

2-WEEK

KETO MEAL PLAN

THREE AND TWO MEALS A DAY

62 RECIPES



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A FEW BASICS

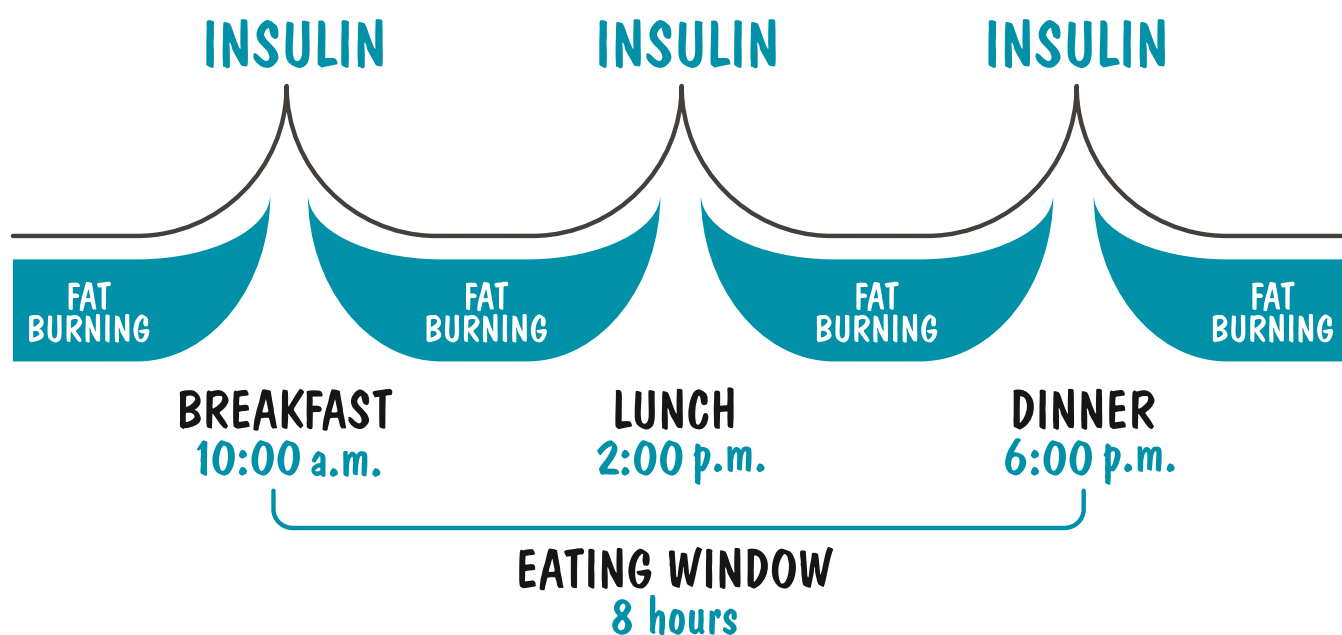
Welcome to all of you who want to improve your lives! After all, the main goal of **Dr. Berg's Healthy Keto®** system is to get healthy. A healthy body knows how to regulate its weight, does not need medical drugs, and can maintain a high quality of life.

When insulin levels are high, your body can start storing fat and having various health issues.

The main idea of the keto diet and intermittent fasting is to lower one's insulin. To accomplish that you would need to:

- Give up sugar, including its hidden sources: flour, fruits, and cereals
- Reduce carbs to a minimum (down to 20 to 50 g per day)
- Consume protein in moderation (3 to 3.5 oz per meal)
- Add healthy fats to your diet
- Include 7 to 10 cups of vegetables and leafy greens in your daily meals

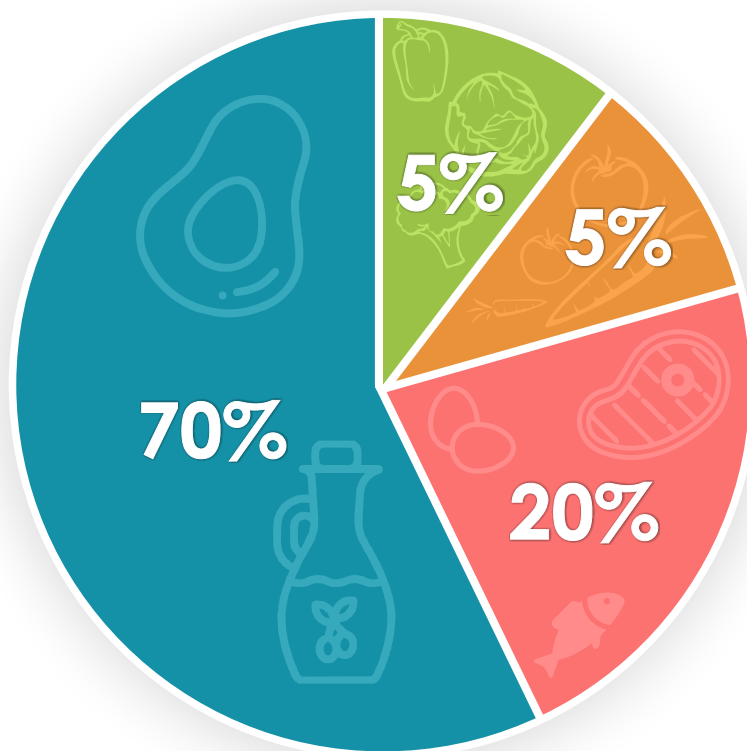
It's not just what you eat; *when* you eat is equally important, as every meal triggers insulin. While on intermittent fasting, you alternate food with fasting. You can start with three meals a day and no snacking. When your body adjusts and you no longer feel hungry, you can switch to two meals a day. The fasting interval (from dinner to next breakfast) should be at least 16 hours.



A FEW BASICS

Calories are not as important on the keto diet and intermittent fasting as they are on some diets. We show calories in this book to make it easier for you to navigate the recipes if you are used to thinking about the calories in your meals. Instead of restricting calories, it is much more effective to manage the ratio between their sources:

- 5% carbs from berries, hummus, vegetables + 5% from non-starchy vegetables (salads with cabbage, greens, and cucumbers)
- 20% protein
- 70% healthy fat



Important factors to take into account when building your meal plan are your personal experiences and preferences. When you are following the Healthy Keto® diet properly there is no hunger or craving for sweets. In order to effectively burn the accumulated fat it is important to feel full or satisfied without overeating.



HOW TO USE THIS BOOK

The **WEEKLY MEAL PLAN** section has the names of keto dishes and page numbers for the corresponding recipes, as well as the number of calories, proteins, fats, and carbs per serving. The average daily caloric intake on this meal plan is 1500 to 1800 calories.

NOTE: In the recipes in this book, vegetable carbs are not included in the total carb count. That's because the carbs in these vegetables are so low and the nutritional value of the vegetables is so great that Healthy Keto® includes eating plenty of them and not counting the carbs.

The **RECIPE** section includes the dishes from the meal plan, as well as some bonus recipes.

Please note: some recipes yield one serving while others yield several. Each recipe indicates the serving size and its macronutrients (or “macros,” meaning the basic nutrient groups: protein, carbohydrates, and fats).

After the meal plan, we have placed the **GROCERY LIST** section for your convenience. It has all the items you will need to make the recipes from the **WEEKLY MEAL PLAN** section. The amount and quantity of the groceries are based on the recipe ingredients. If the recipe yields several servings and you want to make just one serving, the quantity of some food items should be adjusted.

Make sure you read the labels when you shop. The cheese you buy, and the ham, mayo, etc., should have no added sugars.

The following items should also not be listed as ingredients in your foods:

- ❌ Corn syrup
- ❌ Maltitol
- ❌ Coconut syrup
- ❌ Brown rice syrup
- ❌ High-fructose corn syrup
- ❌ Maltodextrin
- ❌ Dextrose
- ❌ Glucose
- ❌ Fructose
- ❌ Corn starch
- ❌ MSG



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LIFE HACKS

Leafy greens and unsweet vegetables (for example, cucumbers) can and should be added to your meals whenever and wherever possible without counting them in your daily calories. If you do not have an adverse reaction to them (like bloating), you should consume greens and vegetables in large quantities. If you have digestive problems, start with smaller portions and choose vegetables that do not cause you problems. Steaming them might help, too.

If you don't want to spend time making a salad, just cut up some vegetables and herbs and eat them as they are, fresh and raw.

In winter, sauerkraut and pickles (without added sugars) can be an excellent solution. Freeze seasonal vegetables and berries, and make extra portions when cooking – it will help you save time in the future.

As a bonus, you will find in this book a section for keto soup recipes. If you don't feel like cooking every day, you can heat a serving of one of the soups you have made and have it as a meal.

- If you don't eat bacon, you can substitute smoked salmon or trout for it.
- For frying, you can use coconut oil, ghee, animal fat, or avocado oil.
- If you do not feel satisfied or need more calories per meal, some additional healthy fats will help.
- For breakfast, you can have tea or coffee without sugar or other harmful additives. This will not affect your calories or macros.

Healthy fats (grams) and calories

Item	Serving Size	Fats per Serving	Calories
• Heavy cream	• 1 Tbsp	• 5 g	• 51
• Coconut oil	• 1 Tbsp	• 14 g	• 120
• Almond butter	• 1 Tbsp	• 10 g	• 100
• Olive oil	• 1 Tbsp	• 14 g	• 119
• Pecans	• 10 nuts	• 20 g	• 196
• Macadamia nuts	• 10 nuts	• 21 g	• 204
• Peanut butter	• 1 Tbsp	• 8 g	• 94
• Almonds	• 10 nuts	• 6 g	• 70
• Avocado	• 1 fruit	• 30 g	• 322



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LIFE HACKS

It is important not to overeat and to observe the protein-fat-carbohydrate ratio of the keto diet!

There are some tricks to help reduce hunger between meals.

You can have the following beverages:

- A cup (just one) of coffee with a tsp of heavy cream
- Tea (regular or herbal)
- Water with apple cider vinegar (1 to 2 tsp per glass of water) or lemon juice
- Beverages with plant fiber (herb and vegetable smoothies, wheatgrass concentrate)



On keto, beverages must not contain sugar.
You can add a small amount of stevia or erythritol.

The following supplements will help you switch to active fat burning mode and relieve temporary body issues:

- B vitamins (nutritional yeast)
- Vitamin D3 (a combination of D3 + K2 is even better)
- Electrolyte powder (e.g. Dr. Berg's Electrolyte Powder, Raspberry & Lemon Natural Flavor)

For more information on supplements you can go to drberg.com



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WEEKLY MEAL PLAN

3 MEALS A DAY

	Breakfast	Lunch	Dinner
Calories and macros for the day: Calories - 1870 / Protein – 107 g / Carbs – 20 g / Fat – 164 g			
DAY 1	Cheesy Scrambled Eggs (p. 19) 	Battered Keto Cod (p. 47) Vegetable Salad with Avocado and Cheese (p. 64) 	Stuffed Peppers (p. 30) 
Calories and macros for the day: Calories - 1543 / Protein – 103 g / Carbs – 20 g / Fat – 103 g			
DAY 2	Bulletproof Coffee/Tea (p. 24) Keto Waffles with Salmon (p. 22) 	Zucchini Patties (p. 48) Tuna Salad with Cucumbers (p. 60) 	Fried Chicken and Vegetable Mix (p. 31) 
Calories and macros for the day: Calories - 1767 / Protein – 88 g / Carbs – 14 g / Fat – 144 g			
DAY 3	Poached Egg (p. 25) 	Stir-Fry with Ground Beef (p. 29) 	Stuffed Mushrooms (p. 32) Salad with Chinese Cabbage and Bacon (p. 58) 



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WEEKLY MEAL PLAN

	Breakfast	Lunch	Dinner
Calories and macros for the day: Calories - 1800 / Protein – 97 g / Carbs – 20 g / Fat – 140 g			
DAY 4	Mascarpone Crêpes (p. 23) 	Greek Salad (p. 65) Fish Steaks in the Oven (p. 51) 	Baked Chicken Thighs (p. 33) Simmered Vegetables (p. 53) 
Calories and macros for the day: Calories - 1693 / Protein – 106 g / Carbs – 16 g / Fat – 128 g			
DAY 5	Egg Clouds with Scallions (p. 20) 	Vegetable Salad with Chicken and Bacon (p. 59) 	Mashed Cauliflower (p. 54) Meatballs (p. 34) 
Calories and macros for the day: Calories - 1769 / Protein – 145 g / Carbs – 19 g / Fat – 127 g			
DAY 6	Avocado Steak Salad (p. 62) 	Flourless Keto Pizza (p. 49) 	Battered Chicken Wings (p. 35) Vitamin Salad (p. 63) 
Calories and macros for the day: Calories - 1800 / Protein – 117 g / Carbs – 13 g / Fat – 151 g			
DAY 7	“Omelet” Baked Pepper with Cheese (p. 26) 	Stuffed Zucchini (p. 50) Liver Patties (p. 44) 	Fish with Fresh Vegetables (p. 36) 



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WEEKLY GROCERY LIST

3 MEALS A DAY

VEGETABLES, GREENS AND HERBS

- 2 avocados
- 13 bell peppers
- 5 to 6 oz broccoli
- 1 bunch (about 10) scallions
- 1 bunch each: parsley, dill, cilantro, and basil
- 3.5 oz leafy greens (spinach, arugula, etc.)
- 1 medium head lettuce
- 1.25 lbs onions
- 1 carrot
- 1lb vegetable mix (green beans, broccoli, cauliflower, carrots)
- 1 lb cucumbers
- 2 medium heads Chinese cabbage
- 2 lbs tomatoes
- 4 radishes
- 9 stalks celery
- 4 oz cauliflower
- 1.5 oz (1 bulb) garlic

MEAT AND FISH

- 0.5 lb bacon
- 2 cans tuna
- 1 lb chicken livers
- 2 lbs chicken thighs (fillets)
- 1.75 lbs chicken thighs (skin-on)
- 1.1 lbs (6 pieces) chicken wings
- 1.75 lbs meat (beef, veal)
- 1.5 to 2 oz smoked salmon
- 1.1 lb fish steaks (salmon, catfish or the like)
- 6 lbs ground meat (beef or pork, 80 lean / 20 fat)
- 2 lbs fish fillet (cod or rockfish)



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WEEKLY GROCERY LIST

DAIRY

- 2 oz soft cheese (mascarpone or ricotta)
- 4 fl oz heavy cream
- 11 to 12 oz grass-fed butter (salted or unsalted)
- 5 oz European-style sour cream
- 11 oz feta cheese
- 2 lbs semi-hard cheeses (cheddar or other kinds that you prefer)

SPICES, CONDIMENTS AND DRIED FOODS

- 1 oz prepared mustard
- cumin
- 2 oz coconut flour
- 4 oz shredded coconut
- 4 oz coconut oil
- 12.5 oz coconut oil OR animal fat OR ghee
- sesame seeds
- turmeric
- 5 to 6 oz almond flour
- paprika
- sea salt or pink Himalayan salt
- 17 fl oz olive oil
- oregano
- sweetener (stevia, erythritol)
- 0.7 oz psyllium
- thyme
- 2 oz tomato paste
- ground black pepper
- 3½ Tbsp unfiltered apple cider vinegar

MISCELLANEOUS

- 2 lemons
- 0.5 lb pitted olives
- 0.5 lb nuts (pecans, cashews, walnuts)
- natural coffee and tea



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WEEKLY GROCERY LIST

- 11 oz button mushrooms
- 1.5 to 2 oz berries (your choice of strawberries, raspberries, blackberries, or blueberries)
- 26 eggs
- ½ cup (4 oz) homemade mayonnaise

* The weight and quantity of groceries are based on the recipes in this book. If you want to make one serving of a recipe, the quantity of some ingredients should be adjusted.



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WEEKLY MEAL PLAN

2 MEALS A DAY

	First Meal	Second Meal
Calories and macros for the day: Calories - 1560 / Protein – 133 g / Carbs – 17 g / Fat – 132 g		
DAY 1	Cheesy Chicken Casserole (p. 37) Radish Salad with European-Style Sour Cream (p. 67)	Zucchini Gratin (p. 55) Steaks with Cheese and Mustard Sauce (p. 40)
	 	 
Calories and macros for the day: Calories - 1747 / Protein – 99 g / Carbs – 20 g / Fat – 127 g		
DAY 2	Warm Shrimp Salad (p. 61) Nut Smoothie (p. 73)	Beef Patties with Mushroom Sauce (p. 38) Cauliflower Rice with Scallions (p. 56)
	 	 
Calories and macros for the day: Calories - 1637 / Protein - 114 g / Carbs – 16 g / Fat – 114 g		
DAY 3	Italian “Omelet” with Chicken (p. 21) Coconut-Peanut Butter Fat Bomb (p. 71)	Zucchini Noodles with Ground Meat and Gravy (p. 39)
	 	



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WEEKLY MEAL PLAN

	First Meal	Second Meal
Calories and macros for the day: Calories - 1512 / Protein - 63 g / Carbs – 20 g / Fat – 77 g		
DAY 4	Green Beans with Mushrooms and Bacon (p. 43) 5-Minute Keto Brownie (p. 72)  	Lazy Cabbage Rolls (p. 41) 
Calories and macros for the day: Calories - 1584 / Protein – 101 g / Carbs – 20 g / Fat – 125 g		
DAY 5	Cheesy Soufflé (p. 28) Tomato and Mozzarella Salad (p. 66)  	Beef with Vegetables (p. 45) Deviled Eggs (p. 70)  
Calories and macros for the day: Calories - 1637 / Protein – 82 g / Carbs – 22 g / Fat – 135 g		
DAY 6	Keto Poulard Omelet with Bacon (p. 27) Vegetable Salad with Avocado and Cheese (p. 64)  	Chicken Thighs with Cream and Cheese Sauce (p. 42) Baked Cabbage (p. 57)  
Calories and macros for the day: Calories - 1768 / Protein – 110 g / Carbs – 20 g / Fat – 124 g		
DAY 7	Chopped Chicken Patties (p. 52) Carne Asada Steak Salad (p. 68)  	Fish with Vegetables (p. 46) 



WEEKLY GROCERY LIST

TWO MEALS A DAY

VEGETABLES, GREENS AND HERBS

- 3 avocados
- 2 basil stems
- 2 bell peppers
- 2 bunches (about 20) scallions
- 9 zucchini, medium
- 2 lbs cabbage
- 1 bunch cilantro
- 1 medium head lettuce
- 3 carrots
- 2 cucumbers
- 2 dill pickles
- 2 bunches parsley
- 1.5 lbs tomatoes (cherry or regular)
- 0.5 lb radishes
- 2.2 lbs onions
- 0.5 lb arugula
- 1.5 lbs green beans
- 3 bunches dill
- 1.2 oz cauliflower
- 3 oz garlic

MEAT AND FISH

- 5 to 6 oz bacon
- 1 lb shrimp
- 5.5 lbs chicken (thigh fillet)
- 10 fl oz beef broth
- 3.5 oz organic ham
- 3.2 lbs steaks (pork or beef, the fatter the better)
- 3.5 lbs ground beef/pork (lean 80 / fat 20)
- 0.5 lb fish fillet (salmon or trout)



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WEEKLY GROCERY LIST

DAIRY

- 17.5 fl oz heavy cream
- 0.5 lb grass-fed butter (salted or unsalted)
- 1 lb European-style sour cream
- 0.5 lb mozzarella
- 5 oz Parmesan
- 1.2 lbs cheddar cheese

SPICES, CONDIMENTS AND DRIED FOODS

- 5 to 6 oz peanut butter (with no sugar or other harmful additives)
- 5 oz prepared mustard
- cumin
- 0.5 to 1 oz cocoa powder
- 3 oz coconut oil
- 1.3 lbs coconut oil OR animal fat OR ghee
- sesame seeds
- turmeric
- sea salt or pink Himalayan salt
- 6.5 oz flour (almond, coconut)
- nutmeg
- 10 fl oz olive oil
- ground paprika
- ground chili pepper
- sweetener (stevia, erythritol)
- 1.5 oz psyllium
- baking powder
- rosemary
- seeds (sunflower, pumpkin)
- garlic powder
- thyme
- caraway seeds
- 3.5 oz tomato paste or ketchup (no sugar)
- ground black pepper
- 1.5 oz unsweetened chocolate or cocoa mass



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WEEKLY GROCERY LIST

MISCELLANEOUS

- 5 to 6 walnuts
- 1 cup (8 oz) homemade mayonnaise
- 6.5 to 7 fl oz coconut milk
- 1 lemon
- 5 to 6 blueberries
- 1 lb button mushrooms
- 23 eggs

* The weight and quantity of groceries are based on the recipes in this book. If you want to make one serving of a recipe, the quantity of some ingredients should be adjusted.



3 eggs
SERVING
SIZE

580
CALORIES

30 g
PROTEIN

3.5 g
TOTAL
CARBS

0 g
FIBER

3.5 g
NET CARBS

48 g
FAT

CHEESY SCRAMBLED EGGS

Ingredients

Servings: 1



3 eggs



1 Tbsp heavy cream



1 pinch sea salt or
pink Himalayan salt



ground black pepper
to taste



1 Tbsp ghee



2 Tbsp mozzarella,
shredded

Instructions

1. Whisk the eggs in a medium bowl. Add cream, salt and pepper and whisk again.
2. Heat ghee in a frying pan and pour egg mixture in. Use a silicone spatula to stir and fold the mixture. Let it sit for a few moments so it sets a bit and fold again. Repeat until the eggs are done.
3. Sprinkle with shredded cheese before serving.

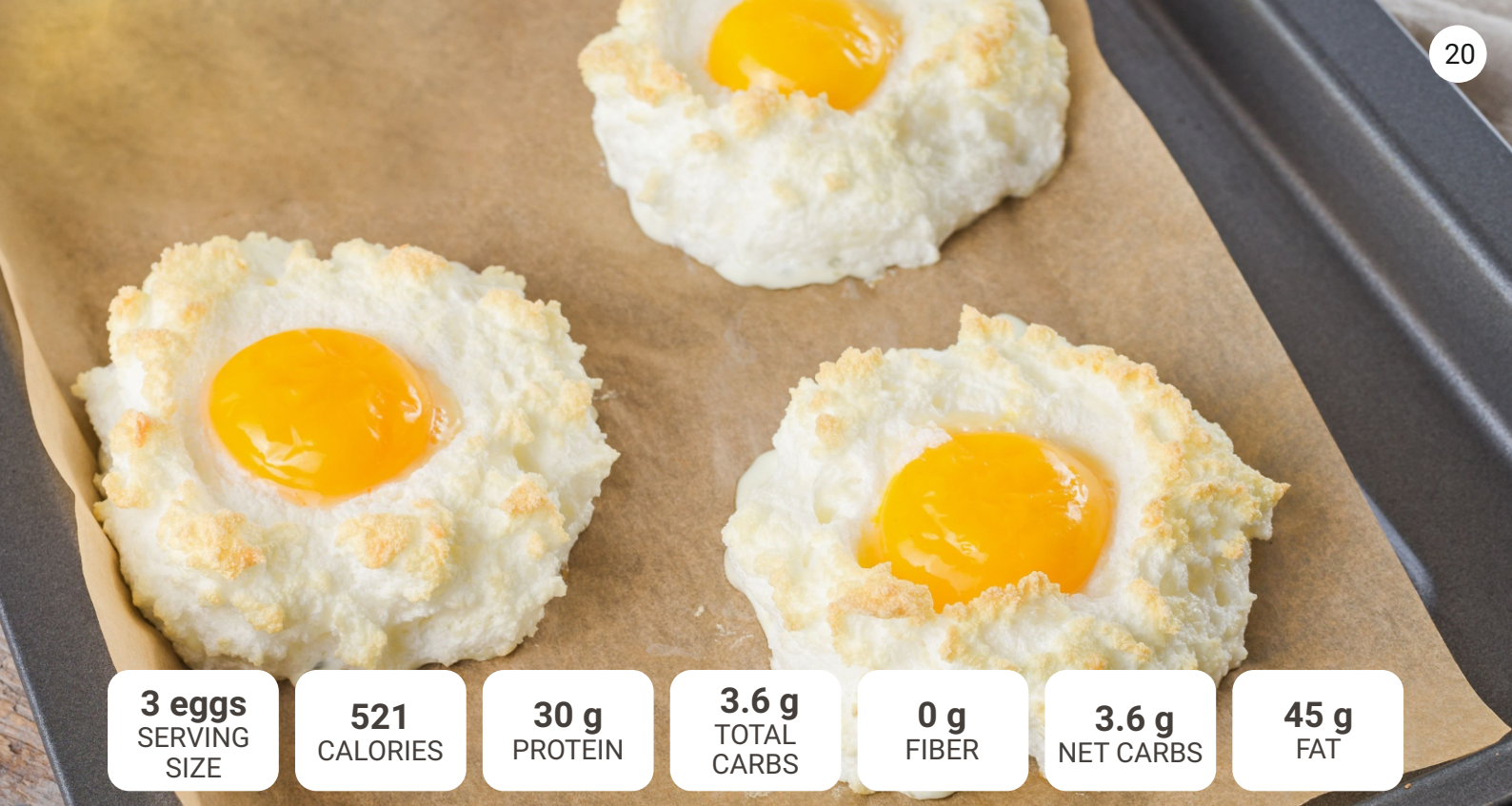


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3 eggs
SERVING
SIZE

521
CALORIES

30 g
PROTEIN

3.6 g
TOTAL
CARBS

0 g
FIBER

3.6 g
NET CARBS

45 g
FAT

EGG CLOUDS WITH SCALLIONS

Ingredients

Servings: 1



3 eggs



2 Tbsp cheddar,
shredded



2 Tbsp European-style
sour cream



1 pinch garlic powder



1 scallion



1 Tbsp butter

Instructions

1. Preheat oven to 450 degrees F / 230 degrees C. Line a baking tray with parchment or silicone mat.
2. Finely chop scallion.
3. Separate egg yolks from whites. Place yolks in a small bowl and whites in a large bowl. Beat the egg whites with a mixer to stiff peaks. Carefully combine whipped egg whites with cheese, sour cream, garlic, and $\frac{2}{3}$ of the chopped scallion.
4. Spoon egg whites mixture onto the prepared baking tray, dividing it into 3 separate "clouds."
5. Lightly press the center of each cloud with the back of a spoon and place a yolk in each dip.
6. Bake for 5 minutes until yolks are set.
7. Place $\frac{1}{3}$ Tbsp butter on each yolk and sprinkle with the remaining scallions.

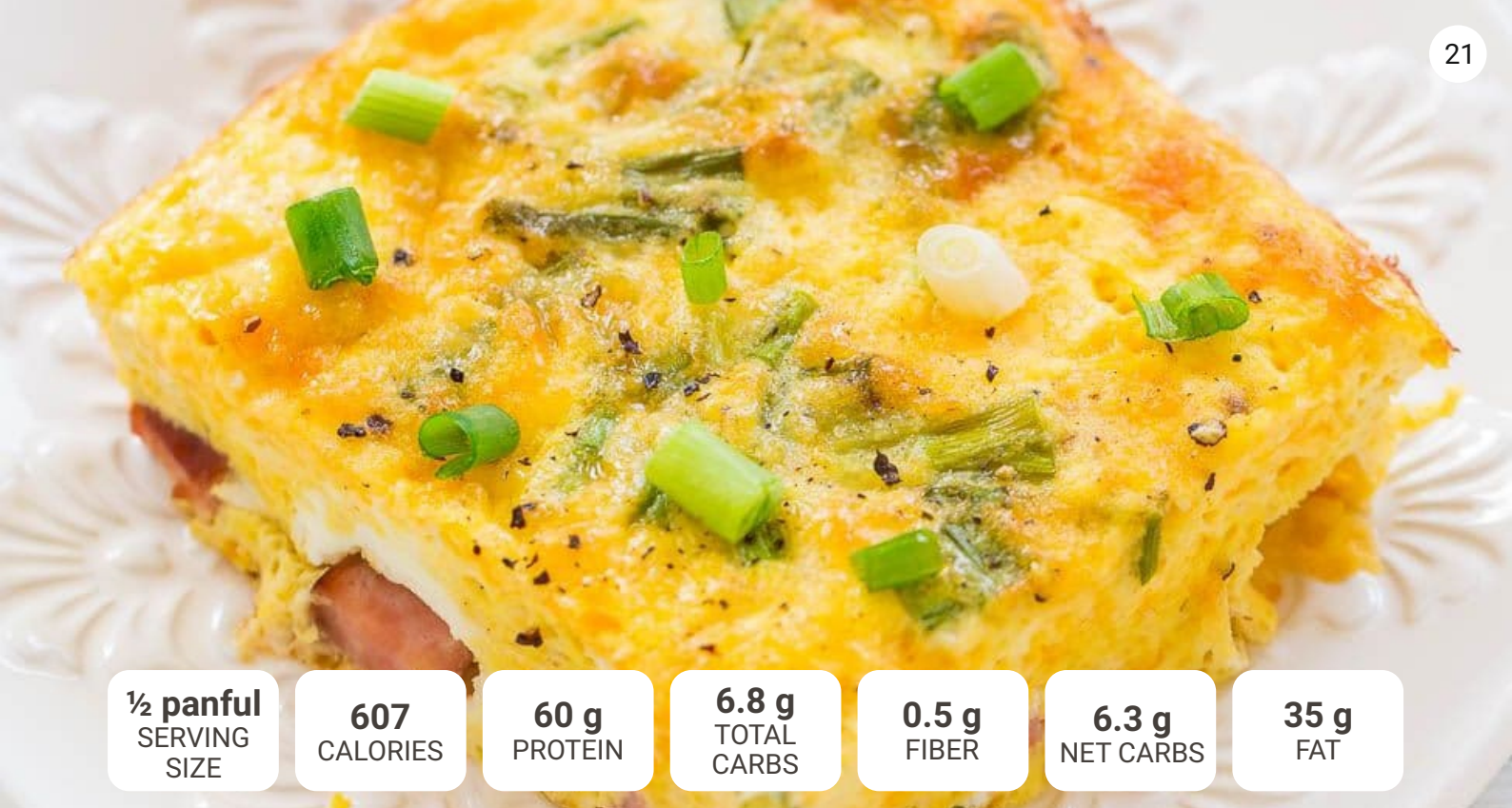


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½ panful
SERVING
SIZE

607
CALORIES

60 g
PROTEIN

6.8 g
TOTAL
CARBS

0.5 g
FIBER

6.3 g
NET CARBS

35 g
FAT

ITALIAN “OMELET” WITH CHICKEN AND VEGETABLES

Ingredients

Servings: 2



3 eggs



4 tsp heavy cream



1 pinch ground
black pepper



½ tsp sea salt or
pink Himalayan salt



½ clove garlic



2 oz (60 g) cheddar



3.5 oz (100 g) chicken
thigh fillets



3.5 oz (100 g)
organic ham



1 tomato, sliced



1 bell pepper, sliced



1 cucumber, sliced



1 Tbsp coconut oil or
animal fat (lard or tallow)



1 Tbsp chopped greens (for decoration)

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Cut up chicken fillets, add some of the salt, and fry in a skillet in coconut oil or animal fat (lard or tallow) until fully cooked. You could also use leftover chicken from previous meals.
3. In a large bowl combine eggs, cream, finely chopped garlic, salt and pepper. Whisk until smooth.
4. Chop cheese, chicken and ham into small pieces. Add half of the cheese, chicken and ham into the egg mixture.
5. Pour egg mixture into a baking dish and bake for 7 to 10 minutes.
6. When the edges are set, place the remaining cheese, chicken and ham on top and bake for another 10 to 15 minutes until the center has set.
7. Decorate with chopped greens.
8. Serve with sliced tomato, bell pepper and cucumber.

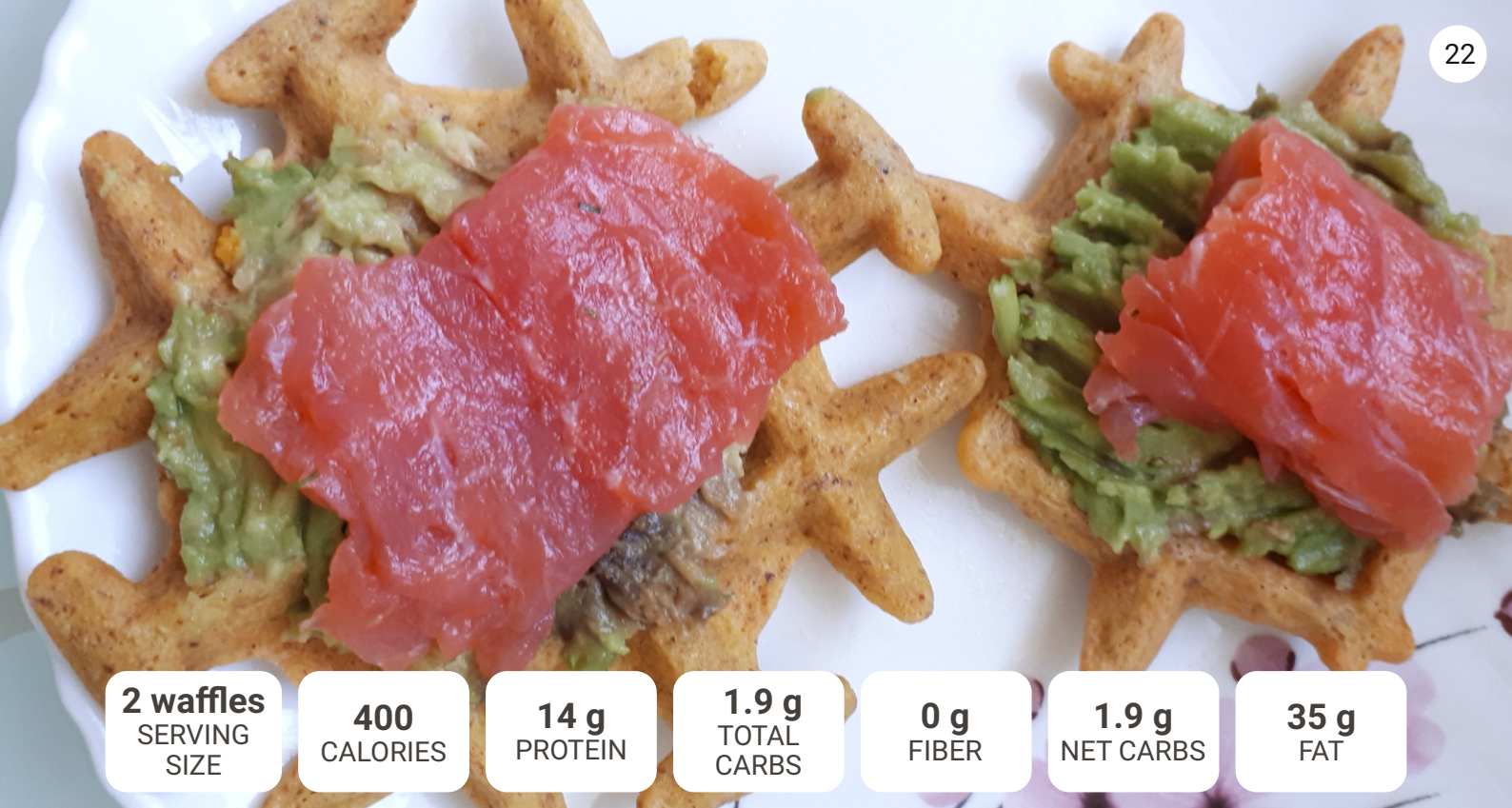


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2 waffles
SERVING
SIZE

400
CALORIES

14 g
PROTEIN

1.9 g
TOTAL
CARBS

0 g
FIBER

1.9 g
NET CARBS

35 g
FAT

KETO WAFFLES WITH SALMON

Ingredients

Servings: 1

Waffles:



2 Tbsp almond flour



4 tsp ghee



1 egg



sea salt or pink
Himalayan salt to taste

Spread:



2 tsp butter



¼ avocado

Additional:



1.8 oz (50 g) smoked salmon, thinly sliced

Instructions

1. Puree butter with avocado.
2. Combine all waffle ingredients and mix until smooth. Cook the waffles (this recipe makes two). If you don't have a waffle iron, you can use a nonstick skillet.
3. Spread pureed butter and avocado over cooked waffles. Top with thinly sliced salmon.



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4 crepes
SERVING
SIZE

480
CALORIES

20 g
PROTEIN

3 g
TOTAL
CARBS

0 g
FIBER

3 g
NET CARBS

42 g
FAT

MASCARPONE CRÊPES

Ingredients

Servings: 1



3 eggs



3 Tbsp soft cheese
(mascarpone or ricotta)



1 tsp coconut oil



sweetener (stevia or
erythritol) to taste



2 Tbsp European-style
sour cream



berries (your choice of
blueberries, strawberries,
raspberries or blackberries)

Instructions

1. Beat eggs, soft cheese, oil and sweetener with a hand mixer. In a frying pan, heat oil and fry crêpes like regular thin pancakes.
2. Serve with sour cream and berries.



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1 cup
SERVING
SIZE

412
CALORIES

0.2 g
PROTEIN

3.7 g
TOTAL
CARBS

0 g
FIBER

3.7 g
NET CARBS

35 g
FAT

BULLETPROOF COFFEE/TEA

Ingredients

Servings: 1



$\frac{7}{8}$ cup (200 mL)
freshly brewed
black coffee/tea



1 to 2 Tbsp butter



1 to 2 Tbsp coconut oil

Instructions

1. Make coffee or tea. Pour it into a blender. Add butter and/or coconut oil. Blend until smooth.
2. Pour the bulletproof drink into a cup.



1 egg
SERVING
SIZE

280
CALORIES

20 g
PROTEIN

1 g
TOTAL
CARBS

0 g
FIBER

1 g
NET CARBS

20 g
FAT

POACHED EGG WITH BACON AND FRESH VEGETABLES

Ingredients

Servings: 1



1 bell pepper



3 to 4 radishes



1 or 2 celery stems



1 cucumber



1 egg



6 cups water



1 Tbsp apple
cider vinegar



4 to 6 slices bacon

Instructions

1. Chop vegetables.
2. Fry bacon in a skillet and place it on paper towels to drain excess fat.
3. Boil water in a saucepan, reduce heat to low and add vinegar.
4. Crack egg into a cup or another small container – this will make it easier for you to put it into the water.
5. Swirl the water in the pan with a spoon until a vortex forms and carefully pour the egg into it right away, keeping the cup as close to the water's surface as possible.
6. Boil poaching egg for 3 to 3.5 minutes till the white is fully set.
7. Remove egg from water with a skimmer and transfer it onto a plate.
8. Place bacon and chopped vegetables beside the poached egg.



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1 pepper
SERVING
SIZE

580
CALORIES

20 g
PROTEIN

7 g
TOTAL
CARBS

2 g
FIBER

5 g
NET CARBS

53 g
FAT

“OMELET” BAKED PEPPER WITH CHEESE

Ingredients

Servings: 1



1 bell pepper



2 eggs



4 Tbsp (60 mL)
heavy cream



1 bunch parsley



1.5 oz (40 g)
mozzarella



1 pinch sea salt or
pink Himalayan salt



2 tsp coconut oil

Instructions

1. Preheat oven to 390 degrees F / 200 degrees C.
2. Rinse bell pepper and cut into halves, removing all partitions and seeds. Oil the bottom of a baking dish and place the pepper halves in it with their openings facing up.
3. Bake for 12 to 15 minutes.
4. While pepper is in the oven, prepare filling. Break eggs into a bowl. Add cream and salt and whisk until smooth. Chop parsley finely (keep one sprig for garnish) and add to the egg mixture. Mix well. Pour the egg mixture into the baked pepper halves, return them to the oven, and bake for 10 more minutes.
5. Cut cheese into two slices and place one on top of each pepper half.
6. Return stuffed pepper halves to the oven for a couple more minutes until the cheese melts.
7. Garnish with parsley and serve.



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1 omelet
SERVING
SIZE

496
CALORIES

28.8 g
PROTEIN

1.6 g
TOTAL
CARBS

0 g
FIBER

1.6 g
NET CARBS

40.7 g
FAT

KETO POULARD OMELET (WITH BACON)

Ingredients

Servings: 1



3 eggs



sea salt or pink
Himalayan salt to taste



1 Tbsp ghee



4 strips bacon

Instructions

1. Fry bacon on each side. Set aside to drain on a paper towel.
2. Separate egg whites from yolks, pouring whites into a dry glassware or stainless steel bowl, and beat them with salt until they form stiff peaks. (The mixture should look creamy.) Separately whisk the egg yolks with salt.
3. Grease a preheated frying pan with ghee. Pour beaten yolks into the pan and as soon as they are set, place the egg whites on top with a spatula.
4. Cover with a lid. Wait for 5 minutes.
5. Once the egg whites are solid, transfer the omelet onto a plate, cut it in half, and place one half on top of the other.
6. Serve with bacon alongside the omelet.



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1 soufflé
SERVING
SIZE

698
CALORIES

28.2 g
PROTEIN

2.4 g
TOTAL
CARBS

0 g
FIBER

2.4 g
NET CARBS

63 g
FAT

CHEESY SOUFFLÉ

Ingredients

Servings: 1



4 eggs



sea salt or pink Himalayan
salt and spices to taste



3 Tbsp Parmesan
cheese, grated



2 Tbsp melted butter

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Mix all ingredients in a ramekin with a fork.
3. Bake for 10 minutes.

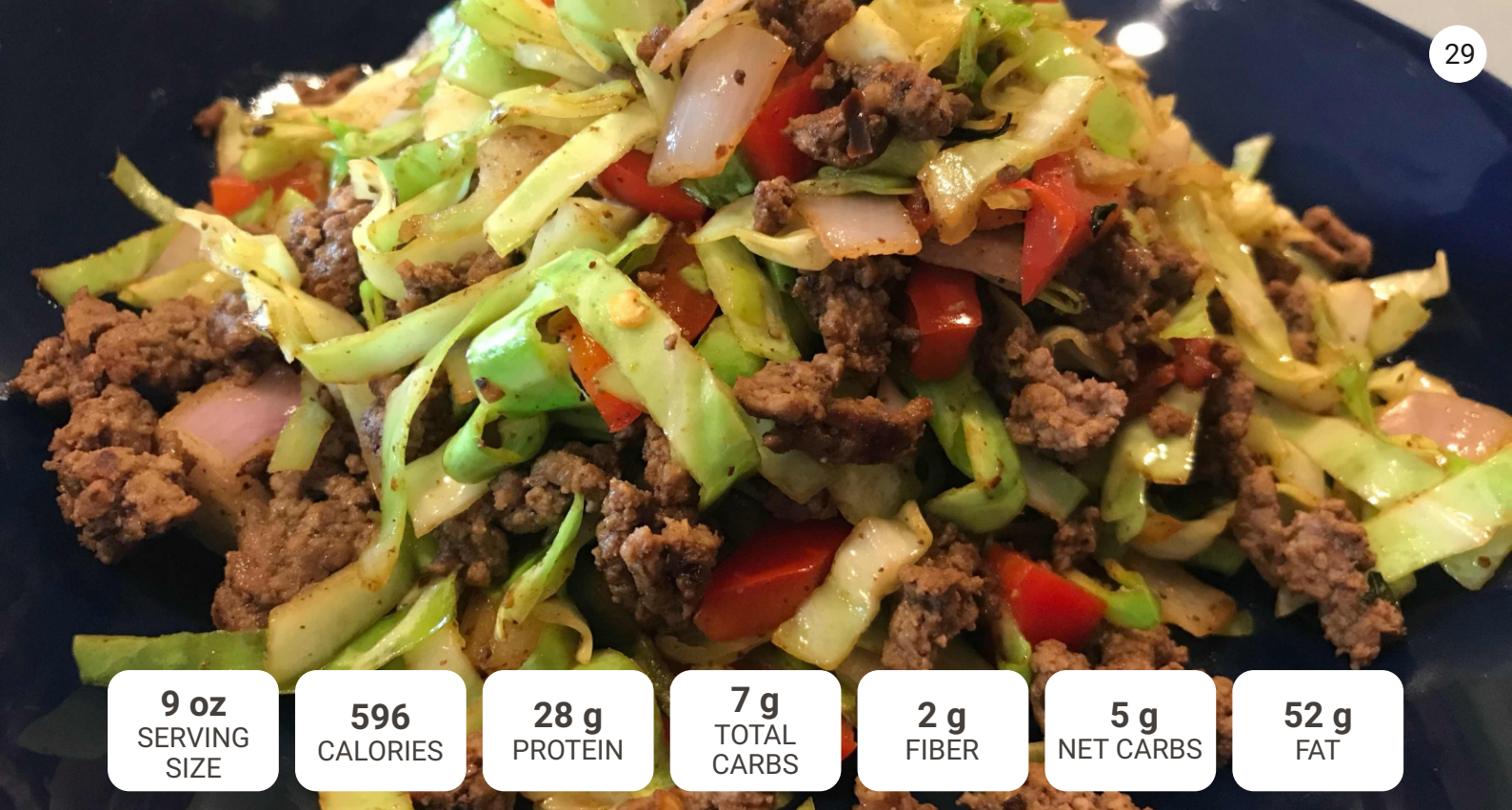


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9 oz
SERVING
SIZE

596
CALORIES

28 g
PROTEIN

7 g
TOTAL
CARBS

2 g
FIBER

5 g
NET CARBS

52 g
FAT

STIR-FRY WITH GROUND BEEF

Ingredients

Servings: 2



2 Tbsp coconut oil
or animal fat



1 lb (450 g) ground beef



2 to 3 cloves garlic,
finely chopped



½ tsp sea salt or
pink Himalayan salt



¼ tsp ground
black pepper



½ cup (3.5 oz or 100 g)
button mushrooms, sliced



1 head Chinese
cabbage, sliced



2 to 3 bell peppers, sliced
(different colors will
look more festive)



2 Tbsp apple
cider vinegar



2 to 3 scallions,
finely chopped

Instructions

1. Heat coconut oil (or animal fat) in a skillet. Put ground beef in the skillet, add 1 clove of finely chopped garlic and season with salt and pepper. Fry until meat is cooked, stirring continually. Move it from the skillet onto a plate.
2. In the same skillet used for meat, sauté mushrooms for about 3 minutes, then add Chinese cabbage and remainder of garlic. Cook for 3 more minutes.
3. Add bell pepper and vinegar and cook for another 3 minutes.
4. Chop scallions finely to prepare them as garnish.
5. Put ground beef back into the skillet and mix everything thoroughly. Garnish with chopped scallions.



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½ pepper
SERVING
SIZE

467
CALORIES

40 g
PROTEIN

7 g
TOTAL
CARBS

3.4 g
FIBER

3.6 g
NET CARBS

48 g
FAT

STUFFED PEPPERS

Ingredients

Servings: 8 (1/2 pepper per serving)



4 bell peppers



4 tsp coconut oil



1½ lbs (650 g or 2¾ cups)
ground beef



1¼ cup (1½ lb or 250 g)
tomatoes, diced



1 onion, finely chopped



1 celery stalk, diced



2 cloves garlic,
finely grated or pressed



1 tsp mustard



3 Tbsp ketchup or
tomato paste (sugar-free)



2 tsp ground paprika



1 tsp ground cumin



fresh parsley as garnish



1 pinch sea salt or pink Himalayan salt

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C. Place parchment (or a silicone mat) in a baking tray.
2. Cut peppers in half and remove all partitions and seeds. Place the halved peppers on the tray with their openings facing up and bake them for 15 minutes.
3. Finely chop onion and dice celery. Press garlic or grate it finely. Heat coconut oil in a skillet over medium heat. Put onion, celery, and garlic in the skillet and cook until onions and celery are tender.
4. Add ground beef and cook for about 8 minutes until browned, stirring constantly.
5. Add tomatoes, sugar-free ketchup or tomato paste, mustard, paprika, cumin, and salt to the meat. Cover and simmer for about 7 minutes until the sauce thickens.
6. Place meat and vegetable mixture inside the baked pepper halves and put them back in the oven for 5 to 7 minutes.
7. When fully cooked, garnish peppers with parsley.



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7 oz
SERVING
SIZE

230
CALORIES

26 g
PROTEIN

6 g
TOTAL
CARBS

3 g
FIBER

3 g
NET CARBS

10 g
FAT

FRIED CHICKEN AND VEGETABLE MIX

Ingredients

Servings: 2



2 Tbsp ghee or
coconut oil



2 cups (1 lb or 450 g)
vegetable mix
(green beans, broccoli,
cauliflower, carrots)



1 cup (½ lb or 220 g)
boneless chicken,
cut into strips



2 to 3 scallions,
finely chopped



½ tsp sea salt or
pink Himalayan salt



1 tsp sesame seeds



¼ tsp ground black pepper

Instructions

1. Heat ghee or oil in a large skillet over medium-high heat.
2. Cut chicken into small strips or cubes. Fry it in the skillet and season with salt. Transfer chicken to a plate.
3. Using the same pan, fry vegetable mixture for 7 to 10 minutes, then season it with salt and pepper.
4. Chop scallions finely for use as garnish.
5. Add fried chicken to the vegetable mixture and stir well.
6. Sprinkle with sesame seeds and chopped scallions.

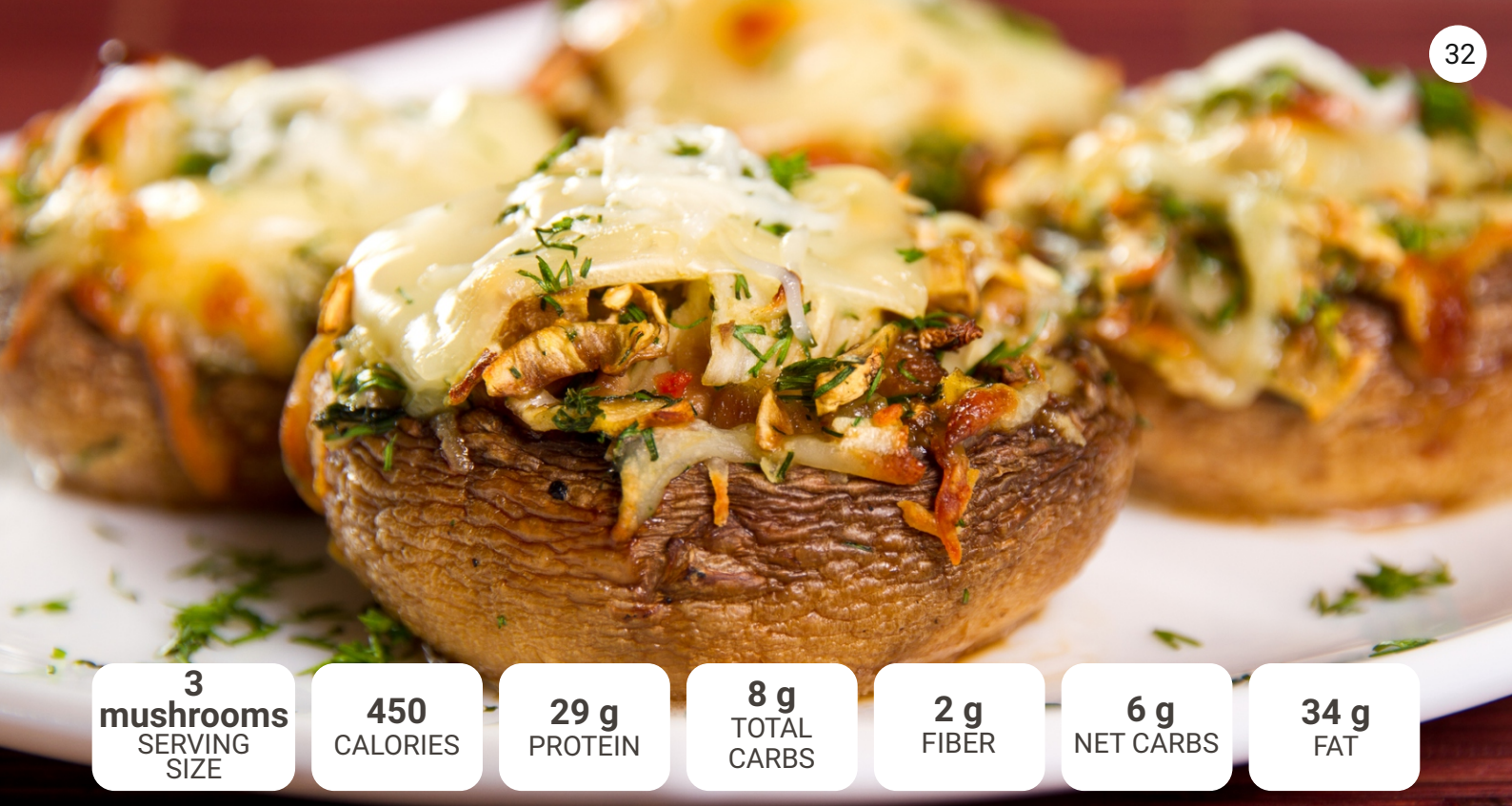


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3
mushrooms
SERVING
SIZE

450
CALORIES

29 g
PROTEIN

8 g
TOTAL
CARBS

2 g
FIBER

6 g
NET CARBS

34 g
FAT

STUFFED MUSHROOMS

Ingredients

Servings: 2 (3 mushrooms per serving)



6 button mushrooms



½ cup (4.5 oz or 120 g)
ground beef/pork



3 Tbsp water



4 Tbsp (60 g) cheddar,
grated



1 Tbsp coconut oil



sea salt or pink
Himalayan salt to taste



seasoning to taste

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
Remove mushroom stems and chop stems up. Set aside.
2. Add salt and seasoning to the ground meat and mix well.
3. Using half the coconut oil, fry chopped mushroom stems with ground meat until cooked. Let mixture cool a bit and mix in the cheese. (Reserve 1 Tbsp cheese for topping.)
4. Oil a baking dish with the remaining coconut oil.
5. Stuff mushroom caps with the mixture. Place them in the baking dish and add ½ Tbsp of water to each cap. Bake for about 20 minutes.
6. Top with the remaining cheese and return to oven for another 2 to 3 minutes to melt it.



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about
2 thighs
SERVING
SIZE

541
CALORIES

40 g
PROTEIN

1.3 g
TOTAL
CARBS

0 g
FIBER

1.3 g
NET CARBS

39 g
FAT

BAKED CHICKEN THIGHS

Ingredients

Servings: 3 (about 2 thighs per serving)



5 or 6 chicken thighs
(1.6 to 1.8 lbs or 750
to 800 g) with bones
and skin



sea salt or pink
Himalayan salt and
ground black pepper
to taste



2 cloves garlic



5 Tbsp (75 g) cheddar,
shredded



5 tsp coconut oil (or animal fat)

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Cut each garlic clove into 4 parts. Rub chicken thighs with salt and pepper. Make deep cuts and insert $\frac{1}{4}$ clove of garlic into each one.
3. Place chicken in a baking dish oiled with coconut oil. Bake for 35 to 40 minutes until well done.
4. Sprinkle with shredded cheese and return to the oven for 5 more minutes.



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7 oz
SERVING
SIZE

620
CALORIES

43 g
PROTEIN

1.6 g
TOTAL
CARBS

0 g
FIBER

1.6 g
NET CARBS

47 g
FAT

MEATBALLS

Ingredients

Servings: 4 (two meatballs per serving)

 2 lbs (900 g) ground pork/beef	 1 onion, grated
 ½ cup (4 oz or 120 g) feta cheese	 2 Tbsp parsley, chopped
 2 cloves garlic, finely chopped	 1 egg
 1 tsp oregano	 1 tsp sea salt or pink Himalayan salt
 1 pinch ground black pepper	 4 tsp coconut oil (or animal fat)

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Chop garlic finely and mix with ground meat in a large bowl.
3. Grate onion into the same bowl with a fine grater.
4. Crumble feta cheese into the ground meat. Crack the egg into the bowl, add parsley, oregano, salt and pepper, and combine everything thoroughly with your hands into a homogeneous mixture. Roll this meatball mix into 1½ to 2 balls.
5. Heat the coconut oil (or animal fat) in a large frying pan over medium-high heat. Fry meatballs for 2½ to 3 minutes on each side and let them rest afterwards.
6. If the pan is heat-resistant, place it in the oven. If not, move the meatballs into an oiled baking dish. Bake for 12 to 15 minutes or until fully cooked.



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3 pieces
SERVING
SIZE

660
CALORIES

38 g
PROTEIN

1.8 g
TOTAL
CARBS

0 g
FIBER

1.8 g
NET CARBS

50 g
FAT

BATTERED CHICKEN WINGS

Ingredients

Servings: 2 (3 pieces per serving)



6 chicken wings



4 to 5 Tbsp (60 to 75 mL)
coconut oil



½ cup (60 g) almond flour



½ tsp turmeric



½ tsp sweet paprika



3 eggs



sea salt or pink Himalayan salt
and ground black pepper to taste

Instructions

1. Cut wings in half and season with salt and pepper. Let them sit for 5 to 10 minutes.
2. Crack eggs into a bowl. Add almond flour, turmeric, paprika, salt and pepper. Mix everything thoroughly to make a batter. (You should get a yogurt-like consistency.)
3. Melt coconut oil in a skillet. Dip each wing in batter so it's completely covered, then fry wings over medium heat until fully cooked.



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9 oz
SERVING
SIZE

365
CALORIES

29 g
PROTEIN

1 g
TOTAL
CARBS

0 g
FIBER


1 g
NET CARBS

26 g
FAT

FISH WITH FRESH VEGETABLES

Ingredients

Servings: 3 (3 oz fish and 6 oz veggies per serving)

 0.8 lb (350 g) fish fillet (cod recommended)	 2 Tbsp coconut oil
 3 Tbsp almond flour	 3¼ cups (3.5 oz or 100 g) leafy greens (spinach, arugula, lettuce)
 1 bell pepper	 1 avocado
 1 tomato	 2 to 3 Tbsp olive oil
 2 scallions, finely chopped, or 2 Tbsp onion, finely chopped	 fresh herbs (dill, parsley, cilantro, basil)
 1 tsp lemon juice	 sea salt or pink Himalayan salt and ground black pepper to taste

Instructions

1. Chop up the herbs and vegetables.
2. Cut fish fillet into pieces (about 3 4-oz squares) and season with salt and pepper.
3. Place almond flour in a bowl and coat the pieces with it.
4. Fry fish in coconut oil over medium heat until fully cooked (2 to 3 minutes on each side). Move cooked fillets onto a plate.
5. Season the herbs and vegetables with salt and pepper to taste and dress with olive oil and lemon juice, then add to the plate.

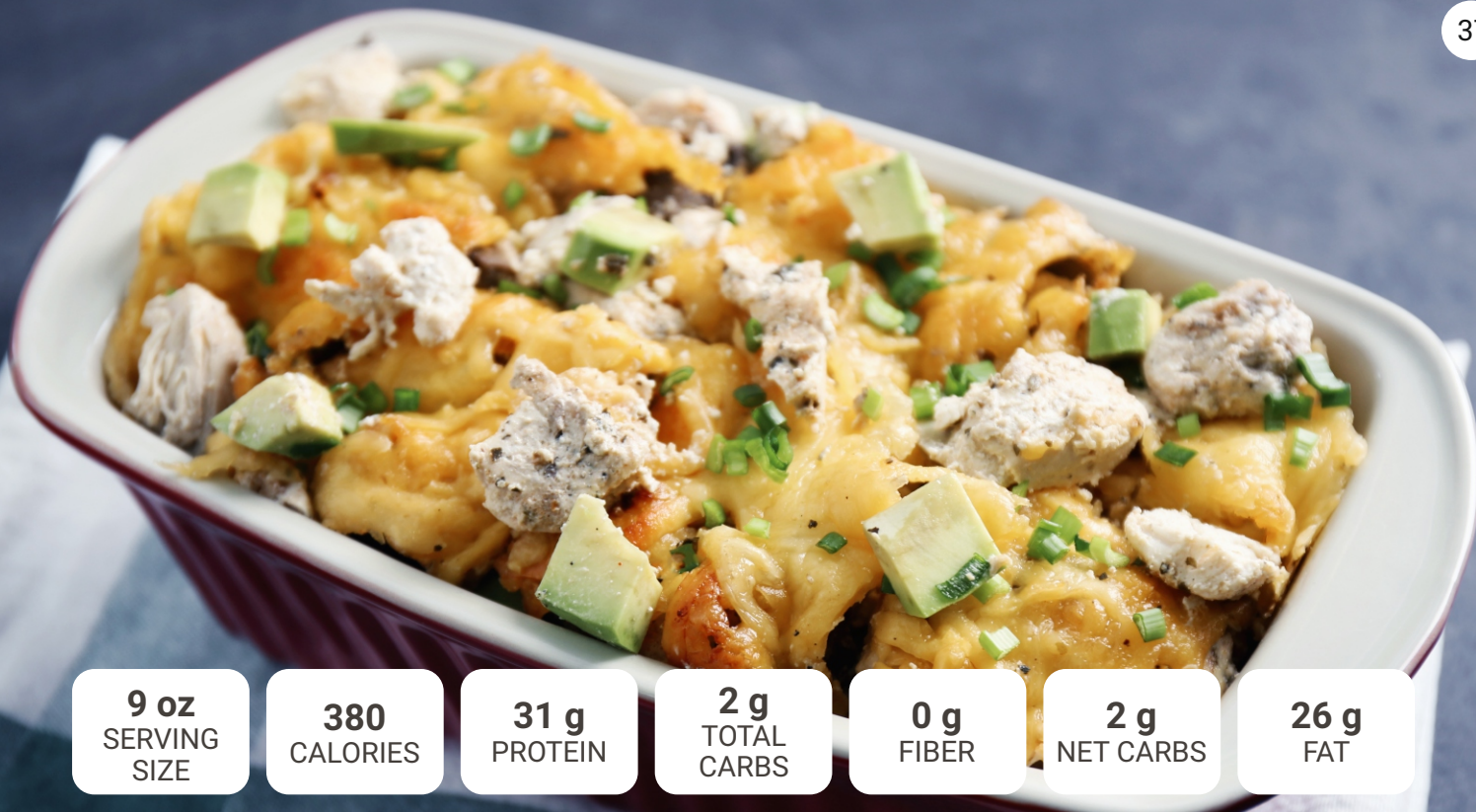


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9 oz
SERVING
SIZE

380
CALORIES

31 g
PROTEIN

2 g
TOTAL
CARBS

0 g
FIBER

2 g
NET CARBS

26 g
FAT

CHEESY CHICKEN CASSEROLE

Ingredients

Servings: 4



2 lbs (900 g) chicken
thigh fillets



½ cup (4.2 oz or 120 g)
mozzarella, grated



½ cup (4.2 oz or 120 g)
cheddar, grated



6 Tbsp (90 mL)
European-style sour cream



1 pinch sea salt or
pink Himalayan salt



1 tsp ground chili pepper



1 tsp ground cumin



¼ tsp ground black pepper



1 avocado



fresh cilantro as garnish

Instructions

1. Preheat oven to 390 degrees F / 200 degrees C.
2. Cut the chicken into pieces. In a large bowl, combine chicken, half the mozzarella and cheddar, sour cream, salt, chili, cumin and black pepper. Mix all ingredients well.
3. Place chicken mixture in a deep baking dish and distribute evenly. Top with remaining mozzarella and cheddar mixture.
4. Bake for 25 minutes.
5. Dice the peeled and pitted avocado. Place avocado pieces on top of the casserole. Garnish with cilantro, if desired.



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9 oz
SERVING
SIZE

635
CALORIES

40 g
PROTEIN

6 g
TOTAL
CARBS

2.2 g
FIBER

3.8 g
NET CARBS

43 g
FAT

BEEF PATTIES WITH MUSHROOM SAUCE

Ingredients

Servings: 3 (one patty per serving)

Beef patties:



3 cups (1.5 lbs or 650 to 700 g) ground beef



1 egg



½ onion, finely chopped



1 clove garlic, finely chopped



2 Tbsp sugar-free ketchup



1 Tbsp coconut oil

Mushroom sauce:



1 cup (9 oz or 250 g) button mushrooms, thinly sliced



2 cloves garlic, finely chopped



sea salt or pink Himalayan salt to taste



1¼ cup (10 fl oz or 280 mL) beef broth



fresh herbs



½ onion, finely chopped



1 tsp mustard



ground black pepper to taste



2 Tbsp coconut or almond flour

Instructions

Patties:

1. Finely chop enough onion and garlic for both patties and sauce: 1 cup onion and three cloves of garlic. Reserve half of the chopped onion and ⅔ of the garlic.
2. In a large bowl, combine the beef, egg, half the onion, a third of the garlic, and ketchup into a homogeneous mixture with your hands. Form into patties.
3. Melt coconut oil in a skillet. Fry patties for about 3 minutes on each side, until done. Remove from skillet.

Sauce:

4. Put reserved onion and garlic in the skillet where the patties were cooked and fry for 5 minutes, stirring occasionally.
5. Pour in broth and add almond (or coconut) flour while continuously stirring. Season with salt and pepper, and add mustard, mushrooms and herbs. Simmer, stirring, for 5 to 7 minutes.
6. Generously pour the sauce over each patty before serving.



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7 oz
SERVING
SIZE

700
CALORIES

46 g
PROTEIN

8.6 g
TOTAL
CARBS

2.4 g
FIBER

6.2 g
NET CARBS

50 g
FAT

ZUCCHINI NOODLES WITH GROUND MEAT AND GRAVY

Ingredients

Servings: 5



4 zucchini



2 to 2½ cups (1 to 1.3 lbs
or 500 to 600 g) ground
beef/pork



1 carrot



1 onion, finely chopped



4 Tbsp (60 mL) ghee
or coconut oil



3 cloves garlic,
pressed or chopped



½ cup + 2 Tbsp (5 fl oz or
150 mL) heavy cream



7 Tbsp (3.5 oz or 100 g)
cheddar, grated



sea salt or pink Himalayan
salt to taste



ground black pepper
to taste



1 sprig parsley for garnish

Instructions

1. Cut off zucchini ends and use a julienne peeler to make long, thin (but not paper-thin) noodles. Place them on a paper towel and salt them to help get rid of excess juice.
2. Blot the noodles after a few minutes. Use a peeler on the carrot in the same way.
3. Melt 2 Tbsp of the ghee in a skillet. Put in zucchini and simmer for 1 minute, then add carrot, a clove of pressed or chopped garlic, and pepper. Stir well and simmer vegetables for 2 to 3 minutes. Turn off the heat, cover the skillet with a lid and let it sit.
4. Finely chop onion, and chop remaining garlic or use a garlic press. In another skillet, melt the remaining ghee. Put in the chopped onion, garlic, salt and pepper. Cook for 1½ to 2 minutes.
5. To onion and garlic mixture add ground meat and cook for 5 minutes, stirring constantly. Add cream and cheese to the meat, reduce heat, and simmer for 7 to 10 minutes.
6. To serve, place zucchini noodles on a plate and top with meat sauce. Garnish with parsley.



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6 oz
SERVING
SIZE

382
CALORIES

36 g
PROTEIN

3.5 g
TOTAL
CARBS

0 g
FIBER

3.5 g
NET CARBS

24 g
FAT

STEAKS WITH CHEESE AND MUSTARD SAUCE

Ingredients

Servings: 4 (1 steak per serving)



4 boneless top sirloin
or pork steaks (about 8 oz
or 230 g each)



1 pinch sea salt or
pink Himalayan salt.



1 pinch ground
black pepper



2 Tbsp coconut oil

Cream sauce:



$\frac{2}{3}$ cup (150 mL)
heavy cream



3 Tbsp mustard



3 Tbsp mozzarella,
finely grated



2 to 3 cloves garlic,
pressed



1 scallion, finely chopped, as garnish

Instructions

1. Season steaks with salt and pepper on both sides. Set aside for 10 minutes (do not refrigerate).
2. In the meantime, prepare the sauce. Pour cream into a saucepan and add mustard, cheese and pressed garlic.
3. Heat until cheese is melted.
4. Place steaks in a heated skillet with melted coconut oil. Fry them for 2½ to 3 minutes on each side and let them rest afterwards.
5. Pour the sauce over the steaks before serving. Garnish with finely chopped scallions, if desired.



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2 rolls
SERVING
SIZE

555
CALORIES

32.6 g
PROTEIN

8.4 g
TOTAL
CARBS

3.2 g
FIBER











5.2 g
NET CARBS

35.5 g
FAT

LAZY CABBAGE ROLLS

Ingredients

Servings: 3 (2 rolls per serving)

 1 cup (9 oz or 250 g) ground beef/pork	 9 oz (250 g) cabbage, finely chopped
 5.3 oz (150 g) cauliflower, riced	 1 egg
 1 onion, finely chopped	 1 carrot, grated
 1 clove garlic, pressed	 1 Tbsp coconut oil
 ground black pepper to taste	 sea salt or pink Himalayan salt to taste

Sauce:



2 Tbsp tomato paste + 1 cup water
(can substitute 1 cup of tomato juice)

Serving suggestion:



European-style sour
cream to taste



fresh herbs to taste

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Finely chop cabbage, put into a bowl, and pour boiling water over it. Wait for 10 minutes and drain the cabbage with a colander.
3. Pulse cauliflower in a food processor until it resembles rice.
4. Finely chop onion. Grate the carrot on a medium grater. Press the garlic.
5. Sauté the onions and carrots in oil for 5 minutes.
6. In the first bowl, add to the cabbage: ground meat, cauliflower and sautéed vegetables, egg, pressed garlic, salt and pepper. Mix all thoroughly.
7. With wet hands, form 6 oval or egg-shaped "rolls" from the meat and vegetable mixture.
8. In a small bowl, dilute tomato paste with water and stir till consistency is even. Place rolls in a baking dish and pour the tomato sauce over them.
9. Put the dish with the rolls in the oven and bake for one hour.
10. Serve cabbage rolls with sour cream and fresh herbs.



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1 thigh
SERVING
SIZE

531
CALORIES

39.8 g
PROTEIN

0.4 g
TOTAL
CARBS

0 g
FIBER

0.4 g
NET CARBS

39.9 g
FAT

CHICKEN THIGHS WITH CREAM AND CHEESE SAUCE

Ingredients

Servings: 4 (1 thigh per serving)



2 Tbsp coconut oil
(or animal fat)



2 lbs (900 g) boneless
chicken thighs



sea salt or pink
Himalayan salt to taste



ground black pepper
to taste

Cream and cheese sauce:



4 Tbsp (60 g) butter



2½ Tbsp cheddar,
finely grated



1 scallion,
finely chopped



1 parsley sprig,
finely chopped



thyme



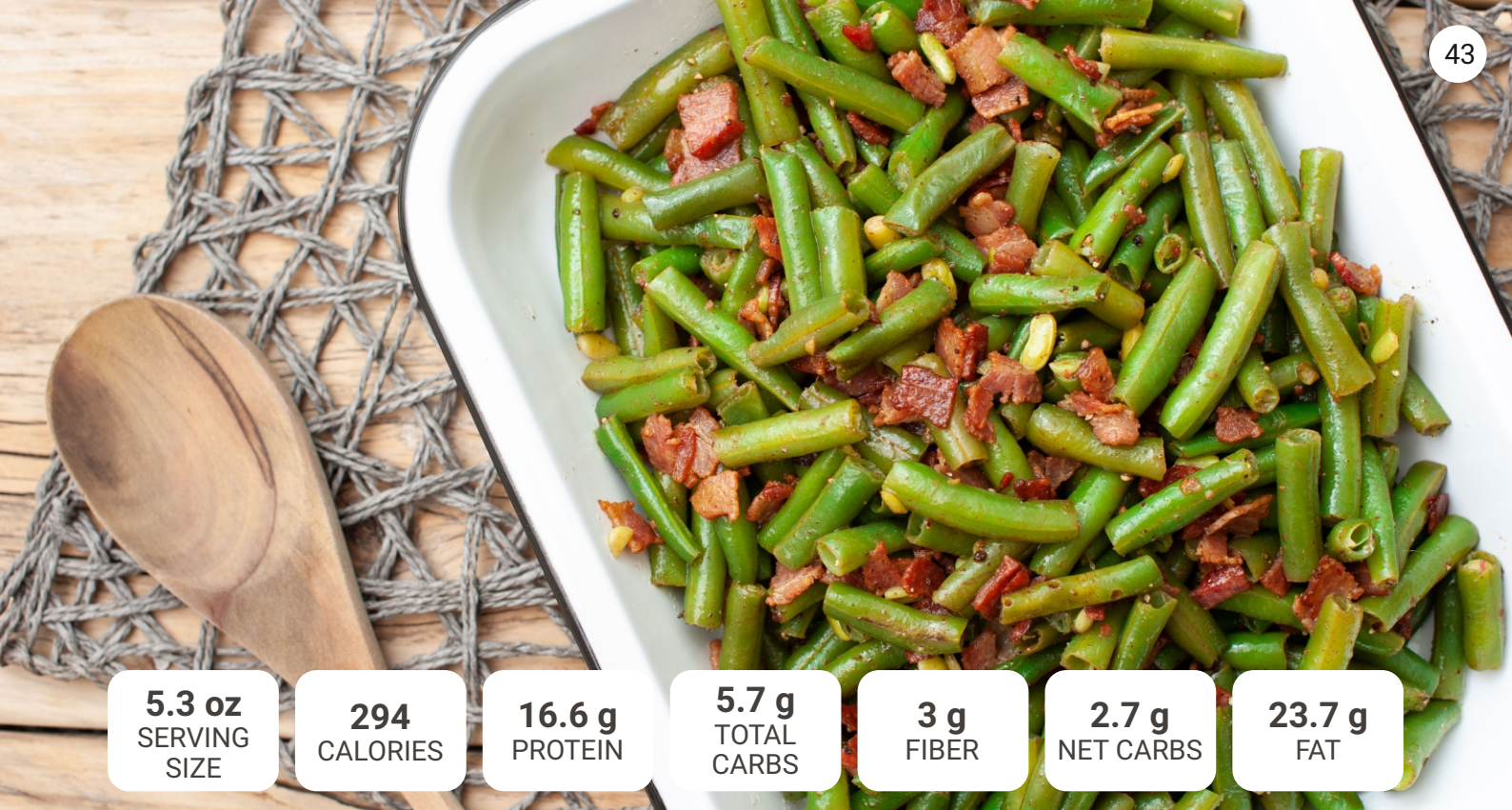
rosemary



garlic powder

Instructions

1. Tenderize chicken fillets and season them with salt and pepper on both sides.
2. Melt coconut oil (or fat) in a skillet. Fry fillets for 2½ to 3 minutes on each side and let them rest afterwards.
3. In a saucepan, make sauce: combine butter with finely grated cheese, scallion, parsley, herbs and garlic. Warm skillet over low heat and stir constantly until the butter melts.
4. Top each fillet with 1 tsp of sauce before serving.



5.3 oz
SERVING
SIZE

294
CALORIES

16.6 g
PROTEIN

5.7 g
TOTAL
CARBS

3 g
FIBER

2.7 g
NET CARBS

23.7 g
FAT

GREEN BEANS WITH MUSHROOMS AND BACON

Ingredients

Servings: 3



4 to 5 slices bacon



3 cloves garlic,
finely chopped



$\frac{3}{4}$ cup (150 g) button
mushrooms, thinly sliced



2 cups (1 lb or 450 g)
green beans



sea salt or pink
Himalayan salt to taste



ground black pepper
to taste

Instructions

1. Cut bacon slices into pieces, each about 1 inch long. Chop garlic finely. Thinly slice mushrooms.
2. Fry bacon in a skillet until golden brown (5 minutes) and place it on paper towels to absorb excess fat.
3. Right away put garlic and mushrooms into the skillet. Fry for 5 minutes. (The mushrooms should release their juice.)
4. Add green beans to the skillet and cook all for 7 to 10 minutes. Add the crispy bacon bits last.
5. Season with salt and pepper to taste.



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6 oz
SERVING
SIZE

380
CALORIES

34.4 g
PROTEIN

2.7 g
TOTAL
CARBS

0.8 g
FIBER









1.9 g
NET CARBS

27.2 g
FAT

LIVER PATTIES

Ingredients

Servings: 2

 2 to 2½ cups (1 to 1.5 lbs or 500 to 600 g) chicken livers	 1 onion, finely chopped
 2 cloves garlic, finely chopped	 1 egg
 3 Tbsp coconut oil	 2 sprigs dill, finely chopped
 2 Tbsp European-style sour cream as garnish	 sea salt or pink Himalayan salt and ground black pepper to taste



your favorite fresh herbs, to taste, as garnish

Instructions

1. Chop onion and garlic finely.
2. Melt 1 Tbsp of the coconut oil in a skillet. Sauté chopped onion and garlic.
3. Chop dill finely.
4. Pulse livers in a food processor until well blended. Add egg, sautéed onion and garlic, chopped dill, salt and pepper and blend all together. Shape the mixture into patties about the size of your palm.
5. Melt the remaining 2 Tbsp of coconut oil in a skillet. Fry patties until fully cooked.
6. Serve with sour cream and fresh herbs.

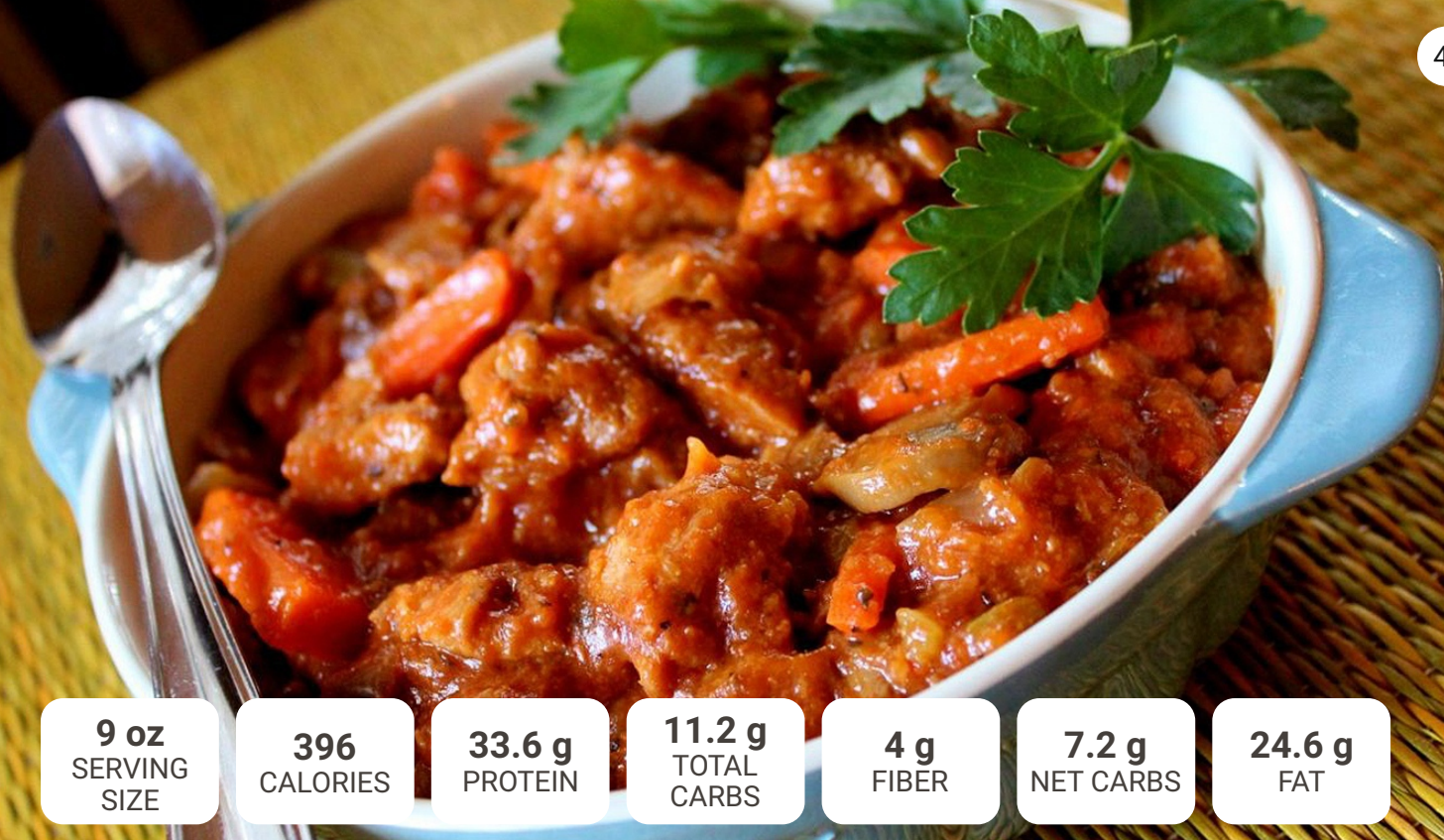


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9 oz
SERVING
SIZE

396
CALORIES

33.6 g
PROTEIN

11.2 g
TOTAL
CARBS

4 g
FIBER









7.2 g
NET CARBS

24.6 g
FAT

BEEF WITH VEGETABLES

Ingredients

Servings: 2

 ¾ cup (7 oz or 200 g) green beans	 1 bell pepper, sliced
 1 carrot, sliced	 1 onion, finely chopped
 2 cloves garlic, finely chopped or pressed	 3 Tbsp coconut oil
 1 lb (450 g) veal or beef	 1 Tbsp tomato paste (sugar-free)
 fresh herbs (dill or your favorites) finely chopped	 ½ tsp smoked ground paprika
 5 to 6 Tbsp (75 to 90 mL) European-style sour cream	 seasonings, sea salt or pink Himalayan salt and ground black pepper to taste

Instructions

1. Chop onion finely. Slice bell pepper and carrot. Melt half the oil in a skillet; add onion, pepper, carrot and green beans.
2. Simmer all over low heat for about 10 minutes, stirring occasionally.
3. Tenderize the meat and cut it into strips. Melt the remaining oil in a separate skillet or stewpan. Add meat, salt and pepper, paprika and seasonings. Simmer for 15 to 20 minutes.
4. Chop fresh herbs and garlic finely (or use a garlic press).
5. To the meat add sour cream, tomato paste, garlic and herbs, and simmer for another 2 to 3 minutes.
6. Add vegetables into the stewpan with the meat and mix all ingredients well.



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7 oz
SERVING
SIZE

315
CALORIES

37.5 g
PROTEIN

9 g
TOTAL
CARBS

0.6 g
FIBER

8.4 g
NET CARBS

14.1 g
FAT

FISH WITH VEGETABLES

Ingredients

Servings: 2



9 oz (250 g) fish (salmon or trout fillet)



1 medium zucchini, sliced



1 medium onion, halved and sliced



1 tomato, sliced



3½ Tbsp grated cheddar



3 Tbsp homemade mayo (see recipe on p. 75)



2 Tbsp fresh-squeezed lemon juice



1 bunch parsley or parsnip greens, finely chopped



sea salt or pink Himalayan salt, ground black pepper, and turmeric to taste



1 tsp coconut oil to oil baking dish

Instructions

1. Pour lemon juice on fish fillets, season with salt, pepper, turmeric and other spices. (You can use your favorite ones.) Allow to marinate for 30 to 40 minutes.
2. Preheat oven to 355 degrees F / 180 degrees C.
3. Cut zucchini and tomato into circular slices. Cut onion into semicircles. Finely chop the parsley or parsnip greens.
4. On the bottom of an oiled baking dish, put a layer of zucchini slices and then a layer of the onion slices. Season lightly.
5. Place the fish on top of the vegetables. Sprinkle with parsnip. Layer on top: tomato, onion and zucchini.
6. Season the last layer with the remaining herbs and spices.
7. Spread mayonnaise over the top layer and bake for 35 to 40 minutes. Sprinkle with grated cheese and return to oven for another 5 minutes.

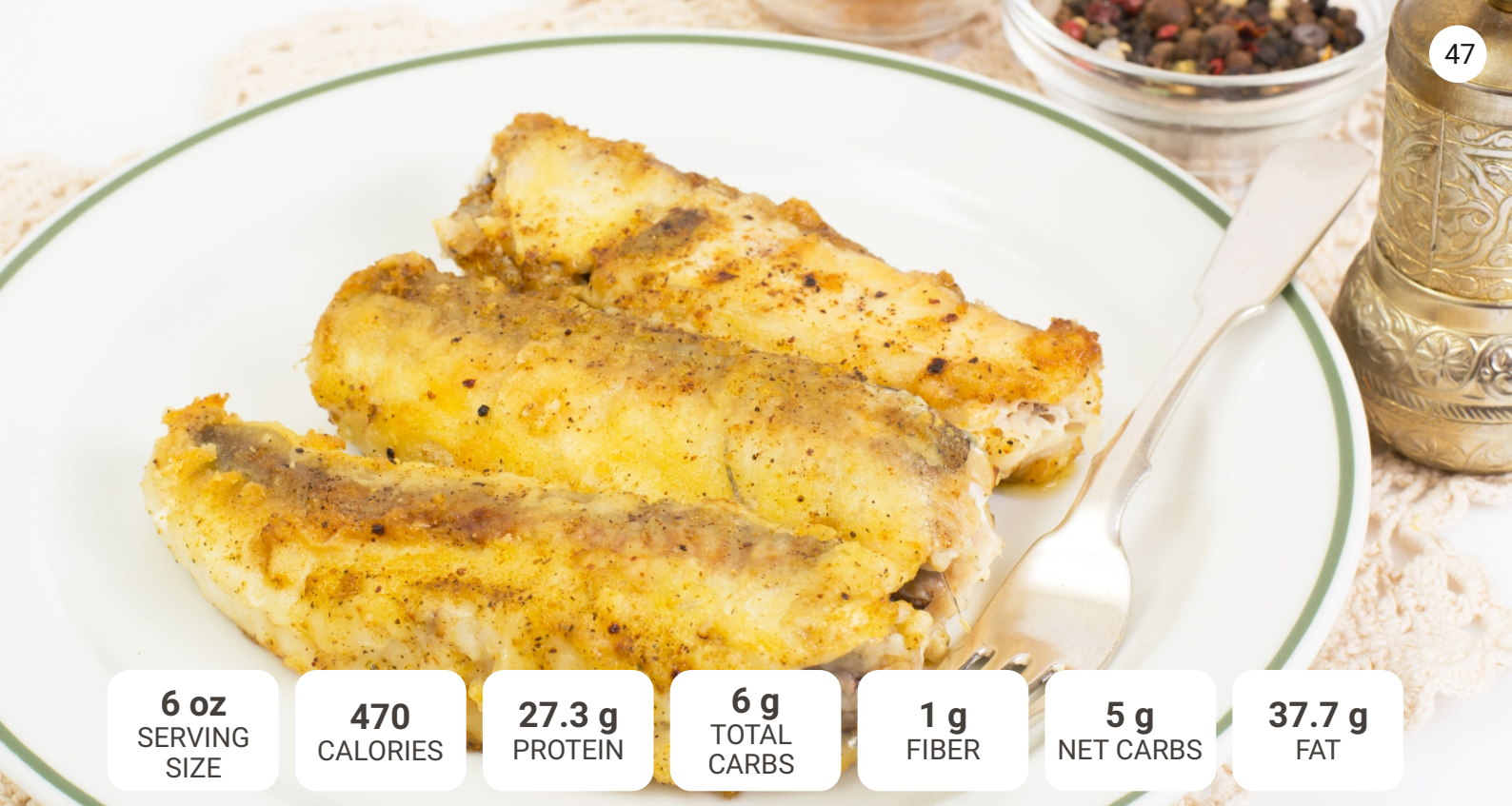


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6 oz
SERVING
SIZE

470
CALORIES

27.3 g
PROTEIN

6 g
TOTAL
CARBS

1 g
FIBER

5 g
NET CARBS

37.7 g
FAT

BATTERED KETO COD

Ingredients

Servings: 2



1.1 lb (2 cups or 500 g)
cod fillets



½ cup (40 g)
shredded coconut



2 Tbsp coconut flour



3 eggs



sea salt or pink
Himalayan salt,
ground black pepper,
and spices to taste



1 Tbsp coconut oil

Instructions

1. Preheat skillet.
2. Salt and pepper the cod fillets.
3. Make the batter: crack eggs into a bowl, add coconut flour and a little salt. Mix well. Put shredded coconut on plate or in bowl.
4. Melt coconut oil in skillet.
5. Dip fish pieces in batter, dust in shredded coconut, and place in skillet. Cover the skillet with a lid. Fry the fish on each side. Season to taste.



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5.3 oz
SERVING
SIZE

306
CALORIES

12 g
PROTEIN

21.5 g
TOTAL
CARBS

17.4 g
FIBER

4.1 g
NET CARBS

17.3 g
FAT

ZUCCHINI PATTIES

Ingredients

Servings: 1



1 small zucchini



1 egg



1 Tbsp psyllium



1 clove garlic, finely
chopped



1 Tbsp coconut oil
or ghee



sea salt or pink
Himalayan salt
and ground black
pepper to taste



1 Tbsp almond flour (or you can grind some
almonds with a high-speed food processor)

Instructions

1. Grate zucchini into a bowl; squeeze out and remove the juice. Add all other ingredients. Mix everything well and let sit for 10 minutes.
2. Spoon the mixture onto a heated skillet oiled with coconut oil or ghee, to form patties. Fry on both sides until fully cooked.



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2 slices
SERVING
SIZE

531
CALORIES

61.9 g
PROTEIN

5.9 g
TOTAL
CARBS

0.4 g
FIBER

5.5 g
NET CARBS

27.8 g
FAT

FLOURLESS KETO PIZZA

Ingredients

Servings: 3 (2 slices per serving)



1.1 lb (2 cups or 500 g)
chicken thigh fillets



1 egg



1½ cups (12 oz or 350 g)
Parmesan or mozzarella
cheese, grated



3 to 4 Tbsp (45 to 60 mL)
homemade tomato mayo
(see recipe on [p. 76](#))



1 tomato, sliced



3 sprigs basil as garnish



sea salt or pink
Himalayan salt
and ground black
pepper to taste



oregano to taste

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Rinse and cut chicken thighs into small pieces. Pulse chicken pieces in a food processor together with egg, salt and pepper.
3. Place chicken mix on a silicone mat and form into a round.
4. Bake in the oven for 10 to 15 minutes to make pizza crust.
5. Remove crust from oven and brush it with tomato mayo.
6. Spread grated cheese over pizza crust and top with sliced tomato. Sprinkle pizza with oregano.
7. Place pizza in oven for 10 minutes. Garnish with fresh basil leaves.



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8.5 oz
SERVING
SIZE

599
CALORIES

34 g
PROTEIN

4.1 g
TOTAL
CARBS

1.1 g
FIBER

3 g
NET CARBS

44.4 g
FAT

STUFFED ZUCCHINI

Ingredients

Servings: 3



1 lb (450 g) ground
beef/pork



1 large zucchini



1 egg



4 Tbsp (60 mL) homemade
mayo (see recipe on [p. 75](#))



1 cup (100 g)
grated cheddar



sea salt or pink Himalayan
salt, ground black pepper,
and seasonings of
your choice to taste

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. In a bowl, add egg, salt, pepper and seasonings to the ground meat.
3. Cut zucchini into circles 2 inches thick. Take out the pulp with a teaspoon, leaving some zucchini pulp undisturbed at the bottom to make a cup shape.
4. Spread some mayo inside each cup. Stuff each with the ground meat and put a little mayo on top.
5. On a parchment-covered baking sheet, bake stuffed zucchini cups for 25 minutes. Remove from oven, top each cup with grated cheese, and return to oven for 10 more minutes.



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3.5 oz
SERVING
SIZE

175
CALORIES

18 g
PROTEIN

0 g
TOTAL
CARBS

0 g
FIBER

0 g
NET CARBS

11 g
FAT

FISH STEAKS IN THE OVEN

Ingredients

Servings: 3



1.1 lbs (500 g) fish steaks
(salmon, silver carp,
catfish)



2 Tbsp olive oil (use
a product with smoke
point above 355 degrees F,
such as virgin olive oil)



1 lemon (juice plus
1 slice of lemon
for each steak)



sea salt or pink Himalayan
salt, ground black pepper,
and Italian seasoning
to taste

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. Rinse fish steaks well and pat dry with paper towels.
3. Squeeze lemon onto both sides of steaks. Season both sides with salt, pepper and Italian seasoning. Rub seasoning well into the fish.
4. Drizzle olive oil over the steaks and top each one with a slice of lemon.
5. Wrap each steak in baking parchment folded like an envelope and bake for about 30 minutes. Remove from oven and serve right away.

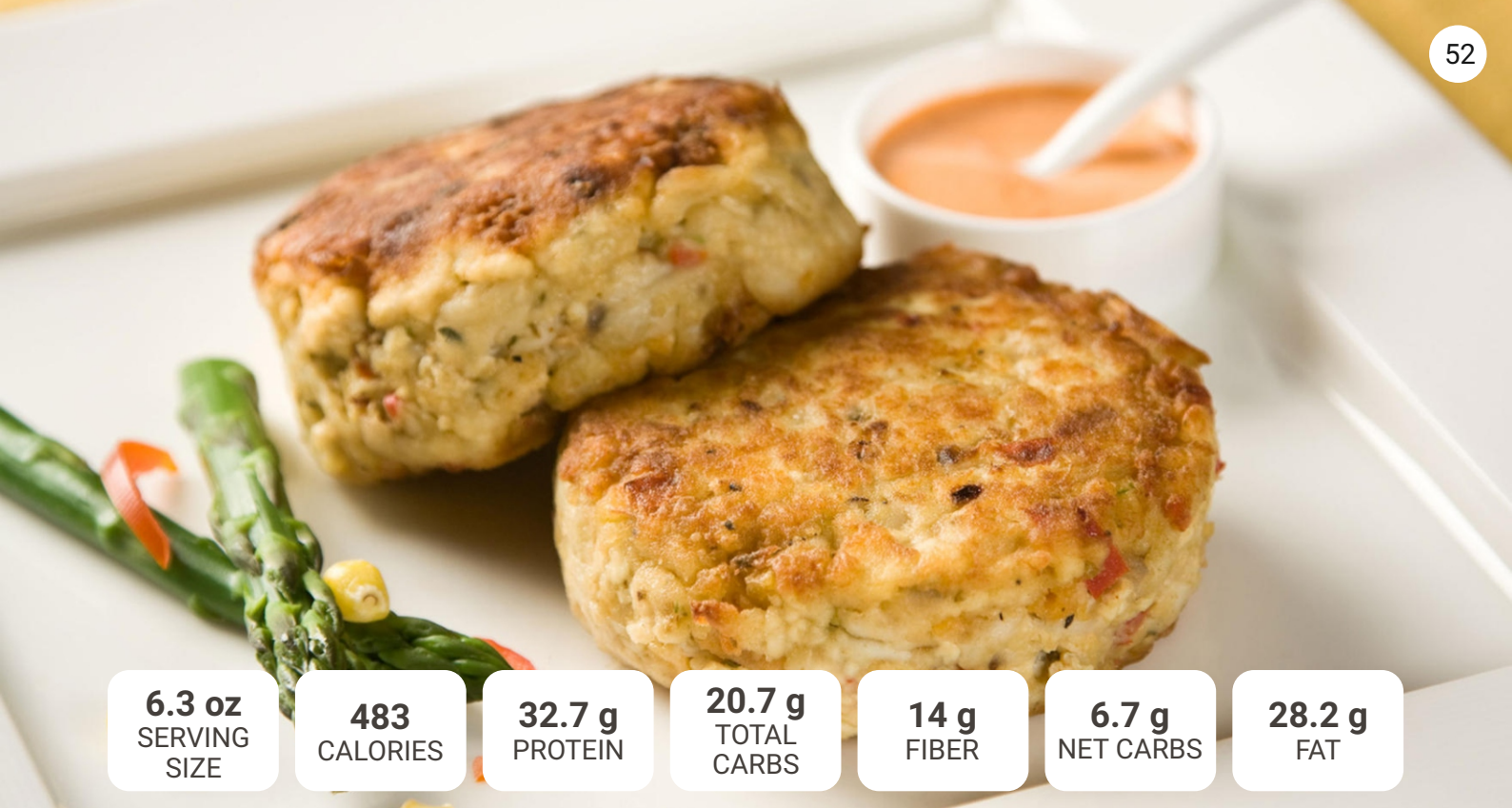


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6.3 oz
SERVING
SIZE

483
CALORIES

32.7 g
PROTEIN

20.7 g
TOTAL
CARBS

14 g
FIBER

6.7 g
NET CARBS

28.2 g
FAT

CHOPPED CHICKEN PATTIES

Ingredients

Servings: 3

 1 large clove garlic, finely chopped	 1 medium onion, chopped
 1.5 lbs (3 cups or 700 g) chicken thigh fillets	 2 eggs
 4 Tbsp (60 mL) homemade mayo (see recipe on p. 75)	 3 Tbsp flaxseed or almond flour
 2 Tbsp psyllium	 2 sprigs dill, chopped
 sea salt or pink Himalayan salt to taste	 1 Tbsp ghee or lard
 ground black pepper to taste	

Instructions

1. Rinse the fillets and chop them into small pieces (about ½ inch).
2. In a bowl, to the chicken add all other ingredients and mix thoroughly. Let mixture sit for 15 minutes.
3. Onto a hot frying pan, greased with ghee or lard, spoon enough chopped chicken mixture to make 3-inch patties and fry them on both sides until fully cooked.



5.3 oz
SERVING
SIZE

242
CALORIES

3.6 g
PROTEIN

10 g
TOTAL
CARBS

5 g
FIBER

5 g
NET CARBS

20.5 g
FAT

SIMMERED VEGETABLES

Ingredients

Servings: 2



1 carrot, coarsely grated



1 onion, finely sliced



2 bell peppers,
finely sliced



4 tsp fresh herbs,
finely chopped



$\frac{3}{4}$ cup (5.3 oz or 150 g)
cauliflower, broken
into florets



$\frac{3}{4}$ cup (5.3 oz or 150 g)
broccoli, broken
into florets



1 to 2 Tbsp coconut oil



1 clove garlic,
finely chopped



sea salt or pink Himalayan salt
and ground black pepper to taste

Instructions

1. Grate carrot on a coarse grater. Finely slice the onion and the bell peppers. Finely chop the garlic and herbs.
2. Break broccoli and cauliflower into florets. (If using frozen vegetables, do not thaw first.)
3. Heat oil in a frying pan. Add onions and carrots. Simmer until onions are translucent.
4. Add the broccoli and cauliflower florets. Cover pan with a lid and simmer the vegetable mix over low heat for about 10 minutes, giving it an occasional stir.
5. Add in bell pepper, garlic and herbs, salt and pepper.
6. Simmer everything for another 2 to 3 minutes.



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3.5 oz
SERVING
SIZE

187
CALORIES

1.5 g
PROTEIN

3.3 g
TOTAL
CARBS

1.2 g
FIBER

2.1 g
NET CARBS

19 g
FAT

MASHED CAULIFLOWER

Ingredients

Servings: 4



2 cups (1.1 lbs or 500 g)
cauliflower



2 cloves garlic



2½ Tbsp butter



3½ Tbsp heavy cream



1 pinch each dried herbs
(thyme, oregano)



sea salt or pink
Himalayan salt to taste



ground black pepper
to taste



fresh herbs (parsley,
cilantro) finely chopped

Instructions

1. Place cauliflower with garlic cloves in salted water and boil for 10 to 15 minutes.
2. Remove cauliflower and garlic from the pot and use a blender or a food processor to blend them with butter, cream, dried herbs, salt and pepper.
3. Mix until mashed cauliflower reaches the desired texture and consistency.
4. Sprinkle with fresh herbs before serving.



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3.5 oz
SERVING
SIZE

682
CALORIES

30 g
PROTEIN

9.3 g
TOTAL
CARBS

1.1 g
FIBER

8.2 g
NET CARBS

58 g
FAT

ZUCCHINI GRATIN

Ingredients

Servings: 8



4 medium zucchini,
sliced into thin rounds



2 Tbsp ghee



1 onion, thinly sliced



2 to 3 cloves garlic,
finely chopped



1 tsp sea salt or
pink Himalayan salt



½ tsp ground
black pepper



¼ tsp nutmeg



¾ cup (7 fl oz
or 200 mL) heavy cream



1½ cup (5.3 oz or 150 g)
grated Parmesan cheese



2 Tbsp butter

Instructions

1. Preheat oven to 410 degrees F / 210 degrees C.
2. Thinly slice the onion. Finely chop the garlic. Cut zucchini into thin round slices. Melt ghee in a skillet. Add onion and garlic and sauté them for about 5 minutes. Add zucchini, salt, pepper and nutmeg. Saute for 5 to 7 minutes more, until half cooked.
3. Combine cream, half the grated cheese, and butter in a saucepan. Heat until butter is melted, while continually stirring.
4. Place half of the zucchini in a small baking dish, cover with half of the remaining cheese, and top with the remaining zucchini. Pour sauce over zucchini and sprinkle with the remaining cheese.
5. Bake for 15 to 20 minutes.



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3.5 oz
SERVING
SIZE

172
CALORIES

6.6 g
PROTEIN

7 g
TOTAL
CARBS

3.4 g
FIBER

3.6 g
NET CARBS

12.6 g
FAT

CAULIFLOWER RICE WITH SCALLIONS

Ingredients

Servings: 3



2 cups (1 lb or 450 g)
cauliflower, riced



5 tsp coconut oil



1 onion, finely chopped



2 cloves garlic, pressed



2 egg whites



2 scallions, finely chopped



sea salt or pink Himalayan salt
and ground black pepper to taste

Instructions

1. Break cauliflower into florets, pat dry with a paper towel, and pulse in a food processor to get the texture of rice.
2. Chop onion finely and press garlic. Heat oil in a skillet. Put in the onion and garlic. Stir well for 1 minute.
3. Pour in egg whites. Cook for 1 more minute while stirring the whites to break them down into small pieces.
4. Add cauliflower rice. Season everything with salt and pepper. Fry the cauliflower for 4 to 5 minutes, stirring regularly. Don't cover the skillet with the lid to let moisture evaporate so the "rice" is more crumbly.
5. Chop scallions finely. Sprinkle the "rice" with scallions before serving.



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3.5 oz
SERVING
SIZE

260
CALORIES

3.6 g
PROTEIN

6.2 g
TOTAL
CARBS

3.5 g
FIBER

2.7 g
NET CARBS

23.8 g
FAT

BAKED CABBAGE

Ingredients

Servings: 3 (one cabbage slice per serving)



0.7 to 1.1 lbs
(300 to 500 g)
white cabbage



2 Tbsp ghee



sea salt or pink Himalayan
salt, ground black pepper
and ground paprika
to taste



2 Tbsp European-style
sour cream

Instructions

1. Preheat oven to 355 degrees F / 180 degrees C.
2. From the head of cabbage cut 3 to 4 cabbage "steaks" about 2/3 inches thick. (You can cut the cabbage into as many steaks as you need, depending on the number of people.)
3. Spread ghee over the cabbage steaks and season them with salt and spices on both sides.
4. Line a baking tray with parchment and place cabbage steaks on it. Bake for 45 minutes. Serve with sour cream.



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7 oz
SERVING
SIZE

441
CALORIES

10.6 g
PROTEIN

6.4 g
TOTAL
CARBS

4.6 g
FIBER

1.8 g
NET CARBS

38.5 g
FAT

SALAD WITH CHINESE CABBAGE AND BACON

Ingredients

Servings: 4



1 head Chinese cabbage



4 slices bacon



3 celery stems



3 Tbsp grated cheddar



1 tsp apple cider vinegar



1 Tbsp olive oil



2½ Tbsp roasted salted nuts (pecans, cashews, etc.)

Instructions

1. Cut Chinese cabbage into thin strips. Slice the celery into small "c"s.
2. Fry bacon until golden brown and cut it into ½ to 1 inch pieces.
3. Combine all ingredients in a large salad bowl. Grate the cheese on a coarse grater or slice it into thin strips. Top the salad with chopped nuts and cheese.
4. Dress with apple cider vinegar and olive oil mixture before serving.



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7 oz
SERVING
SIZE

365
CALORIES

39.1 g
PROTEIN

12.2 g
TOTAL
CARBS

3.7 g
FIBER

8.5 g
NET CARBS

17.7 g
FAT

VEGETABLE SALAD WITH CHICKEN AND BACON

Ingredients

Servings: 3

 ½ cauliflower head	 3 strips bacon
 7 oz (¾ cup or 200 g) chicken thigh fillets	 ¼ red onion, chopped
 1 celery stem, chopped	 1 bell pepper, chopped
 2 Tbsp European-style sour cream	 2 Tbsp homemade mayo (see recipe on p. 75)
 ½ tsp mustard	 sea salt or pink Himalayan salt to taste
 ground black pepper to taste	 2 Tbsp coconut oil, ghee, lard or tallow

Instructions

1. Cut chicken into small pieces and season with salt and pepper. Heat fat (coconut oil, ghee, lard or tallow) over medium heat in a skillet and fry the chicken until fully cooked. If you have chicken leftovers from previous meals, you can use those.
2. Fry bacon and cut it into 1 inch pieces.
3. Preheat oven to 430 degrees F / 220 degrees C. Line a baking tray with parchment. Break the cauliflower into small florets and place all of them on the baking tray in one layer. Season with salt and pepper. Bake for 15 to 20 minutes until cauliflower is tender.
4. Remove baking tray from the oven and let cauliflower cool.
5. Chop celery, onion and bell pepper.
6. Combine sour cream, mayo and mustard in a large bowl.
7. Add cooled cauliflower and the rest of the ingredients to the bowl and mix well.



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5.3 oz
SERVING
SIZE

195
CALORIES

26.6 g
PROTEIN

8.6 g
TOTAL
CARBS

1.3 g
FIBER

7.3 g
NET CARBS

5.6 g
FAT

TUNA SALAD WITH CUCUMBERS

Ingredients

Servings: 4



2 cans (6 oz or 170 g each)
tuna, drained



4 Tbsp (60 mL)
homemade mayo
(see recipe on [p. 75](#))



2 cucumbers,
finely chopped



2 celery stems,
finely chopped



1 bunch fresh dill,
finely chopped



2 scallions,
finely chopped



1 pinch sea salt or
pink Himalayan salt



1 pinch ground
black pepper

Instructions

1. Finely chop cucumbers and herbs.
2. Break large chunks of tuna into smaller pieces with a fork.
3. Place all the ingredients in a medium bowl and mix well.



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5.3 oz
SERVING
SIZE

443
CALORIES

45 g
PROTEIN

7.3 g
TOTAL
CARBS

1.4 g
FIBER

5.9 g
NET CARBS

26 g
FAT

WARM SHRIMP SALAD

Ingredients

Servings: 3



1½ cups (1 lb or 450 g)
shrimp, boiled and cooled



7 cups (150 g)
arugula and/or lettuce



½ cup (3.5 oz or 100 g)
cherry tomatoes



2 pinches sesame seeds



1 pinch cumin



1 clove garlic, finely
chopped or pressed



1 Tbsp pumpkin
or sunflower seeds



2 Tbsp ghee
or coconut oil



1 Tbsp olive oil



sea salt or pink
Himalayan salt and
ground black pepper
to taste

Instructions

1. Defrost shrimp. (You can put them in a container, pour boiling water over them, and let them sit for a few minutes.)
2. Heat ghee or coconut oil in a frying pan and roast the sesame seeds and cumin. Add garlic.
3. Coat the shrimp in this seasoning and fry on each side for a minute. Sprinkle with a bit of salt.
4. Combine the seasoned shrimp, chopped arugula and/or lettuce, and tomatoes in a bowl. Drizzle with olive oil and top with pumpkin/sunflower seeds.



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9 oz
SERVING
SIZE

472
CALORIES

42.9 g
PROTEIN

9.2 g
TOTAL
CARBS

5 g
FIBER

4.2 g
NET CARBS

47 g
FAT

AVOCADO STEAK SALAD

Ingredients

Servings: 3



5 to 6 whole
lettuce leaves



1½ lbs (3 cups or 700 g)
steak meat (beef, veal)



1 to 2 Tbsp ghee or
coconut oil / animal fat



¾ cup (5 oz or 150 g)
cheddar, grated



½ cup (3.5 oz or 100 g)
black olives



¾ cup (5 oz or 150 g)
cherry tomatoes



1 avocado



fresh cilantro or parsley,
chopped, as garnish



sea salt or pink Himalayan salt and
ground black pepper to taste

Instructions

1. Cut the meat into thin strips and season with salt and pepper. Heat ghee or coconut oil / animal fat in a skillet over medium heat and brown the meat until done.
2. Peel avocado and cut it lengthwise into thin slices. Place meat, cheese, olives, tomatoes and avocado slices on a lettuce leaf or two. If desired, chop up cilantro or parsley to garnish the salad.

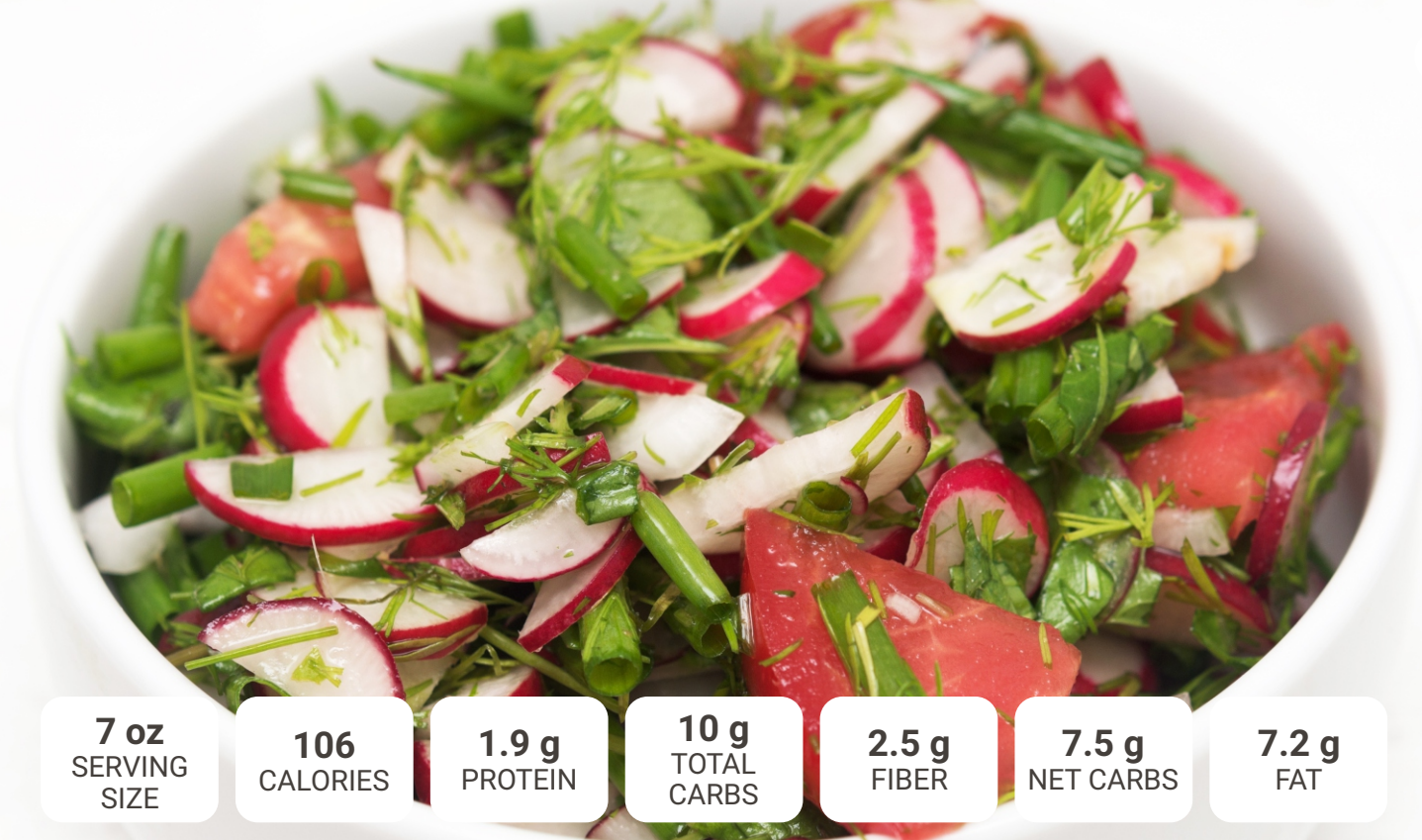


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VITAMIN SALAD

Ingredients

Servings: 2

 1 bell pepper, finely chopped	 2 tomatoes, coarsely chopped
 1 spicy pepper (jalapeño or other), seeded and finely chopped	 1 cucumber, finely chopped
 4 to 5 radishes, sliced	 2 cloves garlic, finely chopped
 1 medium onion, finely chopped	 2 Tbsp cilantro or parsley (optional) finely chopped
 1 Tbsp lemon/lime juice	 1 Tbsp olive oil



¼ tsp sea salt or pink Himalayan salt

Instructions

1. Cut up vegetables, place them in a large bowl, and add the rest of the ingredients except lemon/lime juice and olive oil.
2. Mix everything well.
3. Dress the salad with lemon/lime juice and olive oil before serving.

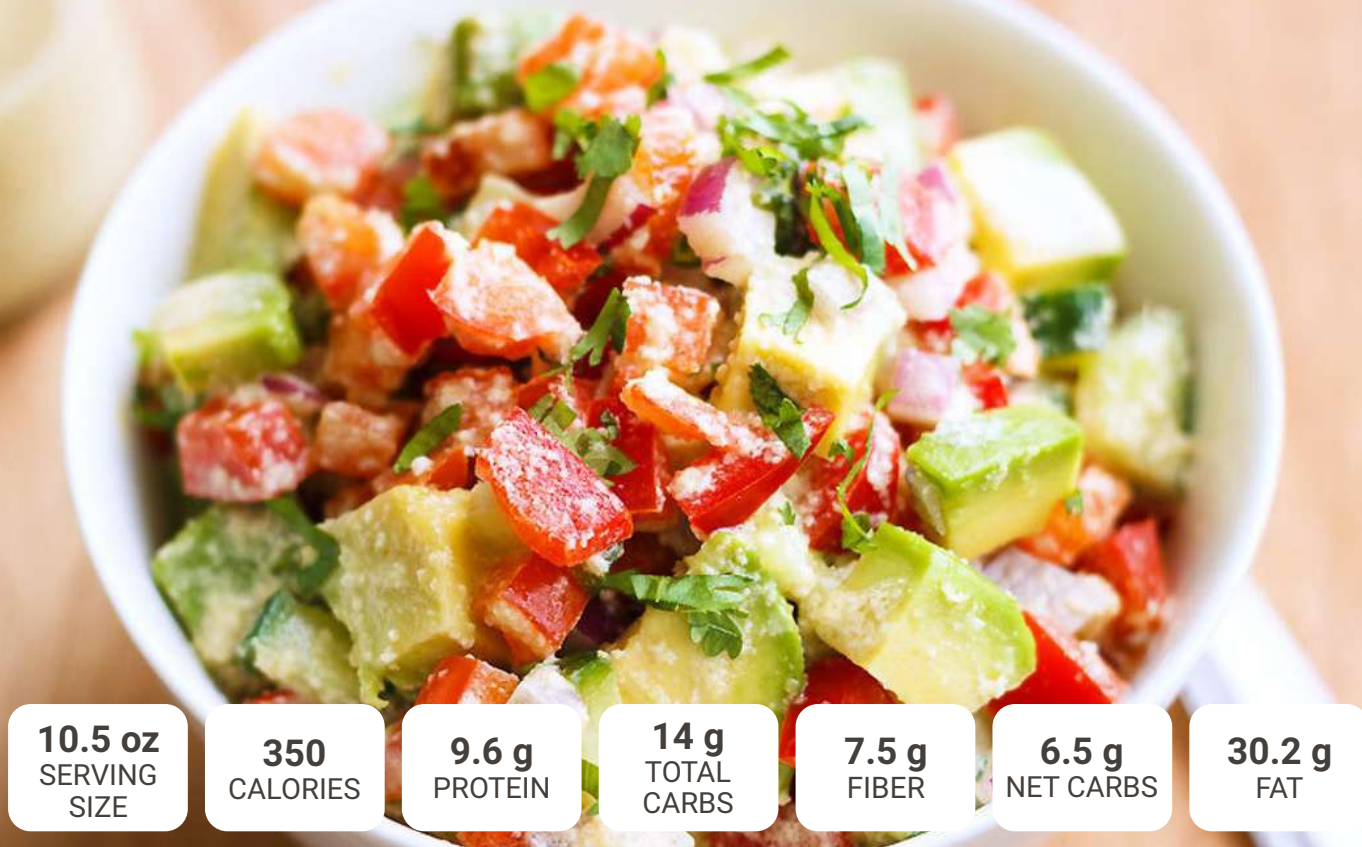


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10.5 oz
SERVING
SIZE

350
CALORIES

9.6 g
PROTEIN

14 g
TOTAL
CARBS

7.5 g
FIBER

6.5 g
NET CARBS

30.2 g
FAT

VEGETABLE SALAD WITH AVOCADO AND CHEESE

Ingredients

Servings: 3



1 large avocado



1 cucumber



5 to 6 cherry tomatoes,
quartered or 2 to 3
regular tomatoes, diced



1 red onion, peeled
and chopped



4 Tbsp (60 g) cheddar



1 lemon (for juicing)



1 bunch fresh parsley,
finely chopped



2 Tbsp olive oil



½ tsp sea salt or
pink Himalayan salt



ground black
pepper to taste

Instructions

1. Thinly slice cucumber.
2. Cut cherry tomatoes into quarters. If using regular tomatoes, dice them. In a bowl add them to cucumbers.
3. Peel and chop red onion; add to bowl.
4. Cut avocado in half and remove the pit. Separate avocado flesh from the skin. Dice avocado and cheese. Add them to the bowl.
5. Finely chop the parsley and add it to other ingredients.
6. Cut the lemon in half and squeeze about 1 Tbsp of juice into the salad. Then dress the salad with olive oil, salt and pepper to taste and mix well.



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9 oz
SERVING
SIZE

362
CALORIES

15.8 g
PROTEIN

14 g
TOTAL
CARBS

2.8 g
FIBER

11.2 g
NET CARBS

27.9 g
FAT

GREEK SALAD

Ingredients

Servings: 2



2 tomatoes,
coarsely chopped



1 cucumber,
coarsely chopped



1 red or white onion,
halved and sliced
into half-rings



1 bell pepper,
coarsely chopped



1 medium lettuce head,
leaves torn into
bite-sized pieces



$\frac{3}{4}$ cup (7 oz or 200 g)
feta cheese, diced



$\frac{2}{3}$ cup (100 g) green or
black olives split
lengthwise



olive oil to taste



$\frac{1}{2}$ lemon



sea salt or pink
Himalayan salt and ground
black pepper to taste

Instructions

1. Chop tomatoes, cucumber, and pepper coarsely and place them in a salad bowl; a deep bowl works best. Add onion, halved and sliced into half-rings. (If onion is so strong that it stings your eyes, you can soak it in apple cider vinegar for a few minutes.)
2. Add olives, cut in half lengthwise, and lettuce leaves, torn into bite-sized pieces. Dice feta and add it to the bowl.
3. Dress salad with the juice of $\frac{1}{2}$ lemon and olive oil, add salt and pepper, and mix thoroughly.



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10.5 oz
SERVING
SIZE

317.5
CALORIES

14.7 g
PROTEIN

12.8 g
TOTAL
CARBS

2.3 g
FIBER

10.5 g
NET CARBS

23.8 g
FAT

TOMATO AND MOZZARELLA SALAD

Ingredients

Servings: 1



2 tomatoes, cut
into small pieces



1 onion,
finely chopped



3.5 oz (7 Tbsp
or 100 g) mozzarella



1 clove garlic,
finely chopped



3 scallions,
finely chopped



2 sprigs basil



2 Tbsp olive oil



allspice to taste



sea salt or pink
Himalayan salt and
ground black
pepper to taste



2 to 3 sprigs dill,
finely chopped

Instructions

1. Finely chop onion and basil.
2. Cut up tomatoes and mozzarella.
3. Dice mozzarella.
4. Place onion, tomatoes, basil and cheese in a serving dish.
5. Add garlic, scallions and dill. Mix well.
6. Drizzle with olive oil and season with salt, pepper and allspice to taste.



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6.3 oz
SERVING
SIZE

116
CALORIES

1.5 g
PROTEIN

2.2 g
TOTAL
CARBS

0.1 g
FIBER

2.1 g
NET CARBS

11.5 g
FAT

RADISH SALAD WITH EUROPEAN-STYLE SOUR CREAM

Ingredients

Servings: 1



5 medium radishes,
sliced



3 to 4 Tbsp (45 to 60 mL)
European-style sour cream



1 bunch scallions,
chopped



1 bunch fresh dill,
chopped



1 medium head lettuce,
torn into strips



sea salt or pink
Himalayan salt to taste

Instructions

1. Tear lettuce leaves into strips with your hands, slice radishes, and chop scallions and dill. Put all in a salad bowl.
2. Add sour cream and salt.
3. Serve right away, before vegetables release their juice.

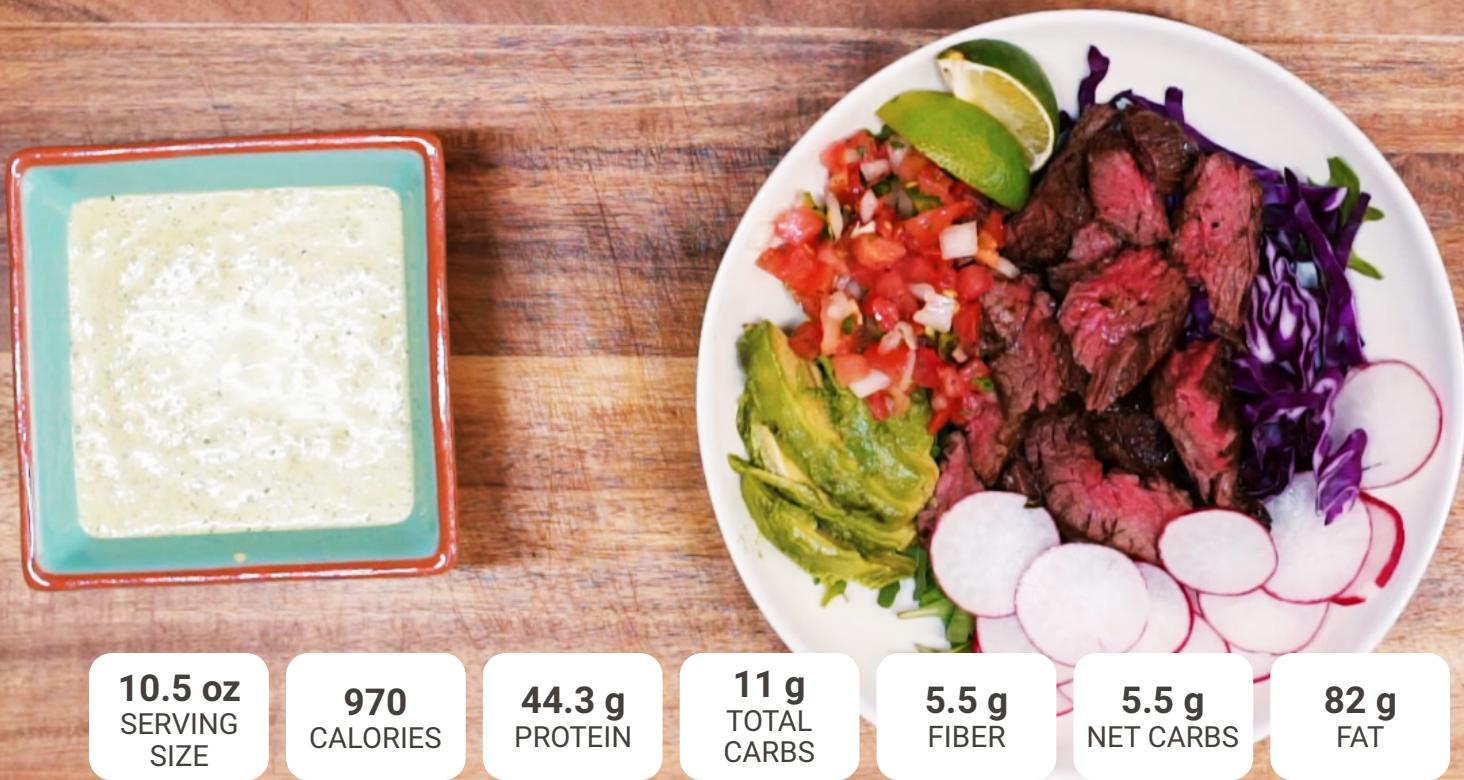


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10.5 oz
SERVING
SIZE

970
CALORIES

44.3 g
PROTEIN

11 g
TOTAL
CARBS

5.5 g
FIBER

5.5 g
NET CARBS







82 g
FAT

CARNE ASADA STEAK SALAD, part 1

Ingredients

Servings: 4

Salad:

 ½ cup (3.5 oz or 100 g) arugula leaves	 ½ lime, cut into thin wedges
 ½ cup (3.5 oz or 100 g) radish, thinly sliced	 ½ avocado, cut into wedges
 1 tomato, diced	 ¾ cup (5.5 oz or 150 g) red or white cabbage, chopped

Marinade:

 5 Tbsp (75 mL) olive oil	 3 limes or lemons (for juicing)
 1 tsp ground caraway seeds	 ½ tsp ground chili pepper
 4 cloves garlic, pressed	 2 cups (30 g) cilantro
 sea salt or pink Himalayan salt and ground black pepper to taste	 1.5 lbs (750 g or 3¼ cups) your choice of top sirloin, tri-tip, or pork steak

Instructions

1. Prepare the marinade by mixing all of its ingredients in a container. Place the meat in this container and marinate in the refrigerator for an hour.
2. In a bowl combine arugula, red cabbage, steak pieces, lime wedges, radish slices, avocado wedges, and diced tomato.
3. Fry steaks in a skillet for 2½ to 3 minutes on each side and let them rest afterwards.



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CARNE ASADA STEAK SALAD, part 2

Ingredients

Cilantro lime dressing:



4 cups (60 g) cilantro



4 Tbsp (60 mL) olive oil



2 Tbsp apple
cider vinegar



1 lime or lemon
(for juicing)



¼ tsp caraway seeds



½ cup (120 mL)
European-style sour cream



sea salt or pink Himalayan salt
and ground black pepper to taste

Instructions

4. Make cilantro lime dressing by blending all ingredients in a blender until creamy.
5. Cut steak into smaller pieces and add to salad.
6. Pour cilantro lime dressing over salad and serve.

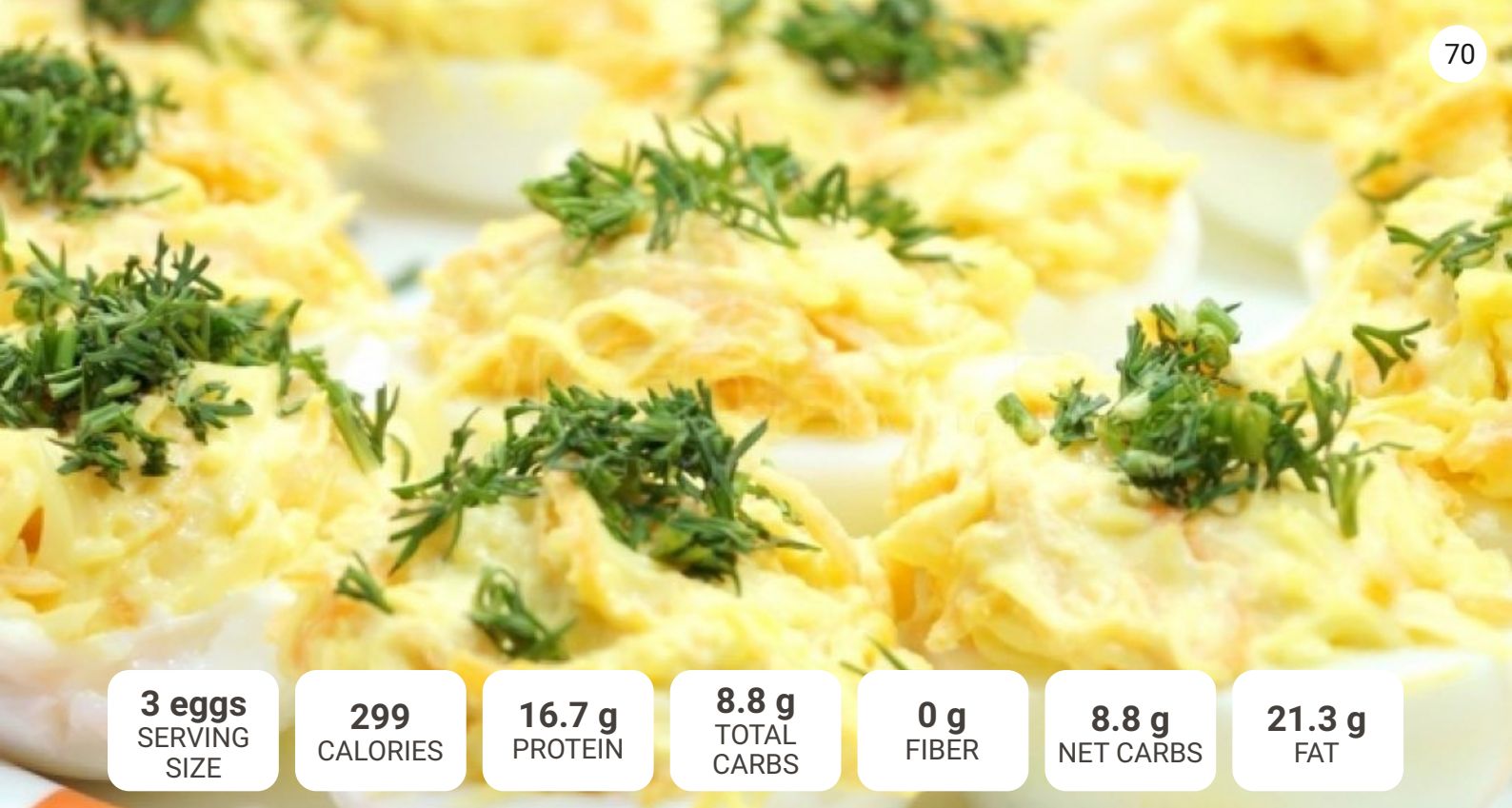


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3 eggs
SERVING
SIZE

299
CALORIES

16.7 g
PROTEIN

8.8 g
TOTAL
CARBS

0 g
FIBER

8.8 g
NET CARBS

21.3 g
FAT

DEVILED EGGS

Ingredients

Servings: 2



6 eggs



1 clove garlic, pressed



1 to 2 dill pickles,
finely chopped



1 scallion,
finely chopped



4 Tbsp (60 mL)
homemade mayo
(see recipe on [p. 75](#))



2 sprigs dill,
finely chopped

Instructions

1. Hard-boil eggs. Cut them in half lengthwise and remove the yolks to a plate, setting aside the white halves.
2. Mash yolks with a fork until there are no lumps. Add mayonnaise, pickle, dill, scallion and garlic. Mix well.
3. Transfer yolk mixture into a plastic bag and cut off one corner. Squeeze the contents into each egg white half.
4. Garnish each egg half with a pickle slice or fresh dill.



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1 fat bomb
SERVING
SIZE

322
CALORIES

8.2 g
PROTEIN

6.8 g
TOTAL
CARBS

2.2 g
FIBER

4.6 g
NET CARBS

31.3 g
FAT

COCONUT-PEANUT BUTTER FAT BOMB

Ingredients

Servings: 4



4 Tbsp (60 mL)
coconut oil
at room temperature



8 Tbsp (120 mL)
peanut butter
(sugar-free)



2 Tbsp erythritol



2 Tbsp
shredded coconut

Instructions

1. Mix coconut oil, peanut butter and erythritol in a blender or food processor.
2. Scoop the mixture into 4 ramekins or molds. Sprinkle with shredded coconut. Put in the freezer for 20 to 30 minutes.
3. Keep refrigerated.



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1 brownie
SERVING
SIZE

663
CALORIES

17.7 g
PROTEIN

13.3 g
TOTAL
CARBS

1.8 g
FIBER

11.5 g
NET CARBS

58.9 g
FAT

5-MINUTE KETO BROWNIE

Ingredients

Servings: 1



3 Tbsp butter



3 Tbsp unsweetened
chocolate or cocoa mass



1 egg



½ tsp baking powder



1 Tbsp cocoa powder



stevia or erythritol
to taste



1 Tbsp coconut or almond flour

Instructions

1. Melt butter and chocolate together.
2. In a bowl whisk egg with sweetener and add flour, cocoa and baking powder. While you continue whisking, carefully pour in the melted chocolate and butter mixture to make a batter.
3. Transfer batter to a mug and microwave for 1 minute (if you want a moist brownie) or 1.5 minutes (for a dryer dessert).



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1 smoothie
SERVING
SIZE

497
CALORIES

7.3 g
PROTEIN

20 g
TOTAL
CARBS

9.1 g
FIBER

10.9 g
NET CARBS

44.3 g
FAT

NUT SMOOTHIE

Ingredients

Servings: 1



1 avocado



$\frac{3}{4}$ cup + 1 Tbsp (6.7 fl oz
or 200 mL) unsweetened
coconut milk



5 to 6 blueberries



5 to 6 walnuts

Instructions

1. Cut avocado into halves and remove the pit. Remove the pulp with a spoon and place it in a blender.
2. Add coconut milk, blueberries, and nuts. Blend everything until smooth.



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1 dessert
SERVING
SIZE

50
CALORIES

7.8 g
PROTEIN

4.1 g
TOTAL
CARBS

2 g
FIBER

2.1 g
NET CARBS

0.3 g
FAT

KETO DESSERT “BERRY CLOUD”

Ingredients

Servings: 1



2 egg whites



3 tsp erythritol



2 Tbsp raspberry or any other
keto-friendly berry (blueberry, blackberry, currant)

Instructions

1. Whisk egg whites until they become thick. Add erythritol and whisk again.
2. Add berries and whisk again to stiff peaks.
3. Transfer the berry mixture into a mold or a ramekin. It should be about 2/3 full. Put it in the microwave for 40 seconds.
4. Remove from microwave and turn upside down onto a plate.



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1.5 oz
SERVING
SIZE

279
CALORIES

1.2 g
PROTEIN

0.2 g
TOTAL
CARBS

0 g
FIBER

0.2 g
NET CARBS

30.9 g
FAT

HOMEMADE MAYO

Ingredients

Servings: about 5



1 egg



1 to 2 tsp mustard



1 to 2 tsp lemon juice



¼ tsp sea salt or
pink Himalayan salt



½ cup + 2 to 5 Tbsp (5 to 7 fl oz
or 150 to 200 mL) olive oil



1 clove garlic



1 sprig dill

Optional:

Instructions

1. Crack egg into a bowl; add mustard, lemon juice, salt, and 1Tbsp of the olive oil.
2. Lower an immersion ("stick") blender to the very bottom of the bowl and start blending without moving it; blend until all ingredients are well mixed.
3. Gradually stream in the remaining olive oil and blend the mixture well with up-and-down blender motions.
4. Adjust the amount of olive oil based on the desired mayonnaise consistency.
5. You can add garlic, dill, or any other fresh herb, turning classic mayonnaise into your favorite sauce.



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1.5 oz
SERVING
SIZE

279
CALORIES

1.2 g
PROTEIN

1.4 g
TOTAL
CARBS

0.2 g
FIBER

1.2 g
NET CARBS

30.9 g
FAT

HOMEMADE TOMATO MAYO

Ingredients

Servings: about 6



1 egg



1 to 2 tsp mustard



1 to 2 tsp lemon juice



1 small tomato



½ cup + 2 to 5 Tbsp
(5 to 7 fl oz
or 150 to 200 mL)
olive oil



¼ tsp sea salt or
pink Himalayan salt

Instructions

1. Crack egg into a bowl; add mustard, lemon juice, salt, and 1 Tbsp of the olive oil.
2. Lower an immersion ("stick") blender to the very bottom of the bowl and start blending without moving it; blend until all ingredients are well mixed.
3. Gradually stream in the remaining olive oil and blend the mixture well with up-and-down blender motions.
4. Adjust the amount of olive oil based on the desired mayonnaise consistency.
5. Add the tomato, blend until all ingredients are well mixed.



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3.5 oz
SERVING
SIZE

204
CALORIES

5.1 g
PROTEIN

2.9 g
TOTAL
CARBS

1 g
FIBER

1.9 g
NET CARBS

20 g
FAT

KETO SATSIVI SAUCE

Ingredients

Servings: 2



¾ cup (150 g) shelled walnuts, finely chopped



1 cup (8 oz or 240 mL) chicken broth



1 onion, finely chopped



2 to 3 cloves garlic



2 to 3 sprigs cilantro (or parsley), finely chopped



1 Tbsp chicken fat or coconut oil



1 lemon



1 Tbsp almond flour



½ tsp khmeli-suneli (can substitute a mixture of equal parts coriander, paprika, basil and ground black pepper)



sea salt or pink Himalayan salt and ground black pepper to taste

Instructions

1. Mash peeled garlic with a pinch of salt until it has purée consistency. Finely chop the nuts. Finely chop the cilantro (or parsley). Set all these aside.
2. Finely chop onion. (If the onion is so strong that it stings your eyes, you can soak it in a mixture made of equal amounts of water and lemon juice for 10 minutes.)
3. In a preheated frying pan, melt chicken fat or coconut oil, add onion, pour in broth, and simmer for about 10 minutes.
4. Add almond flour and bring the sauce to a light cream color while stirring continually.
5. Add khmeli-suneli and simmer for 5 minutes.
6. Squeeze the lemon juice and pour it into the skillet. Add garlic, nuts, and cilantro (parsley). Season the sauce with salt and pepper to taste.
7. Bring to a boil again, then immediately remove skillet from heat.



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2 slices
SERVING
SIZE

270
CALORIES

14.6 g
PROTEIN

14.8 g
TOTAL
CARBS

8.4 g
FIBER

6.4 g
NET CARBS

16 g
FAT

KETO BREAD WITH COCONUT FLOUR AND FLAXSEED

Ingredients

Servings: 4 (2 slices per serving)



6 Tbsp coconut flour



10 Tbsp ground
flaxseed



5 eggs



4 tsp butter



1 tsp sea salt or
pink Himalayan salt



2½ tsp baking powder



1 tsp coconut oil (to oil the baking mold or pan)

Instructions

1. Preheat oven to 345 degrees F / 175 degrees C.
2. Mix all ingredients together into a batter.
3. Fill oiled silicone molds (or one large bread pan) with batter.
4. Bake for 15 minutes. If you are using the larger pan, it will take about 25 minutes.



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8.5 fl oz
SERVING
SIZE

50
CALORIES

5.5 g
PROTEIN

0.3 g
TOTAL
CARBS

0 g
FIBER

0.3 g
NET CARBS

3.5 g
FAT

BONE BROTH WITH A BOILED EGG

Ingredients

Servings: about 12



2 lbs (900 g)
marrow bones



2 tsp apple
cider vinegar



2 carrots,
coarsely chopped



2 onions,
coarsely chopped



1 garlic bulb divided
into cloves, each peeled



more vegetables
if desired, to taste



2 Tbsp sea salt or
pink Himalayan salt



fresh herbs
to taste



allspice to taste



1 egg

Instructions

1. Place bones in a 1½ to 2 gallon pot. Fill pot with water, leaving 2 inches at the top. Add apple cider vinegar. Let it sit for half an hour.
2. Place the pot over medium heat. Add vegetables, herbs, spices and salt to the pot. Bring it to a boil and let it simmer for 10 to 24 hours; skim the foam from the broth regularly during that time. The longer you cook the bone broth, the more nutrients the bones will release.
3. Let the broth cool, then strain. You can pour it into jars, freeze it and use in soups and stews.
4. Serve some hot with half of a boiled egg and herbs.



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8.5 fl oz
SERVING
SIZE

473
CALORIES

5.9 g
PROTEIN

27.9 g
TOTAL
CARBS

6.4 g
FIBER

21.5 g
NET CARBS

40.9 g
FAT

GAZPACHO WITH CELERY

Ingredients

Servings: 4



1 bell pepper
(preferably red)



5 tomatoes



3 celery stems



1 cucumber



1 onion, finely chopped



2 Tbsp heavy cream



$\frac{2}{3}$ cup, (160 mL)
olive oil



1 Tbsp apple
cider vinegar



sea salt or pink
Himalayan salt, ground
black pepper and chili
powder to taste



4 fresh basil leaves
for garnish

Instructions

1. Remove seeds from bell pepper. Cut pepper, tomatoes, celery and cucumber into pieces small enough for the blender and place them in a bowl.
2. Peel onion and chop it finely, then add it to the bowl along with olive oil, cream and vinegar.
3. Blend all in a blender. Add chili powder, salt and pepper to taste.
4. Garnish with basil when serving.



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1 cup
SERVING
SIZE

681
CALORIES

50 g
PROTEIN

8.8 g
TOTAL
CARBS

0.8 g
FIBER

8 g
NET CARBS

48.6 g
FAT

CREAM OF CHICKEN SOUP WITH ZUCCHINI

Ingredients

Servings: 6

 1 to 1.1 lbs (450 to 500 g) bone-in chicken with skin	 enough water to cover chicken
 ½ zucchini	 1 carrot
 1 onion	 2 to 3 Tbsp almond flour
 2½ Tbsp coconut oil	 1 tsp black pepper
 3 peppercorns	 1 tsp nutmeg
 2 bay leaves	 1 cup (240 mL) heavy cream



sea salt or pink Himalayan salt
and ground black pepper to taste

Instructions

1. Put chicken in a large pot, add enough water to cover it, and cook for 40 to 45 minutes. While cooking, skim foam from broth regularly.
2. Cut zucchini, carrot and onion into small pieces. Sauté onion in a skillet in coconut oil for 2 to 3 minutes.
3. Add carrot to the broth and cook for 15 minutes.
4. Pour about ¾ cup (5 to 7 fl oz) of broth into a separate bowl and reserve for later.
5. Add fried onion, zucchini, salt, pepper, spices and bay leaf to the pot. Simmer everything for about 15 more minutes until zucchini becomes soft. Remove from heat.
6. Heat cream in a saucepan. Gradually add almond flour into the cream while stirring continually. Add the broth you have previously reserved and combine.
7. Remove the chicken from the pot and take all bones out of it. Cut chicken into medium pieces and return those to the pot.
8. Remove bay leaf from the broth and puree all remaining ingredients with a stick blender. While blending, pour cream mixture into the pot.
9. Put pot back onto the stove. Turn off the heat as soon as you see bubbles on the surface.



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