



Insanely Low Carb Box Set: 190+ Ketogenic Recipes

Breakfast, Lunch, Dinner, Snacks, Desserts, Cast Iron, SlowCooker, Crockpot Recipes

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Table of Contents

Unbelievably Low-Carb Cast Iron Skillet Recipes (Quick 'n Easy)

[Ketogenic Ground Beef and Spinach Combo](#)

[One Skillet Keto Bacon and Eggs \(Tweaked\)](#)

[Creamy Shrimp, Bacon, Mushroom Combo](#)

[Keto Chicken and Summer Squash](#)

[Thai Style Keto Zoodles](#)

[Spicy Tilapia Taco Bowl with Avocado](#)

[Hamburger with Cauliflower Stroganoff](#)

[Beef and Curry Fry](#)

[Bamboo Sprouts and Beef Stir Fry](#)

[Keto Carbonara – Cabbage and Onion](#)

[One Skillet Style Pizza](#)

[Roasted Bacon Brussels Sprouts](#)

[Zucchini Ground Beef Casserole](#)

[Ketogenic Jalapeno Popper Frittata](#)

[One Skillet Chicken Thighs Marsala](#)

[Keto Basil Cream Chicken](#)

[Pork Chops \(Parmesan Encrusted\)](#)

[Keto Style Stuffed Peppers](#)

[Keto Brownie in Skillet](#)

[Creamy Broccoli and Ground Beef Combo Skillet](#)

[Gorgonzola Herbed Butter \(Tweaked\)](#)

[One Skillet Bacon & Chicken Ranch](#)

[Ketogenic Bacon Cheeseburger](#)

[Hamburger n' Broccoli Alfredo Casserole](#)

[Chicken, Asparagus and Bacon Combo](#)

[Flax Meal Cheesy Bread](#)

[One Skillet Summer Squash Pie](#)

[Cheesy Broccoli and Bacon Quiche](#)

[Ketogenic Creamy Bacon with Mushrooms](#)

[Ketogenic Shakshuka](#)

[Feta and Spinach Stuffed Chicken with Bacon](#)

[Turkey and Vegetable Skillet](#)

[Flaxseed Wrap](#)

[Keto Brown Butter Salmon](#)

[Keto Kielbasa with Cabbage](#)

[One Skillet Cheesy Smoked Sausage](#)

[Keto Lasagna in a Skillet](#)

[Dijon Pork](#)

[One Skillet Pork Carnitas](#)

[Chicken Drumsticks](#)

Insanely Yummy Ketogenic Crockpot Recipes (Set 'n Forget)

[Crockpot Chicken Soup](#)

[Crockpot Red Chili Bacon](#)

[Crockpot Buffalo Chicken](#)

[Crockpot Corned Beef and Cabbage](#)

[Crockpot Pork Carnitas](#)

[Crockpot Fajitas](#)

[Crockpot Cabbage Rolls](#)

[Crockpot Creamy Zucchini Soup](#)

[Crockpot Stuffed Pepper](#)

[Crockpot Chicken Taco](#)

[Crockpot Philly Cheese Steak](#)

[Crockpot Chicken Casserole](#)

[Crockpot Spicy Broccoli Soup](#)

[Crockpot Creamy Cauliflower and Cheddar Soup](#)

[Crockpot Sweet and Sour Trout](#)

[Crockpot Spicy Fish Stew](#)

[Crockpot Garden Cabbage Soup](#)

[Mexican Crockpot Roast](#)

[Crockpot Italian Meatballs](#)

[Crockpot Minestrone Veggie Soup](#)

[Crockpot Butter Paneer Chicken Curry](#)

[Crockpot Turkey Stew](#)

[Crockpot Barbeque](#)

[Crockpot Chicken Curry](#)

[Crockpot Swill Steak](#)

[Crockpot Lamb Stew](#)

[Crockpot Poached White Fish Fillets](#)

[Crockpot Pizza](#)

[Crockpot Pulled Pork](#)

[Pork and Poblano Stew](#)

[Herbed Chicken Mushrooms](#)

[Crockpot Chicken Gizzard](#)

[Crockpot Ginger Beef Stew](#)

Crockpot Special Breakfast Recipes (Set – Sleep – Wake – Eat)

[Cheesy Crockpot Sausage Breakfast](#)

[Healthy Turkey Sausage Keto Breakfast](#)

[Great Crock-Pot Chili Breakfast](#)

[Mozzarella and Pepperoni Crock Pot Pizza](#)

[Crock Pot Taco Soup](#)

[Ketogenic Vegetarian Crockpot Fajitas](#)

[Ketogenic Buttery Sauce with Asparagus](#)

[Ketogenic Crockpot Basil Chicken](#)

[Crock Pot Sausage with peppers Egg Bars](#)

[Crock Pot Chorizo](#)

[Crock Pot Cheese Lasagna](#)

[Crockpot Easy Pepperoni Pepper Quiches](#)

[Crockpot Fennel Turkey Sandwiches](#)

[Crockpot Ham with Broccoli Bites](#)

[Crockpot Avocado Burger Patties](#)

[Crockpot Salami Mushroom Muffins](#)

[Crockpot Bacon and Egg Quiche](#)

[Crockpot Buttery Pumpkin with Nuts](#)

[Chicken Bake Crockpot Breakfast](#)

[Crockpot Bacon Hash](#)

Exquisite Ketogenic Recipes (Breakfast – Lunch – Dinner – Snacks)

[Keto Style Cheese and Zucchini Quiche](#)

[Morning Biscuit Crunch](#)

[Fresh Keto Style Egg Breakfast](#)

[Cheesy Herb Muffins](#)

[Chocó Chia Low Carb drink](#)

[Strawberry Almond Muffins](#)

[Keto Style Broccoli and Ham Quiche](#)

[Keto Quince Latte](#)

[Keto Pumpkin Pancakes](#)

[Low Carb Flax Breakfast](#)

[Zucchini with Bacon and Goat Cheese Wraps](#)

[Brussels sprouts Egg Burgers](#)

[Salmon Bakes](#)

[Lunch Break Keto Omelets](#)

[Quick Cobb Low Carb Salad](#)

[Low Carb Keto Pizza](#)

[Low carb Cheesy Cauliflower Surprise](#)

[Goosey Sausage Pops](#)

[Keto Pork Tacos](#)

[Buffalo Chicken Sandwiches](#)

[Broccoli Beef Stir Fry](#)

[Keto Organic Chicken Salad](#)

[Gluten Free Shrimp Avocado Combo](#)

[Mouth Watering Keto Ginger Beef](#)

[Special Keto Fried Chicken](#)

[Keto Style Meatloaf](#)

[Steamed Snapper with Blue Cheese Spread](#)

[Turkey with Kale Frittata](#)

[Egg white with Zucchini Scramble](#)

[Sunflower Infused Pork Kebabs](#)

[Low Carb No Bake Lemony Cheesecake](#)

[Coconut Raspberry Popsicles](#)

[Blackberry Tarts](#)

[Coconut Bites](#)

[Chocolate Mint Ice-Cream](#)

[Blackcurrant white chocolate Smoothie](#)

[Strawberry Mousse](#)

[Fluffy Instant Raspberry Cheesecake with White Chocolate Sprinkles](#)

[Tiny Crab Bites](#)

[Spinach Rolls](#)

[Cool Cucumbers Sticks with Pumpkin Butter](#)

[Salmon Spread Squares](#)

[Jack Bites](#)

[Cauliflower Cheese balls](#)

[Impossibly Low Carb, Ketogenic Desserts, FAT BOMBS & Cookies!](#)

[Chocolate Mug Cake](#)

[Chocolate Keto Brownies](#)

[Keto Cookie Dough](#)

[Coconut Lemon Snow Balls](#)

[Keto Lemon Cheesecake](#)

[Chocolate Mousse](#)

[Fluffy Cheesecake](#)

[Bulletproof Chocolate Ice-cream](#)

[Jello Cream Cheese Balls](#)

[Chocolate Cupcakes with Cream Frosting](#)

[Ketogenic Crème Brulee](#)

[Low Carb Lime Pie](#)

[Chocó Coconut Bars](#)

[Chocolate Roll Cake](#)

[Dark Chocolate Crunchy Cups](#)

[Keto Praline Ice-cream](#)

[Keto Style Lime Tarts](#)

[Chocolate Buns](#)

[Keto Wonder Cake](#)

[Keto Chocolate Fudge](#)

[Macaroons](#)

[Chocolate Torte](#)

[Mint Chocolate Chip Ice-cream](#)

[Hazelnut Cheesecake Bites](#)

[Cocoa Almond Fat Bomb](#)

[Coconut Chocolate Fat Bomb](#)

[Keto Lemon Clouds](#)

[Dark Almond Fat Bomb](#)

[Vanilla Mocha Fat Bomb](#)

[Keto Peppermint Fat Bomb](#)

[Creamy Cinnamon Fat Bomb](#)

[Pumpkin Butter Bomb](#)

[Keto Multi Spice Fat Bomb](#)

[Maple Butter Bombs](#)

[Deep Chocolate Bombs](#)

[Cinnamon Ball Bombs](#)

[Pecan Fat Bombs](#)

[Pumpkin Cheesecake Fat Bombs](#)

[Almond Bombs](#)

[Blueberry Crushed Coconut Bombs](#)

[Strawberry – Mocha Fat Bombs](#)

[Walnut Butter Bomb](#)

[Ketogenic Shortbread Cookies](#)

[Chocolate Chip Cookies](#)

[Keto Butter Cookies](#)

[Keto Snickerdoodle Cookies](#)

[Walnut Cookies](#)

[Coconut Pecan Cookies](#)

[Coconut Chia Hemp Seed Cookies](#)

[Thin Mints Keto Cookies](#)

[Keto Sandwich Cookies](#)

[Bacon Onion Cookies](#)

Keto Ground Beef and Spinach Combo

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 3

Ingredients

2 tablespoons Coconut Oil

2 medium Oyster Mushrooms, chopped

6 oz. (170gm) Ground Beef

1 teaspoon Chili Pepper Flakes

¼ cup pitted Olives

2 tablespoons natural Almond Butter

5 oz. (140gm) Spinach leaves, chopped

Salt and Pepper to taste

Directions

Pour the coconut oil in your cast iron skillet. Heat the skillet in medium flame.

When the oil is hot enough, add the chopped mushrooms. Stir until the mushrooms become golden. (Takes about 2 minutes)

Add the ground beef, salt, pepper, chili flakes.

Fry the mixture until the meat gets browned and cooked. (Takes about 6 minutes)

Add the pitted olives, and almond butter and stir for a while.

Now throw in the chopped spinach. Stir until well wilted and evenly distributed. (Takes about 2 minutes)

Your beef and spinach combo is now ready. Serve immediately.

Nutrition per Serving

Protein: 26g

Fat: 37g

Carbohydrate: 6g

Fiber: 5g

One Skillet Bacon and Eggs (Tweaked)

Preparation Time: 10 minutes

Cook Time: 25 minutes

Serves: 4

Ingredients

2 tablespoons Butter

6 slices Bacon

½ cup Broccoli, chopped

1 stalk celery, chopped

1 onion, finely chopped

4 eggs, organic

½ cup Cheddar Cheese, shredded

Directions

Slice the bacon into small strips (depending upon the size of your skillet).

Add the butter in your skillet. Melt it over a medium heat.

Add bacon slices and vegetables. Fry the mixture until the bacon becomes golden brown and the veggies caramelize. (Takes about 15 minutes) - Stir often.

When done, spread this mixture over skillet evenly. Now mark 4 different sections on top it.

Crack an egg over each 4 of the marked section. Cover the skillet with a lid and let the eggs steam.

Spread the shredded cheese on top, and cook for a little more until the cheese melts.

Serve immediately!

Nutrition per Serving

Protein: 32g

Fat: 44g

Carbohydrate: 6g

Fiber: 1g

Creamy Shrimp, Bacon, Mushroom Combo

Preparation Time: 5 minutes

Cook Time: 15 minutes

Serves: 5

Ingredients

2 tablespoons olive oil

5 oz (140gm) raw Shrimp

5 slices of Bacon

1 cup sliced mushrooms

5 oz (140gm) smoked Salmon, cut in strips

½ cup heavy Whipping Cream

1 pinch Sea Salt

1 teaspoon black pepper

Directions

Pour the oil in the skillet and heat over a medium flame.

Cut the bacon slices into smaller pieces and place them in the skillet.

Cook the bacon. Before it turns crispy, add the sliced mushrooms. Cook for five minutes.

Add the salmon strips and cook for three more minutes.

Now add the shrimp. Fry the mixture over a high flame for about 3 minutes.

Lower the flame. Add the whipping cream followed by salt. Cook for 1 more minute.

Serve it hot!

Nutrition per Serving

Protein: 26g

Fat: 47g

Carbohydrate: 4g

Fiber: 2g

Keto Chicken and Summer Squash

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

4 tablespoons melted Butter

1 pound Chicken thighs, boneless, cubed (1 inch)

1 medium Summer Squash, cubed

1 onion, sliced

Pinch of smoked Paprika

Pinch of Garlic Powder

1 cup Red Pepper Sauce

Cilantro, handful, chopped

Salt and Pepper, to taste

Directions

Preheat your oven to 400 degrees.

Pour 2 tablespoons of butter over the squash. Sprinkle a pinch of salt and place the squash on the baking sheet.

Bake until the squash softens. (Takes about 15 minutes)

Meanwhile, heat up your cast iron skillet over a medium flame and pour in 2 tablespoons of butter.

Add the chicken thighs and sauté for about 5 minutes. As the meat starts to lose its pink color, add the sliced onion.

Now add the smoked paprika, followed by garlic powder, salt and pepper.

Cook the mixture until the chicken is completely cooked.

Add the baked squash (straight from the oven) and the red pepper sauce in the skillet and mix well.

Your food is now ready. Serve immediately!

Nutrition per Serving

Protein: 27g

Fat: 39g

Carbohydrate: 7g

Fiber: 4g

Thai Style Keto Zoodles

Preparation Time: 15 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

3 medium Zucchini
2 tablespoons Olive Oil
2 Eggs, free-range
1 tablespoon Soy Sauce
1 tablespoon Lime Juice
1 clove garlic, minced
Pinch of Red Pepper Flakes
1 scallion, finely sliced
Stevia drops
Fresh Cilantro, chopped

Directions

Vertically peel long, thin stripes of the zucchini (giving a shape of spaghetti, aka *Zoodle*) using a vegetable peeler. - *Use spiralizer if you have one.*

Take a bowl 'X' and mix together soy sauce, lime juice, 6 drops of stevia, and red pepper flakes. Set aside.

Heat your cast iron skillet over medium-high heat. Pour 1 tablespoon of oil. Once the skillet is hot enough, add the *Zoodles* and cook for 2 minutes until they get tender.

Transfer the *Zoodles* into another bowl 'Y'.

If the skillet is watery, wipe it. Heat again in medium flame and pour another tablespoon of olive oil.

Add the minced garlic and sauté for a minute.

Add scallion and sauté for another minute.

Take a bowl 'Z' and beat the eggs with a fork. Pour into the skillet and cook until they solidify. (Make sure they are still moist.)

Pour the sauce mixture from the bowl 'X' into the skillet.

Now add the *Zoodles*. Cook for a minute more.

Garnish with chopped cilantro and serve hot!

Nutrition per Serving

Protein: 20g

Fat: 28g

Carbohydrate: 7g

Fiber: 4g

Spicy Tilapia Taco Bowl with Avocado

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

3 Tilapia fish fillets

2 tablespoon Olive oil

½ cup Cheddar Cheese, shredded

1 green bell pepper, sliced

2 tablespoons lemon juice

Pinch of Cumin

1 teaspoon Cayenne powder

½ Avocado, cut in small pieces

Salt and Pepper to taste

Directions

Mix the following ingredients in a small bowl 'X': Cayenne pepper, cumin, salt.

Rub this mixture on both sides of the fillet.

Pour the olive oil in your cast iron skillet and heat over a medium flame.

Add the fillet in the skillet and cook for 4 minutes on each side.

When cooked through, transfer the fish from the skillet to another bowl 'Y'. Now shred them with the help of forks.

Add the sliced bell pepper in the skillet. Sauté for about 2 minutes.

Transfer the pepper into the bowl 'Y'. Add the cut avocado on top.

Sprinkle the lemon juice and spread the shredded cheddar cheese.

Your taco bowl is ready. Serve it hot.

Nutrition per Serving

Protein: 27g

Fat: 35g

Carbohydrate: 6g

Fiber: 3g

Hamburger with Cauliflower Stroganoff

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 6

Ingredients

1 tablespoon olive oil
1 pound ground beef
1 pound cauliflower, sliced
1 onion, sliced
3-4 mushrooms, sliced
½ cup dry red wine
¼ cup heavy cream
½ cup sour cream
¼ cup Mozzarella cheese
Fresh Cilantro, chopped
Pinch of Garlic powder
Salt and Pepper to taste

Directions

Take a saucepan, pour 2 cups of water and boil it. Add 1 teaspoon salt a pinch of garlic powder.

Add the cauliflower and simmer until the slices become soft and tender.

Turn off the heat, drain and set aside.

Now take out your cast iron skillet. Heat it in a medium flame and pour in the olive oil.

Add the ground beef and onion. Cook thoroughly.

Add mushrooms and stir until tender. (Takes about 2 minutes)

Drain off the excess fat from the meat. Absorbent towels can be used to remove grease.

Add the cauliflower florets, dry red wine, and the heavy cream and simmer for 2 more minutes.

When done, pour the sour cream and mozzarella cheese and stir in a mild heat.

Garnish with cilantro and serve immediately.

Nutrition per Serving

Protein: 29g

Fat: 40g

Carbohydrate: 6g

Fiber: 4g

Beef and Curry Fry

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

1 pound ground beef, lean, browned and drained

3 tablespoons coconut oil

1 tablespoon curry powder (check out the carb)

1 tablespoon beef bouillon

Stevia drops (7-8 drops)

1 green bell pepper, sliced

1 red bell pepper, sliced (optional)

½ pound Cabbage, shredded

1 cup water

Salt and pepper to taste

Directions

Pour the coconut oil in your cast iron skillet and heat it over medium flame.

When hot, add the green and red bell pepper. Sauté for 3 minutes.

Add the shredded cabbage. Stir until all the veggies become soft and tender.

Add the curry powder and stir more.

Take a measuring cup and combine water, beef bouillon, and the stevia drops. Mix well and add to vegetables. Stir well.

Now add the browned ground beef. Stir continuously and cook for 7 minutes more.

Nutrition per Serving

Protein: 24g

Fat: 38g

Carbohydrate: 7.5g

Fiber: 3g

Bamboo Sprouts with Beef Stir-Fried

Preparation Time: 15 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

1 tablespoon coconut oil

1 tablespoon sesame oil

2 clove garlic, minced

1 pound sirloin beef fillet, sliced thinly

¼ cup soy sauce

1 onion, sliced

1 green bell pepper, sliced

1 teaspoon pepper flakes

5 oz Bamboo Sprouts

Directions

In a bowl, mix the sesame oil and soy sauce. Add the sliced beef and marinate it. Set aside.

Set your cast iron skillet over high heat. Add the coconut oil and then add the marinated beef.

Sauté the meat until brown.

When done, remove from the skillet and transfer into a bowl.

Add more oil in the skillet (if needed) and add the minced garlic and onion.

Sauté until fragrant.

Add the sliced bell peppers, bamboo sprouts, and pepper flakes. Stir fry for about two minutes.

Retransfer the beef from bowl to the skillet and fry everything again for about two minutes.

Your food is now ready. Turn off the heat and serve hot!

Nutrition per Serving

Protein: 22gm

Fat: 38g

Carbohydrate: 7gm

Fiber: 3gm

Keto Carbonara – Cabbage & Onion

Preparation Time: 10 minutes

Cook Time: 7 minutes

Serves: 1 - 2

Ingredients

1 cup shredded Cabbage

3 slices bacon, diced

½ teaspoon garlic powder

1 tablespoon Parmesan cheese, grated

2 tablespoons heavy cream

1 large, organic egg

Pinch of ground black pepper

Salt and pepper to taste

Directions

Cook the diced bacon in your cast iron skillet and render out the excess fat.

Transfer the bacon into a bowl.

Now add the shredded cabbage over the bacon grease present in the skillet. (In case of excess grease, pour some away)

Sauté the cabbage for about 5 minutes over a medium flame until they become tender.

Add the garlic powder, salt, pepper and pour the cream into the skillet.

Now simmer for about 3 minutes until the cream is thickened.

While the mixture is simmering, beat the egg with about 1 teaspoon of heavy cream.

When simmered, turn off the heat and quickly add the beaten yolk, cooked bacon dices, and the grated parmesan. Stir.

Top with remaining cheese and grounded black pepper.

Garnish with chopped Parsley. (Optional)

Serve hot!

Nutrition per Serving

Protein: 30gm

Fat: 40gm

Carbohydrate: 6.7gm

Fiber: 2gm

One Skillet Sausage Pizza

Preparation Time: 20 minutes

Cook Time: 40 minutes

Serves: 4-6

Ingredients

For Preparation of Crust:

2 teaspoon olive oil

2 cups almond flour

1 tablespoon butter

2 tablespoon coconut flour

Pinch of garlic powder

1 teaspoon baking powder

½ teaspoon xanthan gum

2 free range eggs, beaten

Pinch of salt

For Preparation of Filling:

1 pound of Italian sausage

1.5 cups mozzarella cheese, shredded

½ cup Parmesan, grated

1 cup Marinara sauce

2 teaspoons Italian seasoning

1 teaspoon dried Oregano

Directions

Direction for preparing Crust:

Preheat oven to 300F.

Grease your oven proof cast iron skillet with olive oil.

Take a bowl and add the butter, almond flour, coconut flour, baking powder, garlic powder, xanthan gum and a pinch of salt. Whip well.

Crack the eggs and add in the bowl. Whisk continuously till a sticky dough is formed.

Take a large sheet of parchment paper. Place the dough on it and pat into rough circle.

Take another sheet of parchment and place on top of the circled dough.

Now roll out the dough into a large circle (about 12 inches in diameter) and ¼ inches thickness.

Peel off the upper parchment sheet.

Turn the crust upside down (slowly) and peel off the remaining parchment sheet.

Carefully place the crust into the skillet. (Make sure the edge of the crust is below that of the edge of skillet.)

Bake the crust for 10 minutes. Set aside after it's done.

Time to prep the filling!

Direction for preparing Filling:

Set the oven to 400F.

Take another cast iron skillet. Heat it over a medium flame.

Add the Italian sausage. Using two forks, break up the lump. Brown until it's cooked throughout.

Spread about 1 cup of the shredded mozzarella cheese evenly over the bottom of the crust. Make sure the crust covers it completely.

Add the cooked sausage on top of the crust.

Pour the Marinara sauce over sausage.

Sprinkle the Italian seasoning and dried oregano on top.

Top with the remaining shredded mozzarella and the parmesan cheese.

Using a sheet of aluminum foil, cover the edges of the crust.

Bake until the cheese becomes bubbly. (Takes about 25 minutes)

Your pizza is now ready. Cool it for a couple of minutes and serve!

Nutrition per Serving

Protein: 27g

Fat: 45g

Carbohydrate: 9g

Fiber: 4g

Roasted Bacon Brussels Sprouts

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

2 tablespoons butter

4 slices of Bacon, thickly cut

1 pound Brussels sprouts, halved (or quartered if sprouts are big)

1 scallion, chopped

Pinch of fresh ground black pepper

Handful cilantro, chopped

Salt and Pepper to taste

Directions

Place the bacon cuts in your cast iron skillet.

Heat the skillet over a medium flame. Cook the bacon until crispy.

When done, place the cuts over a paper towel-lined plate, and chop roughly.

In the same skillet with the bacon fat, pour the melted butter.

Increase the heat to high.

Add the chopped scallion followed by the sprouts.

Stir the mixture and cook until the sprouts turn golden brown. (Takes about 7 minutes)

Add the cooked bacon on top.

Season with salt and pepper.

Garnish with chopped cilantro.

Serve hot.

Nutrition per Serving

Protein: 25g

Fat: 37g

Carbohydrate: 8g

Fiber: 5g

Zucchini Ground Beef Casserole

Preparation Time: 10 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients

1 tablespoon olive oil

2 zucchini, cubed - $\frac{1}{4}$ inch

1 pound lean ground beef

1 small scallion, chopped

1 cup marinara

1 teaspoon ground cumin

Pinch of salt and Pepper, to taste

Directions

Pour in the oil in your cast iron skillet. Heat over a 'medium-high' setting.

Add the ground beef, scallion, salt and pepper.

Sauté until the beef browns.

Cover the skillet with a lid and cook for about 10 minutes in 'medium' setting or until the meat is cooked throughout.

Add the ground cumin and the marinara sauce. Stir well, cover and simmer for 5 minutes under 'low' settings.

Add the zucchini cubes. Stir well, cover, and cook for 10 more minutes or until the zucchini is cooked.

Nutrition per Serving

Protein: 21g

Fat: 30g

Carbohydrate: 8g

Fiber: 2g

Ketogenic Jalapeno Popper Frittata

Preparation Time: 15 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients

½ cup cream cheese (unsweetened)

2 tablespoon jalapeno peppers, chopped

1 tablespoon salsa verde

¾ cup cheddar cheese, shredded

4 eggs, free range

½ cup almond milk (unsweetened)

2 tablespoon heavy cream

Pinch of ground black pepper

6 slices bacon, chopped

Salt and pepper to taste

Directions

For the Filling:

In your cast iron oven-proof skillet, combine the cream cheese, one tablespoon jalapeno, Salsa Verde and ¼ cup shredded cheddar.

Microwave for 2 minutes and then stir continuously until the mixture gets smooth. Set aside.

For the egg custard:

Take a bowl and combine the eggs, almond milk and heavy cream.

Beat until the mixture is combined properly. Add salt and pepper and mix for a little while.

For the top:

In another cast iron skillet (you can use the previous one too), add about 1 tablespoon of cream cheese and apply throughout the bottom of the skillet.

Now pour the egg mixture on top.

Add the chopped bacon, the remaining shredded cheese and the remaining 1 tablespoon jalapeno.

Bake in 400F for 25 minutes or until it is set.

Nutrition per Serving

Protein: 27g

Fat: 44g

Carbohydrate: 6g

Fiber: 2g

One Skillet Chicken Thighs Marsala

Preparation Time: 20 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Serves: 2

Ingredients

1 tablespoon olive oil

2 tablespoons melted butter

1 pound white mushrooms, sliced

4 chicken thighs (skin on, bone in)

1 scallion, chopped

½ cup dry red wine (unsweetened)

½ cup heavy whipping cream

Pinch of ground black pepper

Salt and Pepper, to taste

Handful Cilantro, finely chopped

Directions

Preset your oven to 350F.

Heat your cast iron skillet over a medium heat. Let it heat for a while.

In the meantime, rub the chicken thighs with olive oil.

Add the thighs in the skillet and brown it. (Takes about 7 minutes)

When browned, place them on a plate.

Now pour 1 tablespoon of melted butter in the skillet. Add the chopped scallions and fry for about 3 minutes.

Add the sliced mushrooms and sauté for 5 minutes or until browned. (Stir continuously)

Pour the dry red wine. Then add the heavy cream and mix well.

Season the mixture with salt and pepper.

Add the remaining tablespoon of butter and stir.

Replace the browned chicken thighs back to the skillet. Mix well.

Now bake the thighs for about 15 minutes or until cooked throughout.

When done, garnish with freshly cut cilantro.

Serve hot!

Nutrition per Serving

Protein: 30g

Fat: 48g

Carbohydrate: 6 g

Fiber: 3gm

Keto Basil Cream Chicken

Preparation Time: 10 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients

2 tablespoons melted butter

¼ cup almond milk

¼ cup almond flour

1 pound chicken breast, boneless, skinless, cut in 4 halves

½ cup chicken broth

4-5 cherry peppers, finely sliced

1 cup heavy cream

½ cup Parmesan, grated

½ cup canned tomatoes (choose the brand with the lowest carb)

¼ cup fresh basil, minced

2 tablespoon cream cheese (unsweetened)

Salt and Pepper to taste

Directions

Place your cast iron skillet on the stove top and heat under medium setting.

Meanwhile, take two small bowls. Pour the almond milk in one bowl and almond flour in another.

Dip the chicken in milk, and then dip in the bowl containing flour. Rub some more flours on it if needed.

When the skillet is hot enough, pour 1 tablespoon of butter.

Add the chicken in the skillet. Cook for 10 minutes in medium heat until the chicken is done.

When done, lower the heat, and replace the chicken from skillet to a bowl.

Pour the chicken broth in the skillet and boil under medium heat.

Stir in the heavy cream, cherry peppers and minced basil.

Boil the mixture and stir well.

Now add the remaining butter, grated cheese, cream cheese, salt and pepper. Stir.

Replace the chicken back to the skillet.

Garnish with parsley and serve hot!

Nutrition per Serving

Protein: 38g

Fat: 51g

Carbohydrate: 7g

Fiber: 3g

Pork Chops (Parmesan Encrusted)

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 10

Ingredients

10 Pork Chops

2 free range eggs

1 cup Parmesan cheese, grated

½ cup almond flour

Handful Parsley, chopped

Salt and Pepper to taste

Directions

In a bowl combine the grated cheese with almond flour. Add salt and pepper. Mix well.

Take another bowl and put the whisked eggs in it.

Dip the pork chops in the eggs one by one, and then dip in the parmesan mix. Make sure the chops are coated properly.

Heat your cast iron skillet and fry in bacon grease for a minutes on each side of the chops.

Cook in oven at 350F or until the chops get crispy. (Takes about 10 minutes)

When gone, sprinkle the freshly cut parsley.

Serve immediately.

Nutrition per Serving

Protein: 29g

Fat: 38g

Carbohydrate: 6g

Fiber: 2g

Keto Style Stuffed Peppers

Preparation Time: 20 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients

- 4 Green bell peppers, top and seed removed
- 1 tablespoon melted butter
- ¼ cup Mozzarella, shredded
- 1 scallion, finely chopped
- 1 clove garlic, minced
- 1 pound ground turkey
- ½ cup canned tomatoes (brand with lowest carb)
- 1 teaspoon Italian seasoning
- ¼ cup Marinara
- Handful Parsley, chopped
- Salt and Pepper to taste

Directions

Preheat oven to 350F.

Heat your cast iron skillet in a medium flame and add butter.

Add chopped scallion and minced garlic sauté for about 2 minutes.

Place the fried scallion and garlic in a small bowl.

Add the ground turkey in the skillet. Brown it and cook through.

Transfer the scallion and garlic back to the skillet.

Add the canned tomatoes, parsley, Italian seasoning and salt and pepper.

Mix well and cook for another couple of minutes.

When done, stuff this mixture inside the green bell peppers.

Top up each bell pepper with 1 tablespoon of Marinara.

Now top the bells with mozzarella cheese.

Cook in 350F for 25 minutes or until the cheese turns golden.

Nutrition per Serving

Protein: 25g

Fat: 32g

Carbohydrate: 8g

Fiber: 4g

Keto Brownie in Skillet

Preparation Time: 10 minutes

Cook Time: 20 minutes

Serves: 2

Ingredients

2 tablespoons melted butter

6 tablespoons almond flour

2 tablespoons cocoa powder (unsweetened)

Sweetener ($\frac{1}{2}$ teaspoon powdered stevia)

$\frac{1}{4}$ teaspoon baking powder

1 free range, organic egg

$\frac{1}{4}$ teaspoon vanilla extract

Directions

Preheat your oven to 300F.

Take a medium bowl and mix together almond flour, cocoa powder, stevia, and the baking powder.

Pour in about 3 tablespoons of water in the bowl.

Stir in the melted butter, egg and vanilla extract.

Stir until the mixture is well combined and the batter reaches desired thickness.

Now take your oven proof cast iron skillet and grease well.

Pour the batter into the skillet.

Bake for 15 minutes or until the brownie looks puffed.

When done, top up with your favorite low carb cream. Serve hot!

Nutrition per Serving

Protein: 14g

Fat: 21g

Carbohydrate: 7g

Fiber: 4g

Creamy Broccoli and Ground Beef Combo Skillet

Preparation Time: minutes

Cook Time: minutes

Serves: 4

Ingredients

2 tablespoon melted butter

4 free range eggs

1 scallion, finely chopped

1 clove garlic, minced

4 jalapeno peppers, finely sliced

1 pound lean ground beef

1 cup grated broccoli

½ cup Mayonnaise

1 tablespoon soy sauce

½ tablespoon apple cider vinegar

Handful cilantro, freshly chopped

Salt and Pepper to taste

Directions

Heat your cast iron skillet over medium setting. Pour the melted butter.

When the butter is nice and hot, add the chopped scallion, minced garlic, and sauté until fragrant. (Takes about 2 minutes)

Add the ground beef and continue to cook until it is browned. Season with salt and pepper.

Reduce the heat to low and add the grated broccoli.

Stir well and cook for 3 more minutes.

Take a medium bowl and mix together the mayonnaise and soy sauce. Pour ½ cup water in the mixture and whisk until well combined.

Pour this mixture over the ‘beef and cauliflower’ mixture.

Still until they blend together.

Continue cooking until the liquid is well absorbed. (Takes about 5 minutes)

When done, turn off the heat and spread the mixture evenly.

With the help of a spoon make 4 shallow dimples on 4 different parts of the mixture.

Crack eggs and pour in each of the dimples.

Sprinkle salt and pepper and the finely sliced peppers on top.

Set your oven to broil. Place your skillet under the broiler until the eggs are well cooked (Takes about 10 minutes)

Meanwhile, mix up the apple cider vinegar with 2 tbsp of mayonnaise and drizzle it all over the skillet as soon as it is out of the oven.

Garnish with cilantro and serve hot!

Nutrition per Serving

Protein: 32g

Fat: 44g

Carbohydrate: 9g

Fiber: 4gm

Gorgonzola Herbed Butter n' Steaks (Tweaked)

Preparation Time: 15 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

1 tablespoon olive oil

4 ribeye steaks of desired cut

3 tablespoons melted butter

3 tablespoons Gorgonzola cheese

½ tablespoon ground black pepper

Handful of cilantro, freshly chopped

Directions

Using salt and ground pepper, season each side of the steaks.

Heat your cast iron skillet over a medium-high heat.

When hot, pour the olive oil in the skillet. Place the skillet and cook until the meat becomes dark golden and light brown.

Flip over the meat and cook similarly. When done, turn off the heat and leave the meat on the skillet for a couple of minutes.

In the meantime, take a bowl and mix together the butter, gorgonzola cheese and the chopped cilantro.

Pour this herbed butter on top of the steak and let it melt.

Serve immediately.

Nutrition per Serving

Protein: 33g

Fat: 47g

Carbohydrate: 3g

Fiber: 3g

One Skillet Bacon & Chicken Ranch

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 6

Ingredients

6 chicken thighs (boneless, skinless)

8 slices bacon, cut in ½” pieces

½ cup cheddar cheese

Salt and Ground Black Pepper, to taste

2 tablespoons Ranch dressing

Directions

Put your cast iron skillet over a medium-high heat and cook the bacon pieces on it. Cook throughout (but not too crispy).

When done, remove the pieces from the skillet and drain on a paper towel lined plate.

Cut the chicken thighs into bite size pieces. Season well with a pinch of salt and pepper.

Add the chicken pieces in the skillet and cook in the bacon grease. Cook until the meat is no longer pink.

When done, turn off the heat. Add bacon cuts back to the skillet and stir the mixture.

Top up with the cheddar cheese. Drizzle the ranch dressing on top.

Serve immediately.

Nutrition per Serving

Protein: 37g

Fat: 48g

Carbohydrate: 4g

Fiber: 2g

Ketogenic Bacon Cheeseburger

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 6

Ingredients

2 pounds ground beef

6 bacon slices, chopped

¼ cup Marinara sauce

½ cup cheddar cheese, cubed

1 scallion, finely chopped

1 teaspoon yellow mustard

Salt and pepper to taste

Directions

Heat your cast iron skillet over a medium heat.

Put the beef and bacon in the skillet and cook until brown.

Drain the excess grease and stir in the marinara sauce, yellow mustard, salt and pepper. Then add the chopped scallion.

Throw in the cheese cubes and heat until it 'just' melts.

Garnish with freshly chopped Parsley, if desired.

Nutrition per Size

Protein: 25g

Fat: 37g

Carbohydrate: 6g

Fiber: 2g

Hamburger Casserole

Preparation Time: 15 minutes

Cook Time: 70 minutes

Serves: 6

Ingredients

2 pound ground beef

1 scallion, chopped

1.5 cups frozen cauliflower florets

1 cup cream cheese

1 cup parmesan, grated

Pinch of ground black pepper

Pinch of garlic powder

Salt and pepper, to taste

Directions

Preheat your oven to 350F.

Take a sauce pan and cook the cauliflower florets until tender crisp. When done, drain the water.

Meanwhile, heat your cast iron skillet over a medium flame.

Add the chopped scallion and the beef. Fry until the beef browns on all sides.

Drain the excess fat (optional)

Season the meat with salt, pepper, ground pepper and garlic powder and mix with the cream cheese.

Continue cooking until heated throughout.

Add a layer of the cauliflower florets on top and top with the cheese.

Bake for an hour in the preheated oven or until the color is brown until the casserole is bubbly.

Serve hot!

Nutrition per Serving

Protein: 25g

Fat: 32g

Carbohydrate: 5g

Fiber: 3gm

Chicken, Asparagus and Bacon Combo

Preparation Time: 15 minutes

Cook Time: 30 minutes

Serves: 2

Ingredients

2 chicken breast halves, skinless, boneless

2 slices bacon, chopped

½ pound asparagus spears, trimmed

1 summer squash, medium, cut into half inch pieces

2 tablespoons coconut flour

½ cup chicken broth

1 tablespoon lemon juice

Pinch of ground black pepper

Salt and Pepper to taste

Directions

Boil the asparagus in a saucepan for 3 minutes or until tender. Drain and set aside.

Heat your cast iron skillet over a medium-high setting and cook the bacon until crispy.

When done, remove the bacon from skillet and drain over paper towel.

Season the chicken with salt and pepper and cook in the skillet over the bacon grease.

Cook for 10 minutes or until brown.

When done, remove the chicken from the skillet.

Add the squash cuts in the skillet and cook for 2 minutes under medium heat.

Take a bowl and mix together the coconut flour and chicken broth. Whisk well and add the mixture in the skillet.

Cook until the squash mixture gets thick and bubbly.

Add asparagus and chicken and cook for 5-10 minutes depending on the thickness.

When done, add the bacon slices. Pour lemon juice from top.

Serve hot!

Nutrition per Serving

Protein: 28g

Fat: 35 g

Carbohydrate: 8g

Fiber: 2g

Flax Meal Cheesy Bread

Preparation Time: 10 minutes

Cook Time: 25 minutes

Serves: 3-5

Ingredients

½ cup melted butter

1 cup almond flour

½ cup flax meal

1 teaspoon baking powder

1 cup Cheddar cheese, shredded

2 eggs, beaten lightly

½ cup almond milk

Salt and Pepper to taste

Directions

Preheat oven to 400F.

Take your oven proof skillet and pour 1 tablespoon of butter in it.

Mix together almond flour, flax meal, baking powder, $\frac{3}{4}$ cup of cheese, salt and pepper in bowl. Whisk well.

Add the eggs, almond milk and the remaining melted butter in the bowl and stir well until the mixture is completely combined.

Using oven mitts, remove the skillet from the oven.

Add the batter into the skillet. Make the top layer smooth.

Evenly distribute the remaining shredded cheese on top of it.

Bake for about 15 minutes or until the bread browns around the edges.

When done, remove from the oven, let it cool a bit and serve warm.

Nutrition of Serving

Protein: 25gm

Fat: 31g

Carbohydrate: 7g

Fiber: 3g

One Skillet Summer Squash Pie

Preparation Time: 15 minutes

Cook Time: 25 minutes

Serves: 4

Ingredients

2 tablespoons olive oil

2 cups summer squash, thinly sliced

2 free range, organic eggs

¼ cup almond milk

2 tablespoons heavy cream

2 scallions, chopped

1 tablespoon chopped rosemary

½ cup parmesan, grated

1 teaspoon baking powder

Baking mix (½ cup almond flour + 1/3 teaspoon salt + ½ teaspoon baking powder + 1 tablespoon butter)

Salt and pepper to taste

Directions

Preheat oven to 325F.

Take a bowl 'A' and mix together the sliced summer squash and the chopped scallions.

Add the parmesan cheese and the baking mix in the bowl.

Take another bowl 'B' and whisk together the eggs, olive oil, heavy cream and rosemary.

Pour this liquid mixture of bowl 'B' into bowl 'A'. Mix well until combined.

Sprinkle salt and pepper and mix again for a while.

Replace this batter to your cast iron skillet.

Heat it in the oven for 25 minutes; or until the pie changes color to golden brown..

Nutrition of Servings

Protein: 24g

Fat: 37g

Carbohydrate: 7g

Fiber: 4g

Cheesy Broccoli and Bacon Quiche

Preparation Time: 10 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Serves: 4

Ingredients

1 tablespoon olive oil

6 free range eggs

5 slices bacon, uncured

1 cup Broccoli, finely sliced

½ cup heavy whipping cream

½ cup Cheddar cheese, shredded

¼ teaspoon ground black pepper

Salt and pepper to taste

Directions

Preheat oven to 350F.

In your oven proof cast iron skillet, pour the olive oil and fry the bacon slices. When cooked through, set aside on a paper towel.

Add the broccoli slices in the skillet and cook in the bacon grease.

When done, mix together the eggs, cream, salt and pepper in a bowl. Whisk well and pour over the broccoli.

Now crumble the fried bacon over the mixture of the skillet.

Pour the shredded cheese on top. (Distribute evenly)

Bake for about 30 minutes at 350F, or until the quiche is golden brown.

Nutrition per Serving

Protein: 24g

Fat: 27g

Carbohydrate: 6g

Fiber: 4g

Ketogenic Creamy Bacon with Mushrooms

Preparation Time: 10 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients

5 bacon slices, diced

4 chicken breasts, skinless, boneless

1 cup white mushrooms, sliced

1 cup heavy cream

½ cup dry red wine

2 teaspoons thyme

Kosher salt and pepper, to taste

Directions

Heat your cast iron skillet over medium-high setting. Add the bacon and sauté until nice and crispy.

When done, remove from the skillet and place over a paper towel and set aside.

Season the chicken breasts with salt and pepper. Cook it in the skillet over the bacon grease until it gets nice and brown on each side. Remove from the skillet and set aside when cooked.

Now add the sliced mushrooms in the skillet and sauté until the mushroom softens. (Sauté the mushrooms in the bacon grease. If the grease is used up, use a tablespoon of olive oil)

When soft, add the thyme and the dry red wine. Cook until the mixture gets a thick texture (or until half of the wine dries up)

Lower the heat setting and pour in the heavy cream.

Add the sautéed chicken back to the skillet. Mix well and cook until the chicken is cooked throughout.

When done, stir in the bacon.

Top up with some cheese and serve hot.

Nutrition per Serving

Protein: 34g

Fat: 44g

Carbohydrate: 4g

Fiber: 2g

Ketogenic Shakshuka

Preparation Time: 10 minutes

Cook Time: 30 minutes

Serves: 4

Ingredients

1 tablespoon olive oil

2 scallions, chopped

4 eggs, organic, free range

1 green bell pepper, sliced

1 cup canned tomatoes (14.5 oz can of Del Monte diced tomatoes with mild green chilli = 5g carbs per can)

1 tablespoon tomato paste (look for the brand with lowest carbs)

½ teaspoon chili powder

Salt and Pepper, to taste

Handful of Parsley, freshly chopped

Directions

Heat your cast iron skillet over a medium heat and pour the olive oil.

Add the chopped scallion and sauté until fragrant.

Add the sliced bell pepper and sauté for 5 minutes until softened.

When done, add the canned tomatoes and the tomato paste in the skillet. Add salt, pepper and chili powder.

Stir the mixture until blended well and cook until simmer.

Crack the eggs over this mixture and pour them evenly on top. (4 eggs on 4 outer edges)

Cover the skillet with a lid. Allow to simmer for 15 minutes more or until the eggs are cooked completely.

When done, garnish with the freshly chopped parsley.

Nutrition per Serving

Protein: 24g

Fat: 33g

Carbohydrate: 8g

Fiber: 4g

Feta and Spinach Stuffed Chicken with Bacon

Preparation Time: 15 minutes

Cook Time: 65 minutes

Serves: 4

Ingredients

1 teaspoon olive oil

5 chicken breasts, boneless, skinless

5 slices bacon

1 cup feta cheese, crumbled

1 cup chopped spinach

½ cup mayonnaise

2 scallions, minced

½ teaspoon ground black pepper

Salt and pepper, to taste

Directions

Preheat oven to 350F.

Carefully cut a pocket in one side of each chicken breast; don't cut all the way through.

Combine the feta cheese, chopped spinach, mayonnaise, scallion salt and pepper in a medium bowl. Mix well.

When done, stuff each chicken breast with the spinach-feta mixture.

Wrap each of the stuffed chicken breasts with a slice of bacon. Use toothpicks to wrap and secure.

In your oven proof cast iron skillet, pour and grease the surface with the olive oil.

Place each stuffed breast in the skillet. Make sure the pocket side is up.

Bake for one hour or until the bacon gets nice and crispy.

Nutrition per Serving

Protein: 32g

Fat: 47g

Carbohydrate: 6g

Fiber: 3g

Turkey and Veggie Skillet

Preparation Time: 10 minutes

Cook Time: 25 minutes

Serves: 4

Ingredients

1 tablespoon melted butter

½ lb lean ground turkey

2 scallions, chopped

1 cup summer squash, diced

½ cup cherry tomatoes, halved (Half cup cherry tomatoes = 74.5g = 3g carbs)

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon ground black pepper

½ cup mozzarella, shredded

Salt and Pepper, to taste

Directions

Preheat your oven to broil.

Heat your cast iron skillet over medium-high setting. When hot, pour in the melted butter.

Add the ground turkey in the skillet. Break the meat into finer pieces when stirring and cook throughout.

When the turkey is almost cooked, add the chopped scallion. Cook for 2 more minutes.

Now add the diced summer squash, halved cherry tomatoes, and the remaining spices.

Cook for couple of more minutes until the veggies get softened.

Sprinkle the shredded mozzarella on top.

Put your skillet in the oven and broil until the mozzarella is melted and slightly golden.

Nutrition per Serving

Protein: 32g

Fat: 37g

Carbohydrate: 8g

Fiber: 4g

Flaxseed Wrap

Preparation Time: 5 minutes

Cook Time: 10 minutes

Serves: 2

Ingredients

1 tablespoon coconut oil

6 tablespoon ground flaxseed

½ teaspoon baking powder

¼ teaspoon chili powder

1 free range, organic egg

1 tablespoon water

Salt, to taste

Directions

In a medium bowl, mix together all the ingredients. Mix well until light batter forms.

Heat your cast iron skillet in medium settings and pour in the coconut oil.

Pour in the flax batter and spread the mixture evenly across the skillet.

Under medium heat, cook for about 4 minutes or until the batter browns up.

Your flax wrap is now ready.

Use fried bacon, mushroom and cabbage as the fillings.

Serve warm.

Nutrition per Serving

Protein: 15g

Fat: 19g

Carbohydrate: 6g

Fiber: 2g

Keto Brown Butter Salmon

Preparation Time: 10 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients

2 tablespoons coconut oil

4 salmon fillets, with skin

½ cup butter, unsalted

2 teaspoons fresh oregano

3 tablespoons lime juice

¼ teaspoon ground black pepper

Celtic sea salt and pepper to taste

Directions

Wash the salmon fillets and dry completely over a paper towel.

Season the fillets with the sea salt.

Heat your cast iron skillet over a medium heat. Pour in the coconut oil.

When nice and hot, place the salmon fillets into the skillet. Cook until one side is golden brown.
(Takes about 5 minutes)

When done, flip the salmon and cook the other side for 5 more minutes, until golden brown.

Gently remove the fillets from the skillet. Carefully peel off the salmon skin and fry them in the skillet until crispy. (Add more oil if needed)

For the preparation of the brown butter sauce:

Heat the ½ cup of organic butter in your saucepan on high heat until you see brown flecks. Then remove from the heat.

Blend together the oregano, lime juice, salt and pepper.

Pour the melted brown butter in it and blend until the mixture is emulsified.

Your brown butter sauce is now ready. Serve with the salmon fillet and the crispy skin.

Nutrition per Serving

Protein: 25g

Fat: 37g

Carbohydrate: 4g

Fiber: 2g

Keto Kielbasa with Cabbage

Preparation Time: 15 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

2 pounds polish sausage (Kielbasa), cut vertically half and then cut horizontally into 2" pieces

1 tablespoon melted butter

1 cup cabbage, finely shredded

2 scallions, chopped

½ teaspoon powdered Stevia

½ teaspoon salt

¼ teaspoon ground black pepper

2 teaspoons red wine vinegar

Directions

Heat your cast iron skillet over medium heat and pour the melted butter.

Add the kielbasa cuts and cook through for about 5 minutes, stirring occasionally.

When cooked, remove from the skillet.

Add the shredded cabbage, chopped scallion, stevia, salt and pepper in the skillet and cook over the rendered kielbasa fat for about 10 minutes under medium heat settings.

Add the vinegar in the mixture. Add the sausage back into the skillet and cook for a couple of more minutes.

Your Kielbasa is now ready. Serve it warm.

Nutrition per Serving

Protein: 26g

Fat: 41g

Carbohydrate: 7g

Fiber: 3g

One Skillet Cheesy Smoked Sausage

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 2-4

Ingredients

1 tablespoon melted butter

1/2 pound smoked sausage, sliced (each slice of about 1/4th of an inch)

1/2 cup Marinara sauce

1/2 cup heavy cream

1/2 tablespoon tomato paste

1 teaspoon Italian seasoning

1/2 cup chicken broth

3 tablespoons parmesan

Salt and Pepper, to taste

Directions

Heat your cast iron skillet and pour the butter.

Add the sausage slices and sauté until brown.

Add all the remaining spices and ingredients and stir well.

Cover with a lid and simmer on low-medium for about 10 minutes or until desired thickness is achieved.

Serve hot!

Nutrition per Serving

Protein: 29g

Fat: 34g

Carbohydrate: 9g

Fiber: 2g

Keto Lasagna

Preparation Time: 10 minutes

Cook Time: 35 minutes

Serves: 4-6

Ingredients

1 pound ground beef

1 cup chopped spinach, thawed and drained

2 scallions, chopped

$\frac{1}{4}$ teaspoon garlic powder

$\frac{1}{2}$ cup marinara

$\frac{1}{2}$ cup cream cheese

1 large, free-range egg

2 tablespoon Parmesan

Salt and Pepper, to taste

Directions

Heat up your skillet and brown the ground beef with the chopped scallion.

Add the garlic powder, salt, pepper and the marinara and mix well.

Heat until bubbly.

In the meantime, take a bowl and pour in the cream cheese. Beat in the egg and stir the mixture until well combined.

When done, blend in the chopped spinach.

When the meat mixture gets bubbly, remove half of the meat.

Spread the remaining meat mixture evenly in the skillet.

Now spread the spinach mixture over the meat mixture.

Add in the parmesan on top and spread evenly.

When done, add in the remaining meat on top.

Sprinkle some more parmesan and bake at 350F for about 30 minutes or until the lasagna becomes golden.

Nutrition per Serving

Protein: 22g

Fat: 35g

Carbohydrate: 8g

Fiber: 3g

Dijon Pork

Preparation Time: 10 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients

1 tablespoon olive oil

1 pound ground pork

1 cup white mushroom, chopped

1 zucchini, cut into semicircle slices

2 tablespoon Dijon mustard

¼ teaspoon garlic powder

½ teaspoon basil

Salt and Pepper, to taste

Directions

Heat your cast iron skillet over a medium heat and pour in the olive oil.

Add the chopped mushrooms and sauté for a couple of minutes until brown.

Add the zucchini pieces. Season with salt and pepper and cook for 2 minutes or until the veggies get tender.

When done, replace the veggies into a bowl.

Time to brown the meat! Add the ground pork in the skillet.

Break the meat into pieces and add the garlic powder and basil on top.

Once brown and cooked through, mix in the veggies.

Add the Dijon mustard. Heat for a while in low settings.

Your Dijon pork is now ready. Serve warm!

Nutrition per Serving

Protein: 28gm

Fat: 37gm

Carbohydrate: 8g

Fiber: 3gm

One Skillet Pork Carnitas

Preparation Time: 10 minutes

Cook Time: 50 minutes

Serves: 4-6

Ingredients

1 pound pork shoulder, boneless

2 tablespoon lime juice

2 tablespoon lemon juice

1 teaspoon ground cumin

½ teaspoon garlic powder

½ teaspoon black pepper

Pinch of cayenne pepper

Salt and pepper, to taste

Directions

Chop the pork meat into medium chunks of about 3”.

Take a bowl and mix together the cumin, garlic powder, cayenne pepper, black pepper.

Season the pork chunks with the spices from the bowl by coating on all sides.

Heat your cast iron skillet over a medium heat.

Place the pork chunks in the skillet and pour the lime and lemon juice over them.

Pour water such that the water just covers the meat.

Increase the heat to high and boil the water. When the water starts to boil, turn the heat to simmer (don't cover the lid)

When the water gradually dries up, the meat fries and caramelizes. Stir the chunks and brown up all sides.

When done, replace them in a place. Let it cool and serve warm!

Nutrition per Serving

Protein: 30g

Fat: 43g

Carbohydrate: 9g

Fiber: 4g

Chicken Drumsticks

Preparation Time: 10 minutes

Cook Time: 60 minutes

Serves: 6

Ingredients

- 1 tablespoon melted butter
- 1 tablespoon olive oil
- 1 pound chicken drumsticks
- 3 tablespoons Marinara
- ½ teaspoon cayenne pepper
- 1 teaspoon rosemary
- 1 teaspoon basil
- Salt and Pepper, to taste

Directions

Preheat oven to 340F.

Heat your cast iron skillet and pour the melted butter.

Pour the olive oil and the marinara and mix well.

Put the drumsticks in the skillet. Roll them over the mixture so that they are coated well.

Add the spices on top of the drumsticks.

Bake in the oven for 1 hour.

Nutrition per Serving

Protein: 28g

Fat: 35g

Carbohydrate: 6g

Fiber: 5g

Crockpot Chicken Soup

Preparation Time: 7 min

Cook time: 6 hours

Serves: 7

Ingredients

2 Tablespoon Unsalted Butter
1 Onion, thinly sliced
1 Green Bell Pepper, thinly sliced
7 Chicken Thighs (Boneless)
5 Slices of Bacon
1 teaspoon turmeric
1 Tablespoon Minced Garlic
2 Tablespoons Lemon Juice
1/4 Cup Chopped Cilantro
1 Cup Chicken Stock
2 Tablespoons Tomato Paste
1 Green Onion
Salt and Pepper to taste

Directions

- Pour the unsalted butter in the Crockpot.
- Slice an onion thinly. Uniformly distribute onion slices throughout the bottom of the pot.
- Repeat the same for the bell pepper.
- Place the boneless chicken thighs in the pot.
- Distribute the slices of bacon all over the chicken.
- Add the seasonings-turmeric, salt, pepper, minced garlic. Stir well.
- Pour lemon juice and chicken stock, followed by the tomato paste.
- Cook the soup on low settings low for 6 hours.
- When the soup is done, garnish it with cilantro and green onions.
- Add cheese toppings and serve it warm.

Nutrition per Serving

Calories: 190

Fat: 24g

Carbohydrates: 9g

Fiber: 2g

Protein: 18g

Crockpot Red Chili Bacon

Preparation Time: 15 min

Cook time: 6 hours

Serves: 7

Ingredients

2 Tablespoons Olive Oil

7 Thickly cut bite-sized Bacon

1.5 Pound (800gm) Pork, finely chopped

1 Onion, thinly sliced

1 Green Bell Pepper, thinly sliced

2 Tablespoon Tomato Paste

1 Pack Chili Seasoning

Salt, Pepper to taste

Directions

Pour the olive oil in a Crockpot.

Place the finely chopped onion and bell pepper in the Crockpot.

Add finely chopped ground pork.

Start seasoning the meat with salt, pepper, onion powder and garlic.

Cut bacon into small pieces. Cook, drain, cool and put it in the Crockpot.

Dice the tomatoes and add them into the Crockpot.

Pour the tomato paste.

Cook for 6 hours on low settings.

Nutrition per Serving

Calories: 370

Fat: 35g

Carbohydrates: 9g

Fiber: 4g

Protein: 25g

Crockpot Buffalo Chicken

Preparation Time: 7 min

Cook time: 7 hours

Serves: 6

Ingredients

2 Tablespoons Olive oil

6 Chicken Breasts

2 tablespoon Hot sauce

½ Cup Tomato Sauce

½ Chicken Stock

1 Tablespoon Ranch Dressing

3 Tablespoon Butter

Salt and pepper to taste

Directions

Pour olive oil in the Crockpot.

Place the chicken in the Crockpot.

Pour the tomato sauce over the chicken followed by the hot sauce and chicken stock.

Pour the ranch dressing on top.

Season with salt and pepper.

Cook the chicken on low setting for 7 hours.

When done, shred the chicken into fine pieces using forks.

Add butter on top and serve it warm.

Nutrition per Serving

Calories: 300

Fat: 27g

Carbohydrates: 2g

Fiber: 0.6g

Protein: 20g

Crockpot Corned Beef and Cabbage

Preparation Time: 20 min

Cook time: 7 hours

Serves: 8

Ingredients

2 tablespoons Olive Oil

2 packages, thinly sliced Corned Beef (600gm/1.3 pound each)

1 Cabbage, medium sized

1 Onion, finely diced

1 garlic clove, crushed

2.5 Cups Water

½ teaspoon Ground Coriander

½ teaspoon Ground Mustard

½ teaspoon Black Pepper

½ teaspoon Ground Thyme

Salt and pepper to taste

Directions

Pour the olive oil in your Crockpot.

Add the diced onion.

Add 2½ cups of water.

Season with all the spices.

Add the mixture of the spices on both sides of the beef and place it on top.

Cover the Crockpot and cook on low settings for 6 hours.

Now the cabbage. Toss out the outermost layer of cabbage and shred the remaining.

Place the shredded cabbage in the Crockpot and cook for an additional 1 hour on medium setting.

Serve it warm.

Nutrition per Serving

Calories: 490

Fat: 35g

Carbohydrates: 7g

Fiber: 4g

Protein: 27g

Crockpot Pork Carnitas

Preparation Time: 15 min

Cook Time: 8 hours

Serves: 8

Ingredients

2 Tablespoon Unsalted Butter

2.5 Pound (1.3kg) Pork shoulder, lean

1 medium sized Onion, sliced

2 Garlic Cloves, minced

1 Tablespoon Cumin

2 Tablespoon Thyme

½ teaspoon Chili Powder

½ cup of Water

Salt and Pepper to taste

Directions

- Pour the unsalted butter in the Crockpot.
- Slice an onion and put the pieces in the Crockpot.
- Sprinkle the minced garlic over the onions.
- Trim off the decent chunk of meat so that the fat can render.
- Season both sides of the pork with the mixture of Thyme, Cumin, Salt, Pepper, Chili powder.
- Spread the remaining mixtures of spices in the Crockpot.
- Place the meat into Crockpot.
- Add ½cup of water.
- Cook for 6-8 hours on low settings until the pork is fork tender and easily shreds.

Nutrition per Serving

Calories: 220

Fat: 26g

Carbohydrates: 1.5g

Fiber: 0.4g

Protein: 26.2g

Crockpot Fajitas

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 6

Ingredients

1 tablespoon Olive Oil

2.5 pound Beef Stew

1 Onion, diced

1 Green Bell Pepper, sliced

3 Garlic cloves, chopped

2 Tablespoon Chili powder

½ cup Low Carb Tomato paste

½ tablespoon Oregano

Salt and pepper to taste

Directions

Pour olive oil in the Crockpot.

Add onion and capsicum in the pot.

Mix the spices together and put into the Crockpot.

Season the stew with salt, pepper and spices and add the stew in the Crockpot.

Cook for 6-8 hours on low settings until the meat is pull-apart tender.

Drain the liquid from meat and veggies.

If necessary, season with more salt and pepper.

Serve it warm.

Nutrition per Serving

Calories: 260

Fat: 24g

Carbohydrates: 7g

Fiber: 1.5g

Protein: 21g

Crockpot Cabbage Rolls

Preparation Time: 10 min

Cook Time: 6 hours

Serves: 5

Ingredients

10 Cabbage leaves, large

1 Pound Ground beef

1 cup hard, granular Cheese

2 Garlic Cloves, minced

1 teaspoon Onion powder

½ Cup low carb Tomato sauce

1 small bunch of fresh, finely chopped Parsley

Salt and pepper to taste

Directions

Boil the Cabbage leaves on the stove for 4 minutes.

Pour ½ cup tomato sauce into the Crockpot.

In a bowl, mix up the all ingredients - cheese, garlic, parsley and pepper.

Add ground beef in the mixture and stir it so that the meat is seasoned well.

When the cabbage leaves are cooled, measure about one-fourth cup of the beef- mixture and spread on the bottom of each cabbage.

Bring sides of leaf together and roll it up.

Place the cabbage roll(s) into the Crockpot.

Cook on medium setting for 6 hours.

Nutrition per Serving

Calories: 180

Fat: 27g

Carbohydrates: 7g

Fiber: 3g

Protein: 22g

Crockpot Creamy Zucchini Soup

Preparation Time: 5 min

Cook Time: 6 hours

Serves: 6

Ingredients

2 Tablespoon Unsalted Butter

1 Onion, chopped

3 cups Chicken Broth

3 medium Zucchini

½ teaspoon Salt

½ teaspoon Pepper

2 Tablespoons Whipped Cream

Directions

Pour the unsalted butter in the Crockpot.
Add onion on top of it.
Place the chicken broth in the Crockpot, followed by the Zucchini
Combine salt and pepper and pour in the Crockpot. Stir well.
Cook for 6 hours on low setting until the zucchini becomes tender.
When cooked, use an immersion blender and blend it in the Crockpot itself.
Add the whipped cream on top and stir.
Serve it warm.

Nutrition per Serving

Calories: 290

Carbohydrate: 8g

Fat: 21g

Protein: 24g

Crockpot Stuffed Pepper

Preparation Time: 7 min

Cook Time: 7 hours

Serves: 4

Ingredients

4 Green Bell Peppers

1.3 pound Ground Beef (600g)

1 Cabbage, small, shredded

½ Cup Tomato sauce, spicy

½ Cup Cheese, shredded 1 Egg

½ teaspoon Salt

½ teaspoon Pepper

1 Cup Water

Directions

Take a medium bowl and mix all the stuffing ingredients.

Cut the top of bell pepper off and discard all the seeds.

Stuff all the capsicums with the stuffing.

Fill up your Crockpot with ½ cup of water.

Place the stuffed bell pepper in your Crockpot.

Cook for 7 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 315

Carbohydrate: 9g

Fat: 19g

Protein: 18g

Crockpot Chicken Taco

Preparation Time: 5 min

Cook Time: 5 hours

Serves: 4

Ingredients

2 teaspoons Olive Oil

1 cup Chicken Broth

2.2 Pound (1 kg) Chicken Breast, boneless

2 Tablespoons Lemon juice

½ teaspoon salt

½ teaspoon pepper

1 small bunch fresh Cilantro, finely chopped

½ cup Swiss Cheese

Directions

Pour the olive oil in the Crockpot.

Add the chicken broth and chicken breast. Season them with salt and pepper.

Stir the mixture.

Cook for 5 hours under low settings.

Once cooked, drain the meat and shred it using two forks.

Pour the lemon juice and stir again.

Garnish with cilantro.

Add Swiss cheese on top.

Serve it warm.

Nutrition per Serving

Calories: 360

Carbohydrate: 3g

Fat: 28g

Protein: 22g

Crockpot Philly Cheese Steak

Preparation Time: 15 min

Cook Time: 7 hours

Serves: 4

Ingredients

2 Tablespoon Olive Oil

1.7 pounds (800g) round Steak, thinly sliced

1 Green Bell Pepper large, thinly sliced

250gm Mushroom, fresh, sliced

2 Onions, medium sized, sliced

1 cup Beef Broth

2 Garlic Cloves, minced

½ teaspoon Pepper

½ teaspoon Salt

4 slices of Provolone Cheese

Marinara Sauce (Low carb)

Toasted Low Carb* Roll (almond four)

Directions

Pour the olive oil in the Crockpot.

Season the steak with pepper, salt and place it in the Crockpot.

Add onion, capsicum and minced garlic in the pot.

Stir the mixture.

Cook for 7 hours under low settings until the meat becomes tender.

Drain the meat and slice it.

Fry the meat with some veggies and butter until it is slightly brown.

Toast the bread/roll until crusty.

Stick a slice of cheese on each side of the roll.

Using tongs put the meat and veggies and pile on top of rolls.

Use Marinara sauce as topping.

Serve it warm.

Nutrition per Serving

Calories: 280

Carb: 11g

Fat: 29g

Protein: 32g

Crockpot Chicken Casserole

Preparation Time: 7 minutes

Cook time: 6 hours

Serves: 8

Ingredients

2 Tablespoons Olive Oil

1.7 pound (800g) Chicken breasts, cubed

2 cups Ham, finely diced

2 Garlic Cloves, minced

½ cup Sour Cream

2 cups Grated Parmesan Cheese

Salt and pepper to taste

Directions

Pour the olive oil in the Crockpot.

Fry the chicken breast in a pan until golden brown. Add it in your Crockpot.

Add the finely diced ham, followed by minced garlic, salt and pepper.

Pour the sour cream in the pot.

Top with grated parmesan cheese.

Cook for 6 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 470

Fat: 36g

Protein: 27g

Carbohydrates: 4.8g

Crockpot Spicy Broccoli Soup

Preparation Time: 8 minutes

Cook Time: 6 hours

Serves: 8

Ingredients

4 cups Broccoli florets

2 tablespoons Olive oil

1 Onion, thinly chopped

1 teaspoon Ginger, minced

2 Garlic cloves, chopped

2 roasted Green Bell Peppers

2 cups vegetable stock

2 cups water

½ cup sour cream

Salt and pepper to taste

Directions

Heat the olive oil in a frying pan.

Add onion and garlic. Quick fry for 2 minutes.

Transfer the mixture in your Crockpot.

Add broccoli florets, bell peppers, vegetable stock and water. Stir well.

Season with salt and pepper.

Cook for 6 hours under low settings.

When done, puree the soup with an immersion blender.

Stir in the sour cream.

Serve it warm.

Nutrition per Serving

Calories: 86

Fat: 9.1g

Protein: 3g

Carbohydrates: 4.5g

Crockpot Creamy Cauliflower and Cheddar Soup

Preparation Time: 7 minutes

Cook Time: 6 hours

Serves: 6

Ingredients

2 tablespoons Olive Oil

4 cups Cauliflower florets

1 cup Vegetable Stock

3 cups water

1 medium Onion, chopped

2 Garlic cloves, minced

1 teaspoon salt

1 teaspoon pepper

½ cup heavy Cream

½ cup grated Cheddar

Directions

Heat the olive oil in a frying pan.

Add onion and garlic. Quick fry for 1 minute.

Transfer the fried onion and garlic in your Crockpot.

Add cauliflower florets in the pot. Stir well.

Pour the vegetable stock followed by water.

Season the mixture with salt and pepper.

Cook for 6 hours under low settings.

When done, pour in the heavy cream.

Puree the soup with a blender.

Top with grated cheese.

Serve it warm.

Nutrition per Serving

Calories: 120

Fat: 9.9g

Protein: 5.3g

Carbohydrates: 5g

Crockpot Sweet and Sour Trout

Preparation Time: 7 min

Time: 5 hours

Serves: 4

Ingredients

2 Tablespoon Unsalted Butter

4 Trout Fillets

2 teaspoons Soy Sauce

1 teaspoon grated Ginger

1 tablespoon Stevia

1 cup Tomato Marinara

Tomato Sauce (Low Carb)

1 teaspoon Lemon juice

Salt and Pepper to taste

Directions

Pour the unsalted butter in your Crockpot.

Place the trout fillets.

Add soy sauce, ginger, and stevia over it.

Season with salt and pepper.

Add the tomato sauce.

Cook for 5 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 155

Fat: 12g

Protein: 20g

Carbohydrates: 5.8g

Crockpot Spicy Fish Stew

Preparation Time: 5 min

Cook time: 6 hours

Serves: 6

Ingredients

6 White Fish Fillets

1 Green Onion, sliced

1 Green Bell Pepper, sliced

1 cup Marinara Tomato Sauce (Low Carb)

1 cup Vegetable Stock

1 red pepper, sliced

1 teaspoon salt

Directions

Add and mix together green onion, vegetable stock, sliced bell pepper, red pepper in your Crockpot.

Pour the tomato sauce and season with salt and pepper.

Place the fish fillets and fill them with hot sauce.

Cook for 6 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 270

Fat: 20g

Protein: 35g

Carbohydrates: 7g

Crockpot Garden Cabbage Soup

Preparation Time: 10 min

Cook Time: 5 hours

Serves: 4

Ingredients

- 4 cups cabbage, shredded
- 1 Green Onion, chopped
- 1 cup Vegetable Stock
- 1 stalk Celery, sliced
- 2 Garlic Cloves, chopped
- ½ can Diced Tomatoes
- 1 teaspoon thyme, dried
- ½ teaspoon Cardamom powder
- 1 bunch Cilantro, small
- 1 cup water
- Salt and pepper to taste

Directions

Mix together cabbage, onion, celery, garlic and tomatoes in your Crockpot.

Pour vegetable stock and water in the pot.

Season the mixture with salt and pepper.

Add the cardamom powder and dried thyme. Stir well.

Cook for 5 hours under low settings.

When done, add freshly cut cilantro on top.

Serve it warm.

Nutrition per Serving

Calories: 190

Fat: 14g

Protein: 20g

Carbohydrates: 5g

Mexican Crockpot Roast

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 6

Ingredients

2 Tablespoons Olive Oil

2 pound Beef chuck roast, boneless

2 cloves Garlic, minced

1 teaspoon Thyme, minced

1 teaspoon Rosemary, dried

½ teaspoon Cumin powder

1 teaspoon Chili Powder

½ cup Hot Sauce

2 Tablespoons Lemon Juice

Salt and Pepper to taste

Directions

Take a bowl and mix the olive oil, garlic, thyme, rosemary, cumin, salt, pepper and lemon juice.

Apply this mixture over all faces of the meat and rub well.

Place the beef in your Crockpot.

Cook for 8 hours under low settings until the meat becomes fork-tender.

Serve warm with your favorite low carb add-ons.

Nutrition per Serving

Calories: 330

Fat: 28g

Protein: 35g

Carbohydrates: 7g

Crockpot Italian Meatballs

Preparation Time: 15 min

Cook Time: 7 hours

Serves: 6

Ingredients

1 teaspoon Olive Oil

2 pounds ground meat (beef/pork)

1 cup Parmesan Cheese, finely grated

1 cup Marinara Tomato Sauce (Low Carb)

1 shallot, chopped

1 teaspoon dried Basil

1 teaspoon dried Parsley

1 teaspoon dried Oregano

1 teaspoon garlic powder

2 teaspoons Italian seasoning

1 cup Beef Stock

Salt and pepper to taste

Directions

Take a bowl and mix the olive oil, ground meat, cheese, and shallot.

Season well with salt and pepper.

Pour the tomato sauce in your Crockpot.

Add stock, basil, parsley, oregano, garlic powder followed by Italian seasoning.

Take the meat from the bowl and roll it into a shape just a little bigger than a golf ball size.

Place these balls into the Crockpot.

Cook for 7 hours under low settings.

Serve them warm.

Nutrition per Serving

Calories: 250

Fat: 21g

Protein: 28g

Carbohydrates: 6g

Crockpot Minestrone Veggie Soup

Preparation Time: 10 min

Cook time: 8 hours

Serves: 6

Ingredients

- 2 Green onions, chopped
- 3 cloves Garlic, chopped
- 2 cups Broccoli, chopped
- 2 cups Cauliflower, chopped
- 1 cup Mushroom, sliced
- 1 cup Vegetable Stock
- 2 stalk Celery, sliced and chopped
- ¼ cup fresh Parsley, chopped
- ½ cup Parmesan Cheese, grated
- 3 cups water
- Salt and Pepper to taste

Directions

Add all the veggies (onion, garlic, broccoli, cauliflower, mushroom, celery, parsley) in the Crockpot.

Pour vegetable stock and water in the Crockpot. The level of water should be just above the top of the Veggies.

Cook for 8 hours until the veggies become tender.

When done, puree about a cup of veggies by using immersion blender.

Pour the puree back and mix it up so it gives a thick texture to the soup.

Add grated cheese on top and serve it warm.

Nutrition per Serving

Calories: 140

Fat: 13g

Protein: 20g

Carbohydrates: 8.5g

Crockpot Butter Paneer Chicken Curry

Preparation Time: 10 min

Cook Time: 5 hours

Serves: 4

Ingredients

4 Chicken Thighs, boneless

5 oz. Paneer packet

½ cup Tomatoes, finely crushed

½ cup Heavy Cream

3 tablespoons Butter

1 tablespoon Olive Oil

2 cloves of Garlic, chopped

1 teaspoon curry powder

½ teaspoon chili flake

5 sprigs Cilantro, chopped

1 cup water

Salt and pepper to taste

Directions

Rub the chicken thighs with olive oil. Season with salt and pepper.

Slice the Paneer into pieces put it aside.

Pour the butter in the Crockpot.

Add garlic and crushed tomato, sliced Paneer, followed by a cup of water.

Add the heavy whipping cream.

Now place the chicken in the Crockpot. Add curry powder and chili flake. Mix well.

Cook for 4 hours under low settings.

When done, garnish with cilantro.

Serve it warm.

Nutrition per Serving

Calories: 310

Fat: 22g

Protein: 25g

Carbohydrates: 4g

Crockpot Turkey Stew

Preparation Time: 5 min

Cook Time: 8 hours

Serves: 4

Ingredients

- 2 tablespoons olive oil
- 4 Turkey thighs, boneless
- 1 Cup raw Cabbage, shredded
- 1 Onion, small, chopped
- 2 garlic cloves, chopped
- 1 pound button mushrooms
- ½ cup turkey stock
- ½ cup chopped cilantro
- 1 tablespoon Turkey seasoning
- 4 cups water

Directions

Pour the Olive Oil in your Crockpot.

Add onion on top of it followed by cabbage.

Place all the remaining ingredients, except cilantro.

Cook for 9 hours under low settings.

Use cilantro to garnish the stew.

Serve it warm.

Nutrition per Serving

Calories: 280

Fat: 28g

Protein: 21g

Carbohydrates: 6g

Crockpot Barbeque

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 4

Ingredients

2 tablespoons olive oil

1 onion, sliced

2 lbs beef meet, boneless

2 cloves of garlic, minced

½ cup barbeque sauce

Salt and Pepper to taste

Directions

Season the beef with salt and pepper.

Heat a frying pan and pour the oil.

Quick fry the onions and garlic until light brown.

Transfer the mixture in your Crockpot.

Add the beef meat, barbeque sauce and stir.

Cook for 8 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 295

Fat: 25g

Protein: 23g

Carbohydrates: 9.2g

Crockpot Chicken Curry

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 6

Ingredients

2 Tablespoons Olive Oil

1.3 lbs Chicken, minced

½ cup tomato puree

1 tablespoon lemon juice

1 teaspoon ginger, shredded

4 mint leaves

2 tablespoons curry powder

½ Green Chili, chopped

Directions

Quick-fry the chicken in a frying pan with tomato puree, ginger, mint leaves, salt, and peppers.

Transfer the ingredients in your Crockpot.

Cook for 9 hours under low settings.

Add the lemon juice on top.

Serve it warm.

Nutrition per Serving

Calories: 270

Fat: 28g

Protein: 22g

Carbohydrates: 8g

Crockpot Swill Steak

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 4

Ingredients

2 Tablespoons Olive Oil

1 lbs Steak, boneless

1 tomato, chopped

½ cup Beef Stock

¾ can cream of Mushroom soup

1 onion, sliced

1 Green Bell pepper, thinly sliced

2 minced garlic cloves

4-5 sprig cilantro, chopped

Directions

Season the steak with salt and pepper. Set aside.

Pour the oil in a frying pan. Add onion, bell pepper, garlic and quick fry for 3 minutes.

Transfer the ingredients into your Crockpot.

Add all the remaining ingredients; tomato, beef stock, mushroom soup.

Cook for 8 hours under low settings.

Garnish with some chopped cilantro.

Serve it warm.

Nutrition per Serving

Calories: 310

Fat: 40g

Protein: 25g

Carbohydrates: 8g

Crockpot Lamb Stew

Preparation Time: 15 min

Cook Time: 7 hours

Serves: 4

Ingredients

2 tablespoons Olive Oil

2 pound lamb stewing meat, boneless, trimmed

1 onion, chopped

½ teaspoon dried Thyme

2 Green Bell Peppers, diced

2 garlic cloves, chopped

2 tomatoes, sliced

½ cup Beef Stock 1 bay leaf

1 cup Marinara sauce 4-5 sprig Parsley

Salt and pepper to taste

Directions

Heat a frying pan over medium flame. Pour the oil and add the trimmed lamb. Fry it for 10 minutes until golden brown.

Transfer the meat in your Crockpot.

Add the onion, thyme, bell pepper, garlic, tomatoes, sauce. Stir well.

Pour the stock and add the bay leaf.

Season well with salt and pepper.

Cook the meat for 8 hours under low settings.

Chop the parsley and add over the meat.

Serve it warm.

Nutrition per Serving

Calories: 314

Fat: 34g

Protein: 27g

Carbohydrates: 9.1g

Crockpot Poached White Fish Fillets

Preparation Time: 10 min

Cook Time: 6 hours

Serves: 4

Ingredients

4 white fish fillets

1 cup coconut milk

4-5 sprig Cilantro, chopped

1 bay leaf

1 scallion, chopped

Salt and pepper to taste

Directions

Heat the coconut milk to a simmer on a stovetop.

Pour the milk into the Crockpot.

Place fish fillets in the Crockpot. Add all the ingredients except cilantro.

Season well with salt and pepper.

Cook for 6 hours under low settings.

Top with the chopped cilantro and serve warm.

Nutrition per Serving

Calories: 312

Fat: 17g

Protein: 18.2g

Carbohydrates: 8g

Crockpot Pizza

Preparation Time: 10 min

Cook Time: 4 hours

Serves: 4

Ingredients

2 lbs Chicken, grounded

2 cups shredded part-skim mozzarella cheese

2 cups shredded cheddar cheese

1 cup mushrooms, sliced, drained

½ teaspoon onion powder

½ teaspoon garlic powder

1 teaspoon dried basil

Directions

Blend the grounded chicken, mozzarella cheese and the cheddar cheese together.

Transfer them into your Crockpot.

Add the sliced mushrooms, onion and garlic powder, basil and mix well.

Flat the upper face.

Cook for 5 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 270

Fat: 17.6g

Protein: 33g

Carbohydrates: 4.2g

Crockpot Pulled Pork

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 6

Ingredients

2 Tablespoons Olive Oil

2 lbs Pork Loin, trimmed

1 onion, chopped

½ teaspoon ginger paste

2 cloves garlic, chopped and minced

2 Tablespoons lemon juice

1 cup coconut milk

1 teaspoon black pepper

1 tablespoon apple cider vinegar

Salt and pepper to taste

Directions

Trim down the excess fat from the pork. Using a knife, slice a crisscross pattern on top of the meat so that it can render.

Take a small bowl and add the olive oil, ginger paste, minced garlic, lemon juice, black pepper, vinegar, salt and pepper.

Stir the mixture until it forms a paste. Apply the paste all over the meat.

Add the chopped onion in your Crockpot.

Place your seasoned meat over it.

Pour the cup of coconut milk.

Cook for 8 hours under low settings.

When done, shred the pork with 2 forks.

Serve it warm.

Nutrition per Serving

Calories: 280

Fat: 40g

Protein: 34g

Carbohydrates: 7.3g

Pork and Poblano Stew

Preparation Time: 10 min

Cook Time: 8 hours

Serves: 4

Ingredients

3 Poblano chili peppers, charred and sliced

1 lb pork shoulder, trimmed, cubed

2 Tablespoons Olive oil

1 Onion, chopped

2 garlic cloves, minced

1 teaspoon Cumin

1 Tablespoon dried Oregano

1 cup chicken stock

½ cup sour cream

4-5 sprigs cilantro, chopped

Directions

Char the Poblano chili on all sides. When done, remove the seeds inside. Thinly slice the peppers.

Pour the oil in a frying pan. Place the pork and fry until light brown.

Transfer the meat into your Crockpot.

Add all the ingredients and season well with salt and pepper.

Cook for 8 hours under low settings.

When done, pour the sour cream on top with the chopped cilantro.

Serve it warm.

Nutrition per Serving

Calories: 165

Fat: 18g

Protein: 18g

Carbohydrates: 6.1g

Herbed Chicken Mushrooms

Preparation Time: 15 min

Cook Time: 8 hours

Serves: 6

Ingredients

6 Chicken thighs, boneless

1 pound assorted mushrooms, sliced

1 onion, sliced

1 cup vegetable broth

½ teaspoon basil, dried

2 cloves garlic, minced

1 teaspoon Thyme

3-4 sprig Parsley, chopped

Salt and Pepper to taste

Directions

In a bowl combine all the sliced mushrooms, onion, vegetable broth, basil, garlic, thyme and parsley. Stir well.

Place the chicken thighs into your Crockpot

Add the mixture of ingredients on the top.

Season well with salt and pepper.

Cook for 8 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 314

Fat: 28g

Protein: 27g

Carbohydrates: 7g

Crockpot Chicken Gizzard

Preparation Time: 5 min

Cook Time: 7 hours

Serves: 4

Ingredients

1.5 lbs Chicken Gizzards

1 onion, sliced

2 clove garlic, minced

¼ cup tomato paste

½ cup red wine

¼ cup water

5-6 sprigs cilantro, chopped

Salt and pepper to taste

Directions

Place all the ingredients in your Crockpot except cilantro.

Stir well. The meat should be partially submerged in the mixture of water, paste and wine.

Season well with salt and pepper.

Cook for 7 hours under low settings.

When done, sprinkle the cilantro on top.

Serve it warm.

Nutrition per Serving

Calories: 280

Fat: 29g

Protein: 24g

Carbohydrates: 8.3g

Crockpot Ginger Beef Stew

Preparation Time: 5 min

Cook Time: 7 hours

Serves: 4

Ingredients

- 2 Tablespoons Olive Oil
- 1 lb beef meat, cubed
- 1 Green Bell Pepper, sliced
- 1 tomato, diced
- 1 onion, chopped
- 1 cup beef stock
- 2 cloves garlic, minced
- ½ teaspoon black pepper
- ½ teaspoon ginger, grated
- ½ cup Marinara sauce
- ½ teaspoon Sesame seeds

Directions

Pour the olive oil in a frying pan and fry the beef meat until light brown.

Add the bell pepper, onion, and garlic and quick fry for 2 more minutes.

Transfer the mixture into your Crockpot.

Add all the remaining ingredients; tomato, black pepper, beef stock, ginger, marinara sauce, salt and pepper.

Cook for 9 hours under low settings.

Serve it warm.

Nutrition per Serving

Calories: 200

Fat: 24g

Protein: 28g

Carbohydrates: 5g

Cheesy Crockpot Sausage Breakfast

Preparation Time: 10 minutes

Cook Time: 8 hours

Serves: 6

Ingredients

1.5 cups of Sausage Crumbles

1 teaspoon of garlic paste

½ cup of sun dried tomatoes cut into slices

¼ cup of basil leaves

½ cup of Parmesan cheese

½ cup of Ricotta cheese

½ cup of Mozzarella cheese

7 eggs

1 cup almond milk

1 scallion, finely chopped

Salt and pepper to taste

Olive oil

Directions

Spray the Crockpot vessel with olive oil and keep aside.

Take a large bowl, and add all the ingredients one by one and mix well.

Pour this mix into the Crockpot and set the timer for 8 hours and at low temperature.

Serve.

Nutrition per Portion

Protein: 20g

Fat: 35g

Carb: 7g

Fiber: 5g

Healthy Turkey Sausage Keto Breakfast

Preparation Time: 15 minutes

Cook Time: 8 hours

Serves: 4

Ingredients

3 cups of chopped turkey

1 cup of cream cheese

6 eggs beaten well

½ cup of small broccoli flowerets (optional)

1 onion, finely chopped

1 bell pepper, sliced

2 cups of almond milk

1 teaspoon of thyme

2 tablespoons of mustard sauce

1 cup of tomato puree (low carb)

1 cup of chicken stock

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Pour 2 tablespoons of oil in your skillet and heat it. Once hot, add the onion, bell pepper, turkey sausages and slow fry the mixture for 10 minutes. Keep aside.

Take a large bowl, and add all the other remaining ingredients one by one and mix well. Add the sausage mix and also stir well.

Pour this mix into the Crockpot and set the timer for 8 hours and at low temperature.

Nutrition per Serving

Protein: 20g

Fat: 24g

Carb: 7g

Fiber: 3g

Great Crockpot Chili Breakfast

Preparation Time: 15 minutes

Cook Time: 8 hours

Serves: 4

Ingredients

1.5 lbs of ground beef

1.5 lbs of ground pork

¼ cup of chopped parsley

1 onion, chopped

1 cup of tomato puree

1 cup of stewed tomato with Mexican seasoning (optional)

2 cloves of garlic minced

2 celery sticks chopped finely

4 tablespoons of cayenne powder

Salt to taste

2 bay leaves

1 teaspoon of black pepper powder + 1 teaspoon of oregano powder+ 2 teaspoon of roasted cumin powder

Directions

Spray the Crock-Pot vessel with cooking oil and keep aside.

Take a large skillet, spray with cooking oil, and once hot add the ground beef and the pork and stir on high heat. Cook for 10 minutes under high flame until the meat has absorbed its juices and also become a bit brown.

Take a large bowl, and add all the ingredients one by one and mix well. Add the meat mix also at this point.

Pour this mix into the Crockpot and set the timer for 8 hours and at low temperature and scoop and serve the next morning for breakfast.

Nutrition per Serving

Protein: 27g

Fat: 40g

Carb: 7.3g

Fiber: 5g

Mozzarella and Pepperoni Crockpot Pizza

Preparation Time: 15 minutes

Cook Time: 7 hours

Serves: 4

Ingredients

½ cup of mushrooms cut into cubes

½ cup of green peppers, sliced

4 oz of pepperoni cut into pieces

½ cup of pizza sauce (tomato sauce is fine)

½ cup of parmesan cheese grated

½ cup of mozzarella cheese grated

4 black olives, sliced

6 eggs

¼ cup almond milk

Salt and pepper to taste

2 teaspoons of oregano

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Beat the eggs well, add milk, and then add the mushrooms, red peppers, green peppers, pepperoni, sat and the pepper and the oregano and stir well.

Pour this mix into the Crockpot and finally top with pizza sauce, the two cheeses, and sliced olives.

Now set the timer to the lowest temperature and let it cook for about 7 hours.

Cut into wedges and serve hot.

Nutrition per Portion

Protein: 20g

Fat: 33g

Carb: 7.7g

Fiber: 3.2g

Crockpot Taco Soup

Preparation Time: 15 minutes

Cook Time: 8 hours

Serves: 6

Ingredients

1 onion, chopped

1 cup of pork mince

¼ cup of low sodium bacon bits

1 cup of chopped celery

2 tablespoons of taco seasoning

½ cup of tomato paste

4 cups of chicken stock

2 jalapeno peppers sliced

Directions

Spray the Crockpot base with cooking oil and keep aside.

Take a skillet and a pour a tablespoon of cooking oil. Fry the pork mince and bacon bits, stir well until the meat has browned.

Then transfer the browned meat and the other ingredients into the Crockpot and mix well.

Close the vessel set the timer to the low temperature and let it cook slowly for about 8 hours.

Serve this warm soup with a garnish of any cheese you like.

Nutrition per Portion

Protein: 16g

Fat: 22g

Carb: 6g

Fiber: 2g

Ketogenic Veggie Crockpot Fajitas

Preparation Time: 10 minutes

Cook Time: 6 hours

Serves: 5

Ingredients

10 flax tortillas

1 red pepper cut finely

1 onion cut finely

1 tomato, diced

½ teaspoon of chili flakes

½ teaspoon of roasted cumin powder

1 cup of finely sliced cabbage

½ teaspoon of garlic salt

½ teaspoon of white pepper

4 tablespoons of olive oil

2 tablespoons of lemon juice

2 tablespoons of sesame paste

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a large bowl, and add the red pepper, red onions, tomatoes, cabbage, chili flakes, cumin powder, garlic salt, white pepper and 3 tablespoons of olive oil and mix well.

Set the timer at a low temperature and add all the vegetable mix and cook for 6 hours.

When cooked, warm the tortillas, and add spoonful of the cooked vegetable mix and sprinkle and bit of lemon juice and sesame paste and a bit of olive oil and munch into a moist delectable vegetable fajita.

Nutrition per Serving

Protein: 9g

Fat: 13g

Carb: 6g

Fiber: 5g

Ketogenic Buttery Sauce with Asparagus

Preparation Time: 15 minutes

Cook Time: 6 hours

Serves: 5

Ingredients

2 pounds of asparagus spears

5 tablespoons of salted butter

½ cup of fresh cream

1 tablespoon of coconut flour

¼ cup of almond milk

1 bacon slice cut into bits

1 teaspoon of chicken bouillon

Pepper to taste

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Mix the coconut flour in the milk and then add the chicken bouillon and ensure that is well dissolved.

Beat the cream, add the pepper and add this mix into the milk.

Now melt butter and pour into the Crockpot. Wash and clean the asparagus spears and place on top of the melted butter. Mix well.

Next, add the coconut flour milk mix, cream mix, almond slices, and bacon bits and stir well.

Cook at low temperature for about 6 hours until the asparagus is cooked, moist and buttery.

Nutrition per Serving

Protein: 10g

Fat: 17g

Carb: 5g

Fiber: 5g

Ketogenic Crockpot Basil Chicken

Preparation Time: 15 minutes

Cook Time: 8 hours

Serves: 6

Ingredients

2 lbs of boneless chicken breasts cut into fine cubes

Handful of basil leaves

1 cup of spinach leaves

Handful of coriander leaves

½ cup of celery sticks finely chopped

1 garlic clove, chopped

2 cups of chicken stock

1 cup of mushrooms cut into cubes

1 large onion chopped

Salt and pepper to taste

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a blender and place the basil, coriander leaves, spinach, garlic, salt and pepper and blend to a fine puree.

Pour this puree into a large bowl, add the chicken, celery sticks, chicken stock, mushrooms, onion and mix well.

Place the mixed ingredients into the Crockpot and then cook for about 8 hours at the lowest temperature. It will have to cook in its own juices and the final product will be dark green moist chicken along with gravy.

Scoop this mix into some fresh lettuce leaves. Serve hot!

Nutrition per Serving

Protein: 27g

Fat: 41g

Carb: 8g

Fiber: 5g

Crockpot Sausage with Peppers Egg Bars

Preparation Time: 15 minutes

Cook Time: 7 hours

Serves: 5

Ingredients

12 oz of Italian sausages chopped into smaller pieces

1 green pepper, sliced

1 onion, sliced

7 eggs, well beaten

1 tomato, diced

½ cup of kale leaves

Salt and pepper to taste

1 cup of almond milk

4 tablespoons of butter

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a frying pan and fry the sausages until light brown and keep aside.

Now take a large bowl, add the beaten eggs, peppers, onions, tomatoes, kale leaves, salt, pepper and milk and stir well.

Put 2 tablespoons of butter in Crockpot, and then pour half of the egg mix.

Now, place the sausages carefully on the watery egg mix. After that, pour the remaining egg mix and add the rest of the butter on top.

Close the pot and cook on low for about 7 hours until eggs are firm and are ready to come off the edges.

Cut into bars and serve with some mustard sauce.

Nutrition per Serving

Protein: 25g

Fat: 34g

Carb: 7g

Fiber: 5g

Crockpot Chorizo breakfast

Preparation Time: 35 minutes

Cook Time: 8 hours

Serves: 8

Ingredients

2 cups of mushrooms sliced

¼ cup of parsley

10 oz of pork chorizo

2 onions, sliced thin

1 tablespoon of minced garlic

8 eggs

5 oz. cream cheese

2 cups milk

½ cup of parmesan cheese grated

½ cup of cheddar cheese sliced

2 teaspoons of pepper powder

½ cup butter

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a large frying pan, add a bit of butter and fry the onion until caramelized. Keep aside.

In the same pan, add a bit more butter, add the chorizo, garlic and sauté and cook on medium heat for about 20 minutes. Finally toss in the parsley and the mushrooms and sauté for another 10 minutes and then keep aside.

Now in a bowl, add the rest of the ingredients and mix the chorizo and onions into this mix. Pour into Crockpot and cook at low temperature for 8-9 hours until everything is tender and light brown at the edges.

Nutrition per Serving

Protein: 20g

Fat: 27g

Carb: 7g

Fiber: 5g

Crockpot Cheese Lasagna

Preparation Time: 10 minutes

Cook Time: 7 hours

Serves: 4

Ingredients

2 large zucchini sliced

2 cups of mozzarella cheese grated (reserve some for topping)

1 cup of kale leaves blanched

2 cups of ground beef

Salt, oregano and pepper to taste

½ cup of tomato sauce (low carb)

1 teaspoon of garlic powder

2 teaspoons of onion powder

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a large frying pan, add a bit of butter and brown the meat along with the garlic powder and the onion powder. Mix with tomato sauce, salt, pepper and oregano and keep aside.

Now, place a layer of zucchini in the Crockpot, followed by a portion of the meat mixture, followed by the kale leaves, followed by (finally) the cheese

Repeat the same for each portion and cook in the Crockpot at low temperature and for about 6-7 hours.

Nutrition per Serving

Protein: 22g

Fat: 39g

Carb: 6g

Fiber: 4g

Crockpot Easy Pepperoni Pepper Quiches

Preparation Time: 10 minutes

Cook Time: 8 hours

Serves: 4

Ingredients

1 pepper, sliced

8 pepperoni slices

4 eggs

3 tablespoons of flax seed powder

1 onion chopped finely

1 teaspoon of garlic powder

1 cup almond milk

1 cup of Parmesan cheese

½ cup of tomato sauce

Salt and pepper to taste

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a large bowl, add the eggs, flax seed powder, peppers, pepperoni, onion, garlic powder, milk, cheese, salt and pepper and mix well

Pour this mixture into the Crockpot and drop spoonful of tomato sauce on top of the mix.

Cook at low temperature for about 8 hours (overnight) and your Quiche will be ready in the morning.

Nutrition per Serving

Protein: 22g

Fat: 28g

Carb: 5g

Fiber: 2g

Crockpot Fennel Turkey Sandwiches

Preparation Time: 10 minutes

Cook Time: 8 hours

Serves: 4

Ingredients

1 pound of turkey mince

4 eggs

1 cup of cream cheese beaten well

1 teaspoon of fennel seed powder

1 teaspoon of mustard powder

½ cup of almond milk

1 teaspoon of garlic powder

1 onion sliced thin+ ½ cup of crushed walnuts

Salt and pepper to taste

4-6 lettuce leaves

Directions

Spray the Crockpot vessel with cooking oil and keep aside.

Take a large bowl, and add the turkey mince, eggs, fennel seed powder, mustard powder, milk, garlic powder, salt and pepper and combine well.

Place this mix in the Crockpot and top with sliced onions, and beaten cream cheese. Then add the crushed walnuts on top of the onions.

Finally close the Crockpot and set the timer for about 8 hours (overnight) and keep at the lowest temperature.

In the morning, scoop out the well cooked meat and place in each lettuce leaves, add a bit of mayonnaise or tomato sauce and enjoy warm!

Nutrition per Serving

Protein: 18g

Fat: 23g

Carb: 6g

Fiber: 4g

Crockpot Ham with Broccoli Bites

Preparation Time: 15 minutes

Cook Time: 7 hours

Serves: 10

Ingredients

2.5 pounds of ham cleaned and chopped

2 cups of gruyere cheese grated

2 cups broccoli flowerets

Salt and pepper to taste

2 teaspoons of thyme

2 cups of almond milk

1 cup of chicken stock

8 large eggs beaten well

Directions

Open the Crockpot and place all the ingredients in it and mix well.

Set the timer for 7 hours and let it cook over night.

In the morning, cut into squares and serve warm with some low carb salad.

Nutrition per Serving

Protein: 15g

Fat: 19g

Carb: 6g

Fiber: 3g

Crockpot Avocado Burger Patties

Preparation Time: 20 minutes

Cook Time: 6 hours

Serves: 6

Ingredients

2.5 cups of mashed avocado

4 eggs

5 tablespoons of Soy flour (or coconut flour)

2 pounds of hamburger meat

1 teaspoon of chili flakes

½ cup of raw grated papaya

Salt and pepper

½ cup of melted butter + ½ cup almond milk mixed together

Directions

Grease the Crockpot and keep aside.

Place the avocados, 2 eggs, soy flour, salt and mix well. Divide into 12 small patties.

In another bowl, place the hamburger meat, soy sauce, chili flakes, papaya, salt and pepper and 2 eggs and combine well. Make 6 patties out of the meat mix.

Now place one meat patty in between 2 avocado patties. Like that you will get 6 avocado burger patties.

Place these patties in the Crockpot and slowly pour the butter and milk mixture little by little. Do not directly on top of the patty but through the small gaps.

Set time for 6 hours (overnight) and cook at the lowest temperature possible.

In the morning, carefully take each avocado burger and enjoy with some hot sauce.

Nutrition per Serving

Protein: 12g

Fat: 20g

Carb: 5g

Fiber: 1g

Crockpot Salami Mushroom Muffins

Preparation Time: 20 minutes

Cook Time: 6 hours

Serves: 6

Ingredients

12 slices of salami sliced

1 cup of chopped Portobello mushrooms

1 cup of almond milk

12 eggs

3 basil leaves

1 cup of baby spinach

½ cup of Parmesan cheese

Salt to taste

Directions

Grease the Crockpot and keep aside.

Place the ingredients into one large bowl and mix well.

Pour into the Crockpot, set the timer for 6 hours (overnight).

It will be ready in the morning with a golden crust. Cut out as you like, serve them hot with some sour cream.

Nutrition per Serving

Protein: 12g

Fat: 8g

Carb: 3g

Fiber: 6g

Crockpot Bacon and Egg Quiche

Preparation Time: 20 minutes

Cook Time: 5 hours

Serves: 4

Ingredients

5 slices of bacon fried and chopped

8 eggs

2 cups of milk

½ cup of melted butter

Pepper to taste

1 cup of cottage cheese crumbled

¼ cup of green scallions

Directions

Grease the Crockpot and keep aside.

Pour the milk into the Crockpot. Then slowly break each egg into the milk. Be careful not to break the yolk.

Then sprinkle the fried bacon, cheese, pepper, scallions and finally spoon the butter over them.

Cook at a low temperature for about 5 hours, until you get a well - cooked and firm quiche.

Nutrition per Serving

Protein: 17g

Fat: 28g

Carb: 6g

Fiber: 2g

Crockpot Buttery Pumpkin with Nuts

Preparation Time: 10 minutes

Cook Time: 6 hours

Serves: 4

Ingredients

1 cup of pumpkin puree

100 grams of melted butter

2 cups of coconut milk

½ cup of maple syrup (Walden farms')

4 eggs

2 tablespoons of almonds, walnuts and pecans each, lightly crushed

Directions

Grease the Crockpot and keep aside.

Now, add the ingredients in a bowl and mix well.

Pour into Crockpot and cook at low temperature for 5-6 hours until set.

Scoop this rich maple infused pumpkin dish and enjoy.

Nutrition per Portion

Protein: 13g

Fat: 19g

Carb: 6g

Fiber: 3g

Chicken Bake Crockpot Breakfast

Preparation time: 10 min

Cook Time: 6 hours

Serves: 4

Ingredients

2 tablespoons olive oil

4 chicken breasts, quartered

2 garlic cloves, chopped

½ cup canned tomato (choose the one with lowest carb)

¼ cup basil leaves

2 tablespoons red wine vinegar

Directions

Get a frying pan and pour the olive oil. Heat it and add the chicken breasts. Cook well until golden brown.

When cooked, add the chicken in the Crockpot. Add the garlic, tomato and basil.

Mix well and drizzle the red wine vinegar.

Cook the meat on low settings for 6 hours.

Serve warm.

Nutrition per Portion

Protein: 28g

Fat: 19g

Carb: 5g

Crockpot Bacon Hash

Preparation time: 10 min

Cook Time: 7 hours

Serves: 6

Ingredients

12 bacon slices, coarsely chopped

4 cups sliced mushrooms

1 tablespoon grain mustard

2 cups coconut milk

2 tablespoons olive oil

1 pinch chili flakes

Directions

Combine all the ingredients in your Crockpot.

Cook for 7 hours under low settings.

Garnish with chopped cilantro and serve the hash warm.

Nutrition per Portion

Protein: 25g

Fat: 37g

Carbohydrates: 5g

Fiber: 5g

Keto Style Cheese and Zucchini Quiche

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serves: 12

Ingredients

12 large organic eggs or 15 medium eggs

5 cups of Colby jack cheese

2 cups of thinly sliced fresh zucchini+ 1 medium onion sliced thin

1-½ cups of heavy cream+ 3 tablespoons of olive oil

2 teaspoons of oregano

1 ½ teaspoon of black pepper powder

Directions

Preheat the oven to 350F.

Take 2 deep 10-inch quiche pans. Grease them with a bit of olive oil and keep aside.

Take a large mixing bowl. Crack all the eggs and pour into the bowl. Then add the heavy cream, oregano, pepper powder and beat well until it has all been mixed well.

Take each quiche pan and place the zucchini and onion slices evenly in each pan. Then sprinkle the cheese over them and finally pour the egg and cream mixture over it.

Bake for 20 minutes until the top is golden brown in color. Prick with a fork till bottom of quiche to check if done. If it is clean, then the quiche is ready to enjoy.

Nutrition per Serving

Calorie: 382

Protein: 16g

Fat: 32g

Carbohydrate: 4g

Fiber: 2g

Morning Biscuit Crunch

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Serves: 5-6 biscuits

Ingredients

1 organic egg

2 tablespoons of coconut flour

½ cup of good quality flaxseed meal

2 tablespoons of cold butter

½ teaspoon of baking powder

A small pinch Sea Salt

Directions

Preheat the oven to 350F.

Take a large bowl and add coconut flour, flaxseed meal, butter, baking powder and salt. Mix well.

Then add the egg and just about 1-2 tablespoons of cold water to combine into a semi crumble dough.

Shape into biscuits with a cutter and bake for 5 minutes at 280F.

Leave to cool for 3 minutes and then store in airtight containers.

Nutrition per Serving

Calorie: 308

Protein: 17g

Fat: 28g

Carbohydrate: 4g

Fresh Keto Style Egg Breakfast

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

6 organic eggs

1 cup of shredded spinach

1/2cup of heavy cream

1 tablespoon of butter

A small pinch Sea Salt+ ground white pepper

1 small onion finely minced

Directions

Take a mixing bowl. Add the eggs, cream, salt and pepper and beat well and keep aside.

Take a large skillet and heat 1 tablespoon of butter.

Then add the onion and spinach and stir constantly.

Next, pour the egg mixture and stir until everything becomes scrambled and cooked till light, fluffy and yellow.

Serve hot.

Nutrition per Serving

Calorie: 320

Protein: 15g

Fat: 32g

Carbohydrate: 3g

Cheesy Herb Muffins

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

3 organic eggs

1 cup of shredded Muenster+ 1 cup of cheddar

2 ½ cups of almond flour

½ teaspoon of thyme, basil, rosemary each

A small pinch Sea Salt+ ground white pepper+ ½ teaspoon of baking soda

1 cup of light cream

Directions

Take a mixing bowl. And add the eggs, cream, salt and pepper, thyme, basil, rosemary and beat well and keep aside.

Mix the almond flour and baking soda into this mixture.

Finally add the cheese and mix well.

Grease a muffin tray, and pour the mixture until $\frac{3}{4}$ full.

Bake for 15 minutes at 380F and then again for 15 minutes at 300F until nice and golden.

Serve hot with a coating of melted butter.

Nutrition per Serving

Calorie: 170

Protein: 12g

Fat: 20g

Carbohydrate: 3g

Fiber: 3g

Chocó Chia Low Carb drink

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

3 tablespoons of Chia seeds

2 cups of coconut milk

2 tablespoons of drinking cocoa powder (unsweetened)

1-2 teaspoons of Stevia

2 - 3 dates soaked and mashed with a fork

Directions

Take a bowl. Soak the Chia seeds in ½ cup of coconut milk for 5 minutes.

Now take a blender and add all the other ingredients and the soaked Chia seeds along with all the contents in the bowl.

Blend for 2 minutes until nice and frothy.

Pour into tall glasses and serve. Refrigerate the rest.

Nutrition per Serving

Calorie: 240

Protein: 15g

Fat: 23g

Carbohydrate: 5g

Fiber: 7g

Strawberry Almond Muffins

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves: 2

Ingredients

2 ounces of fresh Strawberries

1 ½ cups of almond flour

1 large egg

1-2 tablespoons of Splenda + ½ teaspoon of salt + ½ teaspoon of baking powder+ ½ teaspoon of nutmeg powder

1 cup of light cream or milk

3 tablespoons of toasted coconut flakes

Directions

Preheat the oven to 400F. Grease the muffin tray.

Now take a bowl, and add the almond flour, cream, egg and combine well.

Then add the other ingredients and mix gently again.

Pour into the muffin tray and bake for 10 minutes at 400F and then for 10 minutes at 300F until nice and golden. Serve warm.

Nutrition per Serving

Calorie: 177

Protein: 13g

Fat: 21g

Carbohydrate: 5g

Fiber: 5g

Keto Style Broccoli and Ham Quiche

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serves: 12

Ingredients

10 large organic eggs or 12 medium eggs

2 cups of thinly sliced ham

2 cups of cubed broccoli flowerets

1 ½ cups of heavy cream+ 3 tablespoons of olive oil

2 teaspoons of chili flakes

1 cup of cheddar

Directions

Preheat the oven to 350F.

Take 2 deep 10-inch quiche pans. Grease them with a bit of olive oil and keep aside.

Take a large mixing bowl. Crack all the eggs and pour into the bowl. Then add the heavy cream, chili flakes, and beat well until it has all been mixed well.

Take each quiche pan and place the ham slices and broccoli flowerets evenly in each pan. Then sprinkle the cheese over them and finally pour the egg and cream mixture over it.

Bake for 20 minutes until the top is golden brown in colour. Prick with a fork till bottom of quiche to check if done. If it is clean, then the quiche is ready to enjoy.

Nutrition per Serving

Calorie: 380

Protein: 12g

Fat: 28g

Carbohydrate: 4g

Fiber: 6g

Keto Quince Latte

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4

Ingredients

1 cup of chopped ripe quince

1 ½ cup of almond milk

1 cup of strong brewed coffee

½ cup of heavy cream

½ teaspoon of cinnamon+ 2 teaspoons of chocolate powder

12 drops of liquid Stevia

Directions

Take a large milk pan and put in the ripe quince, and about 4 tablespoons of water. Put on high heat and stir for 3 minutes.

Then add almond milk and cinnamon and chocolate powder. Keep stirring for 5 minutes. Let it boil.

Then pour the coffee and stir again.

Pour these contents into a blender and blend until light and frothy.

Finally pour the cream and liquid Stevia, mix and serve warm.

You can have it cold with whipped cream too. Yum!

Nutrition per Serving

Calorie: 128

Protein: 10g

Fat: 23g

Carbohydrate: 3g

Fiber: 3g

Keto Pumpkin Pancakes

Preparation Time: 40 minutes

Cooking Time: 15 minutes

Serves: 12

Ingredients

1 cup of steamed and pureed organic pumpkin

1 ½ cups of cream cheese

1 cup of coconut flour

3 eggs

½ teaspoon of chili flakes+ 1/3 teaspoon of pumpkin spice

¼ cup of melted butter

2 teaspoon Stevia

Directions

Take a large bowl and add the pumpkin, cream cheese, coconut flour, eggs, pumpkin spice, stevia, chili flakes and melted butter and mix well.

Keep aside covered for 15 minutes.

Take a non-stick pan and heat it. Once hot, Pour a ladle of the pancake mixture and reduce the heat.

Wait for 2 minutes and then flip over. Once golden and fluffy, place it onto a plate.

Serve hot with a dab of butter.

Nutrition per Serving

Calorie: 150

Protein: 10g

Fat: 22g

Carbohydrate: 5g

Fiber: 2g

Low Carb Flax Breakfast

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

½ cup of flaxseed meal

½ cup of ground almond

½ cup of heavy cream

2 tablespoons of Splenda

A dash of vanilla

1 cup of water

Directions

Take a microwaveable bowl and add the flaxseed meal, water and ground almond and microwave for 2 minutes on high.

Then take out, cool a bit, and add the cream, vanilla, and Splenda and stir and enjoy.

Nutrition per Serving

Calorie: 135

Protein: 9g

Fat: 18g

Carbohydrate: 4g

Fiber: 5g

Zucchini with Bacon and Cheese Wraps

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 6

Ingredients

1 medium zucchini

4 slices of bacon fried and chopped into small bits

½ cup of cheese

1 tablespoon of finely chopped dill

Salt and pepper to taste

Directions

Take the zucchini, wash and peel the skin away. Then slice the zucchini lengthwise. Like that you will get about 4-6 slices. If not, use one more zucchini and slice lengthwise.

Then heat a griddle and grill the zucchini slices for one minute on both sides.

Place the cheese in a small bowl and mix dill, salt and pepper with it.

Then take each zucchini slice, spread the cheese and finely sprinkle the bacon bits. Roll and secure with a toothpick. Your wraps are ready.

Nutrition per Serving

Calorie: 190

Protein: 10g

Fat: 15g

Carbohydrate: 3g

Fiber: 2g

Brussels sprouts Egg Burgers

Preparation Time: 35 minutes

Cooking Time: 10 minutes

Serves: 12

Ingredients

25 ounce (700 gm) of Brussels sprouts cleaned well

½ cup of cream cheese

½ cup of chopped spring onions

½ cup Gluten free black bean flour

2 eggs

½ teaspoon of white pepper

Burger: 2 eggs per person

Directions

Take the Brussels sprouts and shred it up in the food processor.

Then, mix the cream cheese, spring onions, gluten free black bean flour eggs and white pepper with the shredded Brussels sprouts.

Make small patties and fry for three minutes on each side until nice and crispy on the outside.

For the burger: Fry one egg at a time and then place one Brussels sprouts patty in between the two fried egg and enjoy.

Nutrition per Serving

Calorie: 185

Protein: 11g

Fat: 20

Carbohydrate: 5g

Fiber: 5g

Salmon Bakes

Preparation Time: 6 hours

Cooking Time: 1 hour

Serves: 4

Ingredients

4(6 ounces / 170 gm) salmon fillets

2 tablespoons of lemon juice

1 tablespoon each of minced parsley, mint, garlic, paprika, sunflower seeds (slightly crushed)

3 tablespoons of olive oil

Directions

Clean the fillet and keep aside.

Then place all the other ingredients in another bowl, and mix well and pour onto the fish. Marinate for 6 hours.

After 6 hours, place in a baking dish and bake for 1 hour at 250F until flaky and cooked.

Serve with sour cream, green beans and apricots.

Nutrition per Serving

Calorie: 325

Protein: 22g

Fat: 35g

Carbohydrate: 4g

Fiber: 5g

Lunch Break Keto Omelets

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 large organic eggs

4 large egg whites

1 cup coconut milk

¼ cup of broccoli flowerets

¼ cup of cabbage

¼ cup of fresh tomato

1 cup of cooked tuna chopped coarsely

Salt and pepper to taste

½ cup of cheddar cheese grated

1 large red onion finely chopped+ 3 cloves of garlic

Directions

Crack the 2 eggs and also put the egg whites into the bowl, add coconut milk, salt and pepper, beat and keep aside.

Take a large skillet, spray with cooking oil and once hot add the onion and garlic and sauté.

Next, throw in the spinach, tomato, cabbage, tuna and finally the broccoli. Stir and fry till everything is evenly coated with oil and just cooked. It will take about 2-3 minutes.

Now pour the beaten egg mixture onto the vegetable mix. Let it stay untouched for 4 minutes until the egg sets in and take s the shape of the pan. Once it is firm, slowly cut into two portions and flip over each piece.

Once cooked, place on a plate or in your lunch box and garnish with cheese and enjoy.

Nutrition per Serving

Calorie: 280

Protein: 12g

Fat: 22g

Carbohydrate: 4g

Fiber: 5g

Quick Cobb Low Carb Salad

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

- 2 large boiled hen eggs cut into small pieces
- 4 slices of fried bacon chopped coarsely
- 6 sausages diced and sautéed in 1 tablespoon of olive oil
- 1 cup of diced cucumbers
- ½ cup of boiled snap peas
- ¼ cup of pine nuts
- 1 teaspoon of mustard paste
- 4 tablespoons of mayonnaise
- 4 tablespoons of heavy cream
- 2 tablespoons of olive oil+ 1 tablespoon of vinegar
- 1 tablespoon of dill and mint leaves each
- A dash of pepper

Directions

Take a small bowl and add the mustard paste, mayonnaise, heavy cream, olive oil, vinegar, dill, mint leaves and pepper and mix well and keep aside. The dressing is ready.

Now take a large bowl, add the cut eggs, bacon bits, dices sausages, snap peas, and cucumbers, and pine nuts and finally pour in the dressing.

Mix well and serve warm or cold.

Nutrition per Serving

Calorie: 350

Protein: 8g

Fat: 28g

Carbohydrate: 4g

Fiber: 8g

Low Carb Keto Pizza

Preparation Time: 35 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 cups of chestnut flour+ 1 egg+ ½ cup water for kneading the dough

2 cups of mozzarella cheese+ 1 tablespoon of oregano

1 cup of cooked pork mince+ 4 slices of salami

½ cup of tomato sauce

½ cup of onions+ ½ cup of peppers

6 black olives sliced

Directions

Take the chestnut flour and knead well with the water and egg. Let it sit for 5 minutes. Then roll out a base with ½ inch thickness and keep aside. Bake for 5 minutes until crust is toasted.

Now, spread the pork mince, salami, tomato sauce, onions, peppers, olives evenly into the pizza bases.

Finally, top with mozzarella cheese and oregano and bake for 10 minutes at 300F or until cheese melts and becomes light golden brown.

Nutrition per Serving

Calorie: 190

Protein: 10g

Fat: 18g

Carbohydrate: 5g

Fiber: 3g

Low carb Cheesy Cauliflower Surprise

Preparation Time: 1 hour

Cooking Time: 1.5 hour

Serves: 12

Ingredients

40 oz. (1100 gm) cauliflower chopped

15 chicken thighs

1 cup of yogurt + ¼ cup chopped basil leaves

1 cup of cheddar cheese grated

1 cup of blue cheese grated

1 cup of Monterey Jack Cheese grated

2 cups of light cream

1 cup of chopped red onions+ chopped green peppers+ chopped red peppers+ chopped spinach

5 cloves of garlic minced+ 1 teaspoon of (pepper+ rosemary+ thyme+ mustard powder each)

Directions

Take the chicken thighs and marinate with yogurt and basil leaves. Add salt and marinate for 30 minutes. Then bake for 45 minutes until juicy and cooked inside.

Leave them to cool and then pull from the bone and keep aside.

Take a deep large casserole, place the pulled chicken, chopped cauliflower, the 3 cheeses (½ cup of each only) , light cream, onions, peppers, spinach, garlic, and spice mix and mix well.

Finally top with remaining cheese and bake in an oven at 280F for 35- 45 minutes until the cheese has melted and the cauliflower has been well cooked.

Nutrition per Serving

Calorie: 250

Protein: 20g

Fat: 35g

Carbohydrate: 5g

Fiber: 6g

Goopy Sausage Pops

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Serves: 10

Ingredients

2 cups of sausages shredded

½ cup of cheddar cheese

½ cup of cottage cheese

1 teaspoon of chili flakes + ½ cup of red peppers_ ¼ teaspoon of mustard powder

1 egg

Directions

Place the shredded sausages, cheddar cheese, cottage cheese, chilli flakes, red peppers, and mustard powder and mix well. Shape into balls.

Crack and beat one egg. Then dip each ball in the egg and deep fry till it gets a crusty golden color.

Nutrition per Serving

Calorie: 175

Protein: 8g

Fat: 15g

Carbohydrate: 3g

Fiber: 2g

Keto Pork Tacos

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

25 oz. (700 gm) pork mince

3 teaspoons Taco Seasoning

4 Romaine Lettuce Leaves

½ cup of goat cheese

½ cup of mayonnaise

Directions

Place the pork mince in a skillet and cook it for 20 minutes until nice and brown. Eave to cool.

Now, take each leaf, place the pork mince, then the seasoning, goat cheese and a dollop of mayonnaise. Wrap it securely and enjoy.

Nutrition per Serving

Calorie: 225

Protein: 18g

Fat: 39g

Carbohydrate: 4g

Fiber: 5g

Buffalo Chicken Sandwiches

Preparation Time: 3 hours

Cooking Time: 30 minutes

Serves: 6

Ingredients

6 chicken breasts

1 cup of red pepper boiled and pureed

5 tablespoons of hot sauce

5 tablespoon of spring onions

1 cup of sour cream

1 cup of button mushrooms chopped finely + 1 cup of finely chopped onions

2 cups of shredded Parmesan cheese

2 cups of cottage cheese

5 tablespoons of parsley+ 3 egg whites+ 1 cup of coconut milk

Directions

Place the chicken breasts, red pepper puree, hot sauce and spring onions in a baking dish and bake for 2 hours at 150F. Once cooked, leave to cool.

Now, shred the chicken with fingers and mix with sour cream and keep aside.

Now take a bowl and add the chopped mushrooms, onion, cheeses, parsley, milk and egg whites. Mix well. It should be a thick lumpy mixture.

Spray a non stick pan with cooking oil and pour a ladle of the mixture. Note that you should reduce the heat to the minimum or else the cheese will get scorched.

Flip over and take off the pan. Repeat until the batter is over. Your cheese bread is ready.

Now arrange one cheese bread; and then place the chicken mixture and top with cheese bread again. Your sandwich is ready.

Nutrition per Serving

Calorie: 250

Protein: 28g

Fat: 42g

Carbohydrate: 4g

Fiber: 0.8g

Broccoli Beef Stir Fry

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

14 ounce (400 gram) of ground beef

2 cups of chopped red onions+ 2 tablespoons of minced garlic+ 1/ 2 tablespoon of minced ginger

2 cups of chopped broccoli

½ cup of chopped fennel+ 1 cup of yellow peppers

1 cup of chopped mushrooms

1 teaspoon of cayenne pepper

Salt for seasonings

5 tablespoons of coconut oil

1 cup of coconut milk

Directions

Heat a large wok and pour the coconut oil into it.

Throw in the garlic and red onions and stir. Then add the ground beef and stir. Cover and let it get cooked for 20 minutes.

Now open the lid and add the fennel, yellow peppers, mushrooms, cayenne pepper, salt and stir for 5 minutes.

Last, pour in the coconut milk and add the broccoli, stir, and cover and cook for 5 minutes.

Open and check whether the stir fry is dry and ground beef has become well browned. It is ready then to serve.

Nutrition per Serving

Calorie: 280

Protein: 15g

Fat: 28g

Carbohydrate: 6g

Fiber: 2g

Keto Organic Chicken Salad

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Serves: 4

Ingredients

14 ounce (400 gram) of chicken breasts divided into 4 portions

1 tablespoon of peri peri sauce mix

1 cup of arugula leaves

½ cup of diced avocado

Juice of one lemon

4 slices of bacon cut into small bits

Directions

Heat a large frying pan and fry the bacon bits.

Then add the chicken breasts and fry until golden brown.

Take a bowl and add the arugula leaves, peri peri sauce, diced avocado, and the chicken and bacon bits.

Finally add the lemon juice and toss well and serve.

Nutrition per Serving

Calorie: 300

Protein: 20g

Fat: 38g

Carbohydrate: 5g

Fiber: 8g

Gluten Free Shrimp Avocado Combo

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 cup of shrimps cleaned and deveined

½ cup toasted coconut

½ cup peanuts+ ½ cup chopped onions+ 1 tablespoon minced garlic+ 2 tablespoons of oil

½ avocado cubed

1 cup of thick coconut milk

1 bunch of coriander leaves finely chopped

1 teaspoon of hot sauce+ salt to taste

Directions

Heat a large frying pan and fry the garlic in 2 tablespoons of oil

Add the onions and peanuts and stir.

Now add the shrimps and stir fry for 1 minute. Then add the hot sauce and salt and then the coconut milk and cook for 3 minutes.

Finally add the toasted coconut and the coriander leaves.

Serve in a plate with avocado

Nutrition per Serving

Calorie: 180

Protein: 15g

Fat: 27g

Carbohydrate: 4g

Fiber: 7g

Mouth Watering Keto Ginger Beef

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Serves: 2

Ingredients

2 cups of thinly sliced beef strips

1 cup of cauliflower flowerets

1 cup of diced mushrooms

½ cup of string beans cut into 1 inch pieces

2 tablespoons of vinegar

2 tablespoon of soy sauce

2 tablespoons of tomato sauce

5 tablespoons of sesame oil

2 cups of diced onions+ 1 cup of red peppers+ 3 tablespoons of minced ginger+ 1 tablespoon of minced garlic

Directions

Heat a large wok and pour 5 tablespoons of sesame oil. Put in the ginger and garlic and stir.

Next, add the onion, peppers, and the beef and stir for 5 minutes. Let it cook for 10 minutes on medium heat and with lid on.

Take off the lid and add the mushrooms, cauliflowers and beans and stir on high heat for 5-8 minutes until they are all cooked.

Finally add the vinegar, soy sauce and tomato sauce and stir and serve hot.

Nutrition per Serving

Calorie: 200

Protein: 13g

Fat: 22g

Carbohydrate: 5.4g

Fiber: 3g

Special Keto Fried Chicken

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

4 chicken breasts

2 eggs

4 slices bacon bits fried+1 ½ cups of gluten free oat powder

2 teaspoons of garlic powder

2 teaspoons of onion powder

2 teaspoons of any seasoning mix of your choice

¾ cup light cream

½ teaspoon of black pepper powder, rosemary, thyme each

Oil for deep frying

Directions

Prick the chicken breasts and keep aside.

Take a small bowl and add the eggs, garlic powder, onion powder, seasonings, light cream, pepper, thyme, rosemary. Mix well and pour on to the chicken and marinate for 10 minutes.

Heat a large wok and pour oil and heat it.

Now take each chicken breast and dip into the bacon bits and then into the oat powder.

Then fry in the hot oil for 5 minutes on each side until crispy and golden.

Serve with cheese and spinach salad.

Nutrition per Serving

Calorie: 125

Protein: 11g

Fat: 19g

Carbohydrate: 1.4g

Fiber: 1.5g

Keto Style Meatloaf

Preparation Time: 40 minutes

Cooking Time: 1 hour

Serves: 12

Ingredients

2 cups of pork mince

2 cups of shredded sausage meat

10 slices of bacon chopped

$\frac{3}{4}$ cup of almond flour

$\frac{1}{2}$ cup of cheddar cheese

$\frac{1}{2}$ cup of parmesan cheese

4 eggs

1 tablespoon gelatin+ 5 tablespoons of cold milk

2 cups of chopped onions+ 1 cup of green peppers+ 8 cloves of garlic minced

2 basil leaves, 2 all spice leaves, 2 bunches of parsley leaves- all chopped finely

Salt and pepper to taste+ 4 tablespoons of vinegar+ 2 tablespoons of honey+ 2 tablespoons of barbeque sauce.

$\frac{1}{2}$ cup butter

Directions

Take a large baking dish and grease it with butter. Keep aside.

Next, preheat the oven to 350F.

Now take a frying pan, add butter, then add the onions, green peppers, and garlic and bacon and sauté for two minutes and keep aside.

Soak the gelatin in the cold milk and keep aside.

Now take a large mixing bowl, and pork mince, sausage meat, almond flour, cheddar cheese, parmesan cheese, eggs, soaked gelatin, sautéed onion mixture, the spice leaves, salt, pepper, vinegar, barbeque sauce, honey, and the rest of the butter and mix well till everything is mixed equally.

Ensure that it becomes a non sticky dough or else add more almond flour and cheese.

Then place inside the baking dish and bake at 180F for about one hour. Insert a knife inside the loaf and if it comes out clean, then the meat loaf is cooked.

Cool for 20 minutes, then slice and serve it with sour cream and salad.

Nutrition per Serving

Calorie: 295

Protein: 19g

Fat: 32g

Carbohydrate: 4g

Fiber: 3.7g

Steamed Snapper with Blue Cheese Spread

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 fillets of snapper

2 tablespoons of lemon juice+ 2 cloves of garlic minced

Salt and pepper to taste

1 cup of blue cheese

1 bunch of coriander leaves chopped finely

1 tablespoon of prawn crackers

¼ cup of heavy cream

Directions

Take a steamer and place the fish on the top basket. Sprinkle salt, pepper and lime juice over it and steam for 10 minutes.

Take a bowl, and place the blue cheese and heavy cream and salt and pepper and beat well until light. Then fold in coriander leaves and prawn crackers.

Serve the blue cheese spread with the steamed snapper and some vegetables of your choice.

Nutrition per Serving

Calorie: 200

Protein: 12g

Fat: 22g

Carbohydrate: 3g

Fiber: 1.7g

Turkey with Kale Frittata

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

Ingredients

2 cups of turkey mince

1 cup of cubed ham

1 ½ cups of grated Provolone

4 kale leaves chopped

½ cup of red peppers chopped+ ½ cup of chopped onions + 1 tablespoon of garlic powder and paprika powder

½ cup of dry mushrooms chopped

5 eggs

Directions

Take a large frying pan and spray with cooking oil. Add the onions, peppers, garlic powder and paprika.

Now add the turkey mince and cook for 6 minutes. Next add the ham and stir and then cook on medium heat for 10 minutes.

Now add the kale leaves and dry mushrooms and stir again for 3 minutes.

Beat 5 eggs and add salt and pepper and pour over the contents in the frying pan evenly.

Put down the heat. Then sprinkle with cheese and cover and cook till the cheese bubbles.

Nutrition per Serving

Calorie: 300

Protein: 14g

Fat: 25g

Carbohydrate: 3g

Fiber: 8g

Egg white with Zucchini Scramble

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

Ingredients

8 egg whites (or 4 whole eggs)

2 egg yolks

1 cup of almond milk

1 small zucchini peeled and shredded

4 slices of salami finely chopped

1 cup of mozzarella cheese grated

A sprinkle of thyme, salt and pepper

Directions

1. Take a large bowl, add the egg whites, egg yolks, zucchini, salami, and thyme, salt and pepper and milk and beat well.
2. Take a large frying pan, pour oil and once hot, pour the egg mixture.
3. Wait for 10 seconds and slowly begin to stir, break and scramble the eggs. Now add the cheese and off the gas. Keep on stirring till everything is nice and gooey.

Nutrition per Serving

Calorie: 200

Protein: 15g

Fat: 28g

Carbohydrate: 3g

Fiber: 3g

Sunflower Infused Pork Kebabs

Preparation Time: 1 hour

Cooking Time: 30 minutes

Serves: 4

Ingredients

16 cubes of pork meat (4 pieces per person)

16 green pepper cubes

16 red onion cubes

8 pineapple cubes

$\frac{1}{4}$ cup of sunflower butter

2 tablespoons of garlic powder

1 tablespoon of brown sugar

2 tablespoons of soy sauce

1 teaspoon of chili flakes

$\frac{1}{2}$ teaspoon of almond flour

Directions

Take a large bowl; add the pork cubes, peppers, onion and pineapple cubes, and the sunflower butter, garlic powder, brown sugar, soy sauce, chili flakes and mix well for one hour or overnight.

Heat a grill pan and spray oil on it.

Now place each pork cubes on the grill and cook for 10- 12 minutes on each side. Once cooked keep aside.

Next place the onions, peppers and pineapple and grill for 2 minutes on each side. Once cooked keep aside.

Finally pour the marinade onto the grill pan. Let it boil then add the almond flour. Stir quickly and also add the pork cubes, onions, peppers and pineapple cubes. Toss quickly to evenly coat the pieces with the glossy marinade.

Serve hot Kebabs with Lettuce leaves and apricots.

Nutrition per Serving

Calorie: 200

Protein: 10g

Fat: 18g

Carbohydrate: 3.1g

Fiber: 3g

Low Carb No Bake Lemony Cheesecake

Preparation Time: 20 minutes

Setting Time: 1 hour

Serves: 6

Ingredients

3 cups of cream cheese

2 cups of heavy cream

2 packets of Splenda

2 ½ tablespoons of lemon juice + 1 tablespoon of vanilla essence

Directions

Take a large bowl and add in all the contents. Whip well.

Set into separate bowls or an airtight container and leave to set in the refrigerator for one hour.

Nutrition per Serving

Calorie: 150

Protein: 6g

Fat: 12g

Carbohydrate: 0.7g

Coconut Raspberry Popsicles

Preparation Time: 10 minutes

Setting Time: 1 hour

Serves: 6

Ingredients

2 cups of thick coconut milk

1 cup of heavy cream

2 packets of Splenda

6 teaspoons of sugar free raspberry flavored syrup

Directions

Take a large bowl and add in all the contents. Mix well until frothy.

Pour into cups and set for 30 minutes in the freezer section. Then insert wooden or plastic sticks and further freeze for 30 minutes and your popsicles are ready.

Nutrition per Serving

Calorie: 120

Protein: 8g

Fat: 19g

Carbohydrate: 0.8g

Fiber: 1.4g

Blackberry Tarts

Preparation Time: 10 minutes

Setting Time: 2 hours

Serves: 6

Ingredients

Base: 1 cup of almond flour+ 1 cup of powdered coconut flakes+ ½ cup of butter.

Filling: 1 cup of thick coconut milk

1 cup of heavy cream

1 cup of cottage cheese

¼ cup of Swerve+ ½ teaspoon of cinnamon powder

1 cup of fresh blackberries or frozen ones

Directions

Take a large bowl and add the contents of the base and mix well with some cold water.

Take a baking tart pan and press the dough into the moulds and leave in the fridge to set.

Next, take a blender, and put in the coconut milk, heavy cream, cottage cheese, cinnamon powder and blend well.

Pour the mixture into the crust base and leave to set for 30- 45 minutes in the fridge.

Finally top with blackberries and serve cold.

Nutrition per Serving

Calorie: 100

Protein: 7g

Fat: 16g

Carbohydrate: 2g

Fiber: 1g

Coconut Bites

Preparation Time: 10 minutes

Setting Time: 20 minutes

Serves: 8

Ingredients

½ cup of egg whites

1 ½ cup of powdered coconut

2-3 drops of Stevia

Directions

Take a large bowl and add the egg whites. Beat well until fluffy. It should not fall down when you turn the bowl over.

Now add coconut powder, Stevia and fold in gently.

Bake in an oven in a muffin pan at 160F for 15 minutes until edges are golden brown in color.

Nutrition per Serving

Calorie: 65

Protein: 5g

Fat: 12g

Carbohydrate: 1.2g

Fiber: 1.4g

Chocolate Mint Ice-cream

Preparation Time: 10 minutes

Setting Time: 3 hours

Serves: 12

Ingredients

4 packets of Stevia

2 cups of heavy cream

2 cups of almond milk

200 grams of grate dark chocolate

5 drops of peppermint extract

2drops of vanilla extract

Directions

Take a large mixing bowl and add the cream, milk, Stevia, only 100 grams of dark chocolate and the extracts. Mix well and leave to freeze for 45 minutes.

Then take the container out and add the rest of grated chocolate and again freeze for 2 hours.

Serve in small ice cream bowls.

Nutrition per Serving

Calorie: 180

Protein: 17g

Fat: 28g

Carbohydrate: 1.4g

Fiber: 2g

Blackcurrant white chocolate Smoothie

Preparation Time: 10 minutes

Setting Time: 25 minutes

Serves: 4

Ingredients

1 packet of Stevia

1 tablespoon of whey powder

½ cup of grated white chocolate

1 cup of black currants

½ cup of hazelnuts

3 cups of almond milk

Directions

Take a small bowl and add the milk and hazelnuts. Let it soak for 30 minutes. After than grind it to a fine and smooth paste. Keep it aside.

Now, take a blender and add the whey powder, Stevia, white chocolate, black currants, hazelnut paste, and blend until smooth, creamy and thick.

Pour into tall glasses and keep in fridge for 10 minutes. Serve cold.

Nutrition per Serving

Calorie: 108

Protein: 12g

Fat: 20g

Carbohydrate: 2g

Fiber: 4g

Strawberry Mousse

Preparation Time: 10 minutes

Setting Time: 2 hours

Serves: 4

Ingredients

1 packet of Stevia

4-6 strawberries

2 cups of heavy cream

1 scoop of whey powder

1 teaspoon of agar-agar soaked in 1 tablespoon of water

Directions

Take a blender and mix all the ingredients and pour into an airtight bowl and leave to set for 1 ½ hours in the fridge.

Scoop into bowls and serve this creamy dessert

Nutrition per Serving

Calorie: 150

Protein: 15g

Fat: 25g

Carbohydrate: 3g

Fiber: 1.7g

Fluffy Instant Raspberry Cheesecake with White Chocolate Sprinkles

Preparation Time: 10 minutes

Setting Time: 1hour

Serves: 4

Ingredients

1 ½ cups of cream cheese

½ cup of white chocolate grated

1 cup of almond milk

¼ cup of low sugar raspberry preserve

Directions

Take a blender and mix all the ingredients and pour into an airtight bowl and leave to set for 1 hour in the fridge.

Scoop into bowls and serve this creamy dessert

Nutrition per Serving

Calorie: 80

Protein: 10g

Fat: 20g

Carbohydrate: 2.5g

Tiny Crab Bites

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4

Ingredients

1 cup of canned crab meat

1 bunch of chopped coriander leaves

3 tablespoons of Feta cheese

3 tablespoons of finely chopped onions

8 readymade low carb mini tart shells

Directions

Mix all the ingredients well, check seasonings.

Scoop into the mini tart shells and enjoy!

Nutrition per Serving

Calorie: 58

Protein: 9g

Fat: 13g

Carbohydrate: 2g

Spinach Rolls

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4

Ingredients

8 baby spinach washed and kept dry (2 per person)

8 slices of cold leftover cooked turkey/ chicken/ sausage/shrimps

8 teaspoons of cream cheese

A sprinkle of pepper

Olive oil

Directions

Mix the leftover meat of your choice with the cream cheese and pepper and olive oil.

Scoop into the baby spinach leaves, roll and enjoy!

You can substitute meat with cucumbers and tomatoes too.

Nutrition per Serving

Calorie: 72

Protein: 10g

Fat: 18g

Carbohydrate: 1.1

Cool Cucumbers Sticks with Pumpkin Butter

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4

Ingredients

1 cup of boiled pumpkin

½ cup of goat cheese

Salt and pepper

3 tablespoons of bacon bits fried

Cucumber sticks

Directions

Blend the pumpkin, goat cheese, salt and pepper in a blender.

Add the bacon bits and mix with a spoon.

Scoop out into a small serving bowl and serve cucumber sticks or fish fingers.

Nutrition per Serving

Calorie: 65

Protein: 7g

Fat: 13g

Carbohydrate: 0.8

Salmon Spread Squares

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Serves: 4

Ingredients

1 ½ cups of almond flour

10 tablespoons of butter+ salt

½ cup of salmon

4 tablespoons of mayonnaise

2 tablespoons of lime juice

1 teaspoon of paprika

2 tablespoons of finely chopped dill

Directions

Take a bowl and mix the almond flour and butter, salt and water to form a dough.

Roll out and cut into squares and bake for 5 minutes.

Now take another bowl, add the salmon, mayonnaise, lime juice, paprika, and dill. Mash the salmon with a fork and mix properly.

Scoop on a almond square and top with another almond square.

Nutrition per Serving

Calorie: 50

Protein: 6g

Fat: 14g

Carbohydrate: 1g

Fiber: 0.8

Jack Bites

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Serves: 4

Ingredients

8 slices of Monterey jack cheese (2 per person)

1 egg

4 spicy pork sausages chopped

½ cup of sour cream

2 tablespoons of mint leaves chopped

Directions

Take a bowl and beat the egg and pork sausages together.

Spray a non-stick pan with oil and pour the egg mixture and make a scrambled egg. Leave it to cool.

Now sour cream and mint leaves to the cooled egg sausage mixture.

Scoop it on each cheese slice and serve.

Nutrition per Serving

Calorie: 70

Protein: 7g

Fat: 16g

Carbohydrate: 1.4g

Fiber: 1.7g

Cauliflower Cheese balls

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 4

Ingredients

1 cup of finely chopped cauliflower

2 tablespoons of fried pork rinds chopped

½ cup of mozzarella cheese

1 teaspoon of oregano

1 egg

¼ cup of pecan flour

Directions

1. Take a bowl and add all the ingredients well. Shape into small balls.
2. Place on a baking tray and bake for 5 minutes at 110F and enjoy when golden brown.

Nutrition per Serving

Calorie: 85

Protein: 8g

Fat: 15g

Carbohydrate: 1g

Fiber: 0.4g

Chocolate Mug Cake

Preparation Time: 3 minutes

Cooking Time: 2 minutes

Serves: 2

Ingredients

1 large, Organic Egg

2 tablespoons Cocoa Powder (unsweetened)

2 tablespoons Splenda (or any other sugar substitute)

1.5 tablespoons heavy cream

¼ teaspoon baking powder

½ teaspoon vanilla extract

Cooking Spray

Pinch of salt

Directions

1. Spray a medium sized oven-proof mug with cooking spray. Set aside.
2. Beat the egg in a small bowl. Set aside.
3. In a separate larger bowl, mix together Cocoa Powder, Splenda, and a pinch of salt.
4. Add heavy cream, vanilla extract, egg and the baking powder to the dry ingredients and mix well.
5. Transfer the mixture into the mug. When done, firmly push the mixture on top to release any air bubbles.
6. Bake for about 2 minutes or until the top of the cake becomes solid.

Nutrition per Serving

Protein: 7g

Fat: 16g

Carbohydrate: 2.7g

Fiber: 1.1g

Chocolate Keto Brownies

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Serves: 4-7 brownies, depending upon the cut size

Ingredients

1/3 cup Cream Cheese

3 large, organic Eggs

2 tablespoons melted Butter

2 tablespoons Cocoa Powder (unsweetened)

4 tablespoons Almond Flour

4 tablespoons Coconut Flour

1 teaspoon Vanilla Extract

¼ teaspoon Baking Powder

8 packets Truvia (or any sugar substitute)

¼ cup Almond Milk

Pinch of Salt

Directions

Preheat oven to 350F.

Take a bowl and combine together the cream cheese, eggs, melted butter, almond milk and vanilla extract. Mix until smooth and thick.

In another bowl, combine together the cocoa powder, almond flour, coconut flour, baking soda and Truvia and a pinch of salt.

Pour the egg and cheese mixture on top of the flour mixture and mix well.

When done, pour the batter into a baking pan or a cake pan. Bake for 30 minutes (or until the brownies become set and firm).

After completely baked, let cool for five minutes and cut as desired.

Nutrition per Serving

Protein: 8g

Fat: 19g

Carbohydrate: 3g

Fiber: 2g

Keto Cookie Dough

Preparation Time: 5 minutes

Serves: 1

Ingredients

2 tablespoons Heavy Cream

2 tablespoons Butter

1-tablespoon coconut flour

1 packet Truvia

½ teaspoon Vanilla extract

Pinch of Salt

Directions

Take all the ingredients and blend them together.

When the mixture becomes nice and firm, roll into ball shapes.

Put the dough balls on a cake pop stick.

Store in the freezer and serve later.

Nutrition per Serving

Protein: 6g

Fat: 16g

Carbohydrate: 2g

Fiber: 1g

Coconut Lemon Snow Balls

Preparation Time: 5 minutes

Total Time: 15 minutes

Serves: 10 - 12 balls

Ingredients

1 cup Cream Cheese

2 packets of True Lemon

2 packets Stevia

½ cup shredded Coconut (unsweetened)

Directions

Soften the cream cheese at room temperature.

When soft, pour the cheese in a bowl and mix together lemon and stevia. Blend well.

Put this mixture in the freezer and harden it up a bit.

When done, roll into multiple balls. Depending on the size you can make upto 12.

Now dip each ball into the cup filled with coconut.

Your coconut snow ball is now ready. Serve immediately or freeze for a while for more crispyness.

Nutrition per Serving (per ball)

Protein: 2.2g

Fat: 6g

Carbohydrate: 0.7g

Fiber: 0.4g

Keto Lemon Cheesecake

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Serves: 6

Ingredients

For Crust

- 1 cup Almond Flour
- 3 tablespoons melted Butter
- 1 packet Splenda (about 1 ½ teaspoon)

For Filling

- 1 cup Cream Cheese
- ½ teaspoon Vanilla Extract
- 1 cup heavy Whipping Cream

Directions

Preheat oven to 350F.

Spray your baking pan with cooking spray.

In a bowl, combine the almond flour, butter and Splenda. Mix until crumbly.

Transfer the mixture into the baking pan. Press from the top to release any air bubble and bake for about 10 minutes or until golden brown.

In the meantime, mix together the cream cheese, vanilla extract, and the whipping cream using an electric mixer. Mix until the mixture thickens and soft peaks form.

When both the crust and filling are ready, spread the filling evenly over the crust.

Cover and freeze until the cake become nice and firm.

Nutrition per Serving

Protein: 6g

Fat: 21g

Carbohydrate: 2g

Fiber: 1g

Chocolate Mousse

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Total Time: 35 minutes

Serves: 3

Ingredients

4 tablespoons melted Butter (unsalted)

4 tablespoons Cream Cheese

1/3 cup Heavy Cream

1 tablespoon Cocoa Powder (unsweetened)

1 tablespoon Truvia

Directions

In a small bowl, combine the melted butter and Truvia and mix well.

Add the cream cheese and mix together until smooth.

When smooth, add the cocoa powder and blend again.

Whip the heavy cream and add to this mixture little by little, gradually blending together everything.

When done, pour the mixture to a glass and freeze for about half an hour.

Nutrition per Serving

Protein: 5g

Fat: 24g

Carbohydrate: 1.7g

Fiber: 1g

Fluffy Cheesecake

Preparation Time: 5 minutes

Total Time: 5 minutes

Serves: 3

Ingredients

1 cup Cream Cheese

½ cup Heavy Cream

4 tablespoons Sour Cream

3 packets Truvia

½ teaspoon Vanilla Extract

Directions

Pour all the ingredients in your electric mixer and whip until stiff peaks are formed.
Top up with some whipped cream. Serve well!

Nutrition per Serving

Protein: 7g

Fat: 22g

Carbohydrate: 3g

Fiber: 3g

Bulletproof Chocolate Ice-Cream

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Serves: 10

Ingredients

For Base:

¾ cup Butter

½ cup Almond Milk (unsweetened)

3 whole Organic Eggs

3 egg Yolks

1 teaspoon Vanilla Extract

¼ cup Cocoa Powder (unsweetened)

½ teaspoon Stevia

½ teaspoon Salt

For Swirl:

½ cup Almond Butter, softened

4 tablespoons Coconut Oil, melted

¼ teaspoon Stevia

Directions

Blend together the butter, eggs, yolks, almond milk, vanilla extract, cocoa powder, stevia, and salt in a blender.

When the mixture becomes smooth enough, place into ice cream maker.

In the meantime, combine the almond butter, coconut oil, and Stevia in a small bowl.

Combine this mixture until nice and smooth. Cool in a freezer until the ice cream is done.

When done, swirl into the ice-cream maker for half a minute.

Store in the freezer for a little longer, and serve well!

Nutrition per Serving

Protein: 7g

Fat: 24g

Carbohydrate: 3gm

Fiber: 1.1gm

Jello Cream Cheese Balls

Preparation Time: 5 minutes

Total Time: 5 minutes

Serves: 16 balls

Ingredients

1 packet Cream Cheese (Kraft's)

1 packet of Sugar-free Jello

Directions

Slice the cream cheese into 16 squares.

Roll each square slices in your hands to give the shape of a ball.

Pour the jello powder into a bowl.

Roll each ball against the jello powder.

Cover with plastic wrap and freeze the cheese balls.

Nutrition per Serving (per ball)

Protein: 3g

Fat: 9g

Carbohydrate: 0.5g

Chocolate Cupcakes with Cream Frosting

Preparation Time: 10 minutes

Cooking Time: 15minutes

Total Time: 25 minutes

Serves: 7

Ingredients

1 cup Cocoa Powder (unsweetened)

1 cup Sweetener

5 tablespoons Butter

4 large, Organic Eggs

1 teaspoon Vanilla Extract

1 cup Cream Cheese

Directions

Preheat oven to 340F.

Melt the butter in a saucepan over low heat and mix the cocoa powder.

Using a mixer, whip eggs. Pour $\frac{1}{2}$ cup sweetener and continue to mix. Continue to do so until the mixture becomes nice and thick.

When done, combine the cocoa mixture and the egg mixture together.

Pour the batter evenly in your cupcake pan (with liners) and bake for about 15 minutes or until a toothpick inserted in the center of the cake comes out clean.

In the meantime, beat together cream cheese, $\frac{1}{2}$ cup sweetener and vanilla extract using a mixer. Mix until the frosting becomes light and fluffy. (Takes about 3 minutes)

Nutrition per Serving

Protein: 9g

Fat: 24g

Carbohydrate: 4g

Fiber: 3g

Ketogenic Crème Brulee

Preparation Time: minutes

Cooking Time: minutes

Total Time: minutes

Serves: 2

Ingredients

4 Egg Yolks

4 tablespoon Erythritol

1 drop Liquid Stevia

1 cup Heavy Cream

1 teaspoon Vanilla Extract

Directions

Preheat oven to 350F.

In a mixing bowl, mix all the ingredients.

Strain the custard mixture through a fine sieve.

When done, pour the mixture into ramekins. (Uses about 4 ramekins)

Place the ramekins in a glass bakin dish. Fill the dish with water so that it comes half way up to the side of the ramekins.

Bake for 40 minutes t 350F or until nice and set.

Let cool at room temperature and then transfer into the fridge.

Nutrition per Serving

Protein: 7g

Fat: 25g

Carbohydrate: 6g

Fiber: 2g

Low Carb Lime Pie

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Total Time: 60 minutes

Serves: 4

Ingredients

For Crust

2 tablespoons melted Butter

½ tablespoon Coconut Oil

1 cup raw Hazelnuts

1 large, organic Egg

2 tablespoons Chia seeds

1 Tablespoon Swerve

Filling

1 cup Heavy cream

½ cup Sour cream

2 eggs

½ cup fresh Key Lime Juice

1 tablespoon Key Lime Zest

2 Tablespoons Swerve

¼ cup unsweetened coconut flakes

Directions

Preheat oven to 350F.

Grind the raw hazelnuts in a food processor until they turn into flour.

Transfer the hazelnut flour into a mixing bowl and add the melted butter, chia seeds and the swerve. Mix well until a dough is formed.

Grease your baking dish with the coconut oil.

When done, add the dough and firmly press the crust into the dish.

Bake for 20 minutes at 350F or until nice and set.

In the meantime, mix all the filling ingredients in a large mixing bowl and blend the mixture using an immersion blender. Blend until smooth.

When the crust is done, remove from the oven.

Pour the filling evenly on top of crust and bake for 30 more minutes at 350F.

Once baked, remove from the oven and sprinkle the coconut flakes on top.

Refrigerate for a couple of hours and serve!

Nutrition per Serving

Protein: 12g

Fat: 29g

Carbohydrate: 7g

Fiber: 5g

Choco Coconut Bars

Preparation Time: 10 minutes

Cooking Time: 1 hour

Total Time: 1 hour 10 minutes

Serves: 10 bars

Ingredients

For the coconut layer:

2 cups shredded Coconut, unsweetened

4-5 tablespoons Coconut Oil

2 drops liquid Stevia

For the chocolate layer:

1 tablespoon melted butter

2 drops liquid Stevia

3 squares unsweetened chocolate (70%, Baker's Unsweetened Chocolate)

Directions

To prepare the coconut layer:

Mix up all the ingredients and process in a food processor using S blade until a dough is formed.

Withdraw the dough and press it into the bottom of a non sticky 9 x 5 pan.

When done, put the pan in the freezer while you prepare the chocolate topping.

To prepare the chocolate layer:

Mix the butter and the Chocolate Square and microwave in medium heat until the chocolate melts.

Pour in the stevia drops and stir well.

When done, spread this layer evenly over the chilled coconut layer.

Freeze for about 30 minutes more.

Slice into 10 equal pieces. Serve.

Nutrition per Serving

Protein: 3g

Fat: 21g

Carbohydrate: 2g

Fiber: 0.6g

Chocolate Roll Cake

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

Serves: 2-4

Ingredients

For the cake:

- 1 cup Almond Flour
- 3 tablespoons melted Butter
- 3 medium sized, Organic Eggs
- 4 tablespoons unsweetened Cocoa powder
- 3 tablespoons Sour Cream
- ¼ cup coconut Milk
- 1 teaspoon Vanilla extract
- 1 teaspoon Baking Powder
- 4 tablespoons Erythritol

For the filling:

- 1 cup cream cheese
- 4 tablespoons melted butter
- 4 tablespoons sour cream
- 3 tablespoons Erythritol
- 1 teaspoon Vanilla

Directions

Take a medium bowl and mix together the flour, cocoa powder and the baking powder.

Now add all the remaining ingredients: butter, eggs, sour cream, milk, vanilla, and erythritol.

Mix the ingredients until a dough is formed.

Spread the dough on a baking sheet and bake for 20 minutes at 350F.

Meanwhile, cream together all of the filling ingredients.

When the cake is done, spread the filling evenly on top and roll the cake.

Freeze it or serve it right away.

Nutrition per Serving

Protein: 11g

Fat: 26g

Carbohydrate: 4g

Fiber: 2g

Dark Chocolate Crunchy Cups

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Serves: 2-3 cups

Ingredients

2 tablespoons pure coconut oil

4 tablespoons almond butter

1 tablespoon cocoa powder, unsweetened

5 tablespoons shredded coconut

Stevia drops, to taste

Directions

In a medium bowl, mix together the coconut oil, butter and cocoa powder until smooth.

Pour the stevia drops and add the shredded coconut. Mix again.

Fill into small muffin cups and freeze until they harden.

Serve chilled.

Nutrition per Serving

Protein: 7g

Fat: 14g

Carbohydrate: 4g

Fiber: 1g

Keto Praline Ice-Cream

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

Serves: 2-3

Ingredients

1 tablespoon butter

2 cups almond milk, unsweetened

½ cups heavy whipping cream

3 egg yolks

3 tablespoon powdered sugar substitute (Erythritol)

4 tablespoons chopped pecans

¼ teaspoon kosher salt

¼ teaspoon caramel flavored extract

1 teaspoon Vanilla

Directions

In a medium sized bowl, combine together the almond milk and the whipping cream.

Heat the mixture in a microware under high settings (2 minutes)

When done, add the egg yolks, Erythritol, kosher salt, caramel extract and vanilla and stir until smooth.

Microwave the mixture for half a minute under high settings.

Stir again. Repeat the heating and stirring process until the mixture is thickened.

Pour the mixture into a bowl and freeze for half an hour.

In the meantime, heat the butter in a pan and sauté the pecan for a couple of minutes or until toasted.

Cool the mixture.

When the custard from the freezer is chilled, pour into the ice-cream maker and process.

Add the pecan when the ice cream is just ready to be served.

Nutrition per Serving

Protein: 8g

Fat: 17g

Carbohydrate: 4g

Fiber: 1g

Keto Style Lime Tarts

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Serves: 6 tartlets

Ingredients

Preparing the filling:

- 1 tablespoon melted butter
- 4 tablespoons lime juice
- 2 tablespoons lime zest
- ½ teaspoon vanilla extract
- 2 hass avocados, ripe
- ¼ teaspoon kosher salt
- 2 teaspoon granulated Stevia

Preparing the tart shells:

- 1 cup flax meal
- 1 large organic egg
- 1 tablespoon olive oil
- ¼ cup almond butter
- ¼ teaspoon salt
- 1 tablespoon lime zest
- 2 teaspoon granulated stevia

Directions

For the filling:

Mix all the ingredients together in a bowl.

Process the mixture in a food processor until smooth.

Freeze for about half an hour.

For the shell:

Combine the egg, oil, almond butter and blend well.

Add the stevia, lime zest and salt, stirring continuously.

Add the flax meal and blend the mixture together until a firm dough is formed.

Press the dough into muffin cups and bake for 2 hours under 350F.

When baked, drain out the excess oil from the cups or just use paper towel to do so.

Let cool. Add the filling and serve!

Nutrition per Serving

Protein: 10g

Fat: 21g

Carbohydrate: 6g

Fiber: 2g

Chocolate Buns (unsweetened)

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves: 8

Ingredients

For buns:

4 medium sized, organic eggs

1 cup coconut milk

½ cup coconut flour

3 tablespoons cocoa powder, unsweetened

½ teaspoon baking powder

For crosses:

2 egg whites

2 tablespoons coconut flour

Directions

Preparing the buns:

Preheat your oven to 350F.

Beat the eggs with an electric beater. Pour in the coconut milk and beat again.

Add the coconut flour, cocoa powder and baking powder and beat some more.

When done, scoop the batter into muffin cups.

Preparing the crosses:

Beat the egg whites with the electric beater. Add the coconut flour and beat some more.

Pour the mixture into a clear plastic bag. Cut off the corner and pipe onto the top of the buns.

Bake for about fifteen minutes.

Nutrition per Serving

Protein: 8g

Fat: 13g

Carbohydrate: 2g

Fiber: 1g

Keto Wonder Cake

Preparation Time: 5minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Serves: 1

Ingredients

2 tablespoons olive oil

2 tablespoons almond flour

2 tablespoons coconut flour

1 tablespoon cocoa powder, unsweetened

1 large, organic egg

4 tablespoons coconut/almond milk

½ teaspoon vanilla

¼ teaspoon baking powder

¼ teaspoon powdered stevia

Directions

Add all the ingredients into a coffee mug.

Mix well and microwave for about 2 minutes or until the cake gets puffy.

Nutrition per Serving

Protein: 8g

Fat: 13g

Carbohydrate: 4g

Fiber: 2g

Keto Chocolate Fudge

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves: 6 squares

Ingredients

1 cup coconut oil

¼ cup coconut milk, full fat

4 tablespoons cocoa powder

1 teaspoon vanilla

½ teaspoon Celtic salt

1 drop liquid stevia

Directions

Pour the coconut oil and the coconut milk in a bowl and mix them together with a hand mixer. Mix for 5 minutes or until the color appears glossy.

Add the remaining ingredients into the bowl and mix again until the cocoa powder is well combined.

Pour in a drop of stevia and mix again until everything is well combined.

Place a piece of parchment paper along the inside of a loaf pan and add the mixture into it.

Freeze for about 15 minutes.

When chilled and set, pull the parchment paper along the edge. Remove the parchment and cut the fudges into squares.

Serve or store in an airtight container and freeze for later use.

Nutrition per Serving

Protein: 6g

Fat: 17g

Carbohydrate: 1.4g

Fiber: 0.4g

Macaroons

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves: 20

Ingredients

½ cups finely shredded coconut, unsweetened

2 large egg whites

½ teaspoon celtic salt

4 tablespoons powdered erythritol

1 bar dark chocolate (90%)

Directions

Mix the egg whites and salt in a bowl.

With the help of an electric beater whip the egg whites until stiff peaks are formed on top.

Add the powdered erythritol and whip again until really stiff.

Gently fold in the coconut with the help of a spatula.

Place a parchment along the cookie sheet.

Scoop the cookies and drop them on the parchment carefully.

Bake at 350F for about 15 minutes or until the color appears golden.

After the macaroons are cool, melt the dark chocolate and drizzle on top.

Serve right away or freeze for later use.

Nutrition per Serving

Protein: 6g

Fat: 10g

Carbohydrate: 1.3g

Fiber: 0.4g

Chocolate Torte

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Total Time: 40 minutes

Serves: 12 slices

Ingredients

For the cake:

¾ cup cocoa powder, unsweetened

½ cup melted butter

1 ¼ cup erythritol

2 drops liquid stevia

5 medium, organic eggs

For the frosting:

1 stick butter

1 cup cream cheese

3 tablespoons almond milk, unsweetened

1 drop liquid stevia

Directions

Prepping the cake:

Preheat oven to 370F.

Grease an ovenproof pan and line with a parchment. Grease the parchment as well.

Pour the butter in a saucepan and brown it under low-medium heat.

Once brown, turn off the heat and slowly add the cocoa and the sweeteners.

Cool down the mixture in the freezer for a while. Once cool, whisk in one egg at a time.

When done, bake for about 20 minutes.

Prepping the frosting:

Melt the butter and brown it in a saucepan.

Once light brown, add the cheese, milk, and stevia. Mix continuously until creamy.

Allow the mixture to cool in the fridge for 20 minutes.

When nice and thick, spread the frosting on top of the cake.

Serve.

Nutrition per Serving

Protein: 7g

Fat: 18g

Carbohydrate: 4g

Fiber: 2g

Mint Chocolate Chip Ice-Cream

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Serves: 4

Ingredients

1 cup heavy cream

½ cup light cream

½ teaspoon vanilla extract

½ teaspoon liquid stevia

1 square dark chocolate

5-8 drops of peppermint extract

Directions

In a medium bowl, mix up the ingredients: heavy cream, light cream, vanilla, stevia and the peppermint extract.

Whisk the ingredients well and put in the freezer for 20 minutes.

When chilled, process in the ice-cream maker.

Shave the dark chocolate and garnish the ice cream.

Serve away or freeze to consume later.

Nutrition per Serving

Protein: 7g

Fat: 12 g

Carbohydrate: 2gm

Fiber: 2gm

Hazelnut Cheesecake Bites

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

Serves: 12

Ingredients

1 cup cream cheese

4 tablespoons cocoa powder, unsweetened

4 tablespoons ground hazelnut

1 tablespoon hazelnut syrup, sugar-free

Stevia drops/powder to taste

Directions

Soften the cream cheese in room temperature.

When softened, place the cheese in a bowl and add in the cocoa powder, syrup and stevia.

Blend all the ingredients together using a spoon.

Carefully roll the mixture into 12 medium sized balls and dip each of them into the ground hazelnut.

When done, place the balls into a freezer and serve when chilled.

Nutrition per Serving

Protein: 5g

Fat: 9g

Carbohydrate: 2g

Fiber: 1g

Cocoa Almond Fat Bomb

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Total Time: 45 minutes

Serves: 15-20 bombs

Ingredients

½ cup coconut oil, melted

½ cup almond butter

3 tablespoons cocoa powder, unsweetened

½ cup melted butter, salted if possible

Liquid stevia, to taste

Directions

Mix up all the ingredients in a bowl and blend together for about a minute.

Scoop the mixture into paper mini muffin cups and line them up in a cookie sheet.

Freeze for about 40 minutes.

Pop up the bombs and serve or store them in a bag or other containers in the freezer.

Nutrition per Serving

Protein: 4g

Fat: 15g

Carbohydrate: 2g

Fiber: 0.7g

Coconut Chocolate Fat Bomb

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves: 6

Ingredients

For the filling:

1 ½ cups shredded coconut, unsweetened

½ cup raw coconut butter

2 tablespoons coconut oil

2 tablespoons almond butter

2-3 packets truvia

For the topping:

1.5 oz dark chocolate (90% or higher cocoa)

3 tablespoons whipping cream

½ teaspoon vanilla extract

2 packets truvia

Directions

Grease your 9x9 baking pan.

Mix up the coconut butter, coconut oil, shredded coconut and almond butter in a sauce pan and heat under medium settings until the texture is melted and smooth.

Pour the mixture into the pan and freeze about 15 minutes or until it gets set.

Meanwhile, melt the dark chocolate in a double boiler.

When melted, add the cream, vanilla extract and truvia and stir well until the mixture is well combined.

Pour this chocolate mixture over the chilled coconut mixture and spread evenly.

Let it set and cut into 6 squares.

Serve or store in the freezer to serve later.

Nutrition per Servings

Protein: 6g

Fat: 16g

Carbohydrate: 3g

Fiber: 1g

Keto Lemon Clouds

Preparation Time: 10 minutes

Cooking Time: -

Total Time: -

Serves: 14 bombs

Ingredients

4 tablespoons melted butter

4 tablespoons coconut oil

4 tablespoons cream cheese

4 tablespoons heavy cream

2 tablespoons lemon juice

½ teaspoon vanilla

Sweetener, to taste

Directions

Pour the cream cheese in a sauce pan and heat in short bursts.

Pour the melted butter and coconut oil and blend until the mixture is well combined.

Add the heavy cream and whisk for a while.

Pour in the lemon juice and the vanilla extract.

Add the sweetener according to your taste.

When done, pour the mixture into your icecube tray and freeze overnight.

Your fat bombs are ready the next morning.

Serve before they melt or store in the fridge to serve later.

Nutrition per Serving

Protein: 2g

Fat: 11g

Carbohydrate: 1g

Fiber: 0.4g

Dark Almond Fat Bomb

Preparation Time: 5 minutes

Cooking Time: 2 hours

Serves: 2

Ingredients

1 tablespoon coconut oil

2 tablespoons almond butter

1 tablespoon heavy cream

1 tablespoon cocoa powder, unsweetened

1-2 drops liquid stevia

Directions

Put the almond butter in a coffee mug.

Pour in the coconut oil, heavy cream, cocoa powder and the stevia.

Blend the ingredients well until well combined.

Freeze for about 2 hours.

Scoop and serve!

Nutrition per Serving

Protein: 5g

Fat: 14g

Carbohydrate: 3g

Fiber: 1g

Vanilla Mocha Fat Bomb

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Total Time: 35 minutes

Serves: 2 cups

Ingredients

4 tablespoons melted butter

3 tablespoons coconut oil

2 tablespoons heavy cream

1 tablespoon cocoa powder, unsweetened

½ teaspoon coffee

Stevia, to taste

Directions

Melt the butter and pour in a coffee mug. Add the heavy cream and stir well.

Set the mug aside to cool.

In a medium bowl, mix together the coconut oil, cocoa powder, coffee and stevia.

After the butter-cream mixture cools, add them into the bowl and blend until well combined.

Pour this mixture into a muffin tin or muffin cups to the top.

Add the popsicle sticks and freeze for about 30 minutes.

Serve.

Nutrition per Serving

Protein: 5.6g

Fat: 13g

Carbohydrate: 2g

Fiber: 0.4g

Keto Peppermint Fat Bomb

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Total Time: 35 minutes

Serves: 3-4

Ingredients

½ cup coconut butter, melted

1/3 cups shredded coconut, unsweetened

3 tablespoons coconut oil, melted

2 tablespoons cocoa powder, unsweetened

1 teaspoon peppermint extract

Directions

In a medium bowl, combine together the coconut butter, shredded coconut, 1 tablespoon of coconut oil and peppermint extract.

Blend the ingredients together and pour into silicon molds/muffin tins, filling half way.

Freeze for about 15 minutes or until firm.

Meanwhile, mix together the remaining 2 tablespoons of coconut oil and cocoa powder and combine well.

When the mixture in the freezer gets chilled and firm, pour in the cocoa mixture, filling each mold/paper completely.

Freeze for 15 more minutes until the bombs get hardened.

Nutrition per Serving

Protein: 6g

Fat: 15g

Carbohydrate: 3g

Fiber: 1g

Creamy Cinnamon Fat Bomb

Preparation Time: 5 minutes

Cooking Time: 20minutes

Total Time: 25 minutes

Serves: 2

Ingredients

½ cup creamed coconut

½ teaspoon cinnamon

2 tablespoons coconut oil

2 tablespoons almond butter

Directions

Mix together the coconut cream and $\frac{1}{4}$ teaspoons of cinnamon.

Put the mixture into the muffin tins/cups, filling about $\frac{3}{4}$ portion of the cup.

In a bowl, mix together 1 tablespoon of coconut oil and 1 tablespoon of almond butter. Whisk for a while and spread this mixture evenly over the creamed coconut.

Freeze for about 10 minutes.

Meanwhile, mix together the remaining ingredients: 1 tablespoon of coconut oil, 1 tablespoon of butter and $\frac{1}{4}$ teaspoon of cinnamon into a bowl and whisk together.

Drizzle this mixture on top of the chilled bomb and freeze for five more minutes.

Nutrition per Serving

Protein: 4g

Fat: 14g

Carbohydrate: 1.5g

Fiber: 0.3g

Pumpkin Butter Bomb

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Total Time: 70 minutes

Serves: 8-12

Ingredients

2 tablespoons coconut oil, melted

2 tablespoons butter, melted

½ cups pumpkin

¼ teaspoon cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon ground clove

Stevia, to taste

Directions

In a bowl, blend together the (hot/melted) coconut oil and (hot/melted) butter.

Stir in the pumpkin and whip well until creamy and smooth.

Pour in the desired amount of stevia and the spices and stir well.

Line a parchment along a baking pan and pour in the mixture.

Freeze for about 10 minutes until the mixture is set.

When set, remove from the fridge and roll the mixture into small-medium size balls.

When done, immediately put back into the fridge and freeze for about an hour.

Serve.

Nutrition per Serving

Protein: 4g

Fat: 17g

Carbohydrate: 3g

Fiber: 0.6g

Keto Multi Spice Fat Bomb

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

Serves: 8

Ingredients

1 cup cream cheese

½ cup splenda

½ teaspoon ground cinnamon

½ teaspoon ground clove

½ teaspoon ground nutmeg

½ cup melted coconut oil

1 square dark chocolate (80% or up)

Directions

Place all the ingredients (except the coconut oil) into your food processor.

Process in a low speed.

When almost done, pour the coconut oil in a thin stream into the mixture and process for a while.

When done, divide the mixture into 8 equal portions and roll into 8 balls.

Freeze for about 20 minutes.

Meanwhile, melt the dark chocolate.

When the bomb is chilled, pour the chocolate on top and freeze for a while.

Serve.

Nutrition per Serving

Protein: 6g

Fat: 16g

Carbohydrate: 4g

Fiber: 2g

Maple Butter Bombs

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves: 8

Ingredients

1 cup cream cheese

½ cup melted butter

4 teaspoon coconut oil

4 teaspoon bacon fat

4 tablespoons maple syrup, unsweetened/sugar-free

6 strips bacon, cooked, crispy and crumbled

Directions

Combine all the ingredients (except 2 bacon stripes) in an oven-proof bowl and microwave the mixture until the ingredients get melted and smooth.

Pour this mixture in a pan and freeze for about 15 minutes or until it gets firm.

Remove from the freezer, add the remaining bacon slices and serve.

Nutrition per Serving

Protein: 9g

Fat: 19g

Carbohydrate: 3g

Fiber: 0.7g

Deep Chocolate Bombs

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Total Time: 55 minutes

Serves: 8

Ingredients

1 cup shredded coconut, unsweetened

½ cup coconut oil, melted

½ cup cream cheese

2 tablespoon cocoa powder

¼ teaspoon cinnamon

2-3 packets splenda

Directions

Pour the coconut oil in a saucepan and warm it under low-medium settings.

Add the shredded coconut, ¼ cup cream cheese, coconut oil, cinnamon and splenda and mix well.

Line a shallow pan with a wax foil and pour in the mixture.

When done, firmly press the mixture down and make sure it is hard and solid.

Freeze for about 30 minutes.

Meanwhile, mixup the cocoa powder and the remaining ¼ cup cream cheese and melt the mixture under low heat.

When the coconut mixture is nice and frozen, pour the cocoa mixture on top.

Freeze for 15 more minutes.

Serve right away, or store to serve later.

Nutrition per Serving

Protein: 6g

Fat: 14g

Carbohydrate: 4g

Fiber: 2g

Cinnamon Ball Bombs

Preparation Time: 10 minutes

Cooking Time: 90 minutes

Total Time: 100 minutes

Serves: 12

Ingredients

1 cup melted butter

1 cup almond milk

1 cup shredded coconut, unsweetened

1 teaspoon vanilla

½ teaspoon nutmeg

½ teaspoon cinnamon

½ teaspoon stevia

Directions

Fill up your saucepan with 3 cups of water and place a glass bowl over the saucepan. (This acts as a double boiler.)

Excluding the shredded coconut, add all the other ingredients into the double boiler and heat under medium settings.

Stir the ingredients as they gradually melt and then remove from the heat.

Freeze the mixture for about half an hour until firm enough to roll into balls.

When firm, roll into 1-inch balls and then roll over the shredded coconut.

Freeze the balls for about an hour.

Serve or freeze more to serve later.

Nutrition per Serving

Protein: 7g

Fat: 16g

Carbohydrate: 4g

Fiber: 2g

Pecan Fat Bombs

Preparation Time: 2 minutes

Cooking Time: 7 minutes

Total Time: 9 minutes

Serves: 2

Ingredients

4 pecan halves

½ tablespoon almond butter

½ teaspoon orange zest, finely grated

Pinch of salt

Directions

Toast the pecan halves in the microwave oven at 350F for about 7 minutes.

When toasted, set aside to cool.

In a small mug, mix together the butter, orange zest and blend together until creamy.

Spread this mixture between the pecan halves and drizzle the salt on top.

Serve.

Nutrition per Serving

Protein: 3g

Fat: 8g

Carbohydrate: 1g

Fiber: 0.3g

Pumpkin Cheesecake Fat Bombs

Preparation Time: 10 minutes

Cooking Time: - minutes

Total Time: - minutes

Serves: 10 – 12 slices

Ingredients

½ cup pumpkin puree

½ cup melted butter

6 tablespoons cream cheese

1 teaspoon vanilla

¼ teaspoon ground cinnamon

Pinch of salt (1/8 teaspoon)

Sweetener, to taste

Directions

Melt the butter in a saucepan under low heat.

Pour in the pumpking puree and whisk the mixture.

Add the cream cheese, cinnamon, salt and sweetener and whisk until smooth.

Add the vanilla and mix completely.

When done, remove the saucepan from the heat.

Line up a baking dish with a wax paper.

Pour the mixture into the dish and freeze for 8-10 hours.

Serve chilled or store in air tight bag to serve later.

Nutrition per Serving

Protein: 6g

Fat: 14g

Carbohydrate: 1.5g

Fiber: 1g

Almond Bombs

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Serves: 8

Ingredients

2 tablespoons coconut flour

4 tablespoons coconut oil, melted

4 tablespoons cocoa powder, unsweetened

2 tablespoon almond butter

1 square dark chocolate, melted

Splenda, to taste

Directions

In a medium bowl, mix together the cocoa powder and the coconut oil.

Pour in the almond butter and blend the mixture until smooth.

Add the coconut flour and splenda and mix until well combined.

When done, separate the mixture into 8 different portions and roll into 8 different round-medium sized balls.

Freeze the bombs for about 15 minutes.

When chilled and firm, dip each bombs into the dark chocolate and freeze for another 10 minutes.

Serve.

Nutrition per Serving

Protein: 5g

Fat: 17g

Carbohydrate: 1.5g

Fiber: 1g

Blueberry Crushed Coconut Bombs

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

Serves: 10

Ingredients

½ cup blueberries, crushed

2 tablespoons butter, melted

2 tablespoons cream cheese

2 tablespoons coconut cream

3 tablespoons coconut oil

Splenda, to taste

Directions

Put the crushed blueberries into your 9 x 9 pan.

Melt the butter and the coconut oil in a saucepan under low heat settings and let cool for a while.

When cooled, add the cream cheese, coconut cream into the sauce pan and blend for 2 minutes.

Pour in the splenda and blend some more.

When smooth and creamy, pour this mixture in the 9 x 9 pan and freeze for 40 minutes.

When chilled, remove from the freezer and slice into 10 evenly sized pieces.

Serve or store for later.

Nutrition per Serving

Protein: 7g

Fat: 15g

Carbohydrate: 2.5g

Fiber: 3g

Strawberry – Mocha Fat Bomb

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves: 12

Ingredients

For the chocolaty texture:

2 tablespoons melted butter

2 tablespoons coconut oil

1 tablespoon cocoa powder

Splenda, to taste

For the strawberry texture:

¼ cup mashed strawberry

½ tablespoons melted butter

½ teaspoons coconut oil

½ tablespoon heavy cream

Splenda, to taste

Directions

For the chocolate half, first soften the butter in an oven and let cool.

Add all the remaining ingredients and blend the mixture together. Set aside.

For the strawberry half, mix together the mashed strawberry and the heavy cream. Heat in the oven for about 15 seconds or until warm.

Pour the melted butter, coconut oil and the Splenda into the strawberry mixture and blend until smooth.

Pour the chocolate mixture into the cupcake liner, filling only the half way.

Fill up the remaining half with the strawberry mixture.

Freeze for about 20 minutes.

When done, pop out the bombs and serve or store to serve later.

Nutrition per Serving

Protein: 4g

Fat: 13g

Carbohydrate: 2.7g

Fiber: 1g

Walnut Butter Bomb

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Total Time: 60 minutes

Serves: 6

Ingredients

4 tablespoons butter, melted

4 tablespoons almond butter, melted

4 tablespoons coconut oil

¼ cup chopped walnuts

1 bar dark chocolate (80% cocoa or up)

Splenda, to taste

Directions

In a medium bowl, mix up all the ingredients.

Microwave for about 20 seconds or until warm.

Blend the mixture well until well combined.

Pour the mixture into muffin tins and freeze for about 40 minutes or until firm.

Melt the dark chocolate and top up the fat bomb.

Freeze for 10 more minutes.

Serve.

Nutrition per Serving

Protein: 7g

Fat: 16g

Carbohydrate: 3.4g

Fiber: 2g

Ketogenic Shortbread Cookies

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

Serves: 10

Ingredients

4 tablespoons butter

1 cup almond flour

¼ cup swerve (or any sweetener)

¼ teaspoon vanilla

Directions

Preheat oven to 340F and grease the baking sheet with a cooking spray.

Pour the butter, swerve, and vanilla in a medium bowl and mix well.

Add the almond flour gradually as you mix the ingredients in the bowl. Mix until a firm dough is formed.

Roll the dough over a lightly floured surface.

When done, cut the dough into 10 even sized pieces. Round the pieces and place on the baking sheet.

Bake for about 15 minutes or until the color appears light golden brown.

Let cool and serve.

Nutrition per Serving

Protein: 4g

Fat: 13g

Carbohydrate: 2g

Fiber: 1g

Chocolate Chip Cookies

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Total Time: 22 minutes

Serves: 1-2

Ingredients

2 tablespoons melted butter

2 egg yolks (organic, grassfed)

½ cup almond flour

½ teaspoon vanilla

¼ teaspoon salt

2 tablespoon chocolate chips (Stevia sweetened)

Sweetener, to taste

Directions

Preheat oven to 350F.

Place the melted butter in an oven proof coffee mug.

Stir in the sweetener. Add the egg yolk, vanilla and salt and stir until the ingredients are well combined.

Add the almond flour and stir some more until well incorporated.

Add the chocolate chips and stir some more.

Bake for about 10-12 minutes.

Let cool for a while and serve.

Nutrition per Serving

Protein: 6g

Fat: 16g

Carbohydrate: 4g

Fiber: 1g

Keto Butter Cookies

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves: 15

Ingredients

½ cup grass fed, butter

1 cup almond flour

1 teaspoon vanilla

1 large, organic egg

Stevia, to taste

Directions

Preheat oven to 350F.

Pour the butter in a saucepan and melt it under a low-medium heat settings.

Pour in all the remaining ingredients and stir until well incorporated.

Line a parchment along baking sheet and pour in the mixture.

Bake for about 15 minutes.

Once cool, cut into 15 even sizes and serve.

Nutrition per Serving

Protein: 7g

Fat: 12g

Carbohydrate: 2g

Fiber: 1g

Keto SnickerDoodle Cookies

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Serves: 12 cookies

Ingredients

¼ cup butter

1 large, organic egg

1 ½ cups almond flour

½ teaspoon vanilla

½ teaspoon baking soda

½ teaspoon cream tartar (optional)

Sweetener, to taste

Pinch of salt

Directions

Preheat oven to 350F.

In a medium bowl, mix together the butter, eggs and sweetener.

Add all the remaining ingredients and mix together until a firm (or soft) dough is formed.

Bake for 10 minutes or until light golden.

Nutrition per Serving

Protein: 5g

Fat: 9g

Carbohydrate: 2g

Fiber: 1g

Walnut Cookies

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Total Time: 75 minutes

Serves: 18 pieces

Ingredients

¼ cup melted butter

1 medium sized, organic egg

1 ½ cup almond flour

½ teaspoon baking soda

½ cup chopped walnuts

2 tablespoons xylitol (or any other sweetener)

Pinch of salt

Directions

Preheat the oven to 350F.

Pour the butter in a medium bowl and add the xylitol. Stir the mixture until creamy.

Stir in the egg and pour in the remaining ingredients.

Combine the mixture until a smooth batter forms.

Remove the batter from the bowl and wrap around a plastic and freeze for about 40 minutes.

Remove from the freezer and cut the batter into 9 slices.

Line up a baking sheet with parchment and place all the slices on top.

Bake for about 18-20 minutes or until set and light golden.

When done, let cool for a while and serve.

Nutrition per Serving

Protein: 4g

Fat: 11g

Carbohydrate: 2g

Fiber: 1g

Coconut Pecan Cookies

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves: 12

Ingredients

½ cup almond butter

2 tablespoons coconut oil, melted

2 medium sized, organic eggs

¼ cup xylitol (or other suitable sweetener)

½ teaspoon vanilla

¼ teaspoon ground cinnamon

½ cup coconut flakes

¼ cup coconut flour

¼ cup ground pecan

Directions

Preheat oven to 350F.

In a medium sized bowl, mix together butter, eggs, oil, xylitol, vanilla and the ground cinnamon. Mix together until well incorporated.

Add the remaining ingredients and mix until a light dough forms.

Place a parchment on a baking sheet.

Cut 12 evenly sized pieces of batter and put into the sheet.

Bake for 20 minutes or until golden brown.

Let cool and serve.

Nutrition per Serving

Protein: 5g

Fat: 13g

Carbohydrate: 3g

Fiber: 1g

Coconut Chia Hemp Seed Cookies

Preparation Time: 10minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves: 12-15

Ingredients

½ cup hemp seed

½ cup unsweetened coconut, finely shredded

4 tablespoons chia seeds

2 large, organic eggs

4 tablespoons coconut flour

4 tablespoon coconut oil, melted

½ teaspoon ground cinnamon

4 tablespoons erythritol (or any desired sweetener)

Pinch of salt (1/8 teaspoon)

Directions

Preheat the oven to 350F.

Put all the ingredients in a large bowl and mix until a dough forms.

Line up a parchment along a baking sheet.

Bake for about 15 minutes or until the color appears golden.

Let cool and serve.

Nutrition per Serving

Protein: 6g

Fat: 14g

Carbohydrate: 3g

Fiber: 2g

Thin Mints Keto Cookies

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Serves: 6

Ingredients

For the cookies:

- ½ cup whey protein
- 2 tablespoon finely shredded coconut, unsweetend
- 2 tablespoons cocoa powder, unsweetened (80% or up)
- ½ teaspoon peppermint extract
- 4 tablespoons almond milk, unsweetened
- 4 tablespoons coconut oil, melted
- ½ teaspoon liquid stevia

For the filling:

- 5 tablespoon stevia chocolate chips
- 1 teaspoon coconut oil

Directions

Combine together the whey, shredded coconut, cocoa powder, peppermint, stevia and coconut oil in a large bowl.

Stir the ingredients until well combined.

Pour in the almond milk and stir again until the mixture is smooth.

Scoop out tablespoons of this mixture into silicone muffin tins and freeze for about 10 minutes.

In the meantime, combine the chocolate chips and coconut oil in a coffee mug and melt the oil in an oven.

Once the cookies are set and chilled, pop them up one by one and drizzle a spoonful of chocolate chip mixture on the bottom side of each of the cookies.

Once done, line a parchment on the baking sheet, place all the cookies on it and freeze for 20 minutes.

Serve or store for later use.

Nutrition per Serving

Protein: 10g

Fat: 15g

Carbohydrate: 4g

Fiber: 2g

Keto Sandwich Cookies

Preparation Time: 10minutes

Cooking Time: 30minutes

Total Time: 40 minutes

Serves: 6-8

Ingredients

For the cookies:

3 large, organic eggs

½ cup cream cheese, softened

1 tablespoon cocoa, 80% or up

1 ½ tablespoon lime zest

Sweetner, to taste

For the filling:

½ cup cream cheese

2 tablespoons melted butter

3 tablespoons heavy cream

1 tablespoon cocoa, unsweetened

Sweetener, to taste

Directions

Preheat oven to 350F.

In a medium bowl, whip the egg whites until stiff peaks form.

In another bowl, mix together the egg yolks, cream cheese, cocoa, zest and the sweetener. Mix until well combined.

Carefully fold the cream cheese mixture into the egg whites.

Roll the batter and put them on a cookie sheet and bake for about 25 minutes.

In the meantime, mix up all the filling ingredients and until the mixture turns fluffy.

Fill up cookies on top and bottom.

Serve.

Nutrition per Serving

Protein: 8g

Fat: 15g

Carbohydrate: 4g

Fiber: 2g

Bacon Onion Cookies

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Serves: 10

Ingredients

1 cup almond flour

½ cup flax meal

2 teaspoons onion powder

1 large, organic egg

3 slices bacon, cooked, crispy, crumbled

½ teaspoon sea salt

½ teaspoon ground pepper

Directions

Preheat oven to 350F.

In a medium bowl, place the almond flour, flax meal, onion powder, salt and pepper and mix until well combined.

Add the egg and whisk all the mixture until a firm dough firms.

Add the crispy, crumbled bacon to the dough.

Separate about 10 equal portions of the dough and place them on baking sheet. (lined up with parchment paper)

Flatten the dough according to the desired size.

Bake for about 10 minutes or until the cookies appear golden.

Serve or store!

Nutrition per Serving

Protein: 10g

Fat: 17g

Carbohydrate: 4g

Fiber: 2g