor Tooth Paleo. They are made out of pumpkin seeds and coconut oil and are super yummy. You can't eat the whole bag on keto but you can have them. Bonus, they're made with coconut oil, not vegetable oils!

Nutrition Facts

Serving size **1 serving**

Calories **115.1**

Fat **10.5g**

Total Carbs **6.3g**

Fiber **4.7g**

Sugar Alcohols

Net Carbs **1.6g**

Protein **1.4g**



Day

1

Salsa

INGREDIENTS

Servings: 8

- 2 cans of diced tomatoes (13.5 oz)
- 1 clove of fresh garlic, chopped (more if you want hotter)
- 2 tsp unrefined sea salt
- 6 green onions chopped
- 1 can green chilis (4 oz)
- 1 Tbsp lemon juice
- 1/4 cup chopped cilantro (optional)

Put all the ingredients in the blender and pulse a few times until it is roughly chopped. You'll want to chop the ingredients mentioned roughly before putting them in the blender because this is just used a little to mix, not to puree.

Note: If this makes you want to have tortilla chips but you know those aren't keto, check out the ones from Savor Tooth Paleo. They are made out of pumpkin seeds and coconut oil and are super yummy. You can't eat the whole bag on keto but you can have them. Bonus, they're made with coconut oil, not vegetable oils!

The remainder of this will be used in the Fried Eggs and Salsa on day 4. You'll make a new batch for the Chicken Tacos and Enchiladas.

Nutrition Facts

Serving size **1/2 cup**

Calories 27.9

Fat **0g**

Total Carbs **5.2g**

Fiber **1.4g**

Sugar Alcohols

Net Carbs **3.8g**

Protein **.1g**



Day
2

Keto Muffins

INGREDIENTS

Servings: 5

- 3 eggs
- 1 cup sour cream
- 1 Tbsp vanilla
- 1/2 cup keto sweetener (see the sweetener conversion chart in the back)
- 1.5 cups almond flour
- 1/4 tsp unrefined sea salt
- 1/2 tsp baking soda

**Freeze the extra two for when you need a quick snack.

Preheat the oven to 325°. Fill the muffin tray with 10 liners. Spray inside with avocado oil spray to keep them from sticking and losing muffin.

In a medium bowl beat the eggs and then stir in the sour cream, sweetener, vanilla. Add in the almond flour and then the salt and baking soda. Make sure there are no lumps. Keep in mind with the sweetener that you want it much sweeter before it is baked. Divide evenly among the muffin liners. Bake for 20-25 minutes until a toothpick comes out clean.

You can spice these up by adding fun ingredients like keto chocolate chips, fresh berries, nuts, peanut butter, cocoa powder, cinnamon, etc. Get creative! One of our favorites is to add 1/2 cup peanut butter and 1/2 cup keto chocolate chips. You could even omit the sweetener and vanilla and add some savory spices like garlic powder, cheddar cheese, chives, bacon bits, etc.



Nutrition Facts

Serving size **2 muffins**

Calories **327.1**

Fat **28.6g**

Total Carbs **9.1g**

Fiber **3.6g**

Sugar Alcohols

Net Carbs **5.5g**

Protein **11.5g**

Tuna Salad

INGREDIENTS

Servings: 4

- 2 cans tuna, drained
- 1/2 cup Homemade Mayo from page 24
- 1 Tbsp Mustard from page 17
- 1/2 tsp unrefined sea salt
- 1/2 cup red onions chopped
- 1 cup chopped celery
- 1/4 cup sunflower seeds
- 2 red bell peppers
- 2 avocados

Drain the tuna and add mayo, mustard, and salt and mash up with a fork. Add the red onions, celery and sunflower seeds and stir together. Cut the bell pepper into flat pieces to use as a chip/scoop. Serve along side sliced up avocado.

Alternately, you could chop up the avocado and/or bell pepper and stir into the tuna salad. Or you could serve it on a piece of Franz bread (reg or toasted) and/or with melted cheddar on top - this would all increase the protein though so be aware if that is an area you need to watch.



Nutrition Facts

Serving size 1/4 of salad

Calories 462.9

Fat 36.3g

Total Carbs 14.5g

Fiber 7.6g

Sugar Alcohols

Net Carbs 6.9g

Protein 21.3g

Homemade Mayo

INGREDIENTS

Servings: 96

- 4 eggs
- 1/4 cup lemon juice
- 1.5 Tbsp Mustard from page 17
- 1 tsp unrefined sea salt
- 33.8 oz avocado oil (Chosen Foods from Costco is this exact size so you can use the entire thing and not have to measure it!)

Put the eggs, salt, lemon juice and mustard in the food processor or blender and whiz together. While the machine is still going, open part of the lid and pour in the avocado oil. I like to balance the jar against my cabinet so I can walk away and do other things while the mayo is making itself.

Do not add the avocado oil in the beginning or all at once. Let it pour slowly. This recipe makes about a quart and a half and keeps for about a month in the fridge.

Add sriracha to it for a spicy dip (Stuffed Bells)

Add minced garlic for a aoli (so good with steamed artichokes!)

Nutrition Facts

Serving size **1 Tbsp**

Calories 96.1

Fat **10.2g**

Total Carbs **0g**

Fiber **0g**

Sugar Alcohols

Net Carbs **0g**

Protein **.3g**



Day
2

Roasted Chicken

INGREDIENTS

Servings: 4

- 1 whole chicken
- 2 bunches of radishes
- 1 lb green beans
- 1/2 cup avocado oil
- sprinkle unrefined sea salt
- sprinkle black pepper
- 1 Tbsp garlic powder
- 4 Tbsp butter
- 4 servings Ranch Dressing from page 26
- 4 servings Hot Sauce (optional)



Preheat the oven to 350°. Place the entire raw chicken, breast side up in a large baking dish and sprinkle salt over it all (don't forget the sides of the legs). Put it in the oven for 1 1/2 hours or until it is golden brown and when you cut between the thigh and body the juice runs clear (the time on this depends on the size of the chicken so allow for extra time).

Cut off the tops of the radishes if they are still on, cut them in half and put them on a baking tray. Pour 1/4 cup avocado oil on and sprinkle with salt and pepper and toss to coat. Put the green beans on another tray. Do the same to the green beans and additionally sprinkle the garlic powder on them and toss to coat.

Roast the radishes for 20-25 minutes until they are browned and fork tender.

When they come out, put them on the plates and add the butter to each. Roast green beans for about 10 minutes.

Cut off the thighs, drumsticks and wings to eat at this meal. Also eat the rest of the skin - the best part! Save the remainder chicken breasts to use in another recipe. Use the entire carcass for the Homemade Bone Broth on page 27. Use the hot sauce on the meat and you can dip it in the Ranch Dressing or put the Ranch on the radishes.



Nutrition Facts

Serving size 1/4 of meal

Calories 657.7

Fat 58.5g

Total Carbs 14.8g

Fiber 4.2g

Sugar Alcohols

Net Carbs 10.6g

Protein 20.9g

Day
2

Ranch Dressing

INGREDIENTS

Servings: 8

- 1 cup Homemade Mayo from page 24
- 1 cup sour cream
- 1 Tbsp Ranch Seasoning from page 27

Put the Homemade Mayo in a wide mouth quart jar. Add Ranch Seasonings based on how strong you like it. Stir in the sour cream. Make sure seasonings are incorporated evenly by examining the bottom of the jar.

This dip is great on salads or as a dip for veggies. It is a fantastic way to get in more fat.

**We'll use this again in the Chef Salad. This is a great fat bomb in and of itself and I love to have it on hand, ready for anything. Feel free to double this recipe for that purpose. Just eat it with some celery or cucumbers when you are needing some extra fat.

Nutrition Facts

Serving size 1/4 cup

Calories 250.2

Fat 26.1g

Total Carbs 2.3g

Fiber .1g

Sugar Alcohols

Net Carbs 2.2g

Protein 1.5g



Day

6

Ranch Seasoning

INGREDIENTS

- 1 cup parsley
- 1/2 cup garlic powder
- 1/2 cup onion powder
- 1/2 cup unrefined sea salt
- 1/4 cup black pepper

Mix up all the spices above and seal in an airtight container.



Homemade Bone Broth

INGREDIENTS

- Bones, scraps and pan drippings from whole chickens (roasted or crock pot)
- vegetable scraps (ends of onions, carrot tops, celery leaves, etc.)
- 1/4 cup apple cider vinegar
- 1 Tbsp unrefined sea salt
- 1 Tbsp peppercorns

After roasting chickens, pour all the bones and drippings into a large stockpot. Save all veggie scraps in a gallon baggie in the freezer and add to stockpot now. Throw in the apple cider vinegar, salt and peppercorns. If you have other bones from other meals that you have frozen or chicken feet, throw them in too. Ideally you want the stockpot to be pretty much full before you put the water in.

Fill with water, cover and bring the whole thing to a boil. Once boiling, reduce the temp down to a low simmer and hold there for 24 hours. Then turn it off and let it cool. Strain into gallon jars to put in the fridge. If there is at least 1/4-1/2 inch of oil on the top it will seal and you can leave it undisturbed in the fridge for months. Although it never lasts that long at our house!

This is the base of amazing soups and gravies as well as a tasty drink on its own!
**You'll need 3/4 of a gallon for the 3 soups coming up so make sure your pot is full. If you have extra, it makes a yummy drink.



Day
3

Mexican Egg Casserole

INGREDIENTS

Servings: 4

- 6 eggs
- 1 tsp unrefined sea salt
- 1/2 cup heavy cream
- 1 can hatch green chiles (4 oz cans)
- 1/2 can diced tomatoes (14.5 oz can)
- 1 cup shredded pepper jack cheese
- 1/2 cup shredded cheddar cheese

Preheat the oven to 350°. Beat the eggs, salt, and cream together and then stir in the other ingredients. It will be chunky and that's fine. Pour it into a 8x8 pan that has been greased and bake at 350° for 40 minutes. Cut into the middle to see if it is done.

Notes: Mix it up and use different veggies, cheeses and seasonings to keep it from getting boring.



Nutrition Facts

Serving size 1/4 casserole

Calories 362.9

Fat 29.6g

Total Carbs 8.5g

Fiber .4g

Sugar Alcohols

Net Carbs 8.1g

Protein 17.7g

Caesar Salad

INGREDIENTS

Servings: 4

- 1 cup chicken breasts cooked and shredded (leftover from Roasted Chicken)
- 1 bunch of kale (2 shredded cups per person)
- 30 Whisps pamesan cheese crisps (8 each)
- 4 Tbsp sunflower seeds
- 4 servings of Caesar Dressing from page 30

Shred the chicken. I usually prefer to use the leftover chicken from a whole chicken cooked previously. It saves time, money and then you get the bones for broth.

Take the stems out of the kale and put the leaves through the food processor on rough shred (or just chop it up really well). Toss with the Caesar Dressing. Divide kale evenly and top with the chicken, sunflower seeds and Whisps.

This recipe can also be done on romaine (as pictured) but kale is a fun way to get more nutrient density and the zippy Caesar hides any bitterness from the kale. The key is to get the stems out and chop it up well.



Nutrition Facts

Serving size 1/4 of salad

Calories 466.2

Fat 39.1g

Total Carbs 5.2g

Fiber 2.7g

Sugar Alcohols

Net Carbs 2.5g

Protein 25.5g

Day
3

Caesar Dressing

INGREDIENTS

Servings: 8

- 1 egg yolk
- 1 clove garlic
- 1/2 tsp unrefined sea salt
- 1/4 tsp ground pepper
- 1/8 tsp cayenne
- 1/4 cup lemon juice
- 2 tsp Worcestershire sauce (we love Portlandia or Wizard's)
- 1 Tbsp Mustard from page 17
- 1 cup avocado or extra virgin olive oil

Put all ingredients into the blender and whiz it up. It will get very thick.

**We'll use this in the Caesar Wraps too so make sure to save half of it.

Nutrition Facts

Serving size 1/8 of dressing

Calories 252

Fat 252.3g

Total Carbs 1.1g

Fiber .2g

Sugar Alcohols

Net Carbs .9g

Protein .5g



Day
3

Hamburgers

INGREDIENTS

Servings: 4

- 1/2 lb ground beef
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp unrefined sea salt
- 1/2 tsp black pepper
- 8 leaves romaine lettuce
- 4 slices cheddar cheese
- 4 slices large red onion (chop rest and save for tomorrow lunch)
- 4 slices tomato
- 2 avocados sliced
- 4 servings Up and Down Sauce from page 32

Preheat the oven to 350°. Mix the ground beef with the spices and form into 4 patties. Bake in the oven on a baking tray or glass bakeware for 15 minutes.

Place cheese slices on the patties as soon as they come out of the oven. Place a patty on 2 leaves of lettuce and top with onion, tomato, avocado, and Up and Down Sauce.

You could also serve these on Franz keto hamburger buns but that will bump up the protein count a bit in case that's an issue.



Nutrition Facts

Serving size	1 burger
Calories	568.4
Fat	47.4g
Total Carbs	12.7g
Fiber	6.9g
Sugar Alcohols	
Net Carbs	5.8g
Protein	22.7g

Day
3

Up & Down Sauce

INGREDIENTS

Servings: 12

- 1.5 cup Homemade Mayo from page 24
- 1/2 can tomato paste (3 oz)
- 3 Tbsp apple cider vinegar
- 3 Tbsp mustard from page 17
- 1 tsp paprika
- dash allspice
- dash clove
- 1 dropperful liquid stevia
- 2/3 cup Bubbies dill relish (or finely chopped up pickles)

Put all ingredients into a bowl and stir well.

This is a knock off of In and Out burger's sauce. We were being silly and started calling it Up and Down sauce and it stuck.

**We'll use this with the Sausages & Roast Cauliflower and Cheeseburger Salad as well as the Hamburgers.

Nutrition Facts

Serving size 1/12 of recipe

Calories 199.7

Fat 20.6g

Total Carbs 1.3g

Fiber .5g

Sugar Alcohols

Net Carbs .8g

Protein .9g



Day
4

Fried Eggs & Salsa

INGREDIENTS

Servings: 4

- 8 eggs
- unrefined sea salt to taste
- garlic powder to taste
- 4 Tbsp butter
- 2 avocados
- 1/2 batch of Salsa from page 21

Melt 1 Tbsp of butter in the pan and crack open 2 eggs into the pan (you can do more if you have a bigger pan). Sprinkle with salt and garlic powder to taste. When done, top with slices of avocado and salsa.

I recommend that you prepare your zucchini for the lasagna tonight. I like to use the dehydrator so I don't have to keep such an attentive eye on it. Then I put the lasagna together in the crock pot at lunch time. You can throw the whole thing together at dinner but it will be much more liquidy and less traditional.



Nutrition Facts

Serving size 2 eggs

Calories 379.6

Fat 31.4g

Total Carbs 12.1g

Fiber 6g

Sugar Alcohols

Net Carbs 6.1g

Protein 12.6g

Curry Chicken Salad

INGREDIENTS

Servings: 4

- 1 cup chicken breast cooked and shredded
- 3/4 cup Homemade Mayo
- 1-2 Tbsp Curry Seasoning on page 35
- 1/2 cup red onion chopped (use rest of onion from last night)
- 1 cup celery chopped
- 2 avocados

Cook and shred the chicken.

I usually prefer to use the leftover chicken from a whole chicken cooked previously.

Mix the Mayo in a bowl with the Curry Seasoning. Add in the shredded chicken and chopped onion and celery.

Serve along side 1/2 avocado sliced.

**Nutrition Facts**

Serving size 1/4 of salad

Calories 521.1

Fat 43.9g

Total Carbs 9g

Fiber 5.4g

Sugar Alcohols

Net Carbs 3.6g

Protein 21.6g

Curry Seasoning

INGREDIENTS

- 2 Tbsp coriander
- 2 Tbsp cumin
- 2 Tbsp turmeric
- 2 tsp ginger
- 1 tsp cinnamon
- 1 tsp mustard powder
- 1/2 tsp cardamom
- 1/2 tsp cayenne
- 1/2 tsp black pepper

Mix up all the spices above and seal in an airtight container.



Day
4

Keto Lasagna

INGREDIENTS

Servings: 4

- 1/4 lb ground beef
- 2 zucchinis
- 5 oz frozen spinach defrosted (save the other half for the Scrambled Eggs)
- 1 cup shredded mozzarella cheese
- 5.75 cups (1/2 jar) spaghetti sauce (we like Classico)
- 7.5 oz ricotta cheese
- 1 egg
- 1 Tbsp garlic powder
- 1 Tbsp basil

Slice the zucchinis with a mandoline (or vegetable peeler) length-wise and put them in the dehydrator at 90°-100° (to keep the enzymes active) for a few hours.

Alternately, you could dry them out in the oven on low temp (250°) for increments of 10 minutes - watch carefully! If you skip this step your lasagna will have more liquid in it but it still tastes great.

Brown the ground beef and spinach and let the excess moisture in the spinach evaporate out. Beat the egg and mix it with the ricotta and seasonings. Now layer things together to assemble in a crock pot (I usually do this at lunch and cook on low until dinner - you can take the lid off for the last hour to get some moisture out). Alternately, you could layer it into a large glass baking dish and bake at 350° for 45 minutes.



Nutrition Facts

Serving size 1/4 of lasagna

Calories 348.2

Fat 19.8g

Total Carbs 17.7g

Fiber 4.3g

Sugar Alcohols

Net Carbs 13.4g

Protein 26.2g

Day
5

Breakfast Burritos

INGREDIENTS

Servings: 4

- 8 eggs
- 1 tsp unrefined sea salt
- 2 Tbsp butter
- 1 avocado
- 1 cup shredded cheddar cheese
- 4 servings of Salsa from page 21 (1/2 a batch)
- 4 low carb tortillas (Savor Tooth Paleo is our favorite)

Beat eggs together with the salt. Melt the butter in the pan and add the eggs. Stir until fully cooked. Lay out the tortillas and put 1/4 cup of cheese, 1/2 serving of salsa, and 1/4 avocado sliced on each. Divide the eggs evenly between the tortillas. Feel free to add some hot sauce if you'd like it spicier. Fold it up into a burrito/soft taco.

Note: This one is a bit higher on the carbs and would vary greatly based on the tortilla you choose so keep that in mind. The Savor Tooth Paleo one that I used to calculate this has 9g of carbs total.

Nutrition Facts

Serving size 1 burrito

Calories 464.4

Fat 33.8g

Total Carbs 18.2g

Fiber 4.7g

Sugar Alcohols

Net Carbs 13.5g

Protein 23.8g



Day
5

Broccoli Cheese Soup

INGREDIENTS

Servings: 4

- 1 lb frozen broccoli (1 out of 4 of the small bags in the big bag from Costco)
- 4 cups Homemade Bone Broth from page 27
- 4 oz cream cheese
- 1.5 cups shredded cheddar cheese

Put the broth and the frozen broccoli into the Instantpot and pressure cook for 8 minutes. Alternately, you can simmer the broccoli in the broth in a stock pot with the lid on until the broccoli is fork tender. Add the cream cheese and cheddar cheese and use an immersion blender to puree. Alternately you could put it into a blender or food processor. The technical name for this is Green Soup at our house.



Nutrition Facts

Serving size 1 bowl of soup

Calories 336.1

Fat 24.6g

Total Carbs 8g

Fiber 2.7g

Sugar Alcohols

Net Carbs 5.7g

Protein 22.9g

Sausages & Roast Cauliflower

INGREDIENTS

Servings: 4

- 4 chicken sausages (we love Aidell's)
- 1 head cauliflower
- 1/4 cup avocado oil
- sprinkle unrefined sea salt and black pepper
- 4 servings Up and Down Sauce page 32

Preheat the oven to 350°. Cut up the cauliflower into florets and put on a baking tray. Pour avocado oil over them and sprinkle on salt and pepper. Toss to coat. Bake for 10 minutes and then add the sausages in a glass baking dish to the oven (or you can cook them in a pan as pictured). Bake for 30 more minutes until cauliflower is lightly browned and fork tender and sausages have some brown on them.

Serve with the Up and Down Sauce to dip the sausages into. Alternately, you could use the Ranch Dressing.

**Nutrition Facts**

Serving size	1 serving
Calories	536.9
Fat	47.6g
Total Carbs	11.7g
Fiber	4g
Sugar Alcohols	
Net Carbs	7.7g
Protein	17.1g

Day
6

Keto Pancakes

INGREDIENTS

Servings: 4

- 12 eggs
- 10 oz cream cheese
- 4 Tbsp Lakanto Maple flavored syrup

Blend the eggs and cream cheese together. Pour the batter and flip it when they release. Top with a Tbsp of syrup per person.

Notes: This batter is a bit thin so it works best if you have 1 pancake per smaller pan or use pancake rings (pictured below) on a griddle. The Lakanto maple flavored syrup is included in the macros but you could top it with a few fresh berries or butter if you'd prefer.



Nutrition Facts

Serving size 1/4 pancakes

Calories 470

Fat 38g

Total Carbs 13g

Fiber 2g

Sugar Alcohols

Net Carbs 11g

Protein 21g

Chef Salad

INGREDIENTS

Servings: 4

- 4 hard boiled eggs
- 4 slices of cooked bacon
- 1 head leaf lettuce
- 12 cherry tomatoes
- 1 cup chopped cucumber
- 1/2 cup chopped bell pepper
- 1 avocado
- 1 cup shredded cheddar cheese
- 1 cup Ranch Dressing from page 26

Hard boil the eggs with 2 cups water in the Instant Pot for 5 minutes, quick pressure release and put in an ice bath. I like to do this at breakfast or the night before and put them in the fridge. Peel and slice eggs up for the salad once cooled (great job for little people).

Cook the bacon in the oven. I usually cook the whole package and then store extras in the fridge for recipes like this that use just a few slices. Make sure to save the bacon grease for the Pate!

Chop the lettuce and other veggies. Divide evenly between the bowls and top with the cheese, eggs, cut up bacon and Ranch dressing.

Nutrition Facts

Serving size	1 salad
Calories	565.5
Fat	49.1g
Total Carbs	13.8g
Fiber	5g
Sugar Alcohols	
Net Carbs	8.8g
Protein	18.5g



Fathead Pizza

INGREDIENTS

Servings: 4

- 1.75 cup shredded mozzarella cheese (for crust)
- 2 Tbsp cream cheese (1/2 oz)
- 1 egg
- 3/4 cup almond flour
- 2 cups shredded mozzarella (for topping)
- 1 can mushrooms drained
OR 1/2 lb mushrooms cooked down
- 1 cup spaghetti sauce (we like Classico)
- parchment paper

Preheat oven to 350°. Put the cup and half of mozzarella cheese and the cream cheese in a pan on the stove and stir on low.



Watch it carefully and as soon as it is melted, remove from the heat. Beat the egg and mix it and the almond flour into the cheeses. You can put it in the food processor or just mix by hand. Place a sheet of parchment paper on the cookie sheet/pizza stone and then the dough and then another sheet of parchment paper. Roll the dough out nice and thin. Take off the top parchment paper and bake for 10 minutes. Put the parchment paper back on and flip onto another tray. Remove the now top parchment paper and bake for 8 more minutes. Remove and top with sauce, mushrooms and remainder of the cheese. Bake about 8 minutes more until cheese is melted and crust is crispy.

You can change up the toppings as you'd like and get really creative. Just keep in mind that this is pretty high protein so keep the meats to a minimum.

Some of our favorites are:

- BBQ Sauce with bacon and red onions
- Buffalo Wing Sauce with chicken, red onions and blue cheese
- Asian Dressing with shredded carrots, chicken and green onions

Nutrition Facts

Serving size 1/4 of pizza

Calories 397.4

Fat 28.3g

Total Carbs 12.3g

Fiber 4g

Sugar Alcohols

Net Carbs 8.3g

Protein 25.7g

Day
7

Cheese & Sausage Biscuits

INGREDIENTS

Servings: 4

- 1/2 lb homemade sausage from page 15 or store bought
- 2 Tbsp butter
- 2.5 Tbsp coconut flour
- 1 Tbsp sour cream
- 2 eggs
- 1/8 tsp baking powder
- 1 cups shredded cheddar cheese

Preheat the oven to 350°. Barely melt the butter in the same pan while you brown the sausage. Once the sausage is browned, take off the heat and mix in the sour cream, beaten eggs, coconut flour, and baking powder and stir until combined. Add the cheese and stir. Scoop out onto a cookie sheet into 8 biscuits. Bake for 15-18 minutes or until slightly brown.



Nutrition Facts

Serving size 2 biscuits

Calories 379.1

Fat 29.4g

Total Carbs 5.3g

Fiber 1.7g

Sugar Alcohols

Net Carbs 3.6g

Protein 23.9g

Day
7

Chicken Tacos

INGREDIENTS

Servings: 4

- 1 whole chicken - using 1 cup shredded
- 1 Tbsp Taco Seasonings from page 19
- 4 Savor Tooth Paleo tortillas
- 4 servings Guacamole from page 20
- 4 servings Salsa from page 21
- 4 Tbsp sour cream
- 1/2 cup shredded cheddar cheese
- 2.25 oz can sliced olives

Put the whole defrosted chicken in the crock pot at breakfast and set it on low.

At dinner time, take the meat off the chicken and shred it. Set most of it aside for other meals. Save 1 cup for this meal and toss with 1 Tbsp Taco Seasonings. Put the cooled carcass and juices into a gallon baggie and freeze for using to make more broth later.

Chop the lettuce up and make the Guacamole and Salsa if not already made.

Assemble the tacos by dividing the ingredients equally among the tortillas. Alternately, you could let each assemble their own taco.



Nutrition Facts

Serving size 1 taco

Calories 387.5

Fat 27g

Total Carbs 24.8g

Fiber 8.4g

Sugar Alcohols

Net Carbs 16.4g

Protein 15.3g

**The extra chicken from this will be used in the other dishes coming up.

Day
8

Quiche Muffins

INGREDIENTS

Servings: 6

- 4 eggs
- 1/2 tsp unrefined sea salt
- 1 cup heavy cream
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/8 tsp nutmeg
- 1/4 tsp pepper
- 1/8 cup coconut flour
- 1/2 cup shredded parmesan cheese
- 1 1/2 cup shredded cheddar cheese

Preheat the oven to 350°. Beat the eggs, cream, seasonings, and coconut flour together well. Add in the parmesan cheese. Line muffin tins with 12 muffin papers and evenly distribute the cheddar cheese in them (about 1 Tbsp per muffin). Pour egg mixture into the cups evenly. Bake for 30 minutes until they are lightly browned and have risen.

Freeze the extra four muffins for a meal on the go or unscheduled snack. They reheat great in the toaster oven. You can add some mix-ins like bits of bacon or chives/green onions - get creative!



Nutrition Facts

Serving size	2 muffins
Calories	350.3
Fat	30.8g
Total Carbs	3.8g
Fiber	.8g
Sugar Alcohols	
Net Carbs	3g
Protein	14.2g

Day
8

Cheeseburger Salad

INGREDIENTS

Servings: 4

- 1/2 lb ground beef
- 1 head green leaf lettuce
- 1 cup chopped tomato
- 1/2 cup chopped red onion
- 1 cup shredded cheddar cheese
- 4 servings of Up & Down Sauce from page 32

Brown the beef in a skillet. Let the beef cool while you chop the veggies.

Divide the veggies evenly and top with ground beef, cheese and Up & Down Sauce.

Nutrition Facts

Serving size 1 salad

Calories 487.1

Fat 39g

Total Carbs 8.9g

Fiber 2.6g

Sugar Alcohols

Net Carbs 6.3g

Protein 23.6g



Salmon Bowl

INGREDIENTS

Servings: 4

- 12 oz salmon fillets defrosted
- 4 cups riced cauliflower defrosted
- 4 Tbsp butter
- 8 oz mushrooms sliced
- 4 servings of Asian Dressing from page 50

Slice the mushrooms and saute in 2 Tbsps of butter until they release their juices. Pat dry the cauliflower and then add to the mushrooms to warm.

Melt 2 more Tbsp butter in another pan and put the salmon fillet to cook in it while covered. Just a few minutes on each side until it is cooked through (this will depend greatly on how thick your fillet is (if you have skin on, get it crispy and it is super yummy!)).

Serve the salmon on the bed of rice with the mushrooms in a bowl. Drizzle the Asian Dressing over the whole thing.

You could also do this with broccoli instead of mushrooms (pictured) It's also fun to add some other veggies like slivered bell peppers or snow peas. Throw them in with the cauliflower rice or add at the end if you prefer them crunchy.

Nutrition Facts

Serving size	1 bowl
Calories	624.2
Fat	53.3g
Total Carbs	11.6g
Fiber	3.7g
Sugar Alcohols	
Net Carbs	7.9g
Protein	26.7g



Day
8

Asian Dressing

INGREDIENTS

Servings: 8

- 1 cup avocado oil
- 1/2 cup Coconut Aminos
- 2 Tbsp sesame oil
- 1/4 cup peanut butter
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tsp ginger powder

Put all ingredients into a blender and whiz it up together. We'll use this on the Salmon Bowl and the Asian Chicken Salad. It's also great as the sauce on the Fathead Pizza.

Nutrition Facts

Serving size 1/8 of recipe

Calories 336.7

Fat 34.7g

Total Carbs 5.5g

Fiber .8g

Sugar Alcohols

Net Carbs 4.7g

Protein 2.1g



Nutmeal

INGREDIENTS

Servings: 4

- 1 cup almond flour
- 1/2 Tbsp glucomannan (also called konjac root powder)
- pinch of unrefined sea salt
- 3 Tbsp keto sweetener or liquid stevia to taste
- 1 cup heavy whipping cream
- 3/4 cup sour cream
- 2 Tbsp butter
- sprinkles of cinnamon

Mix the almond flour, glucomannan, salt and sweetener in a saucepan and whisk to mix. Add cream and sour cream and whisk. Heat until boiling while stirring. Turn down the heat and simmer for 10 minutes while stirring occasionally until it reaches your desired thickness.

Dish out to each bowl and top with a Tbsp of butter each and some cinnamon. Alternately, you can flavor it by adding the following to each bowl:

- Tbsp cream cheese and a few sliced strawberries
- Tbsp Lakanto maple syrup and a Tbsp chopped pecans
- Tbsp peanut butter and a few keto chocolate chips
- Tbsp pumpkin puree and tsp Pumpkin Pie Spice from page 81

This is also good cold, in fact, some of my people prefer it that way. So if you want to make it the night before, it can be eaten right out of the fridge.



Nutrition Facts

Serving size	1 bowl
Calories	553.7
Fat	55.4g
Total Carbs	10.6g
Fiber	4.5g
Sugar Alcohols	
Net Carbs	6.1g
Protein	8.7g

Wraps

INGREDIENTS

Servings: 4

- 4 Savor Tooth Paleo tortillas
- 1 cup chopped lettuce
- 1 cup cooked chicken shredded (leftover from previous meal)
- 1 avocado sliced
- 4 slices tomato
- 1 red bell pepper sliced
- 4 servings Caesar Dressing from page 30

Chop the lettuce and slice the veggies. Layer in the ingredients into the tortillas and top with the Caesar dressing. Alternately, you could use the other dressings or different meats and veggies to completely change the flavor profile.

**Nutrition Facts**

Serving size	1 wrap
Calories	533.1
Fat	41.5g
Total Carbs	17.9g
Fiber	5.4g
Sugar Alcohols	
Net Carbs	12.5g
Protein	26.7g

Stuffed Bells

INGREDIENTS

Servings: 4

- 12 mini bell peppers
- 1/2 lb ground beef
- 1-2 Tbsp Taco Seasonings from page 19
- 1/2 cup shredded cheddar cheese
- 4 servings Homemade Mayo from page 24
- couple tsps Sriracha or hot sauce to taste (we like Wildbrine)

Slice the peppers lengthwise and take out any seeds and the stem. Brown the ground beef and stir in the seasoning. When it's fully cooked, take it off the heat and stir in the cheese. Let it cool a little so you don't burn your hands and then stuff the pepper halves with the beef mixture.

Mix the Homemade Mayo with some of the sriracha based on your spice tolerance. Serve the stuffed peppers with the dip drizzled on top or dip it into the sauce.



Nutrition Facts

Serving size 1/4 of bells

Calories 499.8

Fat 38.6g

Total Carbs 14.4g

Fiber 4.7g

Sugar Alcohols

Net Carbs 9.7g

Protein 23.9g

Day
10

Eggs Benedict

INGREDIENTS

Servings: 4

- 1/2 cup apple cider vinegar
- 8 eggs
- 2 avocados
- 1/2 batch of Hollandaise Sauce from page 55
- 4 slices of Franz keto bread toasted

Bring the water to boil and add a 1/2 cup of apple cider vinegar. Swirl the water and then drop in 1 egg to cook for 2 minutes. Scoop it out and lay it on paper towels and repeat for each egg. Once you get the hang of it, you can do multiple eggs at the same time. This will cook the whites and keep the yolk runny. If you would like the yolk cooked through, cook for 4 minutes. Slice or smash the avocados and divide equally onto the pieces of toast. Lay two eggs on each piece of toast and pour hollandaise sauce on top.



Nutrition Facts

Serving size	2 eggs
Calories	413.6
Fat	34.7g
Total Carbs	19.6g
Fiber	16.9g
Sugar Alcohols	
Net Carbs	2.7g
Protein	17.8g

Day
10

Hollandaise Sauce

INGREDIENTS

Servings: 8

- 2 Tbsp lemon juice
- 1 Tbsp mustard
- pinch of cayenne pepper (optional)
- 3 egg yolks at room temperature
- 1/2 cup butter melted and hot

Put all the ingredients in the blender while the butter is melting. Whiz it up and pour in the butter while the blender is running. Do not let any of that luscious sauce go to waste - lick the blender clean!

Note: Contrary to what everything will tell you, you CAN save extras of this sauce (I actually double/triple this recipe all the time). You just don't want to reheat it or it will separate and be yucky. If you take the extra out of the fridge and spoon on top of eggs that are still warm, it will soften and warm it sufficiently but not separate.

There will be extra leftover of this but it really does not work well to make less. It will save in the fridge for a couple weeks. You could even make a fat bomb out of scooping this up with a slice of bacon or vegetables.

Nutrition Facts

Serving size 1/8 of sauce

Calories 123.7

Fat 13.4g

Total Carbs .7g

Fiber .3g

Sugar Alcohols

Net Carbs .4g

Protein 1.4g



Day
10

Loaded Cauliflower Soup

INGREDIENTS

Servings: 4

- 1 lbs cauliflower florets
- 4 cups Homemade Bone Broth from page 27
- 4 oz cream cheese
- 4 slices bacon chopped
- 1 cups shredded cheddar cheese
- 4 green onions chopped

Cook the bacon in the oven, drain the fat and set aside to cool. I usually do this at breakfast.

Put the cauliflower and the broth in the Instantpot and pressure cook for 8 minutes. Alternately, put them in a stock pot and simmer with a lid on until the cauliflower is fork tender. Add the cream cheese and puree with an immersion blender. Alternately you can put it all in the blender or food processor.

Divide evenly between bowls and top with shredded cheese, green onions and bacon.



Nutrition Facts

Serving size 1 bowl of soup

Calories 332.1

Fat 23.4g

Total Carbs 9g

Fiber 2.5g

Sugar Alcohols

Net Carbs 6.5g

Protein 23.2g

Day
10

Cajun Zoodles

INGREDIENTS

Servings: 4

- 2 zucchini spiralized
- 1 cup cooked and shredded chicken breasts
- a sprinkle of unrefined sea salt and black pepper
- 1/4 cup butter
- 2 cloves garlic chopped
- 1/2 chopped onion
- 1 red bell pepper chopped
- 4 oz chopped mushrooms
- 4 oz cream cheese
- 1/2 cup shredded parmesan cheese
- 1 Tbsp Cajun Seasonings from page 58 (or less if it is too spicy for some)

Spiralize the zucchini into noodles or just use a peeler to make zucchini noodles. Chop the onion, bell pepper and slice the mushrooms.

Sauté the onions in the butter and add in the garlic, and mushrooms. Add in the chicken to warm once the mushrooms have released their juices and onions are translucent (alternately, you could use raw chicken chopped into bite sized pieces and cook it with the onions). Then add in the cream cheese and parmesan cheese and stir often as they melt. Stir in Cajun Seasonings (you can dish out some beforehand if you have people that don't want a lot of spice or use Ranch Seasoning for them) and mix in the zoodles and bell peppers.

You can also cook the bell peppers in with the onions and you can boil the zoodles for a couple minutes. We prefer the crunch so we keep them raw.



Nutrition Facts

Serving size 1/4 of zoodles

Calories 397.6

Fat 28.1g

Total Carbs 9.2g

Fiber 2g

Sugar Alcohols

Net Carbs 7.2g

Protein 27.9g

Day
10

Cajun Seasoning

INGREDIENTS

- 5 Tbsp unrefined sea salt
- 2 Tbsp cayenne
- 2 Tbsp garlic powder
- 2 Tbsp paprika
- 1 Tbsp onion powder
- 1 Tbsp oregano
- 1 Tbsp thyme
- 1 Tbsp black pepper
- 1 Tbsp cinnamon
- 1 Tbsp cumin

Mix up all the spices above and seal in an airtight container.



Scrambled Eggs

INGREDIENTS

Servings: 4

- 8 eggs
- 1/2 tsp unrefined sea salt
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 5 oz frozen spinach defrosted (the leftover portion from Keto Lasagna)
- 2 oz cream cheese
- 1 cup shredded cheddar cheese (or pepper jack)
- 2 Tbsp butter

Beat the eggs and salt together. Melt the butter into the pan and add the onions to cook until onions are translucent. You can add the bell peppers here too if you want them cooked. Strain the spinach and add it in. Add the egg mixture, the cheeses and the bell peppers if you haven't already, stir as the eggs cook.

Notes: Mix it up and use different veggies to keep it from getting boring. This is a great place for leftover veggies from dinner!



Nutrition Facts

Serving size 1/4 of eggs

Calories 38.35

Fat 30.4g

Total Carbs 7.9g

Fiber 1.8g

Sugar Alcohols

Net Carbs 6.1g

Protein 19.9g

Asian Chicken Salad

INGREDIENTS

Servings: 4

- 1 cup cooked and shredded chicken breasts
- 1/2 medium head cabbage shredded (about 6 cups)
- 1/2 cup grated carrots
- 1/2 cup sliced almonds
- 2 tsp sesame seeds
- 4 servings Asian dressing from page 50

Shred the cabbage and carrots in the food processor or by hand. Mix all the ingredients together in a big bowl and mix in with the dressing.

You can sub out some of the green cabbage for red which gives nice color and fiber diversity. Also fun to mix in some chopped cilantro and/or green onions which won't make a huge difference carb wise but totally enhance the flavors.

Nutrition Facts

Serving size 1/4 of salad

Calories 566.6

Fat 45.8g

Total Carbs 15.6g

Fiber 5.7g

Sugar Alcohols

Net Carbs 9.9 g

Protein 24.9g



Meatloaf & Mashed Cauliflower

INGREDIENTS

Servings: 4

- 1/2 lb ground beef
- 1 eggs
- 1/2 onion chopped
- 1/2 zucchini shredded
- 1 carrot shredded
- 2 tsp unrefined sea salt (1 for meat and 1 for cauliflower)
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 cup almond flour
- 1 head cauliflower
- 1/2 cup butter (stick)
- 4 servings keto BBQ Sauce (we like Primal Kitchen)



Preheat oven to 350°. Chop by hand or shred in the food processor the onion, zucchini and carrot. Beat eggs and mix together with beef, chopped veggies, salt, pepper, garlic powder, and almond flour. Press into a bread loaf pan and bake for about an hour. This will be moister than you are probably used to but have great flavor!

Cut cauliflower up into florets and steam or cook in the Instant Pot with 2 cups of water for 8 minutes. Drain any water and whip in the food processor with the butter and salt to taste.

Serve the meatloaf topped with Keto BBQ Sauce. This dish is fairly low in fat so you will want to add a fat bomb or two to the meal or just add more butter to the mashed cauli!

Nutrition Facts

Serving size	1 serving
Calories	372.1
Fat	28.3g
Total Carbs	10.2g
Fiber	4.1g
Sugar Alcohols	
Net Carbs	6.1g
Protein	21g

Day
12

Egg Roll Ups

INGREDIENTS

Servings: 4

- 10 eggs
- 1 tsp unrefined sea salt
- 1/2 cup heavy cream
- 1 cup shredded cheddar cheese (or pepper jack)

Beat the eggs, salt, and heavy cream together. Pour a small amount (approximately 1/3 cup) into a pan and cook like a pancake. After flipping, put 2 Tbsp of the cheese on top. When done, put it on a plate and roll it up with seam side down.

Note: You can add low carb veggies with the cheese if you'd like a fun variation or a different texture.



Nutrition Facts

Serving size 2 roll ups

Calories 391.7

Fat 32.4g

Total Carbs 3.1g

Fiber

Sugar Alcohols

Net Carbs 3.1g

Protein 20.7g

Granola

INGREDIENTS

- 1 cup unsweetened shredded coconut
- 1 cup slivered almonds
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup flax seeds
- 1/2 cup hemp hearts
- 1/2 cup chia seeds
- 1 cup pecans chopped
- 1 cup walnuts chopped
- 1 tsp cinnamon
- pinch of unrefined sea salt
- 1 tsp vanilla
- 1 egg white
- 1/2 cup coconut oil melted
- 1/2 cup keto sweetener

Preheat the oven to 300°. Mix all the nuts, seeds, cinnamon, salt, and coconut shreds together and pulse in a food processor (can also do it by hand). In another bowl, mix the coconut oil, egg white, vanilla and sweetener and then pour over the nut mixture and pulse again. Spread evenly on a baking tray and bake for 25 minutes until lightly brown. Let cool undisturbed on the counter. You can also just put it in a dehydrator for several hours or overnight on 100°.

You can spice this up and get creative:

- Gingerbread - 2 tsp ginger, 1/2 tsp clove, 1/2 tsp nutmeg
- Reese's- 1/2 cup peanut butter and 1/2 cup keto chocolate chips
- Pumpkin Pie - 4 Tbsp Pumpkin Pie Spices, 4 Tbsp pumpkin puree

Servings: 18

Nutrition Facts	
Serving size	1 portion
Calories	323.4
Fat	29.5g
Total Carbs	9.5g
Fiber	6.3g
Sugar Alcohols	
Net Carbs	3.2g
Protein	8.1g

**Make this today so it will be ready for tomorrow breakfast.



Store this in an airtight container and it should last several weeks.

Ideally, this would be made with seeds and nuts that have been soaked and dehydrated. If you're ready for that step, check out the video on deactivating phytic acid.

Pate & Crackers

INGREDIENTS

Servings: 4

- 1/4 cup butter
- 1 medium onions, chopped
- 1/2 cup bacon grease
- 1/2 lb chicken livers
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1 tsp unrefined sea salt
- 1/2 tsp black pepper
- almond flour crackers such as Simple Mills (12 per person)

Melt the butter in a pan and sauté the onions in it until they are carmelized nice and golden brown. Add the chicken livers and seasonings. Stir and cook until almost cooked through. Add the bacon grease and remove from heat. Puree it until smooth and refrigerate.

Notes: You can eat this cold or hot and is particularly nice scooped up with something crunchy like the almond crackers here. Alternatively, you could use vegetables such as celery or cucumbers. If you haven't tried pate before, this is a great first step into the world of organ meats - they are super nutrient dense!



Nutrition Facts

Serving size	1 portion
Calories	539.4
Fat	46.5g
Total Carbs	13.9g
Fiber	1.7g
Sugar Alcohols	
Net Carbs	12.2g
Protein	16.3g

Day
12

Keto Enchiladas

INGREDIENTS

Servings: 4

- 1 whole chicken - using 1 cup cooked chicken shredded
- 1/2 head of cauliflower chopped up
- 4 oz cream cheese
- 3.75 oz (1/2 jar) Enchilada Sauce (we like Sweet Creek)
- 1/2 can diced tomatoes (14.5 oz)
- 2 oz can green chilis
- 3 green onions chopped
- 1/2 Tbsp chopped cilantro
- 1/2 tsp unrefined sea salt
- 1/2 cup sour cream
- 1 cup shredded cheddar cheese

Put a whole chicken in the crockpot at breakfast and shred up the meat for this recipe and save the rest for future recipes. Put the cooled carcass and juices into a gallon baggie and freeze for using to make more broth later.

Cut the cauliflower into bite sized pieces and steam until fork tender (this can be done at lunch or breakfast and just set it aside until you are ready to make dinner).

Preheat the oven to 350°. Mix together all the ingredients (saving about 1/2 cup of cheddar to sprinkle on the top). Put it in a glass baking dish and top with the remaining cheese. Bake for 30 minutes so that cheese is melted and bubbly.



Nutrition Facts

Serving size 1/4 casserole

Calories 438.9

Fat 31.1g

Total Carbs 11.4g

Fiber 2.3g

Sugar Alcohols

Net Carbs 9.1g

Protein 28.6g

Day
13

Granola & Cream

INGREDIENTS

Servings: 1

- 1/2 cup of granola listed on page 66
- 1/4 cup sour cream
- liquid stevia to taste (optional - we like Sweet Leaf liquid)
- 1/4 cup blackberries

Put the sour cream in the bowl and mix in liquid stevia to taste. Add the granola and berries.

Note: If you want to buy the granola instead of making it, the Nature's Path Grain Free Organic Caramel Pecan is a great choice and would work here. Autumn's Gold Grain-Free Toasted Coconut Almond is another good choice but it does have a little more carbs and smaller portion.

If you want to use strawberries or raspberries instead, that is fine. The strawberries have a little bit more carbs. To save some \$, we often defrost frozen berries the night before by leaving them on the counter in a bowl. They taste great mixed in here and the extra juice mixes in nicely with the sour cream.



Nutrition Facts

Serving size 1 portion

Calories 458.9

Fat 41.8g

Total Carbs 16.9g

Fiber 8.3g

Sugar Alcohols

Net Carbs 8.6g

Protein 10.6g

Taco Soup

INGREDIENTS

Servings: 4

- 1 small onion chopped
- 1 Tbsp butter
- 1 cup cooked and shredded chicken
- 1/2 can diced tomatoes (14.5 oz)
- 1/2 can green chile peppers (4 oz)
- 2 Tbsp Taco Seasoning from page 19
- 4 cups Homemade Bone Broth from page 27
- 1 avocado, diced
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream

Sauté the onions in the butter. Add the broth, shredded chicken (leftover from previous meal), diced tomatoes, chilis and Taco Seasoning and bring to a simmer. Divide evenly and top with avocados, cheddar cheese, and sour cream.



Nutrition Facts

Serving size 1 bowl of soup

Calories	364.8
Fat	25.1g
Total Carbs	9.9g
Fiber	3.2g
Sugar Alcohols	
Net Carbs	6.7g
Protein	26.6g

Philly Cheesesteaks

INGREDIENTS

Servings: 4

- 8 oz roast (about 1/4 cup shredded per person)
- 1 onion sliced
- 1/2 bell pepper sliced
- 2 Tbsp butter
- 4 slices provolone cheese
- 4-8 large outer leaves romaine lettuce
- 8 Tbsp Homemade Mayo from page 24

Stick the defrosted roast in the crock pot on low (literally, that's it). I usually do this at breakfast to sit all day. If you use a larger roast, you can shred it and save the rest for later or freeze the cooked meat for later. A smaller roast may be done early, so keep an eye on it and then just turn it to keep warm.

Sauté the onions and peppers in the butter until the onions are slightly brown.

Shred up the meat and pick out any bones. Take a lettuce leaf and put the meat in it like a soft taco (depending on your lettuce, you can make one or two per person). Scoop up some of the onions and peppers and put on top. Lay the cheese on top immediately so that it will melt. Top with 2 Tbsps of mayo on each. Alternately, you could serve on Franz Keto Hamburger Buns.



Nutrition Facts

Serving size	1 serving
Calories	496.4
Fat	43g
Total Carbs	4.8g
Fiber	1.1g
Sugar Alcohols	
Net Carbs	3.7g
Protein	19.8g

Day
14

Italian Egg Casserole

INGREDIENTS

Servings: 4

- 6 eggs
- 1 tsp unrefined sea salt
- 1/2 cup heavy cream
- 2 Tbsp Pesto from page 70
- 2 Tbsp sundried tomatoes chopped
- 4 oz cream cheese (cut into small chunks)
- 1/2 cup shredded parmesan cheese

Preheat the oven to 350°. Beat the eggs, salt, and cream together and then stir in the other ingredients. It will be chunky and that's fine. Pour it into a 8x8 pan that has been greased and bake at 350° for 45 minutes. Cut into the middle to see if it is done.

Notes: Mix it up and use different veggies, cheeses and seasonings to keep it from getting boring.

You may want to go ahead and cook the beets and refrigerate for lunch.



Nutrition Facts

Serving size 1/8 casserole

Calories 393.9

Fat 33.9g

Total Carbs 6.8g

Fiber .8g

Sugar Alcohols

Net Carbs 6g

Protein 15.6g

Day
14

Pesto

INGREDIENTS

Servings: 4

- 1 cup fresh basil
- 1/4 cup shredded parmesan cheese
- 1/4 cup extra virgin olive oil
- 3 Tbsp pine nuts
- 1 clove of garlic
- pinch of unrefined sea salt
- pinch of ground black pepper

Put all the ingredients in the food processor and whiz it up until it is very fine. Store in the fridge. This is great drizzled over meats and veggies, as a sauce base on pizza and mixed in casseroles. It's a wonderful way to get luscious greens in and healthy fats.

This works great to make and freeze if you have a lot of basil in your garden in the summer.

If you have issues with dairy or nuts, you can leave either of those out or sub them for different types of nuts.

Nutrition Facts

Serving size 1/4 of sauce

Calories 184.5

Fat 19g

Total Carbs 1.7g

Fiber .8g

Sugar Alcohols

Net Carbs .9g

Protein 3.1g



Day
14

Winter Salad

INGREDIENTS

Servings: 4

- 8 cups spring mix
- 1 cup cooked and chopped beets
- 8 slices bacon, chopped
- 1 cup blue cheese crumbles
- 1/2 cup chopped pecans
- 4 servings Balsamic Vinaigrette from page 72

Peel the beets and chop them up in cubes. Pressure cook in the Instant Pot for 8 minutes in 2 cups of water. Can serve these on the salad warm or cold. I like to do this the night before and refrigerate.

Distribute the spring mix evenly and then top with the chopped beets, bacon, blue cheese, pecans and Balsamic Vinaigrette.

Alternately, you could sub out the beets for green apples using 1/4 cup chopped apple per salad. You could use goat cheese instead of blue cheese and you could use walnuts instead of pecans. So many options!



Nutrition Facts

Serving size	1 salad
Calories	658.7
Fat	61.7g
Total Carbs	14.1g
Fiber	4.3g
Sugar Alcohols	
Net Carbs	9.8g
Protein	16.8g

Day
14

Balsamic Vinaigrette

INGREDIENTS

Servings: 12

- 3 Tbsp Mustard from page 17
- 1 cup balsamic vinegar (we like Costco's)
- 2 cups avocado oil or extra virgin olive oil

Place all ingredients into a blender and whiz up. Personally I have a salad dressing mixing bottle that works beautifully and then has no clean up because you just store it in that.

Note: This dressing does NOT need to be refrigerated and will last for a very long time in the cabinet so save the extra for later. This is good on SO many things like veggies and meats!

Nutrition Facts

Serving size 1/12 of dressing

Calories 336.9

Fat 36.5g

Total Carbs 2.9g

Fiber .2g

Sugar Alcohols

Net Carbs 2.7g

Protein .1g



Day
14

Sloppy Joes & Coleslaw

INGREDIENTS

Servings: 4

- 1 lb ground beef
- 1 large onion chopped (some for meat and some for slaw)
- 3 oz tomato paste and 1/4 cup water
- a few drops of English Toffee liquid stevia or plain (we like Sweet Leaf)
- clove of garlic chopped
- 2 tsp unrefined sea salt (plus more for coleslaw)
- 4 cups shredded cabbage
- 1 carrot shredded
- 1/3 cup Homemade Mayo from page 24
- 1 Tbsp apple cider vinegar
- liquid stevia to taste (coleslaw)

Brown the beef and 3/4 of the chopped onion in a pan. Once cooked through, add the tomato paste, water, garlic, salt, and English Toffee stevia and stir.

Mix the mayo with the apple cider vinegar. Add several drops liquid stevia and a 1/2 tsp salt to get the coleslaw dressing where you like it. Toss this with the shredded cabbage, carrot and remaining onion.

Serve the sloppy joe alongside the coleslaw. Alternately, you could serve on a Franz keto hamburger bun as pictured below.



Nutrition Facts

Serving size	1 serving
Calories	419.7
Fat	29.2g
Total Carbs	13.2g
Fiber	3.8g
Sugar Alcohols	
Net Carbs	9.4g
Protein	24.1g

Extra

Dandy Blend Meal

INGREDIENTS

Servings: 1

- 1 Tbsp Dandy Blend
- 1 Tbsp MCT oil (work up to this gradually)
- 2 Tbsp butter
- Julian Bakery Triple Chocolate Pegan Protein (or another clean protein powder)
- liquid stevia to taste (may not need it if using with the protein powder)
- 1 tsp sunflower lecithin (optional to keep fat emulsified in hot drink, NOT from soy)

HOT directions: Put all ingredients into a quart jar and then fill 1/3 full with hot water. Use an immersion blender to blend. Fill to the top of the jar before drinking.

COLD directions: Put all ingredients into a blender along with cold water and some ice. Blend and pour into a quart jar.

Notes: This is a meal replacement drink. If you leave out the protein powder, it becomes a fat bomb (listed on page 78) and is great to add to a meal that is lower in fat or for a snack.



You could use a vanilla protein powder instead or flavored liquid stevias and/or essential oils such as peppermint, cinnamon, pumpkin pie spice, vanilla, etc.

Mix it up!



Nutrition Facts

Serving size **1 drink**

Calories 530.6

Fat 45g

Total Carbs 14g

Fiber 5g

Sugar Alcohols

Net Carbs 9g

Protein 20.5g

Extra

Keto Lemonade

INGREDIENTS

Servings: 4 +

- 1=2 tsp ascorbic acid with bioflavonoids powder (vitamin C-can open capsules or buy bulk powder)
- 1-2 tsp liquid stevia to taste (we like Sweet Leaf)
- 1/2 gallon of water

Mix it all up in a pitcher and adjust to taste. Put in the fridge to get it nice and cold.

Additionally, you can add a couple tablespoons of lemon juice to make it a little cloudy like real lemonade. This won't really add much except some negligible carbs.

Ascorbic acid can help relieve constipation so be careful you don't drink too much at one time or you might loosen things up. This is a great way to get some extra vitamin C in as well.

Nutrition Facts

Serving size 1 cup

Calories 0

Fat 0g

Total Carbs 0g

Fiber

Sugar Alcohols

Net Carbs

Protein 0g



Matcha Latte

INGREDIENTS

Servings: 1

- 1 tsp Matcha powder
- 1 scoop MCT powder (we love Garden of Life)
- liquid vanilla stevia to taste
- quart of near boiling water

Put the Matcha and MCT powder in the quart jar and fill with hot water. Add liquid vanilla stevia to taste and stir. Using the MCT powder makes it stay incorporated into the drink without needing to blend it up.

Matcha is a powdered form of green tea and has the highest food form of L-theanine which helps with anxiety by promoting the alpha-brain waves. It is also high in a catechin called EGCG which has cancer fighting effects. While it does still have caffeine (and is therefore dehydrating), it has much less than coffee.

You could also add some heavy cream and/or butter or coconut oil to make this an even bigger fat bomb depending on your needs.

Nutrition Facts

Serving size	1 quart
Calories	73
Fat	6.2g
Total Carbs	4.5g
Fiber	3g
Sugar Alcohols	
Net Carbs	1.5g
Protein	1.2g



Foe Chai Fat Bomb

INGREDIENTS

Servings: 2

- 1 egg
- 2 tsp Pumpkin Pie Spices from page 81
- 4 Tbsp butter
- 2 Tbsp coconut oil
- 1-2 dropperfuls of vanilla liquid stevia to taste (we like Sweet Leaf)
- quart of near boiling water

Put the egg, Pumpkin Pie Spices, butter, coconut oil, and stevia in the blender and whiz it up. While it is still going, pour into the hole in the top about a quart of near boiling water and put the lid back on.

Pour into 2 cups so that there is equal foam on both and enjoy. You can sprinkle the top with cinnamon if you'd like for extra fun. The egg whites are what make this super foamy. Don't worry, the boiling water cooks the egg.

This drink reminds us of chai tea a little so the name is a pun on that (faux/foe). Sorry, it's just stuck over the years.

Nutrition Facts

Serving size	1 cup
Calories	364.9
Fat	39.1g
Total Carbs	1.4g
Fiber	.3g
Sugar Alcohols	
Net Carbs	1.1g
Protein	3.1g



Dandy Blend Fat Bomb

INGREDIENTS

Servings: 1

- 1 Tbsp Dandy Blend
- 1 Tbsp MCT oil (work up to this gradually)
- 2 Tbsp butter
- liquid stevia to taste (may not need it if using with the protien powder)
- 1 tsp sunflower lecithin (optional to keep fat emulsified in hot drink, NOT from soy)

HOT directions: Put all ingredients into a quart jar and then fill 1/3 full with hot water. Use an immersion blender to blend. Fill to the top of the jar before drinking.

COLD directions: Put all ingredients into a blender along with cold water and some ice. Blend and pour into a quart jar.

Notes: This is a fat bomb drink. If you add the protein powder, it becomes a meal (listed on page 74).



You could use a flavored liquid stevias and/or essential oils such as peppermint, cinnamon, pumpkin pie spice, vanilla, etc.

Mix it up!



Nutrition Facts

Serving size	1 drink
Calories	365.6
Fat	39.5g
Total Carbs	3.3g
Fiber	
Sugar Alcohols	
Net Carbs	3.3g
Protein	.5g

Cream Soda Fat Bomb

INGREDIENTS

Servings: 1

- 1 quart sparkling water
- 1/4 cup heavy cream
- 1 dropperful liquid stevia to taste (we like Sweet Leaf)

This is the simplest and yet super fun fat bomb. Just pour some sparkling water into a quart jar, add the stevia and cream and you're done.

My favorite flavor is the vanilla to do this but each person of my family would probably say something different so you can explore and decide for yourself.

Nutrition Facts

Serving size 1 cup

Calories 202.3

Fat 21.5g

Total Carbs 1.7g

Fiber

Sugar Alcohols

Net Carbs 1.7g

Protein 1.7g



Cookie Dough

INGREDIENTS

Servings: 40

- 1.5 cups almond flour
- 1/2 cup butter (1 stick)
- 1 tsp vanilla
- 1/2 tsp almond extract (optional)
- 1/8 tsp salt
- 1/4 tsp baking soda
- 1 egg (optional if not baking)
- 1/2 cup sugar equivalent (see sweetener conversion chart)
- 1/2 cup keto chocolate chips (we like Lily's although they are optional)

Put it all except the chocolate chips in the food processor and whiz together. Stir in the chocolate chips. Roll into balls in about 2 Tbsp chunks or put into molds to freeze. Once frozen, put into a bag and store for when you need some extra fat or a sweet treat.

Alternately, you can actually bake these up into really great cookies! Bake at 350° for about 10 minutes.

Nutrition Facts

 Serving size **1 fat bomb**
Calories 47.8

 Fat **4.6g**

 Total Carbs **1g**

 Fiber **.6g**

Sugar Alcohols

 Net Carbs **.4g**

 Protein **1.1g**


Butter Fudge

INGREDIENTS

Servings: 30

- 1 cup butter (2 sticks)
- 1 cup peanut butter
- 1 Tbsp cocoa powder
- 1/2 cup sugar equivalent (see sweetener conversion chart)

Put it all in the food processor and whiz together. Roll into balls in about 2 Tbsp chunks or put into molds to freeze (we like these that look like Reese Peanut Butter cups). Once frozen, put into a bag and store for when you need some extra fat or a sweet treat.

Nutrition Facts

Serving size 1 fat bomb

Calories 102.7

Fat 10.2g

Total Carbs 2g

Fiber .9g

Sugar Alcohols

Net Carbs 1.1g

Protein 2.2g



Amaretto Fat Bombs

INGREDIENTS

Servings: 32

- 1/2 cup almond butter
- 1/4 cup butter
- 1/4 cup coconut oil
- 1/2 tsp almond extract
- 1/2 cup sugar equivalent (see sweetener conversion chart)
- 1 cup sliced almonds

Put it all in the food processor (except sliced almonds) and whiz together. Roll into balls and then roll in the slivered almonds. Freeze and store.

Nutrition Facts

Serving size 1 fat bomb

Calories 74.4

Fat 7.2g

Total Carbs 1.4g

Fiber .9g

Sugar Alcohols

Net Carbs .5g

Protein 1.7g



Cherry Coconut Fat Bombs

INGREDIENTS

Servings: 32

- 1.5 cups unsweetened shredded coconut
- 8 oz cream cheese
- 1/4 cup coconut oil
- 1/2 cup frozen cherries, defrosted at least somewhat
- 1 tsp liquid stevia to taste (we like Sweet Leaf)

Put it all in the food processor and whiz together. Drop onto cookie sheet in balls of about 2 Tbsp or into molds and freeze.

Nutrition FactsServing size **1 fat bomb****Calories** **67.1**Fat **6.6g**Total Carbs **1.9g**Fiber **.7g**

Sugar Alcohols

Net Carbs **1.2g**Protein **.7g**

**Fat
Bomb**

Mint Chocolate Chip

INGREDIENTS

Servings: 32

- 2 avocados
- 8 oz cream cheese
- 1 tsp peppermint extract
- 1/2 cup sugar equivalent (see sweetener conversion chart)
- 1/2 cup chocolate chips - optional (we like Lily's)

Put it all in the food processor and whiz together. Drop onto cookie sheet in balls of about 2 Tbsp or into molds and freeze.

Nutrition Facts

Serving size 1 fat bomb

Calories 40.6

Fat 3.9g

Total Carbs 1.4g

Fiber .7g

Sugar Alcohols

Net Carbs .7g

Protein .6g



Strawberry Cheesecake

INGREDIENTS

Servings: 30

- 1 cup frozen strawberries somewhat defrosted
- 8 oz cream cheese
- 1/4 cup butter
- 1 tsp vanilla
- 1/2 cup sugar equivalent (see sweetener conversion chart)

Put it all in the food processor and whiz together. Drop onto cookie sheet in balls of about 2 Tbsp or into molds and freeze.

You can also roll the balls in almond flour for a nice "crust."

Nutrition Facts

Serving size **1 fat bomb**

Calories **44.3**

Fat 4.4g

Total Carbs .8g

Fiber .1g

Sugar Alcohols

Net Carbs .7g

Protein .5g



Pumpkin Pie Cheesecake

INGREDIENTS

Servings: 20

- 1/4 cup pumpkin puree
- 8 oz cream cheese
- 1/4 cup butter
- 1 tsp Pumpkin Pie Spices from page 87
- 1/3 cup sugar equivalent (see sweetener conversion chart)

Put it all in the food processor and whiz together. Drop onto cookie sheet in balls of about 2 Tbsp or into molds and freeze.

You can also roll the balls in almond flour for a nice "crust."

Nutrition Facts

Serving size 1 fat bomb

Calories 65.3

Fat	6.6g
Total Carbs	.9g
Fiber	.1g
Sugar Alcohols	
Net Carbs	.8g
Protein	.7g



Pumpkin Pie Seasoning

INGREDIENTS

- 1/4 cup cinnamon
- 1 Tbsp nutmeg
- 1 Tbsp ginger
- 2 tsp allspice
- 2 tsp cloves

Mix up all the spices above and seal in an airtight container.



Bacon Balls

INGREDIENTS

Servings: 25

- 8 oz cream cheese
- 1/2 cup butter (1 stick)
- 4 slices bacon cooked and chopped fine
- 1/4 cup shredded cheddar cheese
- 1 jalapeno chopped fine

Put the cooled bacon in the food processor and pulse to chop really fine. Remove and put in a bowl. Put it all the rest of the ingredients in the food processor and whiz together. Drop onto cookie sheet in balls of about 2 Tbsp roll in the bacon and then freeze.

Nutrition Facts

 Serving size **1 fat bomb**
Calories 75.3

 Fat **7.7g**

 Total Carbs **.6g**

Fiber

Sugar Alcohols

 Net Carbs **.6g**

 Protein **1.3g**


Waldorf Salad Balls

INGREDIENTS

Servings: 24

- 8 oz cream cheese
- 1/4 cup butter (1/2 stick)
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 cup blue cheese crumbles (could sub with shredded cheddar)
- 1 small green apple chopped into very small pieces
- 2 Tbsp chopped chives (or green onions)
- 1 cup chopped pecans

Core/slice the apples and pulse a few times in the food processor. Remove and put in a bowl. Put the cream cheese, butter, garlic powder, and onion powder in the food processor and whiz together. Stir in the blue cheese, green apples, and chives. Drop onto cookie sheet in balls of about 2 Tbsp and roll in the pecan pieces. If you have whole pecans, put in a freezer baggie and let your kid whack at it - they'll love it. Freeze and store.

Nutrition Facts

Serving size **1 fat bomb**

Calories 103

Fat **9.9g**

Total Carbs **2.2g**

Fiber **.6g**

Sugar Alcohols

Net Carbs **1.6g**

Protein **2.1g**



More Fat Bombs!

Not all fat bombs need a recipe. Basically this is a list to get your mind looking at things differently. Here are some things that would be high fat, low carb that you could grab quickly if you need some extra fat. Remember, we aren't wanting to do a huge protein bomb, that will not accomplish our goal. You could use these as snacks especially if you are dealing with hypoglycemia or still in transition to not snacking, or just sides to your meals. Most of these are savory so they are especially good as you work more away from sweet treats.

- Macadamia nuts - super high in fat!
- Pili nuts - super high in fat!
- any other nuts!
- Spoonful of peanut butter
- Spoonful of coconut butter - so good and high fat!
- Pork rinds (choose a good quality variety)
- Parmesan Whisps or other varieties
- Cheese and almond crackers
- Moon Cheese
- Avocado with hot sauce on it

Leftovers can be Fat Bombs too! Here are some of the recipes in this book that are great to use as a quick fat bomb. If you have leftovers from other meals, you can have some of those as a fat bomb too.

- Granola (page 63)
- Guacamole (page 20) - try scooping with slices of cooked bacon, bell peppers or Savor Tooth Paleo chips (higher carb so don't go crazy here)
- Ranch (page 26) - scoop up with low carb veggies like cucumbers or celery
- Pate and almond crackers or veggies (page 64)
- Veggies dipped in Hollandaise Sauce (page 55)
- Quiche Muffins (page 47)
- Biscuits (page 8)
- Keto Muffins (page 22)
- Cheese and Sausage Biscuits (page 44)
- Cup of broth (page 27)
- Tuna Salad (page 23)
- Curry Chicken Salad (page 34)

SHOPPING LIST FOR WEEK 1

4.5 red bell pepper	1.25 lb ground beef (divided)	1.25 cups sea salt
2 head leaf lettuce	1 lb ground turkey	1/3 cup black pepper
2 cup celery	.25 cup smoked salmon	1 cup garlic powder
2 cucumber	2 whole chickens	1.33 cups onion powder
17 avocados	4 chicken sausages	3.5 tsp basil
5 clove garlic	20 slices bacon	.5 tsp thyme
12 green onions		.5 tsp sage
1 cup cilantro	4 cups riced cauliflower fr.	12.25 tsp cumin
2 red onion	10 oz spinach frozen	.25 tsp marjoram
2 bunches radishes	2 lbs broccoli frozen	3.25 tsp oregano
1 lb green beans	3.5 cups almond milk	.25 tsp nutmeg
1 bunch kale	(unflavored & unsweetened)	.25 tsp ginger
16 romaine leaves	2.25 cups almond flour	1 cup mustard seeds
12 slices tomato	2.5 Tbsp coconut flour	12 tsp chili powder
2 zucchinis	.5 cup sunflower seeds	1 Tbsp crushed red
1/2 head cauliflower	4 sheets of nori	peppers (optional)
12 cherry tomatoes	4 Tbsp Coconut Aminos	1 Tbsp vanilla
	2 Tbsp coconut oil	2 Tbsp peppercorns
53 eggs	33.5 oz bottle avocado oil &	5/8 tsp cayenne
14 Tbsp butter	1.75 cup avocado oil	1 tsp paprika
3 cups & 1 Tbsp sour cream	1.25 cup apple cider vinegar	dash allspice
7.5 oz ricotta	1.5-4 oz can sliced olives	dash cloves
22.5 oz cream cheese	3-4 oz can green chilis	6 tsp coriander
.5 cups heavy cream	4 oz can mushrooms	6 tsp turmeric
6.5 cup shredded cheddar	4.5 cans diced tomatoes	1 tsp cinnamon
1 cup shredded pepper jack	3 oz can tomato paste	1 tsp mustard powder
4.75 cup mozzarella	wing or hot sauce (optional)	.5 tsp cardamom
4 slices cheddar	2 cans tuna	1 cup parsley
1/3 cup Bubbies relish	.75 cups lemon juice	.5 tsp baking soda
	keto sweetener	3.125 tsp baking powder
	liquid stevia	1 tsp glucomannan
	30 Whisps	parchment paper
	2 tsp Worcestershire	
	1- 24 oz jar spaghetti sauce	
	8 keto tortillas	
	4 Tbsp Lakanto syrup	
	8 slices Franz keto bread	



SHOPPING LIST FOR WEEK 2

1 head leaf lettuce	3.5 lb ground beef	.5 cup sea salt
1 cup chopped tomato	12 oz salmon fillets	5 tsp onion powder
4 slices tomato	12 slices bacon (save grease)	9 tsp garlic powder
6 red onion	1 whole chicken	.25 tsp nutmeg
1 lg head broccoli	8 oz roast	4.5 tsp black pepper
2 head romaine	.5 lb chicken livers	2 tsp ginger
4 avocado		.5 Tbsp glucomannan
12 mini bell peppers	2 cup almond flour	6 tsp cayenne
3 head cauliflower	3 cup avocado oil	6 tsp paprika
4 green onions	.5 cup coconut oil	3.5 tsp oregano
4 cloves garlic	1 cup balsamic vinegar	3 tsp thyme
2 red bell pepper	.25 cup evoo	3 tsp cinnamon
4 oz mushrooms	.5 cup Coconut aminos	3 tsp cumin
1 head cabbage (divided)	2 Tbsp sesame oil	.5 tsp thyme
3 carrot	.25 cup peanut butter	1 tsp vanilla
3 zucchini	2 Tbsp coconut flour	
1/2 cup cilantro	keto sweetener	1.5 cup sliced almonds
1 cup berries	liquid stevia	1 cup unsweetened
1 cup fresh basil	4 keto tortillas	shredded coconut
8 cups spring mix (12 oz)	4 slices Franz keto bread	.5 cup pumpkin seeds
2 beets	2 tsp to taste sriracha	.5 cup sunflower seeds
	.75 cup apple cider vinegar	.5 cup flax seeds
43 eggs	2 Tbsp lemon juice	.5 cup hemp hearts
2.5 cups butter	1 can diced tomatoes	.5 cup chia seeds
3 cup heavy cream	3 oz can tomato paste	1.5 cup pecans chopped
2.75 cups sour cream	1 can green chilis	1 cup walnuts chopped
14 oz cream cheese	2 Tbsp sundried tomatoes	3 Tbsp pine nuts
1.75 cup shred parmesan		2 tsp sesame seeds
8 cup shredded cheddar	Primal Kitchen BBQ sauce	
4 slices provolone	1 almond crackers Simple Mills	
1 cup blue cheese	.5 jar Sweet Creek Enchilada Sauce	



SHOPPING LIST FOR FAT BOMBS

2 avocados	4 slices of bacon	1 Tbsp cocoa powder
1 jalapeno		8 Tbsp cinnamon
1 green apple	1/2 cup frozen cherries	1 Tbsp nutmeg
2 Tbsp chives	1 cup frozen strawberries	1 Tbsp ginger
		2 tsp allspice
1 egg	1 cups coconut oil	2 tsp clove
44 Tbsp butter	1.5 cups almond flour	.25 tsp garlic powder
40 oz cream cheese	1 cup peanut butter	.25 onion powder
1/4 cup sh cheddar	.5 cup almond butter	.25 tsp sea salt
.5 cup blue cheese	1 cup sliced almonds	.5 tsp baking soda
	1 cup pecans chopped	2 tsp peppermint extract
	1.5 cups unsweetened shredded coconut	1 tsp almond extract
	.25 cup pumpkin puree	2 tsp vanilla
	1 cup keto chocolate chips	
	.75 cup keto sweetener	
	OR 2 tsp liquid stevia	
	12 tsp liquid stevia	

This list is for you want to buy all the ingredients for all the fat bombs in order to make them all at once in order to have them on hand. This also includes the Pumpkin Pie Spices. It does not include the amounts for the drink fat bombs or as they are not made ahead and frozen.

In order to make those you would want to have:

- sparkling water
- liquid stevia
- heavy cream
- Dandy Blend
- MCT oil
- butter
- eggs
- coconut oil



NATURAL LOW CARB SWEETENER CONVERSION CHART

Sugar	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
Erythritol	1 1/4 tsp	1 Tbsp + 1 tsp	1/3 cup	1/3 cup + 2 Tbsp	2/3 cup	1 1/3 cup
Xylitol	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
Swerve	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
NuNaturals NuStevia Stevia Extract	–	–	3/16 tsp	1/4 tsp	3/8 tsp	3/4 tsp
NuNaturals NuStevia Liquid Stevia	1/8 tsp	3/8 tsp	1 1/2 tsp	2 tsp	3 tsp	2 Tbsp
SweetLeaf Sweet Drops Liquid Stevia	–	1/8 tsp	1/2 tsp	2/3 tsp	1 tsp	2 tsp
Sukrin :1	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
THM Sweet Blend	–	1/2 tsp	2 tsp	1 Tbsp	1 Tbsp + 2 tsp	3 Tbsp
THM Gentle Sweet	1/3 tsp	1 tsp	1 Tbsp + 1 tsp	2 Tbsp	3 Tbsp + 1 tsp	6 Tbsp
Truvia Spoonable	1/2 tsp	1 1/4 tsp	1 Tbsp + 2 tsp	2 Tbsp + 1 tsp	3 1/2 Tbsp	1/3 cup + 1 1/2 Tbsp
Pyure All-Purpose Blend	1/2 tsp	1 1/2 tsp	2 Tbsp	2 Tbsp + 2 tsp	1/4 cup	1/2 cup
Natural Mate All-Purpose Blend	3/8 tsp	1 1/8 tsp	1 Tbsp + 1 1/2 tsp	2 Tbsp	3 Tbsp	6 Tbsp
Pure Monk	–	–	1/6 tsp	1/4 tsp	1/3 tsp	2/3 tsp
Swanson Purelo Lo Han Sweetener	–	1/4 tsp	3/4 tsp	1 tsp	1 1/2 tsp	3 tsp
Lakanto Monkfruit Sweetener	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
MonkSweet Plus	1/2 tsp	1 1/2 tsp	2 Tbsp	2 Tbsp + 2 tsp	1/4 cup	1/2 cup
Just Like Sugar Table Top	1 tsp	1 Tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup

COOKING TOOLS

Most of these recipes are fairly versatile in terms of the cooking tools needed. I have often been asked what my favorite kitchen tools are so I have them pictured here for you. There are links to them on Designed For Health under Resources which are affiliate links if you'd like to support me in that way.



We have way too many silicone molds for making fat bombs at our house! But they are so fun and come in handy when we make big batches at once. our favorite is the Reese's shaped one.

These silicone pancake molds work so well with the Keto Pancakes. It makes cooking up a big batch go MUCH faster! We use them on our cast iron griddle.



These Danish Dough Wisks are so great when you want to do more than stir but it wouldn't work to use a whisk. I actually prefer them to a spoon most of the time.



These bamboo sushi making mats help get the rolls nice and tight so they don't fall apart.



A good immersion blender saves you so much time in dishes when you are making pureed soups and sauces. Just make sure to wash the blade right away or it can be a pain to get clean.



My favorite appliances are all here - Instant Pot, food processor, Vitamix, and crock pot. They make things in the kitchen so much easier and faster. It also allows my kids to help much more.

I also find my big stock pot invaluable for making broth. Yes, I know you can do it in the Instant Pot or the crock pot but I want to make more than that at a time.

Plus, I wouldn't want to be without those guys while my broth is simmering. If you don't have all these, no worries, there are tons of go arounds which are mentioned in the recipes.



RECIPES WITH NO DAIRY

Biscuits and Gravy - could adjust
Breakfast Burritos - could adjust
Italian Egg Casserole - could adjust
Mexican Egg Casserole - could adjust
Fried Eggs and Salsa - could adjust
Granola and Cream - could adjust
Nutmeal - could adjust
Eggs Benedict - could adjust
Scrambled Eggs - could adjust
Dandy Blend meal

Chef Salad - could adjust
Caesar Salad - could adjust
Cheeseburger Salad - could adjust
Asian Chicken Salad
Winter Salad - could adjust
Loaded Cauliflower Soup - could adjust
Taco Soup - could adjust
BLAT
Caesar Wrap
Pate & Crackers
Tuna Salad
Curry Chicken Salad
Sushi

Sausages & Roast Cauliflower
Chicken Tacos - could adjust
Roast Chicken
Hamburgers - could adjust
Meatloaf & Mashed Cauliflower
Philly Cheesesteak - could adjust
Sloppy Joes and Coleslaw
Salmon Bowl
Stuffed Bells - could adjust
Taco Salad - could adjust



RECIPES WITH NO NUTS

Cheese & Sausage Biscuits

Breakfast Burritos

Italian Egg Casserole

Mexican Egg Casserole

Egg Roll-Ups

Fried Eggs and Salsa

Keto Pancakes

Eggs Benedict

Quiche Muffins

Scrambled Eggs

Dandy Blend

Chef Salad

Caesar Salad

Cheeseburger Salad

Asian Chicken Salad

Winter Salad - could adjust

Broccoli Cheese Soup

Loaded Cauliflower Soup

Taco Soup

BLAT

Caesar Wrap

Pate & Crackers - could adjust

Tuna Salad

Curry Chicken Salad

Chicken Taquitos

Eggplant Pizza

Sushi

Cajun Zoodles

Sausages & Roast Cauliflower

Chicken Tacos

Roast Chicken

Keto Enchiladas

Hamburgers

Keto Lasagna

Meatloaf & Mashed Cauliflower - could adjust

Philly Cheesesteak

Sloppy Joes and Coleslaw

Salmon Bowl

Stuffed Bells

Taco Salad





RECIPES WITH NO EGGS

Biscuits & Gravy
Granola & Cream
Nutmeal
Dandy Blend meal

Chef Salad - can omit egg
Caesar Salad
Cheeseburger Salad
Asian Chicken Salad
Winter Salad
Loaded Cauli Soup
Taco Soup
BLAT
Caesar Wrap
Pate & Crackers
Tuna Salad
Curry Chicken Salad
Chicken Taquitos
Eggplant Pizza
Sushi

Cajun Zoodles
Sausages & Roast Cauliflower
Chicken Tacos
Roast Chicken
Keto Enchiladas
Hamburgers
Keto Lasagna - can omit egg
Philly Cheesesteak
Sloppy Joes and Coleslaw
Salmon Bowl
Stuffed Bells
Taco Salad

Meatloaf & Mashed Cauliflower - can omit egg