

KETOGENIC MEAL PLANS **Complete Edition**

By Dr. Eric Berg

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Introduction

Enjoy our delicious recipes developed by amazing chef, Lana Masserang. These meals are low carbohydrate, moderate protein and higher in healthy fats making it easy for you to do my program in the New Body Type Guide.

We tried to give you the exact percentages of your macros (carbs, protein and fat). You should keep your carbohydrates at 5% of the total calories. However, do not factor in your vegetables. You can consume unlimited vegetables. You should consume a moderate amount of protein at 20% of total calories. Your fats should make up the difference at 75%.

To provide your vitamins and minerals, it's necessary to consume a larger quantity of vegetables and salad. I recommend consuming between 7-10 cups of vegetables or salad per day. It would be good to consume as much raw vegetables as possible, unless your digestive system is not used to it.

I also recommend you add intermittent fasting to this program. Start with 3 meals per day, NO snacks. Do this until you are comfortable and not having cravings or hungry anymore. Add fat with the meal to help you. Then when you are ready, start eating your breakfast later and later until it's lunch, where you can drop out breakfast and only have 2 meals per day. Many people over time then drop a meal and only consume 1 meal per day.

I hope you enjoy this selection of recipes. Check back on my site <http://www.drberg.com> as well as my YouTube page for the latest blogs and videos on nutrition.

-Dr. Berg

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BREAKFAST

Bacon and Spinach Breakfast



The perfect keto breakfast: a combination of spinach, bacon, avocado, and eggs.

TOTAL TIME: 30 mins

SERVING SIZE: 1 serving

INGREDIENTS:

Bacon - 4 slices

Coconut Oil - 1 tablespoon

Eggs - 2 large eggs

Spinach - 2 cups

Avocado - ½ medium avocado

DIRECTIONS:

1. Preheat oven to 350 degrees. Cook bacon until crispy about 15-25 minutes.
2. Place ½ tablespoon coconut oil in pan and turn on medium heat. Once pan is hot, add spinach. Spinach should take less than a minute to wilt.
3. Remove and place on paper towel on a plate (to absorb the liquid, so that it doesn't end up on your final plate.)
4. Wipe down pan, add the other ½ tablespoon coconut oil. Once pan is warm again, add eggs.
5. Keep the heat at low-medium while stirring eggs for fluffy eggs.
6. Salt and pepper to taste

Pro Tip

To make bacon that melts in your mouth, cook bacon at 350 degrees in the oven rather than on direct heat (stove top). When cooking bacon, you want to render out all the fat. If you apply bacon to direct heat, the fat gets chewy. Think of a pork chop or steak that you have eaten that has had chewy fat on it. That fat is chewy because it was cooked on high heat and cooked fast.

Sausage & Egg Biscuit



Make these sausage, cheese, egg biscuits ahead of time so you can just warm them up in the morning! Add a kale shake to get in your healthy carbs.

TOTAL TIME: 45 minutes

SERVING SIZE: 6 servings

INGREDIENTS:

Breakfast Sausage - 8 oz.

Cheddar Cheese - 4 oz. (shredded)

Eggs - 1 large

Almond Flour - 1 cup

DIRECTIONS:

1. Preheat oven to 350 degrees. Mix all ingredients together.
2. Divide into 8 equal parts. Place in muffin pan or silicone molds.
3. Bake in oven for 25-35 mins at 350 degrees

Pulled Pork Breakfast

5g net carbs/650 calories/45g fat/35g protein



Pork, avocado, and eggs. Make some pulled pork at the beginning of the week. Use it for breakfast, lunch, or dinner throughout the week!

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Pulled Pork - 3 oz. (see instructions: how to make pulled pork)

Coconut Oil - 1 tablespoon

Eggs - 2 large eggs

Avocado - 1/2 avocado

Onion - 2 tablespoons

DIRECTIONS:

1. Cook pork and onions in 1/2 tablespoon of coconut oil on medium heat.
2. Fry eggs in coconut oil.
3. Serve with avocado.
4. Garnish with onions and cilantro for extra flavor.

Asparagus and Bacon Frittata

5g net carbs/660 calories/50g fat/29g protein



Eggs, asparagus, bacon, and avocado are a perfect breakfast combination. This recipe is somewhere between an omelet and a frittata.

TOTAL TIME: 35 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Bacon - 4 slices

Eggs – 2 large eggs

Asparagus - 5 stalks

Cream - 1 tablespoon

Coconut Oil - 1 tablespoon

Avocado - 1/2 medium avocado

DIRECTIONS:

1. Chop asparagus. Cut each stalk into about 3 sections.
2. Add 1 tablespoon coconut oil to an oven-safe pan, turn on medium heat.
3. Once pan is hot, add asparagus
4. Cook asparagus for about 3 minutes on medium heat.
5. Mix eggs and cream.
6. Add egg mixture to the hot pan with asparagus.
7. Turn down heat to low.
8. Turn your oven on high broil.
9. Place pan into oven to finish cooking the eggs. This should only take 2-3 minutes. Broil can burn things very fast, so watch closely! Serve with avocado and bacon.

Eggs, Grass-Fed Hot Dog and Kale Shake

605 Calories/44g Fat/14g net carbs/25g Protein



Grass fed hot dogs are delicious. Give them a try if you haven't already. They are great with eggs and avocados. Add a kale shake to this meal to get your healthy carbs!

TOTAL TIME: 25 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Grass Fed Hot Dog - 1 hot dog

Coconut Oil - 1 tablespoon

Eggs - 2 large eggs

Avocado - 1/2 medium avocado

Berries (strawberries, blueberries, blackberries),
less than 1 cup or you can use flavored stevia

Kale - 1 cup

DIRECTIONS:

1. Cut up hot dog, place 1/2 tablespoon of coconut oil in pan, turn on medium heat.
2. Add hot dog, keep on medium heat for 5-8 mins.
3. Mix eggs with a fork or whisk in a bowl.
4. Add 1/2 tablespoon coconut oil to pan, add eggs. Keep on medium-low heat.
5. Fold eggs in pan until completely cooked.
6. Serve hot dog/eggs with avocado and kale shake!

Hard Boiled Eggs



TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Organic cage-free eggs

DIRECTIONS:

1. Gently place eggs into lukewarm/cold water in pot.
2. Add a little vinegar and salt to pot of water.
3. Cover, turn the pot of water/eggs on high heat.
4. Once the water starts boiling, take the pot off the heat.
5. Do not remove the lid at all to keep all the heat inside!
6. Let stand for 10 minutes.

Mouth-Melting Bacon



*Do you want to learn how to make mouth melting bacon?
Follow these easy steps!*

TOTAL TIME: 30 minutes

INGREDIENTS:

Bacon

DIRECTIONS:

1. Preheat oven to 350 degrees. Lay out bacon on parchment paper on a baking tray, try not to overlap.
2. Cook for 15-25 minutes or until crispy.

Lox Cream Cheese

630 Calories/46g Fat/8g Net Carbs/29g Protein



Try this quick lox and cream cheese breakfast. It is delicious and doesn't involve much cooking, making it a perfect breakfast dish!

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Lox - 2 oz.

Cream cheese - 2 tablespoons

Butter - 1 tablespoon

Eggs - 2 large

Lettuce - 1 cup

Olives - 5-6 each

Radish - 1-2 each

Avocado - 1/2 medium

DIRECTIONS:

1. Melt butter on medium heat. Fry two eggs.
2. Build salad with lettuce, radish, and olives.
3. Add cream cheese, eggs, and lox to salad.

Shredded Beef Scrambled Eggs

650 Calories/54g Fat/6g Net Carbs/39g Protein



If you make the shredded beef ahead of time, this delicious breakfast should only take 10 minutes to throw together.

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Shredded Beef - 3 oz.

Eggs - 2 large

Coconut Oil - 1 tablespoon

Avocado - 1/2 medium

Lettuce - 1 1/2 cups

Lemon - 1/2 small

DIRECTIONS:

1. Melt coconut oil in a pan on medium heat.
2. Add shredded beef once the pan is hot. Cook on medium for 3-4 minutes.
3. Mix 2 eggs in a bowl. Add egg mixture to pan with beef. Gently fold in the eggs until cooked all the way.
4. In a bowl, dress the lettuce with olive oil and lemon juice. Salt heavily.
5. Serve scrambled eggs with lettuce and avocado.

Sauerkraut & Hot Dog Scramble

600 Calories/50g Fat/6g Net Carbs/27g Protein



TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Grass Fed Hot Dog - 1 each

Eggs - 3 large

Coconut Oil - 1 tablespoon

Sauerkraut - 1/2 cup

Butter - 1 tablespoon

Sour Cream - 1 tablespoon

DIRECTIONS:

1. Dice grass fed hot dog, melt coconut oil in pan. Turn pan on medium heat. Once pan is hot, add diced grass fed hot dog.
2. Cook on medium heat for 3-5 minutes, until golden on outside. In a mixing bowl, mix together $\frac{1}{2}$ cup sauerkraut and 3 eggs.
3. Add egg mixture to pan on medium heat.
4. Gently fold in eggs until fully cooked. Serve with sour cream and butter!

Fluffy Pancakes

(per pancake) 150 Calories/13g Fat/6g Net Carbs/6g Protein



Try these delicious low carb pancakes. Regular pancakes have about 20g carbs per pancake, this keto pancake has only 6g!

TOTAL TIME: 20 minutes

SERVING SIZE: 6 servings

INGREDIENTS:

Almond Flour - 1 cup

Xylitol (powdered) - 1 tablespoon

Baking Powder - ½ tsp

Baking Soda - ¼ tsp

Sea Salt, finely ground -1/4 tsp

Buttermilk - 1/2 cup

Egg - 1 each

Light Olive Oil - 1 tablespoon

Softened Butter & Vita Fiber™ combined with a little maple extract

DIRECTIONS:

1. Mix together dry ingredients: almond flour, xylitol, baking powder, baking soda, salt
2. In a separate bowl, mix together wet ingredients: buttermilk, egg, light olive oil
3. Gently mix wet ingredients into the dry ingredients.
4. Set pan or griddle to medium heat (350 degrees). Make into 6 medium pancakes. Smaller pancakes are easier to flip.
5. Serve immediately with butter or substitute syrup. Can be frozen and toasted for later use.

Cabbage & Onion Omelet

470 Calories/40g Fat/7g Net Carbs/18g Protein



This cabbage and onion omelet is delicious, nutritious, and simple!

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Eggs - 3 large

Coconut Oil - 1 tablespoon

Cabbage - 1 cup

Onions - ¼ cup

Butter - 1 tablespoon

DIRECTIONS:

1. Chop onion and cabbage. Melt coconut oil in pan on medium heat.
2. Add cabbage and onion. Cook on medium-low heat for 5 minutes.
3. Mix 3 eggs. Add egg mixture to pan on medium-low heat.
4. Cook slowly for 5 minutes. The eggs should firm up enough, so you can flip it over into an omelet. If it doesn't firm up enough, then cover the pan with a lid for 1 minute until firm enough to flip.
5. Salt and pepper to taste.

Pepper & Onion Omelet

470 Calories/40g Fat/7g Net Carbs/18g Protein



Peppers and onions slowly cooked in butter and coconut oil add healthy fats and delicious flavors to this omelet.

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Eggs - 3 large

Coconut Oil - 1 tablespoon

Bell Peppers - ¼ cup

Onions - ¼ cup

Butter - 1 tablespoon

DIRECTIONS:

1. Chop onion and bell pepper.
2. Melt coconut oil in pan on medium heat. Add pepper and onion. Cook on medium-low heat for 5 minutes.
3. Mix 3 eggs. Add egg mixture to pan on medium-low heat.
4. Cook slowly for 5 minutes. The eggs should firm up enough, so you can flip it over into an omelet. If it doesn't firm up enough, then cover the pan with a lid for 1 minute or until firm enough to flip.
5. Salt and pepper to taste.

Cheese & Onion Omelet

470 Calories/40g Fat/7g Net Carbs/18g Protein



The cheese in this omelet adds extra fluffiness and flavor.

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Eggs - 3 large

Cheese - 2 tablespoons

Coconut Oil - 1 tablespoon

Onions - $\frac{1}{4}$ cup

Butter - 1 tablespoon

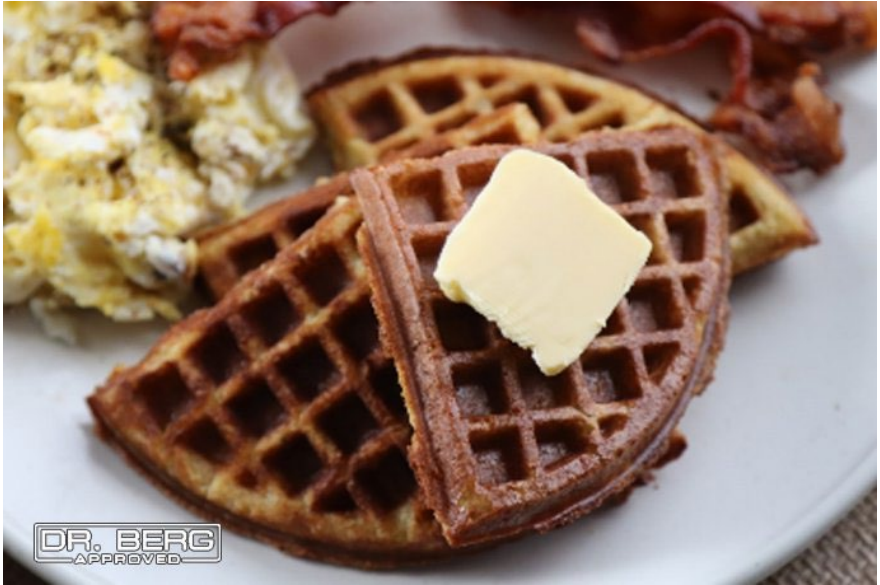
DIRECTIONS:

1. Chop onion

2. Melt coconut oil in pan on medium heat. Add onion. Cook on medium-low heat for 5 minutes. Add butter.
3. Mix 3 eggs and cheese. Add egg mixture to pan on medium-low heat.
4. Cook slowly for 5 minutes. The eggs should firm up enough, so you can flip it over into an omelet. If it doesn't firm up enough, then cover the pan with a lid for 1 minute or until firm enough to flip.
5. Salt and pepper to taste.

Keto Waffles

(per 1/2 waffle) 240 Calories/19g Fat/7g net carbs/12g Protein



TOTAL TIME: 10 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

1 Cup Almond Flour

1 Pinch salt

1 tsp baking soda

4 Eggs

1/4 Cup Vita Fiber

Cooking spray (Avocado spray works great!)

DIRECTIONS:

1. Heat waffle iron per the directions that came with it. Spray both sides of iron with oil before batter is poured in.
2. Mix all ingredients above. Do not over mix.
3. Pour batter in and cook per the directions that came with your waffle iron. All are different!
4. Best served right away. If not, put on a cookie sheet, and don't stack. They tend to get soft when stacked.
5. Add butter and sugar free syrup or peanut butter and enjoy!

Waffle Breakfast Sandwich

550 Calories/5g Net Carbs/30g Protein/45g Fat



Build these delicious egg and bacon breakfast sandwiches on top of our keto waffles!

TOTAL TIME: 25 minutes

SERVING SIZE: 1

INGREDIENTS:

Keto waffles - 1/2 waffle

Bacon - 2 slices

Eggs - 2 large

Safflower Oil - 1 tablespoon

DIRECTIONS:

1. Make our keto waffles using the recipe in this book. Use ½ waffle per sandwich.
2. Bake bacon at 350 degrees for 20-25 minutes or until crispy.
3. In a bowl, whisk the eggs.
4. Get a pan hot over medium-low heat. The key to fluffy eggs will be cooking them over a medium-low heat.
5. Add oil to pan. Add egg mixture. For “wetter” eggs, stir the eggs often while cooking. For “drier” eggs, let the eggs sit and cook longer before flipping or stirring.
6. Build your sandwiches.

Fajita Breakfast Bowl



TOTAL TIME: 25 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Steak - 3-6 oz

Safflower Oil - 1 tablespoon

Egg- 1 large

Butter - 2 tablespoons

Avocado - ½ medium

Bell Peppers - 1 large

Onion - ¼ medium

Tomato - ¼ cup

Spices - cumin, garlic powder, onion powder, etc.

Cilantro - for garnish

DIRECTIONS:

For steak:

1. Cut the steak into thin strips.
2. Season the steak with salt and seasonings of your choice
3. Get a pan hot, over medium-high heat.
4. Add safflower oil to hot pan, gently add meat. Make sure your pan is hot! The steak will get all its delicious flavors from the initial sear.

For veggies:

1. Chop veggies into strips. Cut tomato into small pieces.
2. In a separate pan over medium heat, melt down butter.
3. Add veggies. Cook slowly until veggies are desired texture.
4. Start building your plate. Add veggies and tomatoes.
5. Garnish veggies with cilantro and lime.

For egg:

1. Over medium heat, melt down butter.
2. Fry one egg. If you want perfect sunny side up eggs, cook it low and slow.
3. To make sure that the egg is fully cooked, you could cover it with a lid for about 1 minute.

Steak and Eggs

750 Calories/3g Net Carbs/44g Protein/67g Fat



TOTAL TIME: 25 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Steak - 3-6 oz

Safflower Oil - 1 tablespoon

Butter - 1 tablespoon

Eggs - 2 large

Avocado - 1/2 medium

DIRECTIONS:

For Steak:

1. Place a pan on medium-high heat, let the pan get hot. The

temperature of your pan will determine if you get a good sear on your steak. Make sure that you pat the steak dry with a paper towel. Drying the steak will also help you to get a good sear on the steak.

2. Salt and pepper your steak.
3. Add safflower oil to your hot pan, gently drop the steak in to the pan.
4. Once you drop the steak into the hot pan, leave the heat on medium and do not move the steak for 2-3 minutes. This will help to create a crispy sear.
5. Cook each side for about 3-4 minutes. For a medium steak, use a meat thermometer, you want the internal temperature to be 135 degrees.
6. If you have a large steak or if your steak was not at room temperature, then get a nice crispy sear on the steak and then finishing cooking the steak in the oven at 350 degrees until the internal temperature is 135 degrees (for medium cooked steak).
7. Allow the steak to rest for 10-15 minutes before slicing into it. This will let all the natural juices absorb back into the steak, which will make it more delicious!

Eggs

1. Over medium-low heat, melt butter. Add eggs. Cook on low heat.
2. If you want sunny side up egg, then use a lid to cook the eggs.
3. The key to perfect eggs is low heat.

Poached Eggs



This is a great how-to for people wanting to make their keto-friendly eggs benedict or by itself with some salt and pepper.

TOTAL TIME: 10 minutes

SERVING SIZE: 1

INGREDIENTS:

Egg

White Vinegar - 1 tablespoon

Salt - ¼ teaspoon

Water

DIRECTIONS:

1. Fill a small sauce pot with water, vinegar, and salt. Place on medium heat.

2. You want the water to start to lightly bubble and steam, but NOT a rolling boil.
3. Crack your egg into a small bowl, so that you can just drop it into the water when you're ready.
4. Once the water is bubbling and steaming, but not boiling, start stirring the water in a circle to create a vortex/little tornado into the center of the pot.
5. Drop egg into the center. The egg will spin a little, but it will take a little bit of time for it to form its shape as it's cooking. The egg should take shape after about 30 seconds. If your water starts boiling, remove it from the heat, let the temperature come down, and place it back on the heat.
6. With a slotted spoon, slowly start to flip the egg over in the water and check the doneness around the yolk area. This will take some finesse, just be gentle and take your time. If it's not cooked enough, then the egg white will be runny.

Eggs Benedict

550 Calories/4g Net Carbs/30g Protein/45g Fat



This dish uses our One Minute Biscuit as the muffin for the Eggs Benedict! Learning how to poach an egg and make hollandaise sauce will take some finesse and patience, but once you master it, you will love it!!

TOTAL TIME: 40 minutes

SERVING SIZE: 1

INGREDIENTS:

Eggs

Butter - ¼ cup, melted

Lemon Juice - 1 tablespoon

Egg Yolks - 3 large

One Minute Biscuit

Uncured Canadian Bacon - 2 slices

DIRECTIONS:

For Poached Eggs:

See earlier recipe in book

For Hollandaise Sauce

1. Set up a double-boiler: a small sauce pot filled a little less than halfway with water and a small bowl on top (should be heat safe: glass or metal). You do not want the water to touch the bottom of the bowl because that would scramble the eggs. Place the small bowl to the side but start warming up water on medium heat. In the small bowl, mix together egg yolks and lemon juice. Mix well until thick.
2. Melt down butter, put this to the side, you will be using it soon.
3. Place the egg yolk mixture over small sauce pot once the water starts to lightly boil. Keep stirring the mixture. You want to keep the mixture moving so that it doesn't cook the egg in one specific spot. The mixture will appear to be thicker once it gets warm. As soon as it starts to appear to be thicker, you can remove it from the heat, but keep the bowl on top of the sauce pot. This will still give you the heat that you need to make the sauce, but it will ensure that you don't scramble your eggs.
4. Start to slowly add butter and mix at the same time. Always mixing as you're SLOWLY adding the butter. Start tasting the mixture. Slowly add salt and more butter, tasting as you're adding.
5. Once it gets to your desired consistency and flavor, store it in a thermos or a coffee tumbler. This sauce is very finicky. The ingredients can separate from each other and your sauce will "break." If you keep the sauce warm, it will not break. It is also important to

keep it warm because you are dealing with raw egg yolks.

1. Toast the your one-minute biscuit.
2. Sear the Canadian bacon in a pan over medium heat with a little bit of oil.
3. Build your eggs benedict! Serve with a side salad.

French Toast Egg Loaf



TOTAL TIME: 30 -40 minutes

SERVING SIZE: 1-2 servings

INGREDIENTS:

Cream Cheese - 2 oz

Butter - 2 tablespoons

Eggs - 2 large

Cinnamon - 1 teaspoon

Erythritol - 2 teaspoons

DIRECTIONS:

1. Preheat oven to 350 degrees
2. Mix in a blender on high for 30 seconds
3. Pour mixture into oven-safe dish
4. Bake for 20-30 minutes.

5. Top with berries and keto-friendly whipped cream - which is just whipped heavy whipping cream with some keto-friendly sweetener.

Turmeric Tofu Breakfast (Vegan)

400 Calories/8g Net Carbs/10g Protein/31g Fat



TOTAL TIME: 25 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Tofu - 4 oz.

Turmeric - 1 tablespoon

Coconut Oil - 1 ½ tablespoons

Avocado - ½ medium

Onion - ¼ cup

Bell Pepper - ¼ cup

DIRECTIONS:

1. In a pan, melt down coconut oil on medium heat.
2. Add onions, bell peppers, turmeric. Cook on medium-low heat for 5 minutes
3. Add crumbled tofu. Cook on medium-low for 10 minutes.

4. Stir to incorporate all flavors. Cook for 5 more minutes or until tofu is heated.
5. This dish is delicious served over some coleslaw with a vinaigrette dressing!

LUNCH & DINNER

Chicken Tortilla Soup

9g net carbs/50calories/56g fat/41g protein



A yummy take on chicken tortilla soup. Bake some cheese in the oven and use them as “tortillas.”

TOTAL TIME: 45 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Chicken - 3 oz. - shredded

Cheese - 2 tablespoons

Olive Oil - 1 tablespoon

Smoked Paprika - 1 teaspoon

Chicken Broth - 1 cup

Onion - 1 1/2 tablespoons

Carrot - 1 1/2 tablespoons
Celery - 1 1/2 tablespoons
Tomato Paste - 1 tablespoon
Avocado - 3/4 medium avocado
Sour Cream - 1 tablespoon
Scallion - garnish

DIRECTIONS:

1. Place olive oil, onion, carrot, celery in saucepot.
2. Turn to medium-low heat, cover. Let cook on low for 10 minutes.
3. Add tomato paste, smoked paprika. Let cook on low for 5 minutes.
4. Add broth and chicken. Let cook for 10 mins.
5. Salt and pepper to taste. Garnish with scallions.
6. Serve with avocado and cheese crackers/sour cream.

Pro Tip

Sweating is used to add deep flavor to soups and sauces. It is especially useful when using ingredients like onions or garlic. Sweating refers to cooking vegetables in a small amount of oil at a very low heat to pull out flavor. The key to sweating vegetables is low/slow heat. Try to avoid any browning/color on the vegetables. Think of it like steeping tea.

Bacon Cheeseburger Wrap

2g net carbs/170 calories/17g fat/4g protein



TOTAL TIME: 45 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Hamburger - 3 oz.

Bacon - 4 slices of bacon

Cheese - 1 slice

Mayo - 1 tablespoon

Avocado - 1/2 medium avocado

Lettuce - 4-6 leaves

Tomato - 1-2 slices

Onion - 1-2 slices

DIRECTIONS:

1. Cook bacon in oven at 350 degrees for 15-25 minutes.
2. Get pan with some oil in it very hot, lightly smoking.
3. Gently place burger patty into hot pan. Let cook for 2-3 minutes on each side.
4. Cook burger until desired temperature. Medium is about 135 degrees.
5. Melt cheese on top.
6. Build hamburger (meat, tomato, onion).
7. Wrap burger in lettuce.
8. Serve with pickles and avocado.

Pro Tip

Get yourself a meat thermometer. Testing the temperature of the meats can help you get perfectly juicy meats!

Asian Pork Slaw

10g net carbs | 600 calories | 40g fat | 33g protein



TOTAL TIME: 55 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Pulled Pork - 3 oz. (shredded)

Egg - 1 large egg

Coconut Oil - 1 tablespoon

Soy Sauce - 2 tablespoons

Rice Wine Vinegar - 1 tablespoon

Cabbage - 3 cups

Carrots - 1 cup

Onion - 1/4 cup

Sesame Seeds – garnish

DIRECTIONS:

1. Mince garlic and ginger.
2. Cook garlic and ginger at medium-low heat in coconut oil for approximately 5 minutes. You do not want any color on the garlic or ginger. Make sure you keep the heat low to prevent burning.
3. Add carrots and onion. Cook for 10 more minutes on low.
4. Add pork, cabbage, rice wine vinegar, and soy sauce. Cook for 10 more minutes on low.
5. While cabbage and pork are cooking, fry an egg to add on top of the mixture.
6. Garnish with sesame seeds!

Pulled Pork



The best cut of pork to use when making pulled pork is pork shoulder or pork butt. Pork shoulder and pork butt are the same thing, just different names for the same cut of meat.

TOTAL TIME: 9-10 Hours

SERVING SIZE: 3 servings

INGREDIENTS:

Pork shoulder or pork butt

DIRECTIONS:

1. The easiest way to make pulled pork is to set the oven to 250 degrees and let it cook overnight for 9-10 hours.

2. Put the pork shoulder in a dish that has a lid or cover the dish with aluminum foil. Covering the dish is very important. Trapping the steam slowly melts the fat, then the meat is slowly cooked in its own fat/steam. This is referred to as “braising.” This will make your pork delicious and melt in your mouth.
3. Pull the pork apart while it’s still warm.
4. Add a splash of apple cider vinegar and salt to the meat after you pull it apart.

Pulled Pork Fried Egg Slaw



This is a quick pulled pork dish with coleslaw and a fried egg on top.

TOTAL TIME: 30 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Pulled Pork - 3 oz (shredded)

Eggs - 1 large egg

Mayo- 2 tablespoons

Apple Cider Vinegar - 1 tablespoon

Salt - 1 teaspoon

Cabbage - 2 cups

Carrots - 1 cup

Onions - ¼ cup

DIRECTIONS:

1. Chop cabbage, onion, carrots.
2. Add mayo, apple cider vinegar, salt.
3. Put in refrigerator for at least 30 mins. Coleslaw needs a little bit of time for the salt and dressing to breakdown the cabbage.
4. Sauté onions and pork over medium heat.
5. Fry an egg.
6. Serve onions and pork over coleslaw. Top with fried egg!

Hamburger Stroganoff

9g net carbs | 650 calories | 59g fat | 37g protein



This garlic, onion, cream, and butter sauce is light and tasty! The beef and mushrooms give it a stroganoff taste. It also uses “noodles” made from zucchini.

TOTAL TIME: 50 minutes

SERVING SIZE: 1

INGREDIENTS:

Hamburger - 3 oz.

Cheese - 2 oz.

Butter - 1 tablespoon

Cream - 2 tablespoons

Garlic - 2 cloves, minced
Onion - 2 tablespoons - chopped
Zucchini - 1 medium - zoodles
Mushrooms - 1/2 cup

DIRECTIONS:

1. Cook hamburger meat until done. About 10-15 mins. Lay out on paper towel to soak up some fat.
2. Cook onion, garlic, 1/2 tablespoon of butter on medium-low for 10 mins. Make sure you keep the heat low to prevent burning.
3. Add mushrooms and hamburger, cook for 10 more minutes.
4. Add cream, cook on low for 5 minutes.
5. Meanwhile, add garlic and butter to a pan on low heat.
6. Add zoodles to garlic/butter, cook until zoodles are desired consistency.
7. Place zoodles in a bowl, top with beef/mushroom sauce.
8. Garnish with some parmesan cheese for extra flavor.

Pro Tip

You don't need a super fancy spiralizer to make zucchini noodles. The one used for this recipe was a small handheld spiralizer for \$6.99 from the local grocery market.

Pan-Fried Tuna Cakes

12g net carbs | 775 calories | 55g fat | 35g protein



Quick delicious pan-fried tuna cakes. Serve them on top of a creamy coleslaw!

TOTAL TIME: 40 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Almond Flour - ¼ cup

Tuna - 2.5 oz.

Egg - 1 large

Cabbage - 2 cups

Scallions - 3 ea.

Mayo - 2 tablespoons

Apple Cider Vinegar - 2 tablespoons

Salt - 1 teaspoon

Olive Oil - 1 tablespoon

DIRECTIONS:

1. Cut up cabbage. Mix together mayo, cabbage, apple cider vinegar, 1 scallion, and salt. Place cabbage in refrigerator for at least 30 minutes.
2. Mix together almond flour, egg, tuna, and 2 scallions in a bowl. Divide into 3 equal parts. Form into patties.
3. Put oil in pan, turn on medium-high heat.
4. Gently place tuna patties into hot oil. Let cook on one side without touching for 3 minutes on medium heat.
5. This will form a crispy delicious sear. Flip and cook the other side for 3 more minutes.
6. Place patties on paper towel on a plate to absorb the oil.
7. Serve on top of coleslaw!

Steak and Mashed Cauliflower

9g net carbs | 600 calories | 47g fat | 36g protein



TOTAL TIME: 35 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Steak - 3 oz.

Olive Oil - 1 tablespoon

Cauliflower - 1 ½ cups

Heavy Whipping Cream - 1 tablespoon

Butter - 1 tablespoon

Salt - 1 teaspoon

DIRECTIONS:

1. Salt and pepper steak. Pat dry with paper towels.
2. Cut cauliflower into small florets. Add cauliflower, water, and 1 teaspoon of salt to a sauce pot. Bring to a boil. Boil for about 20 minutes or until cauliflower is soft.
3. Add 1 tablespoon oil to a pan, turn on medium-high heat.
4. Once pan is hot, smoking lightly - gently place steak into hot pan.
5. Let cook on one side for 3 minutes, do not move the steak, if you want a crispy sear.
6. Flip steak over, cook on other side for 3 more minutes. Finish cooking steak to desired temperature in the oven (if your pan is oven safe).
7. Once cauliflower is soft, remove from heat. Pour cauliflower through a colander.
8. Take warm cauliflower and mix together cream, butter, and salt with a whisk.
9. Cut steak. Serve on top of cauliflower.

Tuna Cabbage Casserole

8g net carbs | 600 calories | 35g fat | 44g protein



TOTAL TIME: 40 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Tuna - 2.5 oz.- drained

Cabbage - 1 ½ cups

Cauliflower - 1 cup

Olive Oil - 1 tablespoon

Heavy Whipping Cream - 1 tablespoon

Mozzarella - 1 oz.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Chop cabbage and cauliflower.
3. Add oil to pan, turn to medium-high heat. Once pan is hot, add cauliflower and cabbage. Sauté on medium-high for 5-7 minutes until cauliflower gets a little golden.
4. Add tuna, butter, cream. Cook on low for 2-3 mins.
5. Put mixture into a small casserole dish.
6. Cover casserole dish with mozzarella cheese.
7. Bake in oven for 15-20 mins.
8. Garnish with parmesan cheese for extra cheesiness and some shaved vegetables for extra crunch!

Salmon Cabbage Bowl

600 Calories | 48g Fat | 9g net carbs | 21g Protein |



This is a delicious buttery cabbage and onion with seared salmon dish. Sear the salmon in coconut oil for a perfect keto meal!

TOTAL TIME: 25 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Salmon - 3 oz.

Coconut Oil - 1 tablespoon

Butter - 1 tablespoon

Avocado - 1/2 medium

Cabbage - 1 1/2 cups

Onion - 1/4 cup

DIRECTIONS:

1. Follow the instructions on making the perfect salmon.
2. For cabbage/onion mixture:
3. Chop cabbage and onions.
4. Melt 1/2 tablespoon coconut oil in pan on medium heat. Add cabbage and onions.
5. Cook for about 5 minutes on medium heat. Add butter.
6. Cook on low for 2-3 more minutes.
7. Serve with salmon and avocado. Salt/pepper to taste.

Shredded Beef



Shredded beef is delicious and easy to make. You can make a roast during the week and add it to salads or serve with eggs for breakfast. Use a fattier cut of beef, the fat helps to create moist and tender meat.

TOTAL TIME: 8 hours and 5 minutes

SERVING SIZE: Varies

INGREDIENTS:

Grass-Fed Beef

Varies of vegetable of your choice

DIRECTIONS:

1. Preheat oven to 250 degrees.
2. Place beef in roasting pan.
3. Use any old vegetables that you have in your refrigerator to add flavor. In this recipe, we used onions, peppers, scallions, and carrots.
4. Salt and pepper heavily. Cover and cook overnight (8-10 hours)
5. Pull apart meat while still hot.

Perfect Salmon



Try this easy recipe to make the perfect salmon.

TOTAL TIME: 5-10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Salmon - 3 oz. to 6 oz (if you are eating 3 meals a day)

8 oz. (if you are eating 2 meals a day)

1 tablespoon oil

DIRECTIONS:

1. Melt oil in pan on medium heat.
2. Pat salmon dry. Season with salt.

3. Add salmon to pan, continue to cook on medium heat.
4. Once the salmon is seared/golden brown on one side (about 4-5 minutes), flip it over.
5. Cook on other side until desired temp.
6. For well done, cook for another 3-4 minutes on medium heat.

Pro Tip

Use Extra Light Olive Oil or Safflower Oil when searing meat at high temperatures because they have a high smoke point. This means they will not burn as quickly as other oils (such as Extra Virgin Olive Oil or Coconut Oil).

Cauliflower Pizza

952 Calories entire crust | 62g Fat | 13g net carbs | 87g Protein |



An entire regular pizza has about 250 g net carbs. This entire crust has only 13 g net carbs. It is so delicious, too. Guilt free pizza is the best!

TOTAL TIME: 35 minutes

SERVING SIZE: 8 servings

INGREDIENTS:

2 cups finely grated cauliflower

2 cups shaved mozzarella cheese plus extra for topping (I use a pre-shaved organic brand)

2 large eggs

Tomato sauce (keep sugars below 2 grams)

Toppings of your choice (I like mushrooms, fresh tomato slices, pepperoni, olives, and fresh basil)

DIRECTIONS:

1. Preheat oven to 450 degrees. Cut parchment paper to match the size and shape of your pizza pan. Parchment paper is the best way to prevent your crust from sticking to the baking surface. I put a pizza stone in the oven and wait 20 minutes past the point where my oven becomes preheated. The stone makes the crust very crispy and delicious.
2. Finely grate cauliflower and remove any large chunks. You want a fine, uniform texture like rice. Try to spread it as thin as possible.
3. Mix together the cauliflower, mozzarella cheese, and two eggs until well-combined. At this point, it may not look like it could possibly turn into pizza crust, but it will bake to a thin, crunchy, flexible crust.
4. Place cauliflower mixture in the center of the parchment paper on the pizza pan. Spread the mixture thinly but evenly out the edges of the pan.
5. Bake crust at 450 degrees for 15 minutes. Do NOT cook crust with toppings, just the crust at this point. Once cooked, take crust out of oven and apply toppings.
6. Assemble the rest of your toppings. Place a small dollop of tomato pizza sauce (start with less than you think you'll need) in the center of your crust and spread it out nearly to the edge. Be conservative with the sauce. Too much

sauce was one of my mistakes when I was perfecting this recipe!

7. Top with a little cheese (remember the crust already contains cheese), followed by any other toppings of your choice. I add whole, fresh basil leaves, olives, slices of organic tomato and mushroom, and sometimes pepperoni.
8. Return to oven and re-bake until cheese is evenly melted and just beginning to turn golden on the surface. This will usually be between 10-15 minutes.

Pro Tip

The sauce I use: “Rao’s Homemade Sensitive Marinara Sauce”

Fried Fish

425 Calories (per 3 oz.) | 36g Fat | 3g Net Carbs | 52g Protein|



Pork rinds are a great alternative to breading for deep frying. This recipe uses pork rinds as the breading for the fish. Be careful when buying pork rinds, some brands tend to use maltodextrin which is not good because it can spike your blood sugar worse than sugar!

TOTAL TIME: 45 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

For Fried Fish:

Pork Rinds - 3 cups (measured when ground)

Eggs - 4 large

Coconut Flour - 1/2 cup

Fish - 2-3 fillets (3 oz.)

Safflower Oil - about 2 cups (16 oz.) for frying

For Dipping Sauce:

Mayonnaise (non-GMO) - 1 tablespoon

Sriracha or Chili Paste - 1 teaspoon

DIRECTIONS:

1. In a blender or food processor, grind pork rinds. The pieces should be uniform and small, so that the breading is consistent.
2. Get three medium-large bowls. This is going to be your breading station. Fill the first bowl with coconut flour. Fill the second bowl with beaten eggs. Fill the third bowl with ground pork rinds.
3. Dip the fish in flour. Covering completely. No bare spots.
4. Dip in egg. Covering completely in egg.
5. Return to flour, covering completely in flour.
6. Return to egg, covering completely in egg.
7. Finally, place it in the pork rind mixture. Make sure that every inch of the fish is covered in breading.
8. Next, in a deep pan, fill with about 2 cups of safflower oil for frying. You want enough oil for the fish to "swim" in it.
9. Turn on medium-high heat. A meat thermometer would work great right now. You can check you the temperature of the oil. You want your oil to be 350 degrees. If you don't have a meat thermometer, leave the pan on medium-high

heat for 5-6 minutes to let it heat up.

10. Gently drop the fish into the hot oil. Make sure that as you drop the fish, you are dropping it away from you to prevent hot oil from splashing back at you. Once you drop the fish into the hot oil, do not touch it at all for 2-3 minutes. This will allow time for the breading to fry, which will help it keep its shape and prevent it from falling apart. With tongs, gently flip the flip over (away from you) and cook for an additional 3-4 minutes.

For the sauce:

Combine sriracha or chili paste with mayonnaise. If you would like a more traditional tartar sauce, you can mix relish and mayonnaise.

Pro Tip:

Safflower oil is great for frying because the flavor is not too strong and the smoke point (temperature at which the oil burns) is very high. For example, coconut oil and extra virgin olive oil have lower smoke points and will burn much fast. They also have much stronger flavors.

Never try to fry too much at one time. This will bring down the temperature of the oil and the breading will stick and lose its shape will ultimately lead to mushy breading that falls apart. Try frying one fillet at a time until you get a feel for the temperature of the oil (this is a great time for a meat thermometer).

The macros for this recipe are an estimate, due to not knowing exactly how much oil will be absorbed during the frying

process. This recipe guessed that each 3-oz. fillet will absorb about 2 tablespoons of oil which is 28 g of fat!

You're not going to use all the ground pork rinds, but it is important that you have plenty for the breading process.

Keto Onion Rings

300 lories 26 g fat 7 g net carbs 21 g protein



*It is hard to believe that these onion rings are keto-friendly.
You will not be able to tell the difference.*

TOTAL TIME: 20 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Onion - 3 thick rings

Coconut Flour - 1/4 cup

Eggs - 2-3 beaten

Pork Rinds - 2 cup, ground

Safflower Oil - 2 cups, for frying

DIRECTIONS:

1. Cut off ends of onion. Peel onion. Cut into thick slices.
2. Grind pork rinds in a food processor or blender. Make sure the pieces are small and uniform.
3. Set up your breading station. Get 3 medium-large sized bowls. In the first bowl, add coconut flour. In the second bowl, add beaten eggs. In the third bowl, add ground pork rinds.
4. Dip the onion in coconut flour. This will just be a light coating.
5. Dip onion in egg mixture.
6. Return to flour mixture.
7. Dip in egg mixture again. Make sure that the onion is fully covered.
8. Finally, dip the onion in the pork rinds. You want to make sure that the onion is completely covered in pork rinds. You might need to take a little handful of pork rinds and gently pat it onto the onion rings.
9. If you are not experienced at frying, you should try to fry one onion ring at a time. The most common mistake when frying food is dropping the food into the oil before the oil is hot enough. The oil needs to be about 350 degrees for the food to keep its shape. Another common mistake is overcrowding the pan, which will lower the temperature of the oil and everything falls apart and gets mushy.
10. If you have a deep fryer, set it to 350 degrees and fry the onion rings. If you do not have a deep fryer, get a small sauce pot and fill it with about 2 cups of non-GMO safflower oil. Turn on medium-high heat. Safflower oil

works the best because it has a high smoke point, which means that it doesn't burn as quickly as oils like coconut oil or extra virgin olive oil. Use a meat thermometer if you have one to check the temperature of the oil. Once the oil is at 350 degrees, drop in the onion ring away from you so that the hot oil doesn't splash back at you. Use tongs to flip the onion ring over about 2-3 mins after you initially drop it into the oil. If you don't have a meat thermometer, then leave the oil on the heat for 5-6 mins to let it warm up. Make sure that you dried your hands and utensils of any water (you don't want hot oil to spit at you).

11. Serve with a low carb marinara sauce.

Baked Avocado Fries (Vegan)

280 Calories/2g Net Carbs/4g Protein/29g Fat (per serving)



TOTAL TIME: 45 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

Avocado - 1/2 large

Almond Flour - 1/2 cup

Everything Bagel Seasoning - 1/4 cup

Olive Oil - 1/4 cup

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Set up your breading station.
3. Set up 3 bowls with almond flour (plain), olive oil, almond flour with the Everything Bagel Seasoning mixed in.
4. Cut avocados into slices. Peel avocados.
5. First, dip your avocado in the plain almond flour.

6. Next, dip your avocado into olive oil.
7. Dip your avocado in the almond flour and everything bagel mixture.
8. Place on a rack. Bake for 30-35 minutes until golden brown.
9. Dip in low carb marinara sauce.

Pad Thai (Vegan)

600 Calories/7g Net Carbs/15g Protein/40g Fat



This vegan-friendly keto Pad Thai is delicious. Shirataki noodles are low-carb and can taste delicious when given some extra love!

TOTAL TIME: 45 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Organic Tofu - 3-6 oz

Shirataki Noodles - 8 oz package - “Fettucini” style

Safflower Oil - 2 cups - Non-GMO - for frying

Coconut Aminos - 2 tablespoons

Coconut Oil - 1 tablespoon

Peanut Butter - 2 tablespoons

Mushrooms - ½ cup, sliced

Garlic - 2 cloves

Ginger - 1 teaspoon

Sprouts - 1 cup

Peanuts - for garnish - about 1/4 cup

DIRECTIONS:

For Tofu

1. Cut tofu into small triangles or squares. Put tofu into the freezer. Let sit in freezer for about 30 minutes. This step will make the tofu very cold, so that the inside of the tofu doesn't disintegrate when you're frying it.
2. If you have a deep fryer, set it to 350 degrees.
3. If you don't have a deep fryer, get a small sauce pot and fill with oil. Turn on medium-high heat. Let warm up for at least 5-6 minutes. If you have a meat thermometer, use it to check that the oil is 350 degrees.
4. Gently drop tofu into oil, cook on one side for 2-3 minutes. Flip the tofu over to cook the other side. The tofu will be golden brown. Remove from oil.
5. Dress tofu with peanut sauce.

For Peanut Sauce

1. In a blender or a food processor, combine ginger, garlic, coconut aminos, and peanut butter.
2. Use to dress the tofu and add flavor to the noodles.

For Noodles

1. Get a large pan - turn on medium-high. Once the pan is hot, add coconut oil. Add noodles.
2. Start moving the noodles around quickly. You are trying to dry out the noodles and slightly saute them. Keep moving the noodles around for 2-3 minutes.
3. Add mushrooms. Saute for 3-4 minutes.
4. Remove pan from heat. Add peanut sauce mixture to noodles (add as much sauce as you'd like).
5. Chop up some peanuts. Build your dish!

Peanut Butter & Chocolate Sandwich

600 Calories/8g Net Carbs/46g Protein/71g Fat



Use our keto bread and homemade Nutella to make these kid-friendly low carb peanut butter and Nutella sandwiches!

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Keto Bread - 2 slices

Hazelnut Butter- 1 ½ tablespoons

Peanut Butter - 1 tablespoon, organic

DIRECTIONS:

1. Build sandwich with peanut butter on one slice and hazelnut butter on the other.

Meatballs & Zoodles

680 calories/12 g net carbs/58 g fat/45 g protein



Spaghetti sauce is delicious but can be high in carbs. This is a quick spaghetti that doesn't use too much tomato in the sauce. It gets a lot of its flavor from the garlic, onion, and cheese. It also uses zucchini noodles as the "spaghetti."

TOTAL TIME: 30 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Hamburger - 3 oz

Olive Oil - 1 tablespoon

Butter - 1 tablespoon

Onion - ¼ cup

Tomato Paste - 1 tablespoon

Garlic - 2 cloves

Parmesan Cheese - 1 cup - grated

Zucchini - 1 medium - zoodles

DIRECTIONS:

1. Roll hamburger meat into 4-5 meatballs.
2. Add oil to pan, turn on medium-high heat.
3. Add meatballs to pan, cook on medium high heat for 7-9 minutes. Stirring meat around occasionally.
4. Add onion and garlic to a pan with butter. Turn on medium-low heat. Let cook on low for 5 minutes.
5. Add tomato paste. Cook for 2-3 minutes on low.
6. Add zoodles and butter. Stir on low for 2-3 minutes.
7. Place in a bowl. Garnish with a lot of parmesan cheese!
8. Salt/Pepper to taste.

Pro Tip

If you're in a hurry, you can just cook the hamburger meat like you're making spaghetti meat. It tastes the same and saves you time.

Cauliflower Soup (Vegan)

400 Calories/11g Net Carbs/8g Protein/34g Fat



This vegan-friendly soup is so creamy and delicious! Add some seeds for extra flavor and crunch.

TOTAL TIME: 30 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Cauliflower - ½ medium head

Safflower Oil - 1 tablespoon

Onions - ¼ medium

Vegetable Broth - about 1 cup

Coconut Milk - about ⅓ cup

Seeds - for garnish

Parsley - for garnish

DIRECTIONS:

1. Cut up cauliflower into small florets.

2. Chop onions.
3. In a sauce pot, add oil and onions. Cook on low for 5-7 minutes. You don't want to get too much color on the onions, you want to slowly "sweat" out the flavor.
4. Add vegetable broth.
5. Add cauliflower florets. Cook until the cauliflower is soft.
6. In a heat-safe blender, add cauliflower and broth mixture. Blend on high.
7. Add coconut milk to taste. This recipe ended up using about $\frac{1}{3}$ cup of coconut milk
8. Salt and pepper to taste.
9. Garnish with seeds and parsley.

Vegan Carpaccio



TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Radishes

Beets

Carrots

Spring Mix

Avocado

Vinaigrette - about $\frac{1}{4}$ cup (try Dr. Berg's Lemon Vinaigrette - it goes perfect with this recipe).

Salt

For Garnish

Sunflower seeds

Olives

DIRECTIONS:

1. Using a mandolin CAREFULLY shave your veggies of choice. For this recipe, we used radishes, beets, carrots (use the mandolin guard to be extra safe).
2. Shave your vegetables into ice water to keep them crisp and fresh.
3. Cover in vinaigrette (use a lot).
4. Salt heavily. Salt is VERY important for this dish or else it will taste extremely bland.
5. Lay down greens. Place shaved vegetables on top of greens.
6. Cut avocado.
7. Garnish with sunflower seeds and olives.

Cauliflower Fried Rice

220 calories/14g fat/12g net carbs/2g protein



Cauliflower has so many purposes to the ketogenic community. It can be used as a great substitute for rice.

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Cauliflower - 1 cup

Coconut Oil - 1 tablespoon

Garlic - 1 tablespoon - fresh/minced - about 4-5 cloves

Carrots - 1/4 cup - diced

Onions - 1/4 cup - diced

Scallions - 2 each - for garnish

Coconut Aminos or Non-GMO (Organic) Soy Sauce - 2

tablespoons

DIRECTIONS:

1. In a food processor or blender, grind down cauliflower. You will find that you can take the cauliflower "too far" and turn it into mush. The best way to avoid doing this is to do small batches.
2. Mince garlic & chop veggies.
3. Melt down coconut oil in a pan on medium heat. Add garlic and onions. Making sure that the pan does not get hot is very important. Garlic burns easily. When your garlic starts bubbling, you can even remove your pan from the heat and let it simmer for a few seconds and then lower the heat of your burner. Cook garlic and onions on low for about 5 minutes without letting it burn.
4. Add carrots. Cook for 2-3 minutes.
5. Add cauliflower. Cook on medium, while stirring occasionally. The purpose of this step is to somewhat "dry out" the cauliflower.
6. Add coconut aminos or soy sauce. Garnish with sesame seed and scallions.

Bacon and Cheese Casserole

485 Calories/42 g Fat/6 g Net Carbs/18 g Protein



Try this delicious cauliflower casserole. This recipe kept the small cauliflower florets whole because we like the crunchy texture.

TOTAL TIME: 35-40 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

Cauliflower - 1 cup

Cheese - $\frac{1}{4}$ cup

Onion - $\frac{1}{4}$ cup (small diced)

Bacon - 3 slices (chopped for garnish)

Xanthan Gum - $\frac{1}{4}$ teaspoon

Heavy Cream - $\frac{1}{4}$ cup

DIRECTIONS:

1. Preheat oven to 350 degrees. If you don't have your bacon already cooked, now is when you want to cook it. You are going to use the bacon as a garnish along with green onions.
2. Cut cauliflower into small florets. You want small pieces so that they cook completely. Bigger florets would take much longer to cook, and bite sized pieces are easier to eat.
3. Chop onion. Over medium heat, melt down coconut oil in medium pan. Add onions. Cook on medium-low for 5 minutes.
4. Add cauliflower to pan. Turn up heat to medium heat. Sauté cauliflower for 5 minutes. Once cauliflower is slightly cooked, remove from heat and transfer into a small oven safe dish. The cauliflower is going to finish cooking in the oven.
5. For cheese sauce, add cheese and heavy cream to a sauce pot on medium heat. Stir frequently until cheese is melted. Add xanthan gum.
6. At this point, you should have the cauliflower/onion mixture in a small oven safe dish. Next, top it with the cheese mixture. Cook in oven for 20 mins.
7. Garnish with bacon and green onions!

Keto Curry Beef with Cauliflower Rice

Calories 575/Net Carbs 9g /Protein 19g/Fat 40g



This curry is keto-perfect! The flavors are great and the coconut milk is high in fat.

TOTAL TIME: 5:30 hours

SERVINGS: 1 serving

INGREDIENTS:

Grass-fed Stew Beef - 3-6 oz

Onion - for slow cooking - 1 whole

Red Curry Paste - 1 tablespoon

Organic Coconut Milk - 1 cup

Cauliflower Rice - 1 cup (see recipe)

Cilantro - for garnish

Celery - for garnish

Carrots - for garnish

DIRECTIONS:

1. In a slow cooker, cook beef and onions for 4-5 hours on high. You want the pieces of meat to still hold together. If you cook it for too long, then the beef will become shredded, which is delicious, but not ideal for this recipe.
2. To make curry sauce, you just need base ingredients of the curry paste and coconut milk.
3. Add the paste to a sauce pot. On medium-low heat, stir it around a little bit, just to slightly toast it.
4. Add coconut milk. Stir until the coconut milk are completely mixed together.
5. Pour curry sauce over beef. Garnish with cilantro and any veggies that you feel like. Be creative!

Pro Tip

Add ½ teaspoon of xanthan gum, if you'd like the sauce to be thicker.

You can also add a pinch of sweetener, if you like your curry a bit sweeter.

If you want to add more flavor to this dish, you could chop garlic, onions, shallots, lemongrass and add a little oil to your pot before you add the curry paste. Cook on low, for 4-5 minutes (careful not to burn the garlic).

Chicken Noodle Soup

450 Calories/6g Net Carbs/36g Protein/31g Fat



Keep warm with this delicious chicken keto-noodle soup. The egg noodles in this recipe are amazing!

TOTAL TIME: 60 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Chicken - 3-6 oz

Organic Chicken Broth - 2-3 cups

Safflower Oil - 1 tablespoon

Celery - ½ cup

Carrots - ½ cup

Onions - ½ cup

Parsley – garnish

Keto Egg Noodles (see recipe)

DIRECTIONS:

1. When making soup, you should always start with “sweating” the vegetables. This means that you are going to cook the vegetables on low heat in a little bit of oil to bring out all the yummy flavors. You can sweat your vegetables for 5-10 minutes on medium-low. Try not to get any color on the vegetables, you can do this by cooking it low and slow.
2. Add chicken broth.
3. Add chicken and the noodles and let simmer for 30 minutes.

Keto Egg Noodles

250 Calories/2g Net Carbs/16g Protein/20g Fat



These keto noodles are awesome. They don't fall apart and they taste just like egg noodles. Use them in soups, stroganoff, or fettuccine alfredo... the possibilities are endless!

TOTAL TIME: 25 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

Eggs - 2 eggs

Cream Cheese - 1 oz

Spices - onion powder, garlic powder

DIRECTIONS:

1. Preheat oven to 350 degrees.
 2. In a food processor or a blender, mix together eggs and cream cheese.
 3. Get a small deep dish. 8x8 works great.
 4. Line the dish with parchment paper. The parchment paper is used for easy and clean removal.
 5. Pour mixture into the dish. This will be a very thin layer. It will firm up in the oven!
 6. Bake for 12-15 mins
 7. Remove from oven. Let cool before slicing into noodles.
- Enjoy!

Skillet Pizza

550 Calories/6g Net Carbs/48g Protein/38g Fat



This super easy skillet pizza rivals that of any deep dish pizza you can have delivered; without all the carbs.

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Mozzarella Cheese - 1 cup

Pepperoni - 2 oz.

Herbs - Basil or Parsley

Safflower Oil - 1 teaspoon

DIRECTIONS:

1. Get a medium or large skillet depending on how much you are making.

2. Turn on heat to medium - add oil.
3. Sprinkle cheese throughout the pan so that it is evenly distributed. Make sure that the entire bottom of the pan is coated in cheese, this is going to be your crust.
4. Let the cheese start to bubble. Add tomato sauce and toppings. Based on your macros, you could even add more cheese.
5. Try to check the edges to make sure that the cheese is not sticking to the pan. You can slowly pick away at the edges of the crust and that should loosen it. Let the crust get dark brown to almost black. It will look dark but will taste delicious!

“Mac” and Cheese Cauliflower

400 Calories/4g Net Carbs/23g Protein/34g Fat



This creamy and cheesy cauliflower dish tastes just like Mac and Cheese!

TOTAL TIME: 40 mins

SERVING SIZE: 2

INGREDIENTS:

For Sausage

Butter - 1 tablespoon

Onion - ¼ large

Chicken Sausage - 1 each, organic

For Cheese Sauce

Cauliflower - 1 ½ cups, small florets

Cheese - 1 cup

Heavy Whipping Cream - 2 tablespoons

Garlic - 1 clove

Butter - 1 tablespoon

Xanthan Gum - 1/2 teaspoon

DIRECTIONS:

For Sausage

1. In a pan on medium heat, melt down butter, add onion and sausage.
2. Cook for 5-7 minutes on medium heat. Try not to get any color on the onions.

For “Mac” and Cheese

1. Cut cauliflower in small florets.
2. Boil heavily salted water in a medium sauce pot.
3. Cook cauliflower in boiling water until soft. This should be about 7-9 minutes. Drain and set aside.
4. In another sauce pot, melt down butter on medium heat. Add onions. Cook on medium-low heat. Try not to get any color on the onions. You are just trying to “sweat” out the flavor.
5. Add cream and cheese on low heat. Cream and cheese scorch easily, so slowly melt it down to avoid burning.
6. Add about 1/2 teaspoon xanthan gum. In a traditional mac and cheese, you would use all-purpose flour for the roux, which thickens the sauce. Because we cannot use flour, use a small amount of xanthan gum to thicken sauce.

7. Combine everything in a small casserole dish. Make sure that it is mixed thoroughly.
8. You can top with more cheese and crushed pork rinds. Bake for 10 minutes at 400 degrees, just to make the top crispy.
9. Garnish with parsley.

Crab Tostadas

270 Calories (per 1 tostada)/1g Net Carbs/26g Protein/16g Fat



These crab tostadas are so creamy, bright, and delicious! We used baked cheese as our "tostada."

TOTAL TIME: 25 mins

SERVING SIZE: 3 servings

INGREDIENTS:

Mozzarella Cheese - 1 cup

Crab - 3 to 6 oz

Mayo - 2 tablespoons

Lemon - 1 medium

Guacamole - 2 tablespoons

Cilantro - for garnish

Scallion - 3 each

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. On a silicone baking mat or parchment, divide cheese into 3 circles. These are going to be your “tostadas.”
3. Bake for about 15 minutes. They will be golden brown.
4. In a mixing bowl, mix crab, lemon zest, lemon juice, and scallions. If you use 3 ounces of crab, try to use 1 tablespoon of mayo, 1 tablespoon of lemon zest, and about 1 teaspoon of lemon zest. Make sure to taste the mixture as you're adding the ingredients. Some people prefer more mayo and lemon than others. Add salt and pepper to taste.
5. Build your tostadas. Start with your "tostadas." then crab salad, garnish with cilantro and more scallions. You could also add some hot sauce on top if you like it spicy.

Thai Coconut Soup

350 Calories (per 1 cup with chicken)/3g Net Carbs/25g Fat/29g Protein



Coconut milk is a ketogenic favorite. It's rich in delicious flavor, nutrients, and fat!

TOTAL TIME: 30 mins

SERVING SIZE: 2

INGREDIENTS:

Safflower Oil - 2 tablespoons

Lemongrass - 1 tablespoon

Ginger - 1 tablespoon

Garlic - 2 cloves

Shallots - about 1 tablespoon

Serrano Peppers - 2 each

Lime - 2 each
Chicken Broth - 1 cup
Coconut Milk - 1 cup
Mushroom - 1 cup
Cilantro - for garnish
Salt and pepper

DIRECTIONS:

1. Chop lemongrass, ginger, garlic, shallots, serrano peppers. Lemongrass is hard and needs to be chopped very small or else it will add an unappetizing texture to your soup. You can use a food processor for mincing if you're more comfortable with that.
2. In a large stock pot, add safflower and lemongrass, ginger, garlic, shallots, and serrano peppers.
3. Cook on low for 10 minutes. The purpose of this step is to bring out all of the amazing flavors. You don't want to get any color on any of the vegetables. This is called "sweating" the vegetables.
4. Add mushrooms. Cook for 5 more minutes on low.
5. Add chicken broth. Cook for 5 more minutes on medium heat.
6. Add coconut milk. Add the zest of one lime. Add the juice of 1-2 limes. Some people like more lime, while others like less. Taste it as you're adding the lime. Salt and pepper to taste.
7. Add chicken, if you'd like!
8. Garnish with cilantro. Enjoy!

Marcona Almond Cauliflower (Vegan)

400 Calories/7g Net Carbs/10g Protein/34g Fat



The herbs and lemon add a bright flavor to this delicious vegan-friendly fried cauliflower dish! Mix all the flavors together and serve it on top of a smear of tahini.

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Cauliflower - 1 ½ cups

Safflower Oil - 1-2 cups - non-GMO for frying

Parsley and/or Cilantro - picked with some stems

Marcona Almonds - ¼ cup (measured when whole)

Lemon Juice - ¼ medium lemon

Salt - 1 teaspoon

DIRECTIONS:

1. Cut up cauliflower into small florets. Chop almonds.
2. If you have a deep fryer, using non-GMO safflower oil, fry cauliflower at 350 degrees until golden brown.
3. If you don't have a deep fryer, fill a sauce pot with oil. Leave on medium-high heat for 5-6 minutes. Make sure that you have enough oil for the cauliflower to "swim" in... this will prevent burning. If you have a meat thermometer, make sure that the oil is at 350 degrees. Drop cauliflower into oil and let fry until golden brown, remove from oil and have a landing ready with paper towel on a plate. Salt immediately.
4. Add salted cauliflower to a bowl, squirt with lemon juice. Add picked herbs and almonds.
5. Smear tahini on a plate. Plate the cauliflower on top of the tahini.

Tip

If you'd like to roast your cauliflower instead, you could do that in your oven at 450 degrees. Make sure you use plenty of oil to get that golden brown color. Frying is great because it's fast and simple as long as you're using non-GMO oil.

Cheesy Keto Cauliflower Bites

180 calories/9g protein/14g fat/2g net carbs



Top these cauliflower bites with sour cream, green onions, bacon, and green onions: think loaded potato!

TOTAL TIME: About 25 minutes

SERVING SIZE: 3 muffins

INGREDIENTS:

Riced Cauliflower - 1 cup

Eggs - 1 large

Shredded Cheese - 1/2 cup

Sour Cream - 2 tablespoons

Bacon - for garnish

Scallion - for garnish

Tomato - for garnish

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. In a bowl, mix together riced cauliflower, shredded cheese, sour cream and beaten egg.
3. Divide the mixture into 6 equal portions in silicone molds or muffin tray.
4. Bake for 15-20 minutes.
5. Garnish with bacon, scallion, tomatoes, even more sour cream.

Stuffed Peppers

450 Calories/9g Net Carbs/30g Protein/41g Fat



These yummy stuffed peppers are filled with cauliflower rice and ground beef along with the delicious flavors of onions and garlic!

TOTAL TIME: 40 mins

SERVING SIZE: 2 servings

INGREDIENTS:

Ground Beef- 3-6 oz

Cheese - 1 oz.

Safflower Oil - 1 tablespoon

Onion - $\frac{1}{4}$ medium

Garlic - 2-4 cloves

Bell Pepper - 1 whole

Tomato Sauce or Paste - 1-2 tablespoons, optional

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Chop onions and garlic. Cut bell pepper in half. Remove seeds. For this recipe, we used a whole bell pepper, so the top of the pepper was still on it. We kept the top on it, so that the insides didn't fall out. When you eat it, you can just eat around the center. Or you could buy multiple bell peppers and just use the top for something else.
3. In a pan, add safflower oil, chopped garlic and chopped onions. Cook on medium-low. You are just sweating the onion and garlic. You want to keep the heat low to bring out all of the flavors, try not to get any color on the onion or garlic. Cook on low for about 5-7 minutes.
4. Add ground beef. Cook on medium heat until cooked thoroughly.
5. Add tomato sauce or tomato paste for extra flavor.
6. Place ground beef mixture into bell peppers. Add cheese on top.
7. Cook in oven for 15-20 minutes or until bell pepper is soft.
8. Serve with a big salad!

Beef & Cauliflower Rice Soup

500 Calories/11g Net Carbs/29g Protein/36g Fat



Great for a cold day or when in need of a hearty meal!

TOTAL TIME: 45 mins

SERVING SIZE: 1

INGREDIENTS:

Stew Beef - 3-6 oz (make 1 pound ahead of time in a crock pot, you can use the additional beef for other things throughout the week!)

Cauliflower Rice - 1 cup (you can buy this at the grocery store)

Safflower Oil - 1 1/2 tablespoon

Onion - 1/4 medium

Carrot - 2 small or 1 large

Celery - 2 stalks

Beef Broth - 2 cups

DIRECTIONS:

1. Add oil, onion, carrot, celery. On medium-low heat, cook veggies for about 10 minutes. The purpose of this step is to bring out all of the flavors. This step is called “sweating” the vegetables.
2. Add cauliflower rice, cook on medium heat, while stirring, for 2-3 minutes.
3. Add broth and meat. Let simmer for 20 minutes.
4. Garnish with parsley! Serve with a big salad.

Spaghetti & Meat Sauce

500 Calories/7g Net Carbs/28g Protein/44g Fat



This recipe will teach you how to add flavor to Shirataki Noodles. Add some spaghetti sauce on these noodles and you will NEVER miss regular carb-filled spaghetti.

TOTAL TIME: 20 mins

SERVING SIZE: 1

INGREDIENTS:

Ground Beef - 3-6 oz

Tomato Sauce - 1 cup, low carb

Safflower Oil - 1 tablespoon

Shirataki Noodles - 1 bag

Onion - ¼ medium

Butter - 1 tablespoon

Parsley - for garnish

Parmesan Cheese - for garnish

DIRECTIONS:

1. Add 1/2 tablespoon of oil to a pot, cook ground beef. Add low carb spaghetti sauce.
2. Drain noodles.
3. In a pan, add 1/2 tablespoon of oil and onions. Cook on medium-low heat for 5 minutes.
4. Add noodles, turn up heat to medium-high.
5. Sauté noodles for 5-7 minutes. Keep moving them around. This is going to cook the onion flavor into the noodles. Salt heavily.
6. Remove from heat. Add butter. Stir until melted and mixed completely.
7. Add spaghetti sauce.
8. Garnish with cheese and parsley!

Carrot & Ginger Coconut Soup (Vegan)

330 Calories/5g Net Carbs/18g Protein/22g Fat



This vegan-friendly soup has tons of delicious flavors. The ginger, garlic, onion, turmeric, and carrots are a perfect and healthy combination for a cold day!

TOTAL TIME: 40 mins

SERVING SIZE: 2 cups

INGREDIENTS:

Vegetable Broth - 1 cup

Carrots - 2 large

Ginger - 1 tablespoon

Garlic - 2 cloves

Onion - ½ large

Turmeric - 1 tablespoon

Coconut Oil - 1 tablespoon

Coconut Milk - 1/2 cup, organic

Parsley - for garnish

Pecans - for garnish

DIRECTIONS:

1. Chop garlic, ginger, onions, and carrots.
2. In a large sauce pot, melt down the coconut oil on medium-low heat.
3. Add garlic, onion, ginger, carrots. Cook on low for about 10 minutes. Be careful not to burn the garlic. The purpose of this step is to bring out all of the flavors of the garlic, onion, and ginger.
4. Add turmeric. Stir and cook for 1-2 minutes.
5. Add vegetable broth. Cook for 10 more minutes or until carrots are soft.
6. Once carrots are soft, place in a blender and blend on high.
7. Slowly add coconut milk until desired texture.
8. Garnish with more coconut milk, pecans, and parsley.

Keto Gnocchi

675 Calories (per serving)/7g Net Carbs/22g Protein/50g Fat



These gnocchi are a great way to satisfy your pasta-tooth! Serve with any sauce of your choice. We used a low-carb tomato sauce for this recipe, but a garlic butter sauce is delicious, too!

INGREDIENTS:

Almond flour - 1 cup

Mozzarella Cheese - 1 cup

Butter - 2 tablespoons

Egg - 1 large + 1 egg yolk

DIRECTIONS:

1. Melt down cheese and butter.
2. Add almond flour. Mix well.
3. Knead egg mixture into almond flour mixture.

4. Roll dough into a log shape about 1/2 thick.
5. Cut log shape into 1-inch gnocchi.
6. Freeze for about 5-10 minutes so that they hold their shape better.
7. Start to boil water in a large sauce pot. Once the water comes to a rolling boil, drop about 1/4 of the gnocchi batch into boiling water. It is important to do small batches so that you do not bring down the temperature of the boiling water. If the water cools down too much, then your gnocchi will end up falling apart.
8. Boil until soft, they should float when they are ready to be pulled from the water.
9. Remove from heat. Place them on a paper towel to soak up the water.
10. Get a pan hot over medium-low heat, add oil.
11. Add gnocchi to the hot pan, once the gnocchi get golden brown on one side, flip them over.
12. Once both sides have a golden-brown sear, add any sauce of your choice. This recipe used a low carb tomato sauce.

Lamb & Beef Kofta

600 Calories/31g Fat/17g Carb/45g Protein



Kofta is an Eastern meatball dish that is prepared as either balls or rolled into logs and put on a stick to be eaten like a kabob. This version is keto friendly!

TOTAL TIME: 15 minutes

SERVING SIZE: 2 (or more depending on size of the log)

INGREDIENTS:

Ground Lamb - 3 oz.

Ground Beef - 3 oz.

Onion - ¼ cup

Garlic - 4-5 cloves

Parsley - ¼ cup, chopped

Curry Powder - 2 tablespoons

Hummus - 2 tablespoons

Safflower Oil - 1 tablespoon

DIRECTIONS:

1. In a food processor, pulse onions and garlic.
2. In a bowl, mix together lamb, beef, onions, garlic, parsley, curry powder.
3. Form into logs. Add salt and pepper. (You could also make burger or meatball shapes).
4. Get a pan hot over medium-high heat. Once pan is hot, add oil.
5. Add meat to hot pan. (Your pan must be hot to get a nice sear on the meat).
6. Once the meat is in the hot pan, do not touch it for 1-2 minutes. This will also help to create a nice sear.
7. Flip over. Cook until internal temperature is at least 145 degrees.
8. Serve with hummus and a big salad!

Broccoli Cheddar Soup

600 Calories/6g Net Carbs/52g Fat/30g Protein



TOTAL TIME: 40 mins

SERVING SIZE: 1

INGREDIENTS:

Chicken Broth - 2 cups

Broccoli - 1 cup

Onions - ¼ cup

Butter - 2 tablespoons

Heavy Whipping Cream - ¼ cup

Cheddar Cheese - 2 cups, shredded

Xanthan Gum - 1 teaspoon (this will help to thicken the soup)

DIRECTIONS:

1. In a sauce pot, melt down butter over medium heat. Add onions.

2. Cook onions on medium-low for about 10 minutes. Try not to get any color on the onions. You want to slowly “sweat” the onion to bring out the flavor.
3. Add chicken broth. Cook on medium for 10 minutes.
4. In a heat safe blender, add chicken broth and onion mixture. Blend on high for 30 seconds.
5. Place mixture back into sauce pot, turn on medium heat. Add cheese and heavy whipping cream. Whisk continuously, this will help to prevent burning.
6. Add xanthan gum. Whisk until the soup thickens.
7. Cut broccoli into small florets.
8. Fill a small sauce pot with salted water. Bring to a rolling boil.
9. Add broccoli to boiling water. Boil until soft.
10. Drain in a colander. For this recipe, we pulsed the broccoli in a food processor, before adding it to the soup mixture.
11. Add broccoli to soup mixture. Cook for 5 more minutes.
12. Serve with a big salad!

5-Minute Salmon Wraps

300 Calories/6g Net Carbs/12g Protein/22g Fat



TOTAL TIME: 5 minutes

SERVING SIZE: 1

INGREDIENTS:

Smoked Salmon - 2 oz., nitrate free

Mayo - 1 tablespoon, non-GMO

Cream Cheese - 1 oz., at room temperature

Lemon - 1 tablespoon

Cucumber - 1/4 cup

Bell Pepper - 1/4 cup

Onion - 1/4 cup

Parsley - 1/4 cup, chopped

Romaine Lettuce - 1 head

Capers - 2 tablespoons

DIRECTIONS:

1. Chop cucumbers, bell peppers, onions, and parsley.
2. Mix veggies in a bowl. Add mayo, cream cheese, lemon juice.
3. Salt and pepper to taste.
4. Cut the top off the romaine, so that you have a lettuce wrap.
5. Build your wraps: veggie mixture, smoked salmon, capers!

Keto Sliders

550 Calories/35g Fat/1g Net Carb/51g Protein



TOTAL TIME: 25 mins

SERVING SIZE: 12 sliders

INGREDIENTS:

Organic Grass-fed Beef

Salt

Pepper

Any cheese of choice

Lettuce

DIRECTIONS:

1. Make Keto Rolls ahead of time.
2. Form burger patties into same size as buns.
3. Salt and pepper the burgers.

4. Start to get a pan hot over medium-high heat. Once pan is piping hot, gently add oil.
5. Place each mini-burger in the hot pan. Letting the burger cook for 1-2 minutes without moving it.
6. Once the burgers get a good sear, flip them over until internal temperature is at least 135 degrees.
7. Remove burgers and place on paper towel to soak up the grease.
8. Cut lettuce and cheese.
9. Add cheese. Bake burgers in oven at 350 degrees until the cheese melts.
10. Cut your buns in half. Build your burgers!

Tempeh Sandwich (Vegan)

590 Calories/12g Net Carbs/35g Protein/34g Fat



Dr. Berg's vegan-friendly bread is filled with fat and protein. Add some hummus and tempeh (or tofu) and veggies to make a delicious crispy sandwich.

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Dr. Berg's Bread - 2 slices

Organic Tempeh - 3-6 oz

Safflower Oil - 1 cup (non-GMO)

Organic Hummus - 2 tablespoons

Lettuce - 2-3 leaves

Tomato - 1-2 slices

Cucumbers - 2-3 slices

Bell Pepper - 2-3 slices
Sprouts - 1 cup
(Vegetables of your choice)

DIRECTIONS:

Tempeh

1. Add oil to a small pan. (If you have a deep fryer, set it to 350 degrees.)
2. Turn oil on medium-high heat.
3. Once hot (about 5-6 minutes) add tempeh, cook on each side on medium heat for 2-3 minutes each.
4. Remove from heat, place on paper towel to soak up grease, salt immediately.

Sandwich

1. Toast Dr. Berg's Bread at 400 degrees for 5-10 minutes.
2. Build sandwich. You might want to eat it with a fork, especially if you load it with vegetables.
3. Add a drizzle of olive oil if it seems too dry.

Keto Tacos

290 Calories/4g Net Carbs/20g Protein/22g Fat



These are great for the kids or Taco Tuesday! You can also use the cheese crusts as a topping for a taco salad too!

TOTAL TIME: 25 mins

SERVING SIZE: 4 Tacos

INGREDIENTS:

Cheese - 1 cup

Ground Beef - 3 to 6 oz.

Lettuce - about 1 cup

Sour Cream - 2 tablespoons

Avocado - ½ medium

DIRECTIONS:

1. Preheat oven to 350 degrees

2. On a silicone baking mat or parchment paper, lay out cheese in small circles. Make sure that the cheese is not overlapping too much, this is ensure that your shells are crispy.
3. When your cheese starts to get golden brown on the outsides, start watching them closely, they can burn fast.
4. Remove from oven when golden brown.
5. Let cool for about 2-3 minutes. While still warm, fold over the cheese, into a taco shell shape.
6. Serve with ground beef and toppings.

Mozzarella Sticks

400 Calories/1g Net Carb/38g Protein/27g Fat



Bake or fry these delicious cheese sticks for your family. These are less than 1g net carb per 3 cheese sticks!

TOTAL TIME: 45 mins

SERVING SIZE: 3 sticks

INGREDIENTS:

Organic Mozzarella Cheese Sticks - 3 each

Pork Rinds - 1 cup, ground

Egg - 1 large

Almond Flour - ¼ cup

Safflower Oil - 1-2 cups, if frying cheese sticks

Marinara Sauce (low-carb) - For the dipping

DIRECTIONS:

1. Preheat your oven to 350 degrees, if you are planning on baking the cheese sticks.
2. In 3 large dishes, set up your breading station: almond flour, beaten egg, ground pork rinds.
3. Dip your cheese stick into the egg mixture.
4. Dip it into the almond flour.
5. Return to egg mixture.
6. Finally, dip in ground pork rinds. Make sure that your pork rinds are ground small and even. You can use a food processor or a blender.
7. You might see some patches that do not have breading on them. You should be able to gently pat breading onto any part of the cheese that is not breaded.
8. Place in freezer for 10-15 mins on parchment paper. This will help the cheese sticks keep their shape especially if you deep fry them!
9. Bake in oven at 350 degrees for about 20 minutes or fry in non-GMO oil.

Egg Salad Bites

470 Calories/4g Net Carbs/25g Protein/38g Fat



These kid-friendly bacon egg salad bites have the perfect amount of creaminess and crunchiness.

TOTAL TIME: 10 minutes

SERVING SIZE: 5-6 small portions

INGREDIENTS:

Eggs - 3 large, hard boiled

Mayo - 1 tablespoon

Sour Cream - 1 tablespoon

Bacon - 2 slices, cooked - for garnish

Salt/Pepper - to taste

Romaine Lettuce - 1 head

DIRECTIONS:

1. In a bowl, mix together eggs, sour cream, mayo.

2. Salt and pepper to taste.
3. Cut off top $\frac{2}{3}$ of romaine head. These will be your “wraps.”
4. Fill the lettuce with egg mixture.
5. Garnish with bacon.

Cheeseburger Wraps

550 Calories/3g Net Carbs/42g Protein/45g Fat



Make cheeseburgers without having to tend to individual burgers!

TOTAL TIME: 10 minutes

SERVING SIZE: 1

INGREDIENTS:

Ground Beef - 3 oz.

Cheese (your choice) - 3 oz.

Onion - ¼ cup

Romaine - 1 head

Safflower Oil - 1 tablespoon

Salt/Pepper

DIRECTIONS:

1. Dice the onion.

2. Prepare a pan to medium heat. Add oil and onions. Cook for about 1-2 minutes, until translucent.
3. Add ground beef to the pan. Salt and pepper heavily. Cook for 5-7 minutes or until completely cooked.
4. Add cheese. Turn on low heat. You want just enough heat to melt the cheese. Hot heat will scorch your cheese.
5. Build cheeseburger wraps! Serve with veggies and toppings of your choice.

Pork Rind Nachos

600 Calories/4g Net Carbs/55g Protein/50g Fat



Pork rinds are an awesome crunchy chip substitute. They are a keto staple. Make sure your pork rinds do not have maltodextrin the ingredients -- maltodextrin can spike your blood sugars worse than sugar!

TOTAL TIME: 30 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Ground Beef - 3-6 ounces

Cheese - 3 ounces

Pork Rinds - 2 cups

Taco Seasoning (ensure no MSG) - 2 tablespoons

Suggested Toppings:

Guacamole

Olives
Tomatoes
Jalapenos

DIRECTIONS:

1. Preheat your oven to 350 degrees.
2. This dish is simple to throw together. The most important part is making sure to sear your hamburger meat at a medium-high heat in about 1 tablespoon of oil (safflower oil or avocado oil works great). Get your pan hot first, then add the oil, then meat. Once your meat is cooked thoroughly, add seasoning.
3. In a casserole dish, build your nachos. Pork rinds, meat, shredded cheese.
4. Bake in oven until cheese is melted.
5. Add toppings of your choice!

Chicken Pot Pie



TOTAL TIME: 1 hour & 30 minutes
SERVING SIZE: 2 servings

INGREDIENTS:

For Filling:

Celery - 2 stalks
Carrots - 1 medium
Onion - $\frac{1}{2}$ medium
Chicken - 6-7 ounces
Oil - about 2 tablespoons
Heavy Cream - 1 cup
Xanthan Gum - about 1 teaspoon

For Topping:

Almond Flour - 1 cup
Butter - 2 tablespoons, melted
Sour Cream - $\frac{1}{2}$ cup

Cheddar Cheese - $\frac{1}{4}$ cup

Eggs - 2 large

For Garnish

Parsley

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Dice celery, onions, and carrots.
3. In a sauce pot, add about 2 tablespoons of oil. Sweat down vegetables over low heat. This should take about 10 minutes. The onions will become translucent.
4. Add chicken broth to mixture. Cook for 5-10 minutes.
5. Make your chicken ahead of time. Dice about 6-7 ounces.
6. Add chicken to broth and vegetable mixture. Keep on low heat.
7. Add 1 teaspoon dried thyme.
8. In a dish, mix together 1 cup heavy cream and about $\frac{1}{2}$ teaspoon xanthan gum. Add this mixture to the chicken and vegetables. If necessary, you can SLOWLY add small amounts of xanthan gum. Try to add $\frac{1}{2}$ teaspoon at a time to make sure that you don't add too much at one time.
9. Place mixture in an oven safe dish.
10. For topping: add almond flour, baking powder, garlic powder, melted butter, sour cream, cheddar cheese, eggs.
11. Mix well.
12. Place topping mixture on top of chicken mixture in casserole dish. Garnish with more cheddar cheese for an extra crispy topping.
13. Bake at 375 degrees for 25 minutes.
14. Garnish with parsley.

Tuna Sandwich

610 Calories/4g Net Carbs/39g Protein/51g Fat



Use our Keto Bread to make this kid-friendly, creamy tuna salad sandwich.

TOTAL TIME: 5 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Keto Bread - 2 slices

Tuna - 3 oz.

Mayo - 1-2 tablespoons (non-GMO)

DIRECTIONS:

1. Use 2 slices of keto bread.
2. Combine tuna and mayo. Salt and pepper to taste.
3. If you like celery or onions, you can add that to the tuna salad mixture.
4. Serve with a big salad and avocado for added fat.

Pork Ribs



TOTAL TIME: 5-6 hours
SERVING SIZE: 4 servings

INGREDIENTS:

Ribs (pork) - 1 rack
Cumin - 1 tablespoon
Smoked Paprika - 1 tablespoon
Garlic Powder - 1 tablespoon
Chili Powder- 1 tablespoon
Salt - 1 tablespoon
Xylitol - 1 tablespoon

DIRECTIONS:

1. Preheat oven to 250 degrees.
2. Combine cumin, smoked paprika, garlic powder, chili powder, salt, and xylitol.
3. Mix well.
4. Lay out ribs on aluminum foil. Coat heavily with dry rub.

5. Wrap in foil, so that no steam can escape. The trapped steam is what will slowly cook your ribs and make them tender and juicy.
6. Cook in oven for 5-6 hours.
7. Remove ribs from aluminum foil. Place ribs on baking tray, turn up oven to 400 degrees, cook for 7-8 minutes for crispy outside. Be careful not to overcook the ribs at this point. You just want a crispy outside with this step.

Pine Nut Pesto Zoodles (Vegan)

370 Calories/4g Net Carbs/3.5g Protein/40g Fat



This vegan-friendly keto pesto gets its fat content from pine nuts and olive oil. Sprinkle some nutritional yeast on this dish for nutrients and a cheesy flavor!

TOTAL TIME: 35 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Olive Oil - ¼ cup

Pine nuts - ¼ cup

Grape tomatoes - ¼ cup

Basil - 1 cup

Parsley - 1 cup

Zucchini - 1 medium, spiralized

DIRECTIONS:

1. Cut zucchini into "zoodles."
2. Pick about 1 cup of basil and 1 cup of parsley (no stems).
3. Peel 2 garlic cloves.
4. In a blender or food processor, combine all ingredients except olive oil and zucchini. After all the ingredients are in the blender, add about 1 tablespoon of the olive oil. Slowly add the olive oil as the blender is on. This will help the blender to keep everything moving. You could also add some lemon zest right now!
5. In a pan, add about 1 tablespoon of pesto, grape tomatoes, and zoodles. Cook on low for about 2-3 minutes, just to bring out some the flavors and to get the zoodles warm.
6. Remove from heat. Add more pesto to taste. Garnish with nutritional yeast for a cheesy flavor. Garnish with more pine nuts!

Tip

Add more protein to this dish with one of your favorite (organic) meat substitute: tempeh or tofu works great!

Tom Kha

350 Calories/3g Net Carbs/25g Fat/29g Protein



TOTAL TIME: 30 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

Safflower Oil - 2 tablespoons

Lemongrass - 1 tablespoon

Ginger - 1 tablespoon

Garlic - 2 cloves

Shallots - about 1 tablespoon

Serrano Peppers - 2 each

Lime - 2 each

Chicken Broth - 1 cup

Coconut Milk - 1 cup

Mushroom - 1 cup

Cilantro - for garnish

Salt and pepper

DIRECTIONS:

1. Chop lemongrass, ginger, garlic, shallots, serrano peppers. (Lemongrass is hard and needs to be chopped very small or else it will add an unappetizing texture to your soup.)
2. In a large stock pot, add safflower and lemongrass, ginger, garlic, shallots, and serrano peppers.
3. Cook on low for 10 minutes.
4. Add mushrooms. Cook for 5 more minutes on low.
5. Add chicken broth. Cook for 5 more minutes on medium heat.
6. Add coconut milk. Add the zest of one lime. Add the juice of 1-2 limes.
7. Salt and pepper to taste.
8. Add chicken, if you'd like!
9. Garnish with cilantro. Enjoy!

Stuffed Portobello

220 Calories/4g Net Carbs/5g Protein/20g Fat



TOTAL TIME: 35 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Coconut Oil - 1 ½ tablespoons

Vegan Cream Cheese - ¼ cup

Onions - ¼ cup

Tomatoes - 5-6 cherry

Zucchini - ¼ cup

Parsley - for garnish

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Chop veggies (onions, tomatoes, zucchini).
3. In a pan, melt down coconut oil on medium heat.

4. Add onions, tomatoes, zucchini. Cook on medium heat for 5-7 minutes.
5. Salt heavily
6. Cut out stem of portabello mushrooms.
7. Fill mushrooms with vegan cream cheese.
8. Add veggie mixture on top.
9. Cook for 15-20 minutes at 400 degrees.
10. Garnish with parsley.
11. Serve with a salad or coleslaw with a nice vinaigrette for some added fat!

BLT Bites

350 Calories/2g Net Carbs/23g Protein/20g Fat



TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Keto Bread - 2-3 slices, sliced thin (*see recipe for Keto Bread*)

Bacon - 2 slices

Tomatoes - 5-6, cherry or grape

Mayo - 1 tablespoon

Lettuce - 2-3 leaves

DIRECTIONS:

1. Cook bacon at 350 degrees in the oven for about 20-25 minutes or until it is crispy.
2. Bake your keto bread. Try to bake it ahead of time. You can use it for other sandwiches or French toast

throughout the week. Cut the slices to the desired thickness of your mini-breads.

3. Find something small and round to cut the bread molds.
4. Build your mini-sandwiches! Mayo, lettuce, bacon, tomatoes.
5. Serve with bell pepper strips.

Grilled Cheese

560 Calories/5g Net Carbs/50g Fat/25g Protein



This keto-friendly grilled cheese is amazing. You will never be able to tell the difference when you use our keto bread.

TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Keto Bread - 2 slices (*see recipe for Keto Bread*)

Cheese - 2.5 ounces, at room temperature (this will help a lot when you are melting the cheese)

Butter - 1 tablespoon

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Cut two slices of keto bread.
3. In a large pan, delicately melt butter on medium-low heat.

4. Add the bread to pan with melted butter. Cook on medium-low heat until the one side of the bread is golden brown.
5. Build your grilled cheese sandwich.
6. Place sandwich on a roasting rack and place in oven for 5 minutes.
7. Once cheese is melted, pull it from the oven and let it cool for 1-2 minutes before cutting it in half, so that the cheese has a minute to firm up.

Vegan Mushroom Wrap

450 Calories/8g Net Carbs/14g Protein/37g Fat



TOTAL TIME: 30 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Mushrooms - 1 cup

Coconut Aminos - 2 tablespoons

Coconut Oil - 1 tablespoon

Peanut Butter - 2 tablespoon

Garlic - 2-3 cloves

Radish - 2-3 each

Carrots - 1/2 large

Lettuce - 1 head, romaine

Cilantro - for garnish

Peanuts - 2 tablespoons, for garnish

Avocado - optional, for added fat

DIRECTIONS:

1. Chop garlic.
2. In a pan, melt down coconut oil. Add garlic.
3. Cook on medium-low for 3-4 minutes.
4. Add mushrooms. Sauté for 5-7 minutes.
5. Add coconut aminos and peanut butter. Cook for 5 more minutes on low. You want to use low-heat, so that you don't burn the peanut butter.
6. Chop veggies to add to the wrap. Or make a salad instead! Both are equally delicious!
7. If you want thin and crispy vegetables, you can buy a mandolin. This will help you to shave your vegetables super thin, so that you can add crispy vegetables to any meal.
8. Garnish with peanuts and cilantro.
9. Add avocado for extra fat!

Cauliflower Steaks (Vegan)

500 Calories/9g Net Carbs/6g Protein/47g Fat



Try this delicious vegan-friendly cauliflower steak with capers, garlic, pecans, and parsley!

TOTAL TIME: 30 mins

SERVING SIZE: 1 serving

INGREDIENTS:

Cauliflower - about $\frac{1}{3}$ head

Olive Oil - 2 tablespoons

Capers - 2 tablespoons

Garlic - 2-3 cloves

Pecans - $\frac{1}{4}$ cup

Radish - 2-3 each, shaved thin - for garnish

Salt/Pepper to taste

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Cut cauliflower in half, down the middle.
3. Take each half and cut into "steaks" that are about 1 1/2 inches thick.
4. Get a pan hot over medium heat, add about 1-2 teaspoons of olive oil.
5. Once pan is hot, add cauliflower. Salt heavily (salt is very important when cooking cauliflower. If you don't salt enough, it can taste very bland).
6. Let cook on medium until the cauliflower is golden brown. Flip over and repeat. Each side will probably take 5-6 minutes.
7. Place on a baking sheet. Place in oven for about 10 minutes. This will finish cooking the cauliflower, so that it is soft in the center.
8. While the cauliflower is cooking in the oven, chop garlic.
9. In a pan, add remaining olive oil and capers. Cook on medium-high heat for about 5 minutes.
10. Add garlic to olive oil and capers. Try not to get any color on the garlic. Cook on low for 3-4 minutes to bring out the flavors of the garlic.
11. Remove from heat. Carefully place mixture in a heat safe bowl.
12. Add chopped parsley and chopped pecans to mixture.
13. Remove cauliflower from oven.
14. Place cauliflower on a plate. Top with garlic, caper, pecan, parsley sauce.
15. Garnish with shaved radish with extra color and nutrients.

Fried Chicken

610 Calories (per 3 oz.)/2g Net Carbs/48g Protein/50g Fat



A regular piece of fried chicken can have about 20 g net carbs per piece. This keto fried chicken has 2g net carbs! Master the technique of breading and you can apply it to anything: fish, chicken, cauliflower!

TOTAL TIME: 30 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

Pork Rinds - 2 cups (measured when ground)

Eggs - 2-3 eggs

Coconut Flour - 1/4 cup

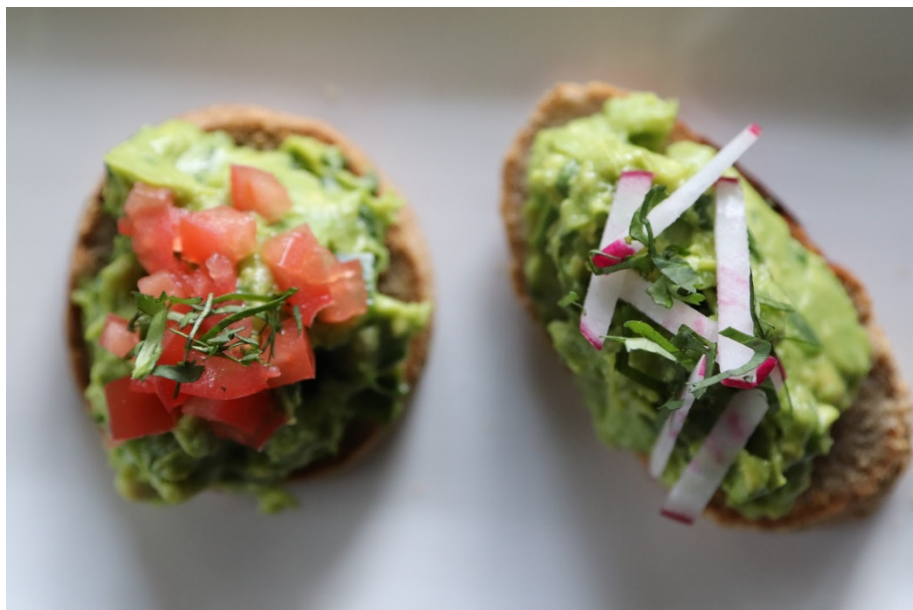
Safflower Oil - about 2 cups (16 oz) for frying - non-GMO

Chicken - 2-3 pieces (3 oz)

DIRECTIONS:

1. In a blender or food processor, grind pork rinds. The pieces should be uniform and small, so that the breading is consistent.
2. Get three medium-large bowls. This is going to be your breading station.
3. Fill the first bowl with coconut flour.
4. Fill the second bowl with beaten eggs.
5. Fill the third bowl with ground pork rinds.
6. Dip chicken in flour. Cover completely. No bare spots.
7. Dip in egg. Cover completely in egg.
8. Return to flour, covering completely in flour.
9. Return to egg, covering completely in egg.
10. Finally, place it in pork rind mixture. Make sure every nook and cranny is covered with pork rinds.
11. Next, in a deep pan, fill with about 2 cups of safflower oil for frying. You want enough oil for your chicken to “swim” in it.
12. Turn on medium-high heat. A meat thermometer would work great right now. You can check the temperature. You want your oil to be 350 degrees (the perfect frying temperature!).
13. If you don’t have a meat thermometer, leave the oil on medium-high heat for 5-6 minutes to let it heat up.
14. Gently drop the chicken into the hot oil. Make sure that as you drop the chicken, you are dropping it away from you to prevent hot oil from splashing back at you.
15. Once you drop the chicken into the hot oil, do not touch it at all for 2-3 minutes. This will allow time for the breading to fry, which will help it keep its shape/prevent it from falling apart.

Avocado Toast



TOTAL TIME: 15 minutes
SERVING SIZE: 2 servings

INGREDIENTS:

Dr. Berg's Bread - 2 slices

Avocado - 1 large

Jalapeno - 1 small

Lime - 1/2 small

Salt - 1/4 teaspoon

For Garnish:

Tomatoes

Radish

Cilantro

Green Onions

DIRECTIONS:

1. With a knife, gently cut a grid into the avocado.
2. Remove the avocado with a spoon.
3. Add the juice of $\frac{1}{2}$ lime.
4. Mash avocado with a whisk or a fork.
5. Dice jalapeno. Add to mixture.
6. Add salt.
7. Serve on top of Dr. Berg's Bread

GREENS & DRESSINGS

Chicken Caesar Vinaigrette Salad

7g net carbs | 650 calories | 51g fat | 40g protein



Finding non-GMO salad dressings can be difficult. So why not make your own salad dressings from scratch?

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Chicken - ½ cup shredded

Lettuce - 3 cups

Garlic - 2 cloves

Parmesan Cheese - ½ cup grated

Olive Oil - 2 tablespoons

Lemon juice and zest - 1 lemon

Salt/Pepper to taste

DIRECTIONS:

1. Add garlic to olive oil.
2. Add lemon zest, splash of lemon juice to olive oil
3. Chop lettuce.
4. Pour of olive oil mixture on lettuce. Gently incorporate dressing into lettuce.
5. Save mixture to add to salad at the end.
6. Salt and cheese the salad.
7. Mix in chicken. Put on plate. Add remaining of olive oil mixture. Garnish with black pepper, more cheese, and a splash of lemon juice.

Greek Salad

550 Calories/9g Net Carbs/17g Protein/42g Fat



TOTAL TIME: 15 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Lettuce

Feta Cheese - 4 oz.

Olive Oil - 1 tablespoon

Red Onions - ¼ medium

Kalamata Olives - 10-12 each

Tomatoes - ½ chopped

Parsley - for garnish

DIRECTIONS:

Chop vegetables. Build salad.
Dress with Dr. Berg's Red Wine Vinaigrette

Kale Shake



This is a great way to add healthy carbs to a meal.

TOTAL TIME: 5 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Handful Kale

Water

Frozen berries (you can instead use a flavored stevia)

DIRECTIONS:

1. Just make sure you use less than 1 cup of berries and you will be fine!

2. Mix together frozen berries, kale, and water in a blender.

Pro Tip

To keep your shake from being too gritty, add an avocado or some cream cheese. It won't affect the taste very much and adds a smooth consistency. This is also good for extra fat to your diet!

Taco Salad

11g net carbs | 680 calories | 55g Fat | 40g Protein |



A keto staple/favorite is the taco salad! Make the guacamole and Pico de Gallo from scratch.

TOTAL TIME: 30 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Hamburger meat (3 oz.)

Cheese - 1/4 cup

Avocado - 1/2 medium avocado

Lettuce - 3 cups

Onion - 2 tablespoons

Sour Cream - 2 tablespoons

Tomato - 2 tablespoons

Salt - 1/2 teaspoon

Lime

DIRECTIONS:

1. Cook hamburger meat on medium heat until cooked through. About 10-15 minutes.
2. In a bowl, mash avocado with a whisk.
3. In a separate bowl, mix together tomato, onion, lime, cilantro.
4. Fold in half the tomato mixture into the avocado. Save the other half of tomato mixture to put on top of salad.
5. Build salad. Lettuce, meat, cheese, guacamole, sour cream, tomato! Garnish with cilantro and lime for extra bright flavors!

Tuna Salad

700 Calories | 55g fat | 8g net carbs | 28g Protein |



This tuna salad can be thrown together in less than 10 minutes. Bell peppers add delicious flavor, crunch, and nutrients!

TOTAL TIME: 10 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Mayo - 2 tablespoons

Olive Oil - 1 tablespoon

Cheese - 2 tablespoons - shredded

Avocado - ½ medium avocado

Tuna - 2.5 ounces

Lettuce - 2-3 cups

Tomato - 1 thick slice

Scallion - 2 each - chopped

Bell Pepper - 1/4 cup - chopped

Capers or Pickles - garnish

Lemon slice - garnish

DIRECTIONS:

1. Chop celery and scallions.
2. Mix tuna, celery, scallions, mayo.
3. Add salt and pepper to taste. Cut tomatoes, scallions, and bell peppers.
4. Mix lettuce, olive oil, salt.
5. Build salad. Garnish with a squeeze of lemon juice and capers or pickles.

Salmon Salad

850 Calories | 70g Fat | 10g net carbs | 34g Protein |



Sear some salmon in coconut oil and serve it over a salad for a perfectly balanced keto meal!

TOTAL TIME: 20 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Salmon - 3 oz.

Coconut Oil - 1 tablespoon

Lettuce - 3 cups

Hard Boiled Egg - 1 each

Onion - ¼ cup

Tomato - 1/4 cup

Cheese - 2 tablespoons

Avocado - 1/2 medium avocado

Olive oil - 1.5 tablespoons

Lemon - 1/2 medium

DIRECTIONS:

1. Cook salmon (see recipe)

For salad:

1. Chop onion, tomato, avocado Mix lettuce/vegetables with olive oil and the juice of 1/2 lemon.
2. Salting this salad is very important for flavor. Make sure you salt enough (about 1 teaspoon).
3. Add hardboiled egg

Pro Tip

Coconut oil burns faster than other oils. Make sure to keep it at a medium heat or else it will burn your food.

Bacon & Egg Kale Salad

680 Calories/10g Net Carbs/53g Fat/34g Protein



I recommend using lemon vinaigrette as a dressing for this salad... there is something magical that happens when you combine lemon vinaigrette and kale!

TOTAL TIME: 5 minutes
SERVING SIZE: 1 serving

INGREDIENTS:

Kale - 2 cups
Dr. Berg's Lemon Vinaigrette - 2 tablespoons
Bacon - 3 strips
Cheese - 1 oz.
Egg - 1 large (hard boiled)
Grape Tomatoes - 5-6 each
Avocado - 1/2 medium

DIRECTIONS:

Dress kale in lemon vinaigrette. Salt heavily. (Salt is very important to make the lemon vinaigrette and kale come together.)

Build your bowl: kale, egg, cheese, bacon, tomato, avocado

Shredded Beef Salad

770 Calories | 60g Fat | 10g net carbs | 42g Protein |



This delicious salad should take less than 10 minutes to prepare, if you've made your beef ahead of time!

TOTAL TIME: 15 minutes

SERVES: 1 serving

INGREDIENTS:

Shredded Beef - 3 oz.

Cheese - 2 tablespoons

Lettuce - 3 cups

Avocado - 1/2 medium

Onion - 1/4 cup

Bell Pepper - 1/4 cup

Tomato - 1 thick slice

Sour Cream - 2 tablespoons

Olive Oil - 1 tablespoon

DIRECTIONS:

1. Cook shredded beef ahead of time. See recipe on this.
2. Add 3 oz. shredded beef to pan on medium heat. Cook on medium heat until it gets a little crispy. The fat from the beef should be enough to cook it in, but if you need more oil, then add a small amount of oil.
3. Chop onion, tomato, bell peppers.
4. Mix together vegetables, lettuce, and remaining olive oil.
5. Add beef, sour cream, cheese, and avocado.

Lemon Vinaigrette

Easy NON-GMO homemade dressing. Just follow two steps instruction to enjoy this delicious and savory dressing

TOTAL TIME: 5 minutes

SERVES: 1-2 servings

INGREDIENTS:

1/4 cup Olive Oil

1/8 cup lemon juice

1 shallot (if you can't find shallots, use onions and garlic)

Pinch of apple cider vinegar

Pinch of sweetener

DIRECTIONS:

1. Mince shallots.
2. In a separate bowl, combine olive oil, lemon juice, shallot, a pinch of a sweetener, and a pinch of apple cider vinegar.

Red Wine Vinaigrette



TOTAL TIME: 5 minutes

SERVES: 1 serving

INGREDIENTS:

1/4 cup Oil (Extra Light Olive Oil or Safflower Oil)

1/8 cup Red Wine Vinegar

1 shallot (if you can't find shallots, use onions and garlic)

Parsley

Pinch of sweetener - this recipe used powdered Xylitol

DIRECTIONS:

1. Chop onions.
2. In a bowl, mix together mixed greens, pepper, radish.
3. Mince shallots.

4. In a separate bowl, combine olive oil, red wine vinegar, shallot, a pinch of a sweetener.
5. Dress salad with red wine vinaigrette. Mix vinaigrette before using. Refrigerate extra vinaigrette for later use. Salt and pepper to taste.

Tip

Use extra light olive oil or safflower oil for vinaigrette recipe. The flavor is less intense, so that it isn't overwhelming in your vinaigrettes.

BREADS & BUSCUITS

One Minute Biscuit

(per biscuit) 190 Calories/15g Fat/7g net carbs/6g Protein



This biscuit seems too good to be true! Microwave it for 1 minute, cut it in half, and stick it in the toaster. Use it as a biscuit for an egg sandwich.

TOTAL TIME: 6 minutes

SERVING SIZE: 1 serving

INGREDIENTS:

Coconut Flour - 1 1/2 tablespoons

Flax/Chia/Hemp - 1 1/2 tablespoons

Butter - 2 teaspoons, at room temperature

Baking Powder- 1/2 teaspoon

Salt – pinch

DIRECTIONS:

1. In a bowl, mix together all ingredients.
2. Find a small microwave safe dish that is about the desired size of your biscuit.
3. Place the mixture in the dish. Microwave on high for 1 minute.
4. Turn the dish upside down to get the biscuit out. Cut the biscuit in half. Toast!

Chia, Flax & Hemp Seed Bread

(per slice) 220 Calories/18g Fat/7g Net Carbs/8g Protein



Toast this bread in a pan with some butter over medium heat. Serve with avocados!

TOTAL TIME: 50 minutes

SERVING SIZE: 10 servings

INGREDIENTS:

Coconut Flour - 1/2 cup

Almond Flour - 1 1/2 cups

Ground Chia, Flax, and Hemp Seeds - 1/4 cup (ground)

Butter - 4 tablespoons

Eggs - 4 large

Salt - 1/4 teaspoon

Baking Powder - 2 tsp

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, combine dry ingredients: coconut flour, almond flour, flax/chia/hemp seed, baking powder, salt.
3. In a smaller mixing bowl with an electric mixer, combine wet ingredients: butter and eggs.
4. Gently fold wet ingredients into dry ingredients.
5. Place dough mixture into a small pan.
6. Bake in oven for 30-40 mins. Stick a fork in the middle of it to make sure it's done. If it comes out clean, then it's done. If it comes out with dough on it, then it needs more time.

Pro Tip

You can buy chia/flax/hemp seed already mixed and ground. That's what was used for this recipe.

Try to find your smallest dish to bake this bread. It will give the bread more height, or you could double the recipe. But this bread is very filling, so if you double the recipe, you might need to freeze some of it.

Psyllium Husk Muffins

118 Calories (per muffin)/4 g Net Carbs/5 g Protein/8 g Fat



This recipe is a great substitute for a breakfast muffin. It is delicious with butter on it. The psyllium husk gives these muffins an awesome muffin-y texture.

TOTAL TIME: 40 minutes

SERVING SIZE: 5 muffins

INGREDIENTS:

Almond Flour - 3/4 cup

Psyllium Husk - 2 1/2 tablespoons

Baking Powder- 1 teaspoon

Salt - 1/2 tsp

Apple Cider Vinegar - 1 1/2 tablespoons

Egg Whites - 2 large

Boiling Water -1/2 cup

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Mix together dry ingredients: almond flour, psyllium husk, baking powder, salt
3. Start to bring water to a boil. You will be adding this to the mixture at the end.
4. Mix in egg whites and apple cider vinegar. This mixture will be a little clumpy. The boiling water will bring that together.
5. Add boiling water to mixture. This should bring the mixture together into a solid dough.
6. Divide into muffins or bake in a loaf pan.
7. If you made muffins, bake for about 30 mins. If you made a loaf, bake it for longer since it is bigger, about 45 mins.

Keto Rolls

320Calories per roll | 27g Fat | 10g net carbs | 19g Protein |



This recipe is a substitution for bread. However, each roll is very dense with cheese and almond flour, so it is on the higher end of carbs and fats.

TOTAL TIME: 35 minutes

SERVING SIZE: 5 servings

INGREDIENTS:

- 1 1/2 cup shredded part skim mozzarella cheese
- 2 ounces cream cheese, cubed
- 1 large egg
- 1 1/2 cup almond flour

1/2 tsp baking soda

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Cut cream cheese into cubes and place in a heat-safe bowl with mozzarella cheese.
3. Melt down mozzarella cheese and cream cheese, either in a double boiler or a microwave. Gently fold until completely mixed together.
4. Add egg, mix into cheese mixture.
5. Add almond flour, knead until completely incorporated.
6. Divide into 5 equal parts. Roll into balls.
7. Bake for 20-25 mins.

Pro Tip

If you want to add sesame seeds, use a spray bottle. Mist the rolls with some water. Sprinkle sesame seeds on top. You should be able to buy sesame seeds in the spice aisle at your local grocery store.

Dr. Berg's Healthiest Bread

130 Calories/4g Net Carbs/9g Protein/4g Fat



TOTAL TIME: 1 Hour

SERVING SIZE: 4 buns or two loaves

DRY INGREDIENTS:

1 cup almond flour

2 tablespoons coconut flour

1 tsp. sea salt

2 tsp. active dry yeast

½ teaspoon xanthan gum

1 tbsp. very finely ground chia seed

1 tbsp. organic psyllium husk powder

WET INGREDIENTS:

1/2 cup filtered water

1 tsp. Vita Fiber

DIRECTIONS:

1. In a large bowl, whisk together the almond flour, coconut flour, sea salt, and xanthan gum.
9. Heat water to 105-110 °F. Add 1 teaspoon of Vita Fiber. Add the yeast and let stand for 10 minutes. The yeast should bubble or foam, but because of the psyllium husk and chia, this is not mandatory for the recipe to work.
10. Stir the finely ground chia and psyllium powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.
11. Pour thickened yeast-chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute. Add more water if the dough is too sticky.
12. Put kneaded dough back into the bowl, cover with a damp cloth and place in a warm spot to rise for one hour.
13. Preheat the oven to 375 °F. Place a pizza stone (or cooking sheet) in oven to preheat.
14. Divide dough into 4 balls. Place dough balls on a square of parchment paper or a cutting board. Dip your hands in water and shaped into nice rounded shapes.
15. Slide the prepared dough onto the preheated stone or cooking sheet. Bake 35-40 minutes. Baking time can

vary, the measure of doneness is an internal temperature of 205-210 °F.

16. Let cool completely on a wire rack. (Not allowing the loaf to fully cool before cutting may result in a gummy interior.)
17. When completely cool, slice and serve or store in an airtight container.

Chia Seed Crackers (Vegan)

210 Calories/2g Net Carbs/7g Protein/18g Fat



These vegan-friendly crackers will change your keto life. They are so delicious and crisp. Not to mention that they only use 4 ingredients: easy and delicious!

TOTAL TIME: 25 minutes

SERVING SIZE: 4 servings

INGREDIENTS:

Almond Flour - 1 cup

Chia Seeds - 1 tablespoon

Everything Bagel Seasoning - 2 tablespoons

Olive Oil - 1 tablespoon

DIRECTIONS:

1. Preheat oven to 350 degrees

2. In a small bowl, mix together chia seed and water. Let sit for 10 minutes. This will turn to a gel like consistency.
3. Mix together almond flour, chia seeds, everything bagel seasoning, olive oil. Knead into a ball.
4. Between a silicone baking mat and parchment paper (or you could also use 2 pieces of parchment paper), roll out dough very thin - about $\frac{1}{8}$ inch thick.
5. With a pizza cutter or a knife, cut dough into square shapes.
6. Place baking sheet in oven, bake for about 8 minutes.
7. In the oven, rotate the baking tray so that your crackers bake evenly and don't burn in specific spots. Bake for 5-6 more minutes.
8. Serve with guacamole or hummus! Enjoy!

Cheese and Jalapeno Biscuits

Per Serving: Calories-249/Net Carbs-4.5g/Protein-11g/Fat-20g



If you love cheddar biscuits, try these. You'll stay in ketogenesis and you'll get to enjoy a treat that's just as yummy, feeling like you've had a big cheat when you're really burning major fat!

TOTAL TIME: 40 minutes

SERVING SIZE: 6 muffins

INGREDIENTS:

Almond Flour - 1 cup

Cheddar Cheese - 1 cup

Jalapeno - 1 medium, diced

Baking Powder - 1 teaspoon

Salt - 1/2 tsp

Eggs - 2 large

Sour Cream - 2 tablespoons

Butter - 2 tablespoons butter, melted

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Chop Jalapenos.
3. In a medium bowl with an electric mixer, mix together butter, eggs and sour cream.
4. In a separate bowl, mix together dry ingredients: cheese, jalapenos, almond flour, baking powder, salt.
5. Fold dry ingredients into wet ingredients.
6. Place into your silicone molds or muffin pan.
7. Bake for 15-20 minutes.

Savory Cloud Bread

Calories-357/Net Carbs-2g/Protein-20.7g/Fat-30g



TOTAL TIME: 45 minutes

SERVING SIZE: 3 Servings

INGREDIENTS:

Eggs - 3 large

Cream Cheese - 3 tablespoons, at room temperature.

Cream of Tartar - 1/4 teaspoon

Spices - onion powder, garlic powder, parsley, salt - you can be creative. This "bread" is versatile. It will take on the flavors that you add. We want this bread to be savory, opposed to sweet, so we are adding salt and spices.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Separate egg yolks from egg whites.

3. With an electric mixer, mix together cream cheese and egg yolks.
4. In a medium bowl, add egg whites and cream of tartar. With an electric mixer, mix egg whites until it peaks. This is a very important step. If you don't get this mixture firm, then the recipe won't work. Make sure your egg mixture is firm!
5. Gently fold the egg white "fluff" into the egg yolk mixture. Do this in about 3 batches. You want to try to keep your egg white mixture fluffy by folding the mixture into the egg yolks.
6. On a silicone baking mat or parchment paper, make buns. You can get perfect circles by slowly adding the mixture at the center of each bun.
7. Bake for 15-25 mins based on your oven. Let cool before you try to remove from baking tray. You can lightly toast these for some extra crunch!

Irish Soda Bread

260 Calories/3g Net Carbs/10g Protein/22g Fat



TOTAL TIME: 30-45 minutes

SERVING SIZE - 8 servings

INGREDIENTS:

Almond flour - 2 $\frac{3}{4}$ cups

Sea Salt - $\frac{1}{4}$ teaspoon

Baking Soda - 1 $\frac{1}{2}$ teaspoons

Eggs - 2 large

Fiber Yum - 2 tablespoons (this is a keto-friendly sweetener that has a honey-like consistency)

Apple Cider Vinegar - 2 tablespoons

DIRECTIONS:

1. In a bowl, combine dry ingredients: almond flour, salt, baking soda.

2. In a separate bowl combine wet ingredients: eggs, apple cider vinegar, and fiber yum
3. Mix wet ingredients into the dry ingredients.
4. Form dough into a large, flat circle. Make sure that your bread is about 2 inches tall.
5. Cut a cross in the top of the bread.
6. Bake on a baking sheet or a cast iron skillet.
7. Bake at 350°F for about 30-35 minutes or until center is done.
8. Cool for at least an hour.
9. Serve with butter or brie!

Pretzels

330 Calories/7g Net Carbs/26 g Fat/21 Protein



Try dipping these keto-friendly soft pretzels in some mustard or melted cheese. A regular soft pretzel has 22g net carbs. This pretzel has 7g net carbs!

TOTAL TIME: 45 minutes

SERVING SIZE: 4 pretzels

INGREDIENTS:

Mozzarella Cheese - 1 1/2 cup

Cream Cheese - 2 tablespoons

Almond Flour - 3/4 cup

Xanthan Gum - 1 teaspoon

Egg - 1 egg

Dry Yeast - 1 packet (2 teaspoons)

Butter - melted to coat pretzel

Salt

DIRECTIONS:

1. Preheat oven to 350 degrees
2. In a bowl, melt down cream cheese and mozzarella cheese.
3. In a small bowl, add about 2 teaspoons warm water and dry yeast. The yeast in this recipe is used only to add flavor to the pretzel.
4. In a separate bowl, mix together almond flour and xanthan gum. Add egg and yeast mixture. Mix well.
5. If you do not have a stand mixer, then you will have to knead the cream cheese and mozzarella cheese mixture
6. Divide the mixture into 4 equal parts. Take one ball of dough and start rolling it into a thin log. If it starts getting sticky, you can moisten your hands. To avoid the dough from breaking apart, roll in one direction only. Roll towards you until the dough becomes about 10 inches long.
7. Form into pretzel shape.
8. Bake for 15 minutes, checking periodically.

Keto Pita Bread

150 Calories/2g Net Carbs/5g Protein/12g Fat



This keto-friendly pita bread is SO tasty! You will never miss pita bread with this recipe! Use it for sandwiches and wraps!!!

TOTAL TIME: 25 minutes

SERVING SIZE: 4 servings

INGREDIENTS:

1/2 cup blanched almond flour

2 tbs psyllium husk powder

1/2 tsp sea salt

1 egg

1/2 cup water

Safflower Oil - 1 tablespoon

DIRECTIONS:

1. Mix all ingredients together in a stand mixer or food processor.
2. Divide into 4 equal portions.
3. Roll out the dough into flat round tortilla shapes on parchment paper. If the dough is sticky, sprinkle more almond flour.
4. Place pan on medium heat. Once pan is hot, add oil. Let oil get hot, this should take about 20 seconds, gently add tortilla to hot pan. Let cook until crispy and easy to flip. Flip over, cook on other side until crispy and golden brown.
5. If you're not using them right away, you could store them in aluminum foil in the oven at 350 degrees.

Everything Bagels (Vegan)

130 Calories/4g Net Carbs/9g Protein/4g Fat



Did you know that Dr. Berg's Healthiest Bread in the World Recipe is also vegan friendly? We used his recipe for these vegan bagels. Topped with non-GMO vegan cream cheese! Yum!

TOTAL TIME: 50 minutes

SERVING SIZE: 4 servings

INGREDIENTS:

Almond Flour - 1 cup

Coconut Flour - 2 tablespoons

Salt - 1 teaspoon

Active Dry Yeast - 2 teaspoons

Xanthan Gum - 1/2 teaspoon

Ground Chia Seed - 1 tablespoon

Psyllium Husk Powder - 1 tablespoon

Everything Bagel Seasoning - about 2 tablespoons

Filtered Water - about ½ cup

Fiber Yum - 1 teaspoon

DIRECTIONS:

1. Preheat the oven to 375 °F.
2. In a large bowl, whisk together the almond flour, coconut flour, sea salt, and xanthan gum.
3. Heat water to 105-110 °F. Add 1 teaspoon of Fiber Yum..
4. Add the yeast
5. and let stand for 10 minutes. The yeast should bubble or foam, but because of the psyllium husk and chia (acting as thickeners), this is not mandatory for the recipe to work.
6. Stir the finely ground chia and psyllium powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.
7. Pour thickened yeast-chia mixture into the dry ingredients, knead until thick and fully combined. Wet your hands if the dough is too sticky.
8. Divide dough into 4 portions. Press the dough into your bagel molds.
9. Place the silicone bagel molds on a sheet tray. Bake for 35-40 minutes.
10. With a spray bottle, mist the top of the bagels and sprinkle the everything bagel seasoning on it.

Cheddar Crackers

Calories-943/Net Carbs-15g/Fat-80g/Protein-48g



TOTAL TIME: 25 minutes

SERVING SIZE: 2 servings

INGREDIENTS:

Cheddar Cheese - 1 cup

Almond Flour - $\frac{1}{2}$ cup

Cream Cheese - 2 tablespoons

Egg - 1 large

Spices - onion powder, garlic powder, parsley, oregano.

Jalapenos - optional

1. Preheat oven to 350 degrees.
2. In a microwave safe bowl, melt down cream cheese and cheddar cheese.

3. Add almond flour. Make sure that the mixture is not piping hot, so that you do not cook the egg. Add the egg and seasonings.
4. With something that is round like a coffee tumbler or a glass, gently roll out the cheese on parchment paper and/or silicone baking mat.
5. With a pizza cutter or a knife, cut into small squares. If you want jalapenos, now is when you would add them.
6. Bake for 10-15 mins at 350 degrees.

FAT BOMBS & FILLERS

Bacon and Cheese Fat Bomb

2g Net Carbs/170 Calories/17g Fat/4g Protein



A quick bacon, cheese and spicy fat bomb!

TOTAL TIME: 45 minutes

SERVING SIZE: 6 servings

INGREDIENTS:

Bacon - 4 slices (see instructions: how to cook bacon)

Cream Cheese- a little less than $\frac{1}{2}$ cup - at room temperature

Butter - $\frac{1}{4}$ cup - at room temperature

Cheese - 2 tablespoons

Garlic - 1 clove

3 Serrano peppers - seeded/finely chopped

Lime - $\frac{1}{2}$ lime for zest

Cilantro - 4 sprigs

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Cook bacon in oven at 350 degrees for 15-25 minutes.
3. Mix together cheese, butter, cream.
4. Add garlic, lime zest and a squeeze of lime juice
5. Add Serrano peppers. Fold into mixture. Place in refrigerator for 10 minutes.
6. Divide mixture into 6 equal parts. Roll into balls. Make sure the mixture is cold, so that it keeps its shape easier.
7. Chop bacon and cilantro. Place in bowl.
8. Place one fat bomb at a time in the bowl to coat it in the bacon and cilantro. Serve cold!

Bacon and Egg Fat Bomb

160 Calories/14g Fat/1g Net Carbs/6g Protein



Make this fat bomb ahead of and use it as a quick breakfast!

TOTAL TIME: 30 minutes

SERVING SIZE: 4 servings

INGREDIENTS:

Eggs - 2 large - hard boiled

Mayo - 2 tablespoons

Butter - 1 tablespoon, at room temperature

Paprika - ¼ tsp

Bacon - 4 slices

Parsley - 1 tablespoon – minced

DIRECTIONS:

1. Mash hard boiled eggs with a fork or a whisk.
2. Add mayo and butter. Add paprika and salt/pepper.
3. Form into 4 balls.
4. Chop bacon and parsley into small pieces.
5. Roll balls in bacon and parsley mixture until fully coated.
6. Refrigerate. Serve cold!

Pepperoni Cheese Fat Bomb

2g net carbs | 220 calories | 22g fat | 7g protein



This is a yummy fat bomb that will help satisfy your “pizza-tooth.” It has all the flavors of pizza: cheese, garlic, pepperoni.

TOTAL TIME: 40 minutes

SERVING SIZE: 5 servings

INGREDIENTS:

Cream Cheese - ½ cup at room temperature

Butter - ¼ cup at room temperature

Pepperoni - ¼ cup

Cheddar cheese (shredded) - 2 tablespoons

Parmesan cheese (grated) - 1 cup

Basil - 2-3 leaves

DIRECTIONS:

1. Dice pepperoni. Cook at medium-low heat for 5-8 minutes. Remove from heat. Place on paper towel to soak up extra grease.
2. Mix together cream cheese, butter, cheddar cheese.
3. Add garlic. Fold in pepperoni.
4. Divide mixture into 6 equal parts.
5. Grate parmesan and chop basil, place into a separate bowl.
6. Place one fat bomb at a time in the bowl to coat it in the parmesan and basil.

Peanut Butter & Cream Cheese Bomb

120 calories (per fat bomb)/3 g net carbs/4 g protein/14 g fat



TOTAL TIME: 1:45 hours

SERVING SIZE: 6 fat bombs

INGREDIENTS:

Cream Cheese- 4 oz, at room temperature

Peanut Butter - ¼ cup, at room temperature

Erythritol - 1 tablespoon

Ground Cinnamon -1/4 tsp

Vanilla Extract - 1 tsp

Shredded Coconut - ¼ cup, to coat fat bombs

INSTRUCTIONS:

1. Preheat oven to 350 degrees.

2. Place parchment paper or a silicone baking mat on a baking sheet. Lay out about $\frac{1}{4}$ cup of coconut flakes. Toast. This should take about 5-10 mins.
3. Mix all ingredients except shredded coconut with an electric mixer in a medium sized bowl.
4. Let set in fridge for at least 30 minutes
5. Roll into 1-inch balls. Refrigerate for at least 1 hour. Coat in shredded coconut.

Chocolate Peanut Butter Cups

200 calories/5 g net carbs/24 g fat/6 g protein



TOTAL TIME: 45 mins

SERVING SIZE: 5 servings

INGREDIENTS:

For Chocolate:

- 2 tablespoons coconut oil melted
- 2 tablespoons coconut butter
- 2 tablespoons peanut butter
- 1/4 cup unsweetened cocoa powder
- 1/4 teaspoon vanilla
- 5-10 drops Stevia (to taste)

For Peanut Butter

2 tablespoons coconut oil melted

1/4 cup peanut butter

1/4 teaspoon vanilla

5-10 drops Stevia (to taste)

DIRECTIONS:

1. In a double boiler, melt down chocolate mixture: coconut oil, coconut butter, peanut butter, cocoa powder, vanilla, Stevia.
2. In a separate bowl, melt down coconut oil and peanut butter.
3. Fill bottom of silicone molds with a layer of the chocolate mixture, place in refrigerator. Let solidify. This should take about 10 mins.
4. Next, fill the molds with a layer of peanut butter. Place in refrigerator again. Let solidify.
5. Add the top and final layer of chocolate. Let solidify one more time. Keep in freezer or refrigerator when not eating.

Nutty Bomb

290 calories (per fat bomb)/5g net carbs/5g protein/31 g fat



These little fat bombs are filled with healthy fats from nuts and seeds. If you need a quick breakfast, eat one of these with a kale shake!

TOTAL TIME: About 1 hour

SERVING SIZE: 10 fat bombs

INGREDIENTS:

Macadamia Nuts - 1 ½ cups (whole)

Flax/Chia/Hemp seed - ¼ cup (ground)

Peanut Butter - ½ cup

Coconut Oil - ¼ cup

Shredded Unsweetened Coconut - ½ cup

Stevia - 5-10 drops

DIRECTIONS:

1. In a food processor, pulse macadamia nuts, flax/chia/hemp seeds, peanut butter, coconut oil. You want the mixture to be a little lumpy.
2. Place mixture into a bowl, add Stevia to taste (about 5-10 drops)
3. Gently fold in shredded coconut. Place in refrigerator for about 30-45 mins until it's firm enough that you can shape it.
4. Shape mixture in 10 balls (about a tablespoon each). Refrigerator for another 15-20 mins.
5. Coat with more shredded coconut! Store in airtight container in refrigerator.

Chocolate Almond Bomb

230 Calories (per bomb)/2 g Net Carbs/5 g Protein/24 g Fat



You can make a fat bomb with any nut butter + coconut oil + cocoa powder + sweetener. This is an almond butter fat bomb to help you stay full.

TOTAL TIME: 10 minutes

SERVING SIZE: 4 servings

INGREDIENTS:

Almond Butter - ¼ cup

Coconut Oil - ¼ cup

Cocoa Powder - 2 tablespoons, unsweetened

Stevia - to taste, this recipe used 10 drops

INSTRUCTIONS

1. In a bowl, melt down coconut oil and almond butter. You can use the microwave or a double boiler.
2. Stir to make sure it is mixed thoroughly.
3. Add stevia and cocoa powder. If possible, pour into a spouted container to avoid making a mess.
4. Pour into silicone molds. Refrigerate for at least 30 mins before eating. Store in the refrigerator in an airtight container.

Hazelnut Butter

130 Calories/2g Net Carbs/3g Protein/13g Fat



Make your own low carb chocolate-y spread with this recipe!

TOTAL TIME: 30 mins

SERVING SIZE: 10 servings (about 1 tablespoon each)

INGREDIENTS:

Hazelnuts - 1 cup

Unsweetened Cocoa Powder - $\frac{1}{4}$ cup

Coconut Oil - 1 tablespoon

Peanut Butter - 1 tablespoon

Heavy Cream - $\frac{1}{4}$ cup

Water - $\frac{1}{4}$ cup

Erythritol - $\frac{1}{4}$ cup, powdered

Liquid Stevia - to taste (about 10-20 drops)

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. On a silicone baking mat or parchment paper, bake hazelnuts until toasted. You will be able to smell when they are toasted. This should take about 15-20 mins.
3. If you have granular erythritol, run it thru a blender or food processor to make it powdered. You can also buy the erythritol already powdered.
4. Place warm hazelnuts in a heat-safe food processor or blender.
5. Add water and cream. Turn on food processor on high until mixed (you might need to add a little bit of water as you go along but be careful not to add too much.) You are looking for a crunchy peanut butter texture.
6. Add coconut oil, peanut butter, powdered erythritol. Blend until smooth.
7. Add liquid stevia if you want to make the nut butter sweeter. Store in fridge.

Chocolate Avocado Fat Bomb (Vegan)

45 Calories (per bomb)/1g Net Carbs/1g Protein/4g Fat



Keep these chocolate avocado bites in your freezer to help keep you full and to help satisfy your ice cream sweet tooth!

PREP TIME: 15 minutes

FREEZE TIME: 2 hours

SERVING SIZE: 36 small fat bombs

INGREDIENTS:

Organic Coconut Milk - 15 oz. (1 can)

Avocado - 2 medium

Erythritol - $\frac{1}{3}$ cup

Lily's Dark Chocolate - $\frac{1}{2}$ cup

Vanilla Extract - 1 teaspoon

Cinnamon - 1 teaspoon

DIRECTIONS:

1. In a double boiler, add coconut milk and erythritol. If your erythritol is granular (opposed to powdered), this step will really help to melt down the erythritol.
2. Add chocolate chips to double boiler. Melt down.
3. In a bowl, mash avocado, cinnamon, and vanilla.
4. In a food processor or blender, add all ingredients. Blend until thoroughly combined.
5. Pour into silicone fat bomb molds! We used small molds for this recipe for portion control because these are so delicious!
6. Freeze for at least 2 hours. Enjoy!

Collagen Fat Bomb

340 Calories/3g Net Carbs/11g Protein/33g Fat



TOTAL TIME: 30 minutes

SERVING SIZE: 6 servings

INGREDIENTS:

1/4 cup coconut oil

1/4 cup coconut butter

1/2 cup hazelnut butter

1/4 cup grass-fed unflavored collagen

DIRECTIONS:

1. In a saucepot, melt down coconut oil and coconut butter.

2. Mix together hazelnut butter and melted coconut oil and coconut butter.
3. Mix in collagen.
4. The oil and the hazelnut butter might separate. This is okay! Just evenly distribute the chocolate and the oil. When you place it in the freezer, the oil will harden and turn to a nice white color.
5. If you want your fat bombs to have perfect layers, you can add the chocolate to the bottom of your molds first, place them in the freezer for 10-15 minutes. Then you can add the melted oils on top and freezer for another 10-15 minutes.
6. Store in an air tight container in the refrigerator.

No-Bake Strawberry Cheesecake Bomb

110 Calories/2g Net Carbs/1g Protein/11g Fat



These no-bake cheesecake fat bombs are delicious and easy. They only take 5-10 minutes to make. Store them in the freezer and use them to stay full or to satisfy your sweet tooth.

PREP TIME: 5-10 minutes (with 30 minutes of freezer time)

SERVING SIZE: 4

INGREDIENTS:

Butter - 2 tablespoons

Cream Cheese - 2 oz.

Strawberries - 4-5 medium

Vita Fiber - 2 tablespoons - you can use other sweeteners, but we like the consistency of Vita Fiber for these fat bombs

DIRECTIONS:

1. Place all ingredients into a blender or food processor.
2. Divide into 4 equal parts. Freeze for at least 30 minutes. Store in freezer.

Cinnamon & Butter Bomb

Per Serving: Calories-219/Net Carbs-0/Fat-24g/Protein-.2g



Butter, cinnamon, and sweetener make this fat bomb perfect! Besides the delicious flavors, this fat bomb will keep you full for hours.

PREP TIME: 10 minutes (with 30 minutes of freezer time)

SERVING SIZE: 4

INGREDIENTS:

Grass-Fed Butter - 8 tablespoons

Vita Fiber - 2 tablespoons

Cinnamon - 1 tablespoon

Vanilla Extract - 1 1/2 teaspoons

DIRECTIONS:

1. In a blender or food processor, mix together all ingredients.
2. Taste the mixture. You might want to add a couple of drops of stevia based on your palate, if it doesn't taste sweet enough.
3. Divide the mixture into 4 equal parts into your silicone molds.
4. Freeze for at least 30 minutes.

Chocolate Bombs

Per Serving: Calories-246/Net Carbs-3g/Protein-1.25g/Fat-25g



Try these chocolate fat bombs! They will keep you full for hours.

PREP TIME: 15 mins (with 30 minutes of freezer time)

SERVING SIZE: 4

INGREDIENTS:

Grass fed salted butter - ½ pound, at room temperature

Vita Fiber - ¼ cup

Unsweetened Cocoa Powder - ¼ cup

Vanilla extract - 1 teaspoon

DIRECTIONS:

1. In a blender or food processor, mix together all ingredients.

2. Taste the mixture. You might want to add a couple of drops of stevia based on your palate, if it doesn't taste sweet enough.
3. Divide the mixture into 4 equal parts into your silicone molds.
4. Freeze for at least 30 minutes.

Pecan Bombs

310 Calories/1g Net Carbs/1g Protein/34g Fat



These have a nutty crunch!

PREP TIME: 30 minutes (20 minutes freezer time)

SERVING SIZE: 5 servings

INGREDIENTS:

Pecans - 1/2 cup

Coconut Butter - 1/4 cup

Butter - 1/4 cup

Coconut Oil - 1/4 cup

Sweetener - 2 tablespoons, we used Vita Fiber for this recipe

DIRECTIONS:

1. Preheat oven to 350 degrees

2. Bake pecans on a silicone baking mat or parchment paper. This should take about 15-20 mins.
3. Chop pecans. Place them in the bottom of your molds.
4. In a sauce pot, melt down all ingredients over medium-low heat.
5. Pour melted mixture into a spouted dish to avoid making a mess.
6. Pour mixture on top of pecans. Freeze for at least 20 minutes before serving.

Chocolate Coconut Bomb (Vegan)

2140 Calories/11g Net Carbs/11g Protein/223g Fat



These vegan-friendly fat bombs are delicious and SO EASY to make.

PREP TIME: 30 mins

SERVINGS: 4 servings

INGREDIENTS:

Coconut Butter - 1/2 cup

Coconut Oil - 1/2 cup

Shredded Coconut - 1/2 cup

Cocoa Powder - 2 tablespoons

Fiber Yum - 2 tablespoons

DIRECTIONS:

1. Melt together all ingredients.
2. Place into molds. Freeze for 20 mins.

Coconut Peanut Butter Bomb

330 Calories/5g Net Carbs/8g Protein/29g Fat



These fat bombs are a delicious and nutty treat! Keep them in your freezer to help you with any cravings and to help you keep full for hours.

PREP TIME: 5-10 minutes

FREEZE TIME: at least 20 minutes

SERVING SIZE: 4 servings

INGREDIENTS:

Coconut Oil - ¼ cup, at room temperature

Peanut Butter - ½ cup, organic

Fiber Yum - 2 tablespoons

DIRECTIONS:

1. Once your coconut oil is at room temperature, mix all ingredients in a blender or food processor.

2. Divide into 4 equal portion sizes.
3. Freeze for at least 20-30 minutes before eating. Store in freezer.