

# KETO

## COOKBOOK FOR BEGINNERS

The Complete Beginner's Guide with **28 Days**  
Keto Meal Plan to Help You Enjoy Keto Diet Lifestyle



**1000**  
RECIPES FOR  
LOW-CARB  
LOVERS

Andrew Callahan

# **Keto Cookbook for Beginners**

1000 Recipes for Low-Carb Lovers | The Complete  
Beginner's Guide with 28 Days Keto Meal Plan to Help  
You Enjoy Keto Diet Lifestyle

**Andrew Callahan**

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# Introduction

I was unable to figure out the most effective way to manage my eating habits with my hectic schedule. Every week, my weight monitoring was never a tad off even with all my efforts to find a solution, I realized it was inevitable that should I fail to figure out an effective diet-management strategy soon, things will not be good for my health and well-being. Furthermore, I would be in a poor position of fitting into the costly clothes I had planned to wear for my 20th wedding anniversary dinner! It was a surprise to me that I didn't realize how bad my health outlook had been until my last annual check-up had me stunned!

"So how do I get from here?" I thought to myself. The first reason is that I am too busy to focus on diets that require food to be measured and weighted. In all likelihood, I've gone through many diets that I want to keep track of, and nothing has changed in my life.

Depressed, I went to visit my friend whom I had not visited in a long time. I was stunned by the drastic change in the appearance of my friend. Not only had they shed significant weight, but also their attitude towards life had changed to be more optimistic and positive.

I met a friend who, as I had tried various diets and was then taken on the ketogenic eating program. Since implementing the ketogenic diet they're happy to have seen a significant improvement in their weight loss, health and their lifestyle. It certainly shows! In awe of my discovery of this keto-friendly diet plan, I jumped right into learning more about it. In the beginning, I wanted to know what I could gain from the keto diet and whether it could fit into my already hectic life.

As a mom with a full-time job and four kids who participate in numerous extracurricular activities, I'm always finding myself unable to make time for food preparation. Plus, having to balance my small business that I run from home with my family's demands keeps me constantly on my toes.

This keto-based diet opened my eyes. Not only am I able to keep my children happy by implementing a new meal plan, however, they've gained more support when it comes to meal preparation. Additionally, we're all been feeling better since we began keto. Additionally, I've observed a significant decrease in my weight and I'm sleeping better and feeling more rested!

I would imagine that the advantages of the keto diet to my family and myself have been so enlightening; I am convinced that sharing our eating plan will help many individuals who are struggling to find a way of keeping their health and well-being.

Without further delay let's dive into the fundamentals of ketosis and how it works for all of us.

# Chapter 1 Keto Diet 101:

## A Complete Guide for Beginners

### What is a Keto Diet?

Dietary ketogenic is a low-carb, high-fat diet that is a low-carb and high-fat diet. It's the process that drastically reduces your intake of carbohydrates and substitutes the calories with fat. A reduction in carbs places your body into a metabolic state, also known to be ketosis.

When this happens, it creates a body that is extremely efficient when it comes to utilizing fat to create energy. It also transforms calories into ketones in the liver. These ketones are utilized to supply an energy source to your brain.

Ketogenic diets can cause significant reductions on blood sugar levels as well as amounts of insulin. This, when combined with the increase in ketones can provide some health benefits.

### Different ketogenic diets and ketogenic types

There are several ketogenic diets like:

- **Standard Ketogenic Diet (SKD):** It is a diet that is low in carbohydrates. moderate protein, very high fat diet. It typically contains 70 percent protein, 20 percent fat and only 10% carbohydrates.
- **Acyclic Ketogenic Diet (CKD):** The diet is characterized by periods of higher carbohydrate and refeeds. For instance, five ketogenic days, which are then followed by two days of carbohydrate highs.
- **Targeted Ketogenic Diet (TKD):** The TKD diet permits you to incorporate carbs into your workout.
- **High Protein Ketogenic diet (HPKD):** The ketogenic diet is high-protein. The ratio is typically 40 percent fats, 60 percent protein, and 5% carbohydrates.

However, only the traditional ketogenic diets have been extensively studied. Targeted ketogenic diets or cyclical ketogenic ones are more sophisticated methods that are mostly used by bodybuilders and athletes.

## How to Get into Ketosis

### ▼ Eat less than 20 grams of net carbs per day

The diet which is low-carb is the primary aspect to achieve ketosis. Cells usually make use of sugar or sucrose as their primary energy source. But, they also utilize other sources of energy such as fatty acids and ketones.

The body stores glycogen as glucose in your liver and muscle. If your intake of carbohydrates is very low, glycogen stores decrease and levels of hormone insulin decline. This allows fat acid to be released from the fat stores in your body. The amount of carbs that trigger ketosis differs with each individual and is influenced by various factors like the type of exercise you do.

Certain individuals should limit their net carbohydrate consumed to 20 grams daily. Everyone will require various amounts of carbs to ensure they stay ketosis-like and maintain it according to the calories consumed and level of activity. In general eating between 5 to 10 percent of calories from carbohydrates could trigger ketosis.

### ▼ Avoid Eating out

Do not eat at restaurants. Although there are plenty of keto-friendly eateries, dining out can make it difficult to monitor your carbs.

### ▼ Measure ketones

As with many other aspects of nutrition, the process of achieving and maintaining ketosis is highly individual.

Thus, it's beneficial to check your levels of ketone to make sure that you're meeting your goals. The three ketones, namely beta-hydroxybutyrate, acetone and acetoacetate can be detected in breath, urine or blood. Utilizing one or all of these methods to measure ketones, you can determine whether you need any changes in order to be in ketosis.

### *The best way to test ketones*

#### **Testing ketones in blood**

Additionally, ketones can be measured using an instrument for measuring blood ketones. Like how the glucose meter functions it is a tiny sample of blood put on a strip and then put into the device.

It determines what amount of beta-hydroxybutyrate is found in blood,

and has been proven as a valid indicator of ketosis condition. The disadvantage of the ketones test within blood samples is the fact that strips cost a lot of money.

### **Testing ketones in breath**

Acetone can be found in your breath. Research has proven that the presence of acetone in breath is a reliable method to determine the ketosis level of people taking ketogenic diets .

The Ketonix Meter analyzes acetone levels in the air you breathe. After you breathe in the Ketonix meter, light flashes to tell if you're in a high level of ketosis..

### **Testing ketones in urine**

The ketone found by urine test is Acetoacetate. The strips of urine containing Ketone are dipped into urine, and they change to various shades of pink or purple depending on the quantity of ketones present in the. A darker shade indicates more ketones. These urine tests are straightforward to use and are fairly cheap. Although their long-term accuracy usage has been questioned however, they must first determine if you're experiencing ketosis. A study found that ketones in urine tend to be higher in the early morning hours and following dinner when following ketogenic diets.

## **How Does Keto Diet Benefit You?**

- **Weight loss without hunger**

A keto diet is considered to be helpful in losing weight and preventing other health related diseases. The research has proven that ketogenic diets can be as effective at losing weight as a low-fat eating plan.. Furthermore, it is full of nutrients that you'll lose weight without having to track calories or the quantity of food you eat.

Research showed that following an extremely low-carb, ketogenic diet proved to be slightly more effective in weight loss over the low-fat diet. Dietary ketosis was found to be effective for weight loss. diet lost on average two pounds (0.9 kilogram) more than those who adhered to a low fat diet. The keto diet also resulted in reductions of diastolic blood pressure and the

levels of triglycerides. Another study found that those who ate the ketogenic diet for eight weeks shed nearly five times the amount of weight loss as people who ate the low-fat diet. The higher ketones, the decreased blood sugar along with improved insulin sensitivity could be a factor.

- **Control or reverse type 2 diabetes**

The term "diabetes" refers to changes in metabolism, elevated blood sugar levels and diminished performance of the insulin. The ketogenic diet can aid in the elimination of excess fat. It also is linked with type 2 the disease, prediabetes and metabolic syndrome. An investigation of females with the type 2 type of diabetes found that a ketogenic diet over 90 days significantly reduced amounts of hemoglobin A1C, which is a test for the long-term control of blood sugar levels.

- **Improve metabolic health & blood pressure**

Even a small amount of weight through the keto diet could aid in reducing cardiovascular risk factors like excessive weight, high blood pressure in addition, according to a study it will result in lower levels of LDL ("bad") cholesterol levels and greater HDL cholesterol. This helps in preventing heart disease. The keto diet may also reduce blood sugar levels that are linked to inflammation that damages arteries.

## **Potential risks of a keto diet**

Like all diets there are dangers. Here are seven dangers associated with the keto diet you must be aware of before embarking on the keto diet.

**1. The keto flu:** The lower intake of carbs can be a shock for the body. In the process of switching your body between fats and carbs for energy, you could suffer from flu-like symptoms. There is the possibility of experiencing dizziness, nausea, headaches and constipation. Many people experience relief after several weeks, but it is vital to be aware of your symptoms and consume electrolyte-rich, sodium and potassium-rich foods.

**2. The stress to your kidneys:** High-fat foods are the norm in your ketogenic diet. Consuming foods such as eggs, cheese, and meat can result in the possibility of developing kidney stones. These food items can cause your urine and blood to become more acidic, which can lead to calcium excretion through your urine. Research suggests keto decreases citrate levels which is a chemical that bonds to calcium. Drink plenty of fluids and keep your weight

in check.

**3. Nutrient deficiencies:** Due to the numerous restrictions on what types of foods you can consume in the diet, you're missing the most important minerals and vitamins. The diet isn't providing sufficient vitamin D calcium, magnesium, and Phosphorus. In time, you may be deficient in vitamins and might need to take supplements to treat them.

## **Keto Macros: Carbs, Protein, and Fat**

Ketosis can be achieved by cutting down on carbohydrates for a period of time enough to drain glycogen stores in the body, in addition to eating plenty of high-quality fat-rich foods.

Since the ketogenic diet concentrates on macronutrients (proteins as well as carbs and fats), you must be aware of how to calculate keto macros to determine the nutrients your body requires in order to reach ketosis.

### ◆ **Carbohydrates**

When people think of energy, people think about carbs. The reason is that carbohydrates break down into glucose, which your body makes to provide fuel for itself unless you're in ketosis of course.

Carbs are present in the fruits, vegetables and starches, grains and a variety of processed foods.

### ◆ **Protein**

Protein is broken into amino acids which are utilized by the body to build muscles, hair, fingernails and hair and many more. Protein is fundamental in the creation of hormones, enzymes and other bodily chemicals.

Protein sources that are approved by Keto include things similar to animal products such as eggs, beef, and fish as well as dairy products.

### ◆ **Fat**

Fat is essential for keeping your nervous system and brain well-maintained. Fat is a significant portion of ketogenic diets, approximately 70 percent.

The concept is to eat large quantities of high-quality fats and limiting your carb intake puts your body in ketosis which means that you burn fat as

the main fuel source.

## **Keto Food List**

### ***Foods to Eat on Keto Diet***

Here's an overview of the keto-friendly and low-carb food items that you can consume when following keto.

#### – **Fish and Seafood**

Fish is high in vitamin B as well as potassium and selenium. It's also a great source of protein. Mackerel, salmon and sardines, albacore tuna, mackerel, and other fish that are fat contain plenty of omega-3 fats which have been shown to reduce blood sugar levels and increase insulin sensitivity. Regular consumption of fish is linked to reduced risk of suffering from chronic illness and also an improvement in mental well-being.

#### – **Low-Carb Veggies**

Non-starchy vegetables aren't low in carbs However, they are rich in numerous minerals, like vitamin C and diverse minerals. They also contain antioxidants that assist in protecting cells from damage caused by free radicals. Select non-starchy vegetables with lower than eight grams of net carbs per cup. Net carbs are the total of all carbs less fiber. Cauliflower or broccoli bell peppers and green beans, bell peppers and all are suitable to fill the bill.

#### – **Meat and Poultry**

Meat is a fantastic source of protein and is high in fat and considered as a primary ingredient in a ketogenic diet. Fresh meat and poultry contain no carbs and are rich in B vitamins, as well as various minerals, including selenium along with potassium, zinc and selenium. Although processed meats such as bacon and sausage are permitted in ketosis, they're not great for heart health and can increase the risk of developing certain forms of cancer when you consume an excessive amount of.

#### – **Dark Chocolate and Cocoa Powder**

Find the label on these products, as the amount of carbohydrates in them will depend on the type and quantity of food you consume. Cocoa is

dubbed "a "superfruit" because of the abundance of antioxidants. In addition dark chocolate is brimming with flavanols that can reduce the chance of developing heart disease by lowering blood pressure and helping to maintain the health of blood vessels.

### ***Foods you'll eliminate on Keto Diet***

#### → **Grains and starches**

Cereal cruncher, cereal bread, rice pasta, as well as cereals, are packed with carbs. Whole wheat pasta and the latest bean-based pastas are high in carbs. Consider alternatives such as spiralized vegetables, which are low in carbs and healthier. Healthy breakfast cereals that contain whole-grain and sugar are high in carbohydrates and should be avoided or cut down on.

#### → **Starchy vegetables**

While they are good sources of potassium, vitamin C and the dietary fiber but they are not recommended when following the keto diet due to their high levels of carbs. Some healthy but high-carbs to cut back on include peas and corn.

Starchy vegetables with slightly less carbohydrates per serving include the carrot and beets. It is possible to include small amounts of them if they meet your daily carbohydrate allowance. If you're looking for starchy veggies, try adding them lightly to a bowl or salad instead of making them the centerpiece of the dish.

#### → **Most fruit, except small portions of berries and melon**

Fruits like mangoes and grapes, and bananas are naturally rich in carbohydrates. While they're delicious and nutritious, they may prevent your body from reaching or keeping ketosis.

#### → **Beans, chickpeas, lentils, peas, and edamame**

Keto-friendly people are aiming to consume upwards of 70% of the calories that they need from fat. They'll also consume very little carbs. Therefore, for the major part, you'll skimp in the form of fruit, beans and legumes (like lentils and beans), most dairy, starchy vegetables and whole grains.

Although you don't require only beans or fruit for health, if you combine and remove various foods, you may be left with a less-than-nutritious diet.

Roasted chickpeas could be one of the most popular snacks but they're unlikely to work with keto. Also the legume edamame bean is a type that is generally not part of keto diets.

## **Common Mistakes When Following a Keto Diet**

- **Going overboard with fat**

The keto diet is rich in fat, and many people are scared to eat excessive amounts of fat due to the belief that fat can make you overweight. Since you're limiting your intake of carbohydrates it is essential to consume more fat. Insufficient intake of fat can affect the functioning of your hormones and your metabolism. Even after eating a balanced diet you'll feel fatigued due to a deficiency of macro and micronutrients. It is equally vital to choose the right type of fat. Include animal fats and olive oil, as well as monounsaturated oils in your diet.

- **Fear of too much protein**

It's a popular belief that eating excessive protein can cause a metabolic reaction which increases blood sugar levels and takes the ketosis process. It's known as the process of gluconeogenesis and, contrary to many beliefs, you don't have to be concerned about protein excess when you're on ketogenic diets. Here's why:

1. The process is constantly occurring in ketosis. No matter how much protein you consume in the keto diet it is already taking place since your body requires small levels of glucose to perform.

2. Gluconeogenesis occurs only in tiny quantities. Don't worry even on a protein-rich diet, it's likely that you're using ketones for the primary fuel source.

3. Gluconeogenesis can be beneficial to your health. Like too much glucose is harmful but too little could be fatal to you. Gluconeogenesis helps prevent hypoglycemia. It also helps the tissues to produce energy that isn't capable of metabolizing ketones. This includes red blood cells, which are part of your kidney, as well as testicles.

It's likely that you're not receiving sufficient protein. Protein's amino

acids aid in strengthening and repairing muscles as well as other tissues. Protein is also helpful in keeping your body full and helps you lose weight.

- **Chasing higher ketone levels**

It's gratifying to get the high ketone levels even when you're only beginning your journey. Ketones are an excellent indicator that all the efforts are paying off.

But, seeing ketones with high levels within the urinary strips or on your blood ketone meters isn't your primary goal when you are on a ketogenic diet, especially in the long run. A long-lasting high reading on ketone levels isn't always a positive thing. It's normal to have higher levels of ketones when first beginning to use keto. It's likely that you have an increased amount of fat that needs to be burned, and your body isn't accustomed to burning ketones to fuel. This causes a higher level of ketones.

As time passes the body becomes more efficient in burning ketones, meaning they're no longer circulating in your bloodstream, or being eliminated through urine. This means you'll have lower blood levels however MORE ketones are being burned up for fuel.

## FAQs

### 1. Is keto safe?

Since the diet is not a balanced diet, and eliminates so many healthy foods, there's plenty of reason to think that sticking on this diet for a substantial period of time will not be healthy.

It's feasible that extreme diets such as keto may have long-term consequences on your metabolism and capacity to shed pounds even if you adhere to them for a brief period of time. Diets that are restrictive like keto can result in social isolation and disordered eating habits. Keto is not recommended for people with any condition related to their liver, pancreas thyroid or gallbladder.

### 2. How much weight can I expect to lose on keto?

Based on the size of your body and the amount of water weight you're carrying around, this weight loss could be different. In general, people report

losing in the first week that range between 1 one pound (0.5 kilograms) up to 10 pounds or more (5 kilograms). The more weight you have the more water weight you're likely to lose following the keto diet.

You can check the ketones level in your body to determine if your body is in ketosis. In this phase of burning fat it is possible to shed 1 to 2 pounds per week. Also, you'll notice that you're feeling less hungry since the fat you're taking in can make you feel more satisfied.

### **3. What is the difference between keto and low carb?**

When choosing between keto and low carb eating plans, you have a variety of aspects to take into consideration.

The major difference between the two diets is the amount of carbohydrate consumed. When you're following the low-carb diet generally, you consume between 50 and 150 grams of carbohydrates daily, whereas those on keto diets have a daily intake of carbohydrates that is restricted to less than 50 grams. Another significant distinction is the amount of protein consumed. If you're on a low-carb diet the intake of protein is often quite excessive, however, in ketogenic diets, consumption of protein must be moderate, about 20% of calories.

Furthermore, fat consumption tends to be greater on keto diets since fats substitute for protein and carbs. The keto diet is too restrictive for a majority of people, leading to inadequate long-term compliance. Additionally the keto diet is more likely to trigger undesirable side effects. So, a low-carb diet is probably an ideal choice for the majority of people.

## 28 Days Keto Diet Meal Plan

DAYS	BREAKFAST	LUNCH	DINNER	SNACK/DESSERT
1	Indian Masala Omelet	Marjoram Beef Ribs	Super Cheesy Salmon Zoodles	EL Presidente Gu
2	Sticky Wrapped Eggs	Halibut Curry	Chicken Enchilada Bowl	Trail Mix with Dr Coconut and Strawberries
3	Breakfast Roll-Ups	Green Bean Casserole	Low-Carb Chili	Cheesecake Ball
4	French Toast	Chilean Sea Bass with Olive Relish	Zoodle, Bacon, Spinach, and Halloumi Gratin	Hearty Crème Brû
5	Counterfeit Bagels	Zucchini and Daikon Fritters	Trout Casserole	Almond Sesame Crackers
6	Traditional Porridge	Lemon-Rosemary Spatchcock Chicken	Bacon Mac 'n' Cheese	Angel Food Mu Cake with Strawberries
7	Prosciutto Baked Eggs with Spinach	Salmon Steaks with Garlicky Yogurt	Oregano Beef	Easy Baked Zucch Chips
8	Primal Omelet	Zesty Grilled Chicken	Mayo-Less Tuna Salad	Pumpkin Walnu Cheesecake
9	Keto English Muffins	Cheesy Cauliflower Gratin	Stewed Chicken and Sausage	Stuffed Party Shrooms
10	Chocolate Chip Pancake	Lamb Koobideh	Keto Greek Avgolemono	Berry Cheesecake Fat Bomb
11	Christmas Soufflé	Chicken Pesto Pizzas	Chicken and Mixed Greens Salad	Burrata Caprese Stack
12	Biscuits and Gravy	Beef and Eggplant Tagine	Stuffed Mushrooms with Chicken	Pumpkin Pie Spi Pots De Crème
13	Indian Masala Omelet	Parmesan Salmon Loaf	Brazilian Tempero Baiano Chicken Drumsticks	Greens Chips with Curried Yogurt Sauce
14	Radish Hash Browns	Beef Chili	Chilean Sea Bass with Olive Relish	Lemon Vanilla Cheesecake
15	French Toast	Italian Beef Burgers	Braised Chicken Legs with Olives and Artichokes	Crispy Bacon Wrapped Onion Rings
16	Sticky Wrapped Eggs	Fried Red Snapper	Barbacoa Beef Roast	Chocolate Cake with Walnuts
17	Breakfast Roll-	Cheesy Zucchini	Rib Eye with Chimichurri	Easy Peasy Pean

	Ups	Gratin	Sauce	Butter Cookies
18	Classic Cinnamon Roll Coffee Cake	Chicken Alfredo with Bacon	Salmon Steaks with Garlicky Yogurt	Toasted Coconut Marshmallows
19	Savory Zucchini Cheddar Waffles	Beef Cheeseburger Pie	Friday Night Fish Fry	Marinated Cheesecake
20	Traditional Porridge	Trout Casserole	Rubbed Whole Chicken	Nutty Shortbread Cookies
21	Primal Omelet	Beef and Mushroom Stew	Seared-Salmon Shirataki Rice Bowls	Vanilla Ice Cream
22	Coconut Flour Macadamia Pancakes	Southern Pulled Pork "Spaghetti"	Spicy Shrimp Fried Rice	Cauliflower Popcorn
23	Protein Waffles	Mayo-Less Tuna Salad	Chicken Pot Pie Crumble	Lemon Drops
24	Keto Cabbage Hash Browns	Thanksgiving Turkey Breast	South Indian Fried Fish	Crunchy Jicama Fries
25	Bacon Cheese Egg with Avocado	Grilled Paprika Chicken with Steamed Broccoli	Korean Ground Beef Bowl	Fruit Pizza
26	Cheesy Egg and Spinach Nest	Baked Coconut Haddock	Cheesy Zucchini Gratin	Citrus-Marinated Olives
27	No-Bake Keto Power Bars	Broccoli and Mushroom Bake	Juicy No-Fail Burger	Fast Chocolate Mousse
28	Nutty "Oatmeal"	Muffin Top Tuna Pops	Southern Pulled Pork "Spaghetti"	Coconut Cajun Shrimp

# Chapter 2 Breakfasts

## Indian Masala Omelet

**Prep time: 8 minutes | Cook time: 25 minutes | Makes 1 large omelet**

3 tablespoons avocado oil, coconut oil, or ghee

¼ cup (20 g) sliced green onions

1 clove garlic, minced

1 small tomato, diced

1 green chili pepper, seeded and finely diced

1½ teaspoons curry powder

½ teaspoon garam masala

6 large eggs, beaten

¼ cup (15 g) chopped fresh cilantro leaves and stems

1. Heat the oil in a large frying pan over medium heat until it shimmers. When the oil is shimmering, add the green onions, garlic, tomato, and chili pepper. Cook for 10 minutes, or until the liquid from the tomatoes has evaporated. 2. Reduce the heat to low and sprinkle the tomato mixture with the curry powder and garam masala. Stir to incorporate, then drizzle the beaten eggs over the top. 3. Cover and cook for 5 minutes, or until the edges are cooked through. 4. Sprinkle with the cilantro, fold one side over the other, cover, and cook for another 10 minutes. 5. Remove from the heat, cut in half, and serve.

### **Per Serving**

calories: 438 | fat: 36g | protein: 20g | carbs: 8g | net carbs: 6g | fiber: 2g

# Coconut Flour Macadamia Pancakes

**Prep time: 5 minutes | Cook time: 10 minutes | Makes 8 pancakes**

3 large eggs

¼ cup (½ stick) unsalted butter, melted

¼ cup heavy cream

¼ cup full-fat coconut milk

½ teaspoon vanilla extract

¼ cup coconut flour

¼ teaspoon kosher salt

½ teaspoon baking powder

½ teaspoon ground cinnamon

Keto-friendly sweetener of choice, to taste (optional)

¼ cup macadamias, chopped or ground to desired coarseness

Coconut oil to grease griddle

1. In medium bowl, whisk together the eggs, butter, cream, coconut milk, and vanilla. 2. In a small bowl, stir together the flour, salt, baking powder, cinnamon, and sweetener with a fork, breaking up clumps of coconut flour. Stir the dry ingredients into the wet. 3. Add the macadamias to the batter and stir. Batter will be thick. Add water a little bit at a time until it is the consistency of thick pancake batter. 4. Heat a large, flat-bottomed skillet or griddle over medium-low heat. When warm, grease lightly with coconut oil. Drop big spoonfuls of the batter onto the griddle. It will not spread like traditional pancake batter, so use the back of a spoon or spatula to gently spread the batter into a thinner pancake. 5. Allow to cook slowly, several minutes per side until bubbles form, then flip. Serve hot.

## **Per Serving**

calories: 154 | fat: 14g | protein: 4g | carbs: 4g | net carbs: 3g | fiber: 1g

# Kale, Bacon and Goat Cheese Frittata

**Prep time: 15 minutes | Cook time: 45 minutes | Serves 4**

½ pound (227 g) bacon, chopped  
1 tablespoon cooking fat of choice (optional)  
2 cups chopped fresh kale  
8 large eggs  
¼ cup full-fat coconut, nut, or dairy milk  
½ teaspoon sea salt  
½ teaspoon ground black pepper  
4 ounces (113 g) goat cheese, crumbled

1. Preheat the oven to 375°F (190°C). 2. Heat an ovenproof 12-inch skillet over medium heat. Place the bacon in the pan and cook for 5 to 10 minutes, until crispy. Taste the cooked bacon—if it's fairly salty, use less salt later in the recipe. If the pan is looking a little dry, add the cooking fat. 3. Add the kale to the skillet and cook until softened, 3 to 4 minutes. 4. While the bacon and kale are cooking, in a large mixing bowl whisk together the eggs, coconut milk, salt, and pepper. 5. Pour the egg mixture into the skillet, over the bacon and kale. Top with the goat cheese (if using). 6. Transfer the skillet to the oven and bake for 25 to 30 minutes, until the eggs are no longer runny, the frittata puffs up a bit, and the edges are golden brown.

## **Per Serving**

calories: 549 | fat: 48g | protein: 26g | carbs: 5g | net carbs: 4g | fiber: 1g

# Lemon–Olive Oil Breakfast Cakes with Berry Syrup

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 4**

For the Pancakes:

1 cup almond flour

1 teaspoon baking powder

¼ teaspoon salt

6 tablespoon extra-virgin olive oil, divided

2 large eggs

Zest and juice of 1 lemon

½ teaspoon almond or vanilla extract

For the Berry Sauce:

1 cup frozen mixed berries

1 tablespoon water or lemon juice, plus more if needed

½ teaspoon vanilla extract

Make the Pancakes: 1. In a large bowl, combine the almond flour, baking powder, and salt and whisk to break up any clumps. 2. Add the 4 tablespoons olive oil, eggs, lemon zest and juice, and almond extract and whisk to combine well. 3. In a large skillet, heat 1 tablespoon of olive oil and spoon about 2 tablespoons of batter for each of 4 pancakes. Cook until bubbles begin to form, 4 to 5 minutes, and flip. Cook another 2 to 3 minutes on second side. Repeat with remaining 1 tablespoon olive oil and batter. Make the Berry Sauce 1. In a small saucepan, heat the frozen berries, water, and vanilla extract over medium-high for 3 to 4 minutes, until bubbly, adding more water if mixture is too thick. Using the back of a spoon or fork, mash the berries and whisk until smooth.

## **Per Serving**

calories: 381 | fat: 35g | protein: 8g | carbs: 12g | fiber: 4g | sodium: 183mg

# Sticky Wrapped Eggs

**Prep time: 10 minutes | Cook time: 30 minutes | Makes 12 wrapped eggs**

¼ cup (60 ml) coconut aminos

2 tablespoons hot sauce

12 hard-boiled eggs

12 strips bacon (about 12 oz/340 g)

6 cups (100 g) arugula

1. Preheat the oven to 400°F (205°C). Line a standard-size 12-well muffin pan with muffin liners, or use a silicone muffin pan, which won't require liners. 2. Place the coconut aminos and hot sauce in a small bowl and whisk to combine. Set the bowl close to the muffin pan. 3. Peel the hard-boiled eggs. One at a time, wrap each egg in a strip of bacon, then dunk it in the hot sauce mixture and place it in a well of the muffin pan. 4. Bake for 30 minutes, flipping the eggs over halfway through. 5. Divide the arugula evenly among 6 small serving plates. Top each with 2 sticky eggs and the sauce from their muffin liners.

## **Per Serving**

calories: 438 | fat: 33g | protein: 33g | carbs: 4g | net carbs: 4g | fiber: 0g

# Keto Breakfast Pudding

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 3**

1½ cups (350 ml) full-fat coconut milk

1 cup (110 g) frozen raspberries

¼ cup (60 ml) MCT oil or melted coconut oil, or ¼ cup (40 g) unflavored MCT oil powder

¼ cup (40 g) collagen peptides or protein powder

2 tablespoons chia seeds

1 tablespoon apple cider vinegar

1 teaspoon vanilla extract

1 tablespoon erythritol, or 4 drops liquid stevia

TOPPINGS (optional):

Unsweetened shredded coconut

Hulled hemp seeds

Fresh berries of choice

1. Place all the pudding ingredients in a blender or food processor and blend until smooth. Serve in bowls with your favorite toppings, if desired.

## **Per Serving**

calories: 403 | fat: 34g | protein: 15g | carbs: 9g | net carbs: 6g | fiber: 3g

# Coffee Shake

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 1**

1 cup (240 ml) full-fat coconut milk

½ cup (120 ml) water

4 ice cubes

2 tablespoons coconut oil, unflavored MCT oil powder, or ghee

1½ tablespoons cocoa powder

1½ teaspoons erythritol, or 2 drops liquid stevia

½ teaspoon instant coffee granules

1. Place all the ingredients in a blender or food processor. Blend on high until the ice is broken up completely and the texture of the shake is smooth. 2. Transfer to a 14-ounce (415-ml) or larger glass. Best enjoyed immediately.

## **Per Serving**

calories: 757 | fat: 76g | protein: 6g | carbs: 12g | net carbs: 10g | fiber: 3g

# Overnight Protein Oats

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 1**

¼ cup heavy whipping cream

3 tablespoons hemp hearts

1 tablespoon chia seeds

1 scoop flavored protein powder of choice

1. Put all the ingredients in a bowl and stir to combine. Cover with plastic wrap and place in the refrigerator for at least 4 hours or overnight. 2. Serve cold, straight out of the refrigerator, or microwave on high for 20 to 30 seconds before serving.

## **Per Serving**

calories: 439 | fat: 28g | protein: 39g | carbs: 9g | net carbs: 1g | fiber: 8g

# Protein Waffles

**Prep time: 5 minutes | Cook time: 13 minutes | Makes 3 medium-sized waffles**

**WAFFLES:**

4 large eggs

¼ cup natural peanut butter

¼ cup mascarpone cheese

¼ cup unsweetened almond milk 1 scoop unflavored whey protein powder

2 tablespoons unsalted butter, melted

**TOPPINGS (OPTIONAL):**

Sugar-free maple syrup

Natural peanut butter

Whipped cream

1. Preheat a waffle iron on the medium setting. 2. Put all the waffle ingredients in a large mixing bowl and combine using a whisk or an electric hand mixer. 3. Open the waffle iron and grease the top and bottom with coconut oil spray. 4. Using a ½-cup measuring cup, scoop up some of the batter and pour it into the center of the waffle iron. Close the lid and allow the waffle to cook for 4 to 4½ minutes, until golden brown. 5. Repeat with the remaining batter, making a total of 3 waffles. 6. Serve the waffles with maple syrup, peanut butter, and/or whipped cream, if desired.

**Per Serving**

calories: 409 | fat: 33g | protein: 24g | carbs: 5g | net carbs: 3g | fiber: 2g

## Egg White Cups

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 4**

2 cups 100% liquid egg whites

3 tablespoons salted butter, melted

¼ teaspoon salt

¼ teaspoon onion powder

½ medium Roma tomato, cored and diced

½ cup chopped fresh spinach leaves

1. In a large bowl, whisk egg whites with butter, salt, and onion powder. Stir in tomato and spinach, then pour evenly into four ramekins greased with cooking spray. 2. Place ramekins into air fryer basket. Adjust the temperature to 300°F (149°C) and bake for 15 minutes. Eggs will be fully cooked and firm in the center when done. Serve warm.

### **Per Serving**

calories: 144 | fat: 9g | protein: 14g | carbs: 2g | net carbs: 2g | fiber: 0g

# Cream Cheese Muffins

**Prep time: 10 minutes | Cook time: 10 minutes | Makes 6 muffins**

4 tablespoons melted butter, plus more for the muffin tin

1 cup almond flour

$\frac{3}{4}$  tablespoon baking powder

2 large eggs, lightly beaten

2 ounces cream cheese mixed with 2 tablespoons heavy (whipping) cream

Handful shredded Mexican blend cheese

1. Preheat the oven to 400°F. Coat six cups of a muffin tin with butter. 2. In a small bowl, mix together the almond flour and baking powder. 3. In a medium bowl, mix together the eggs, cream cheese–heavy cream mixture, shredded cheese, and 4 tablespoons of the melted butter. 4. Pour the flour mixture into the egg mixture, and beat with a hand mixer until thoroughly mixed. 5. Pour the batter into the prepared muffin cups. 6. Bake for 12 minutes, or until golden brown on top, and serve.

## **Per Serving**

calories: 247 | fat: 23g | protein: 8g | carbs: 4g | net carbs: 4g | fiber: 2g

# Breakfast Roll-Ups

**Prep time: 5 minutes | Cook time: 11 minutes | Makes 3 roll-ups**

4 large eggs

¼ cup heavy whipping cream

½ teaspoon pink Himalayan salt

6 ounces fresh spinach

6 slices bacon, cooked

2 ounces fresh (soft) goat cheese

1. Heat a 12-inch skillet over low heat and grease with coconut oil spray. 2. Put the eggs, cream, and salt in a medium-sized bowl and whisk to combine. 3. Using a ⅓-cup measuring cup, scoop out some of the egg mixture and place it in the center of the hot skillet. Tilt the pan so that the mixture coats the entire flat surface. Cover with a lid and cook for 2 to 3 minutes, until cooked through. Repeat with the rest of the egg mixture to make a total of 3 egg wraps. 4. Turn the heat up to medium-high, grease the skillet with coconut oil spray, and add the spinach. Cover with the lid and cook for 1 to 2 minutes, until the spinach has wilted and cooked down. Remove from the skillet. 5. Divide the cooked spinach among the 3 egg wraps, placing it along the edge of each wrap. Place 2 slices of bacon on top of the spinach in each wrap and divide the goat cheese evenly among the wraps. 6. Starting at the edge with the fillings, roll each egg wrap into a burrito, folding in the ends, or simply roll it up like crepe. Serve warm.

## **Per Serving**

calories: 299 | fat: 24g | protein: 20g | carbs: 4g | net carbs: 2g | fiber: 2g

# Pumpkin Spice Keto Pancakes

**Prep time: 15 minutes | Cook time: 40 minutes | Makes 12 to 14 pancakes**

6 large eggs

$\frac{3}{4}$  cup canned pumpkin

$\frac{1}{4}$  cup plus 2 tablespoons coconut flour

2 teaspoons pumpkin pie spice

1 teaspoon pure vanilla extract

1 teaspoon baking soda

1 teaspoon ground cinnamon, plus extra for garnish

2 pinches of sea salt

10 to 20 drops stevia extract

4 tablespoons ghee or butter, divided, plus more for serving

1. Place all the ingredients except the ghee in a food processor and pulse to combine. Alternatively, place all the ingredients in a medium-sized mixing bowl and whisk vigorously. Allow the batter to sit on the countertop for about 10 minutes, until it thickens a bit. 2. Melt 1 tablespoon of the ghee in a large skillet over medium-low heat. Pour it into the batter and stir to combine. 3. Add 1 tablespoon of the ghee to the skillet and return it to the heat. Spoon 3 to 4 tablespoons of batter into the skillet to make 3-inch pancakes. Cook until bubbles begin to appear on the tops of the pancakes, 2 to 3 minutes. Flip the pancakes over and cook for another 2 to 3 minutes, until the bottom is golden brown. Repeat with the remaining batter, adding 1 tablespoon of ghee to the skillet between batches. 4. Serve with ghee and a sprinkle of cinnamon.

## **Per Serving**

calories: 417 | fat: 27g | protein: 19g | carbs: 24g | net carbs: 11g | fiber: 13g

# Keto Cabbage Hash Browns

**Prep time: 5 minutes | Cook time: 8 minutes | Serves 3**

1 cup shredded white cabbage

3 eggs, beaten

½ teaspoon ground nutmeg

½ teaspoon salt

½ teaspoon onion powder

½ zucchini, grated

1 tablespoon coconut oil

1. In a bowl, stir together all the ingredients, except for the coconut oil. Form the cabbage mixture into medium hash browns. 2. Press the Sauté button on the Instant Pot and heat the coconut oil. 3. Place the hash browns in the hot coconut oil. Cook for 4 minutes on each side, or until lightly browned. 4. Transfer the hash browns to a plate and serve warm.

## **Per Serving**

calories: 115 | fat: 9.0g | protein: 6.4g | carbs: 3.2g | net carbs: 2.1g | fiber: 1.1g

# Cheesy Egg and Spinach Nest

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 1**

1 tablespoon olive oil

2 large eggs

Pink Himalayan salt

Freshly ground black pepper

½ cup shredded mozzarella cheese

½ avocado, diced

¼ cup chopped fresh spinach

1 tablespoon grated Parmesan cheese

1. In a medium skillet over medium-high heat, heat the olive oil. 2. Crack the eggs into the skillet right next to each other. 3. Season the eggs with pink Himalayan salt and pepper. 4. When the egg whites start to set, after about 2 minutes, sprinkle the mozzarella cheese around the entire perimeter of the eggs. 5. Add the diced avocado and chopped spinach to the cheese “nest.” 6. Sprinkle the Parmesan cheese over the eggs and the nest. 7. Cook until the edges of the mozzarella cheese just begin to brown and get crispy, 7 to 10 minutes. 8. Transfer to a warm plate and enjoy hot.

## **Per Serving**

calories: 563 | fat: 46g | protein: 31g | carbs: 9g | net carbs: 4g | fiber: 5g

# Super Green Smoothie with Coconut and Raspberries

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 2**

2 cups spinach  
2 cups unsweetened almond milk  
1 cup coconut water  
2 scoops (25–28 grams) vanilla protein powder  
½ cup fresh parsley  
½ cup raspberries  
2 tablespoons almond butter  
2 tablespoons coconut oil  
6 ice cubes

1. Blend the smoothie. Put the spinach, almond milk, coconut water, protein powder, parsley, raspberries, almond butter, coconut oil, and ice in a blender and blend until smooth and creamy. 2. Serve. Pour into two tall glasses and serve.

## **Per Serving**

calories: 401 | fat: 27g | protein: 28g | carbs: 16g | net carbs: 8g | fiber: 8g

# Sausage and Greens Hash Bowl

**Prep time: 25 minutes | Cook time: 25 minutes | Serves 2**

**HASH:**

⅔ cup (100 g) peeled and ½-inch-cubed rutabaga

2 tablespoons lard

2 precooked sausages (about 4 ounces/115 g), cut into ½-inch cubes

¼ cup (20 g) chopped green onions, green parts only

**FOR THE BOWLS:**

2 cups (140 g) fresh spinach

½ large Hass avocado, sliced

2 strips bacon, cooked and cut into bite-sized pieces

1 teaspoon finely chopped fresh parsley

1. Steam the rutabaga for 8 to 10 minutes, until fork-tender. 2. Melt the lard in a medium-sized frying pan over medium heat. Add the steamed rutabaga and cook for 7 to 10 minutes, until the rutabaga begins to brown. 3. Add the sausages and green onions and cook for 3 to 5 minutes, until the sausages begin to brown. 4. Meanwhile, assemble the bowls: Divide the spinach equally between 2 5. medium-sized serving bowls. When the hash is ready, divide it equally between 6. the bowls, laying it on top of the bed of spinach. Place equal amounts of the sliced avocado, bacon pieces, and parsley on top.

**Per Serving**

calories: 560 | fat: 50g | protein: 17g | carbs: 12g | net carbs: 6g | fiber: 6g

# French Toast

**Prep time: 10 minutes | Cook time: 12 to 30 minutes | Serves 3**

**Bread:**

1 tablespoon coconut oil or butter, for greasing

1 (7-ounce / 198-g) package cauliflower rice

2 eggs

6 tablespoons coconut flour

**French Toast:**

¼ cup coconut or almond milk

1 teaspoon ground cinnamon

1 teaspoon nutmeg

2 tablespoons erythritol

1 egg

½ scoop Primal Kitchen Collagen Fuel Coconut-Vanilla protein powder

½ teaspoon vanilla extract

2 tablespoons butter-flavored coconut oil or butter

½ cup sugar-free syrup (optional, but highly recommended)

Make the Bread 1. Preheat the oven to 400°F (205°C). Grease a bread loaf pan with oil or butter. 2. In a bowl, combine the cauliflower rice, eggs, and flour and mix together. 3. Pour the mixture into the prepared loaf pan and bake for 15 to 20 minutes. 4. Remove the bread from the oven. Let cool in the pan for 20 to 30 minutes, then carefully remove from the pan (this bread is not going to rise), and cut into three equal pieces. Make the French Toast 1. In a mixing bowl, combine the milk, cinnamon, nutmeg, erythritol, egg, protein powder, and vanilla and stir together. 2. Heat the coconut oil or butter in a shallow sauté pan over medium heat. 3. Carefully take a slice of the bread, dredge it in the milk mixture, and place it in the warm sauté pan. Repeat with the remaining 2 slices of bread. 4. Cook on one side for about 6 minutes (check to make sure it isn't burning, all cooktops are a bit different) and then carefully flip and cook on the other side for another 6 minutes or so. 5. Remove from the pan, transfer to plates, and drizzle sugar-free syrup over the top, if desired.

**Per Serving**

calories: 506 | fat: 34g | protein: 24g | carbs: 26g | net carbs: 17g | fiber: 9g

# Bacon Cheese Egg with Avocado

**Prep time: 15 minutes | Cook time: 20 minutes | Serves 4**

6 large eggs

¼ cup heavy whipping cream

1½ cups chopped cauliflower

1 cup shredded medium Cheddar cheese

1 medium avocado, peeled and pitted

8 tablespoons full-fat sour cream

2 scallions, sliced on the bias

12 slices sugar-free bacon, cooked and crumbled

1. In a medium bowl, whisk eggs and cream together. Pour into a round baking dish. 2. Add cauliflower and mix, then top with Cheddar. Place dish into the air fryer basket. 3. Adjust the temperature to 320°F (160°C) and set the timer for 20 minutes. 4. When completely cooked, eggs will be firm and cheese will be browned. Slice into four pieces. 5. Slice avocado and divide evenly among pieces. Top each piece with 2 tablespoons sour cream, sliced scallions, and crumbled bacon.

## **Per Serving**

calories: 506 | fat: 40g | protein: 28g | carbs: 10g | net carbs: 6g | fiber: 4g

# Golden Pancakes

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 4**

⅔ cup almond flour

⅓ cup coconut flour

1 tablespoon monk fruit sweetener, powder form (optional)

1 teaspoon baking powder

¼ teaspoon ground nutmeg

3 eggs

¼ to ½ cup coconut milk

3 tablespoons coconut oil

1 teaspoon pure vanilla extract

Grass-fed butter, for cooking the pancakes

½ cup sugar-free syrup (optional)

1. Mix the dry ingredients. In a large bowl, stir together the almond flour, coconut flour, monk fruit sweetener (if using), baking powder, and nutmeg until everything is well blended. 2. Add the wet ingredients. In a small bowl, whisk together the eggs, ¼ cup of the coconut milk, and the coconut oil and vanilla. Add the wet ingredients to the dry ingredients and whisk until the batter is smooth. If the batter is too thick, add more coconut milk. 3. Cook the pancakes. In a large skillet over medium heat, melt the butter. Drop the pancake batter by tablespoons, about 3 per pancake, and spread it out to form circles. You should be able to cook about four pancakes per batch. Cook until bubbles form on the pancakes and burst, about 2 minutes. Flip the pancakes and cook until browned and cooked through, about 2 more minutes. Transfer the pancakes to a plate and set it aside. Repeat with the remaining batter until it's all used up. 4. Serve. Divide the pancakes between four plates and top with your favorite accompaniments.

## **Per Serving**

calories: 389 | fat: 33g | protein: 10g | carbs: 14g | net carbs: 4g | fiber: 8g

## No-Bake Keto Power Bars

**Prep time: 10 minutes | Cook time: 0 minutes | Makes 12 bars**

½ cup pili nuts

½ cup whole hazelnuts

½ cup walnut halves

¼ cup hulled sunflower seeds

¼ cup unsweetened coconut flakes or chips

¼ cup hulled hemp seeds

2 tablespoons unsweetened cacao nibs

2 scoops collagen powder (I use 1 scoop Perfect Keto vanilla collagen and 1 scoop Perfect Keto unflavored collagen powder)

½ teaspoon ground cinnamon

½ teaspoon sea salt

¼ cup coconut oil, melted

1 teaspoon vanilla extract

Stevia or monk fruit to sweeten (optional if you are using unflavored collagen powder)

1. Line a 9-inch square baking pan with parchment paper. 2. In a food processor or blender, combine the pili nuts, hazelnuts, walnuts, sunflower seeds, coconut, hemp seeds, cacao nibs, collagen powder, cinnamon, and salt and pulse a few times. 3. Add the coconut oil, vanilla extract, and sweetener (if using). Pulse again until the ingredients are combined. Do not over pulse or it will turn to mush. You want the nuts and seeds to still have some texture. 4. Pour the mixture into the prepared pan and press it into an even layer. Cover with another piece of parchment (or fold over extra from the first piece) and place a heavy pan or dish on top to help press the bars together. 5. Refrigerate overnight and then cut into 12 bars. Store the bars in individual storage bags in the refrigerator for a quick grab-and-go breakfast.

### **Per Serving**

calories: 242 | fat: 22g | protein: 6g | carbs: 4g | net carbs: 2g | fiber: 2g

## Egg Muffins in Ham Cups

**Prep time: 5 minutes | Cook time: 18 minutes | Serves 6**

1 tablespoon coconut oil, melted

6 slices ham (thin-sliced is better)

6 large eggs

Salt and pepper, to taste

3 tablespoons shredded Cheddar cheese (optional)

1. Preheat the oven to 400°F (205°C). Brush six cups of a muffin tin with the melted coconut oil. 2. Line each cup with 1 slice of ham. Crack 1 egg into each cup. Season with salt and pepper, then sprinkle ½ tablespoon of Cheddar cheese on each egg. 3. Bake for 13 to 18 minutes depending on how you like your egg yolks set. 4. Remove from the oven and let cool for a few minutes before carefully removing the “muffins.” Refrigerate in a glass or plastic container so they don’t get smushed or dried out.

### **Per Serving**

calories: 178 | fat: 13g | protein: 14g | carbs: 1g | net carbs: 1g | fiber: 0g

# Almond Flour Pancakes

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 6**

2 cups (8 ounces / 227 g) blanched almond flour

¼ cup erythritol

1 tablespoon baking powder

¼ teaspoon sea salt

4 large eggs

⅔ cup unsweetened almond milk

¼ cup avocado oil, plus more for frying

2 teaspoons vanilla extract

1. In a blender, combine all ingredients and blend until smooth. Let the batter rest for 5 to 10 minutes. 2. Preheat a large, very lightly oiled skillet over medium-low heat. (Keep oil very minimal for perfectly round pancakes.) Working in batches, pour circles of batter onto the pan, 2 tablespoons (⅛ cup) at a time for 3-inch pancakes. Cook 1½ to 2 minutes, until bubbles start to form on the edges. Flip and cook another minute or two, until browned on the other side. 3. Repeat with the remaining batter.

## **Per Serving**

calories: 355 | fat: 31g | protein: 12g | carbs: 12g | net carbs: 5g | fiber: 7g

# Tahini Banana Detox Smoothie

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 2**

1½ cups unsweetened almond milk

½ cup heavy (whipping) cream

1 banana

2 scoops (25–28 grams) vanilla protein powder

2 tablespoons tahini

½ teaspoon ground cinnamon

5 ice cubes

1. Blend the smoothie. Put the almond milk, cream, banana, protein powder, tahini, cinnamon, and ice in a blender and blend until smooth and creamy. 2. Serve. Pour into two tall glasses and serve.

## **Per Serving**

calories: 425 | fat: 29g | protein: 25g | carbs: 16g | net carbs: 10g | fiber: 6g

# Bacon and Mushrooms with Soft-Boiled Eggs

**Prep time: 8 minutes | Cook time: 15 minutes | Serves 4**

½ pound (227 g) bacon, diced

12 ounces (340 g) baby portobello mushrooms, stemmed and quartered

¼ cup diced onions

4 large eggs (omit for egg-free)

3 tablespoons plus 2 teaspoons coconut vinegar or red wine vinegar

3 tablespoons MCT oil or extra-virgin olive oil

1 teaspoon Dijon mustard

½ teaspoon fine sea salt

¼ teaspoon freshly ground black pepper

1 teaspoon Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (optional)

Chopped fresh chives, for garnish

1. Place the diced bacon in a skillet and sauté over medium heat until crispy, about 5 minutes. Using a slotted spoon, remove the bacon but leave the drippings in the pan. Add the mushrooms and onions and sauté in the drippings for 10 minutes, or until the mushrooms are golden brown and cooked through. 2. Meanwhile, make the soft-boiled eggs: Place the eggs in a pot of simmering, not boiling, water, cover, and simmer for 6 minutes. Immediately rinse under cold water. Peel and set aside. 3. Add the vinegar, oil, mustard, salt, pepper, and sweetener, if using, to the sauté pan with the mushrooms and stir well. Add the crispy bacon and stir to combine. 4. Place the mushroom mixture on a serving platter. Slice the eggs in half and place them yolk side up on top of the mushroom mixture. Garnish with fresh chives. 5. Store extras in an airtight container in the fridge for up to 4 days. Best served fresh.

## **Per Serving**

calories: 528 | fat: 44g | protein: 28g | carbs: 5g | net carbs: 4g | fiber: 1g

# Sausage, Spinach, and Goat Cheese Breakfast Casserole

**Prep time: 10 minutes | Cook time: 40 minutes | Makes 10 squares**

Butter or coconut oil, for greasing

1 pound (454 g) breakfast sausage or ground pork

1 (10-ounce / 283-g) package frozen spinach, thawed and squeezed to remove excess liquid

12 eggs

½ cup heavy (whipping) cream

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

5 ounces (142 g) goat cheese, crumbled

1. Preheat the oven to 400°F (205°C) and grease a 9-by-13-inch baking dish.
2. In a medium bowl, break up the sausage into small pieces. Add the spinach and mix well. Spread the mixture over the bottom of the prepared baking dish.
3. In a large bowl, whisk together the eggs, cream, salt, and pepper. Slowly pour the egg mixture over the sausage and spinach and then top with the cheese.
4. Bake for 30 to 40 minutes until fluffy and set.
5. Let cool and then cut into 10 squares. Refrigerate portions for the week in a glass container or resealable plastic bag and freeze the rest for up to 3 months. To serve, reheat in the microwave for 1 minute if previously thawed in the refrigerator overnight or 2 minutes if frozen.

**Per Serving (1 square):**

calories: 322 | fat: 26g | protein: 19g | carbs: 3g | net carbs: 2g | fiber: 1g

# Crustless Quiche Lorraine

**Prep time: 10 minutes | Cook time: 50 minutes | Serves 6**

6 slices bacon

½ cup half-moon sliced onion

6 large eggs

½ cup heavy cream

½ teaspoon sea salt

⅛ teaspoon cayenne pepper

2 tablespoons finely chopped fresh chives

1 cup (4 ounces / 113 g) shredded Swiss cheese, divided into ¾ cup and ¼ cup

1 cup (4 ounces / 113 g) shredded Gruyère cheese, divided into ¾ cup and ¼ cup

1. In a large sauté pan, fry the bacon over medium heat until crispy on both sides. Set aside to drain on paper towels, leaving the bacon grease in the pan.
2. Add the onion to the pan with the bacon grease and sauté over medium heat for about 10 minutes, until translucent and starting to brown. Set aside to cool slightly.
3. Preheat the oven to 350°F (180°C). Grease a 9-inch pie pan.
4. In a large bowl, whisk together the eggs, cream, sea salt, cayenne pepper, and chives. Stir in ¾ cup each of the Swiss and Gruyère cheeses.
5. Pour the egg mixture into the prepared pie pan. Sprinkle with the cooked onion. Cut the bacon into small pieces and sprinkle over the eggs. Push the onion and bacon into the eggs. Sprinkle with the remaining ¼ cup each of the Swiss and Gruyère cheeses.
6. Bake for 30 to 40 minutes, until a knife inserted in the center comes out clean.

## **Per Serving**

calories: 405 | fat: 33g | protein: 22g | carbs: 3g | net carbs: 3g | fiber: 0g

# Counterfeit Bagels

**Prep time: 15 minutes | Cook time: 17 minutes | Serves 10**

1½ cups blanched almond flour

1 tablespoon baking powder

2½ cups shredded whole milk mozzarella cheese

2 ounces full-fat cream cheese, softened

2 large eggs, whisked

2 tablespoons Everything but the Bagel seasoning

1 tablespoon unsalted butter, melted

1 Preheat oven to 400°F. Line a baking sheet with parchment paper. 2 In a small bowl, mix almond flour and baking powder. 3 In a medium microwave-safe bowl, mix mozzarella cheese, cream cheese, and whisked eggs. 4 Microwave cheese mixture 1 minute. Stir and microwave again 30 seconds. Let mixture cool until okay to handle. 5 Combine dry ingredients into cheese mixture. Work quickly, stirring with a sturdy spatula or bamboo spoon to create dough. Shape dough into approximately ¾"-thick snakes, and then form into ten bagels. 6 Place bagels on prepared baking sheet and sprinkle tops with seasoning. Bake 15 minutes until browning on top. 7 Remove bagels from oven, brush with melted butter, and serve.

## **Per Serving**

calories: 236 | fat: 18g | protein: 11g | carbs: 5g | net carbs: 3g | fiber: 2g

# Herbed Buttery Breakfast Steak

**Prep time: 5 minutes | Cook time: 1 minute | Serves 2**

½ cup water

1 pound (454 g) boneless beef sirloin steak

½ teaspoon salt

½ teaspoon black pepper

1 clove garlic, minced

2 tablespoons butter, softened

¼ teaspoon dried rosemary

¼ teaspoon dried parsley

Pinch of dried thyme

1. Pour the water into the Instant Pot and put the trivet in the pot. 2. Rub the steak all over with salt and black pepper. Place the steak on the trivet. 3. In a small bowl, stir together the remaining ingredients. Spread half of the butter mixture over the steak. 4. Set the lid in place. Select the Manual mode and set the cooking time for 1 minute on Low Pressure. When the timer goes off, perform a quick pressure release. Carefully open the lid. 5. Remove the steak from the pot. Top with the remaining half of the butter mixture. Serve hot.

## **Per Serving**

calories: 426 | fat: 25.1g | protein: 46.8g | carbs: 0.6g | net carbs: 0.4g | fiber: 0.2g

# Cheese Egg Muffins

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 6**

4 eggs

2 tablespoons heavy cream

¼ teaspoon salt

⅛ teaspoon pepper

⅓ cup shredded Cheddar cheese

1 cup water

1. In a large bowl, whisk eggs and heavy cream. Add salt and pepper. 2. Pour mixture into 6 silicone cupcake baking molds. Sprinkle cheese into each cup. 3. Pour water into Instant Pot and place steam rack in bottom of pot. Carefully set filled silicone molds steadily on steam rack. If all do not fit, separate into two batches. 4. Click lid closed. Press the Manual button and adjust time for 10 minutes. When timer beeps, allow a quick release and remove lid. Egg bites will look puffy at first, but will become smaller once they begin to cool. Serve warm.

## **Per Serving**

calories: 90 | fat: 6g | protein: 6g | carbs: 1g | net carbs: 1g | fiber: 0g

# Traditional Porridge

**Prep time: 5 minutes | Cook time: 4 minutes | Serves 4**

2 tablespoons coconut oil  
1 cup full-fat coconut milk  
2 tablespoons blanched almond flour  
2 tablespoons sugar-free chocolate chips  
1 cup heavy whipping cream  
½ cup chopped cashews  
½ cup chopped pecans  
½ teaspoon ground cinnamon  
½ teaspoon erythritol, or more to taste  
¼ cup unsweetened coconut flakes

1. Set the Instant Pot to Sauté and melt the coconut oil. 2. Pour in the coconut milk, 1 cup of filtered water, then combine and mix the flour, chocolate chips, whipping cream, cashews, pecans, cinnamon, erythritol, and coconut flakes, inside the Instant Pot. 3. Close the lid, set the pressure release to Sealing, and hit Cancel to stop the current program. Select Manual, set the Instant Pot to 4 minutes on High Pressure, and let cook. 4. Once cooked, perform a quick release by carefully switching the pressure valve to Venting. 5. Open the Instant Pot, serve, and enjoy!

## **Per Serving**

calories: 533 | fat: 51g | protein: 7g | carbs: 16g | net carbs: 11g | fiber: 5g

## Nutty “Oatmeal”

**Prep time: 5 minutes | Cook time: 4 minutes | Serves 4**

2 tablespoons coconut oil  
1 cup full-fat coconut milk  
1 cup heavy whipping cream  
½ cup macadamia nuts  
½ cup chopped pecans  
⅓ cup Swerve, or more to taste  
¼ cup unsweetened coconut flakes  
2 tablespoons chopped hazelnuts  
2 tablespoons chia seeds  
½ teaspoon ground cinnamon

1. Before you get started, soak the chia seeds for about 5 to 10 minutes (can be up to 20, if desired) in 1 cup of filtered water. After soaking, set the Instant Pot to Sauté and add the coconut oil. Once melted, pour in the milk, whipping cream, and 1 cup of filtered water. Then add the macadamia nuts, pecans, Swerve, coconut flakes, hazelnuts, chia seeds, and cinnamon. Mix thoroughly inside the Instant Pot. 2. Close the lid, set the pressure release to Sealing, and hit Cancel to stop the current program. Select Manual, set the Instant Pot to 4 minutes on High Pressure, and let cook. 3. Once cooked, carefully switch the pressure release to Venting. 4. Open the Instant Pot, serve, and enjoy!

### **Per Serving**

calories: 506 | fat: 53g | protein: 6g | carbs: 11g | net carbs: 5g | fiber: 6g

# Buffalo Egg Cups

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 2**

4 large eggs

2 ounces (57 g) full-fat cream cheese

2 tablespoons buffalo sauce

½ cup shredded sharp Cheddar cheese

1. Crack eggs into two ramekins. 2. In a small microwave-safe bowl, mix cream cheese, buffalo sauce, and Cheddar. Microwave for 20 seconds and then stir. Place a spoonful into each ramekin on top of the eggs. 3. Place ramekins into the air fryer basket. 4. Adjust the temperature to 320°F (160°C) and bake for 15 minutes. 5. Serve warm.

## **Per Serving**

calories: 354 | fat: 29g | protein: 21g | carbs: 3g | fiber: 0g | sodium: 343mg

# Nut Medley Granola

**Prep time: 10 minutes | Cook time: 1 hour | Serves 8**

2 cups shredded unsweetened coconut

1 cup sliced almonds

1 cup raw sunflower seeds

½ cup raw pumpkin seeds

½ cup walnuts

½ cup melted coconut oil

10 drops liquid stevia

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

1. Preheat the oven to 250°F. Line 2 baking sheets with parchment paper. Set aside. 2. Toss together the shredded coconut, almonds, sunflower seeds, pumpkin seeds, and walnuts in a large bowl until mixed. 3. In a small bowl, stir together the coconut oil, stevia, cinnamon, and nutmeg until blended. 4. Pour the coconut oil mixture into the nut mixture and use your hands to blend until the nuts are very well coated. 5. Transfer the granola mixture to the baking sheets and spread it out evenly. 6. Bake the granola, stirring every 10 to 15 minutes, until the mixture is golden brown and crunchy, about 1 hour. 7. Transfer the granola to a large bowl and let the granola cool, tossing it frequently to break up the large pieces. 8. Store the granola in airtight containers in the refrigerator or freezer for up to 1 month.

## **Per Serving**

calories: 391 | fat: 38g | protein: 10g | carbs: 10g | net carbs: 4g | fiber: 6g

# Veggie Frittata

**Prep time: 7 minutes | Cook time: 21 to 23 minutes | Serves 2**

Avocado oil spray

¼ cup diced red onion

¼ cup diced red bell pepper

¼ cup finely chopped broccoli

4 large eggs

3 ounces (85 g) shredded sharp Cheddar cheese, divided

½ teaspoon dried thyme

Sea salt and freshly ground black pepper, to taste

1. Spray a pan well with oil. Put the onion, pepper, and broccoli in the pan, place the pan in the air fryer, and set to 350°F (177°C). Bake for 5 minutes. 2. While the vegetables cook, beat the eggs in a medium bowl. Stir in half of the cheese, and season with the thyme, salt, and pepper. 3. Add the eggs to the pan and top with the remaining cheese. Set the air fryer to 350°F (177°C). Bake for 16 to 18 minutes, until cooked through.

## **Per Serving**

calories: 326 | fat: 23g | protein: 24g | carbs: 4g | fiber: 1g | sodium: 156mg

# Prosciutto Baked Eggs with Spinach

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 6**

1 (12 ounces / 340 g) bag frozen spinach, thawed and drained

6 ounces (170 g) prosciutto, very thinly sliced (about 12 large, ultra-thin slices)

1 tablespoon avocado oil

6 cloves garlic, minced

¼ cup finely chopped sun-dried tomatoes

⅛ teaspoon sea salt

Pinch of black pepper

12 large eggs

1. Preheat the oven to 350°F (180°C). 2. Place the thawed spinach into a kitchen towel and squeeze well over the sink, getting rid of as much liquid as possible. Set aside. 3. Line 12 cups of a muffin tin with a thin layer of prosciutto, overlapping the prosciutto pieces slightly if necessary. Wrap around the sides first, then patch any holes and the bottom. Set aside. 4. In a large skillet, heat the oil over medium-high heat. Add the minced garlic and sauté for about 30 seconds, until fragrant. Add the spinach and sun-dried tomatoes. Season with the sea salt and black pepper. Sauté for 5 minutes. 5. Divide the spinach mixture evenly among the prosciutto-lined muffin cups. Crack an egg into each muffin cup. 6. Transfer the pan to the oven and bake until the eggs are done to your liking, approximately as follows: a. Runny yolks: 13 to 15 minutes b. Semi-firm yolks: 16 to 18 minutes c. Firm yolks: 18 to 20 minutes 7. Allow the egg muffins to cool in the pan for a few minutes before removing.

## **Per Serving**

calories: 314 | fat: 22g | protein: 20g | carbs: 7g | net carbs: 5g | fiber: 2g

# Creamy Keto Coffee

**Prep time: 2 minutes | Cook time: 0 minutes | Serves 1**

1 cup brewed coffee

¼ to ⅓ cup full-fat coconut, nut, or dairy milk

1 tablespoon cacao butter

1 scoop grass-fed collagen peptides

1 scoop MCT powder

2 or 3 drops stevia extract (optional)

Pinch of sea salt

Ground cinnamon, for garnish

1. Place all the ingredients in a blender and blend until smooth. 2. Garnish with ground cinnamon.

## **Per Serving**

calories: 320 | fat: 30g | protein: 11g | carbs: 3g | net carbs: 2g | fiber: 1g

# Coffee Smoothie

**Prep time: 5 minutes | Cook time: 0 minutes | serves 2**

1 cup unsweetened hemp milk

½ cup ice

⅓ cup cold-brew coffee

½ avocado

2 tablespoons cacao powder

1 scoop plant-based, low-carb protein powder (such as Truvani or Sunwarrior brands) (optional)

2 or 3 drops liquid stevia

1. Combine all the ingredients in a blender and blend on high until creamy and smooth. 2. Divide between tall serving glasses and enjoy chilled.

## **Per Serving**

calories: 130 | fat: 9g | protein: 3g | carbs: 8g | net carbs: 4g | fiber: 4g

# Blueberry Almond Cereal

**Prep time: 5 minutes | Cook time: 2 minutes | Serves 4**

1/3 cup crushed roasted almonds

1/4 cup almond flour

1/4 cup unsalted butter, softened

1/4 cup vanilla-flavored egg white protein powder

2 tablespoons Swerve

1 teaspoon blueberry extract

1 teaspoon ground cinnamon

1. Add all the ingredients to the Instant Pot and stir to combine. 2. Lock the lid, select the Manual mode and set the cooking time for 2 minutes on High Pressure. When the timer goes off, do a natural pressure release for 10 minutes, then release any remaining pressure. Open the lid. 3. Stir well and pour the mixture onto a sheet lined with parchment paper to cool. It will be crispy when completely cool. 4. Serve the cereal in bowls.

## **Per Serving**

calories: 282 | fat: 24.0g | protein: 10.1g | carbs: 6.9g | net carbs: 2.8g | fiber: 4.1g

## 60-Second Mug Biscuits

**Prep time: 2 minutes | Cook time: 1 minutes | Serves 4**

1 large egg

3 tablespoons blanched almond flour

1 tablespoon coconut flour

1 tablespoon unsalted butter, softened

1 teaspoon avocado oil

¼ teaspoon baking powder

Pinch of salt

1 Place all the ingredients in a microwave-safe mug and mix with a fork until smooth. Use the back of a spoon to smooth the top. 2 Microwave for 1 minute (you might need to adjust the cook time based on your microwave). 3 Carefully remove the mug from microwave—it will be hot—cover with a plate, and turn upside down to allow the biscuit to slide from the mug onto the plate. Set the muffin on its side and cut into 4 even slices.

### **Per Serving**

calories: 182 | fat: 17g | protein: 6g | carbs: 5g | net carbs: 2g | fiber: 3g

# Primal Omelet

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 1**

1 tablespoon salted butter

1 ounce (28 g) chopped mushrooms

1 ounce (28 g) chopped onions

1 ounce (28 g) chopped red bell peppers

4 medium eggs

1 ounce (28 g) cream

¼ teaspoon salt

⅛ teaspoon freshly ground pepper

½ ounce (14 g) shredded Cheddar cheese (optional)

1. Melt half the butter in a medium skillet over medium heat. Add vegetables and sauté until soft, 5 to 7 minutes. Remove vegetables from pan. 2. In the same pan, melt the remaining butter. In a small bowl, whisk together eggs, cream, salt, and pepper. Tilt and swirl the pan so the butter coats the entire bottom. Add the egg mixture and tilt and swirl the pan in the same manner. 3. Cook without stirring. As the egg around the edge sets, use a silicone spatula to gently push the egg away from the sides of the pan, and tilt the pan so that the egg mixture in the center can get to the edge. 4. When the entire egg mixture is set, add the vegetables on top of one half of the omelet. Sprinkle half of the cheese (if using) over the vegetables, then gently fold the omelet in half to cover the vegetables. Slide the omelet onto a plate and sprinkle with the remaining cheese. Serve immediately.

## **Per Serving**

calories: 610 | fat: 49g | protein: 30g | carbs: 12g | net carbs: 8g | fiber: 4g

# Spaghetti Squash Fritters

**Prep time: 15 minutes | Cook time: 8 minutes | Serves 4**

2 cups cooked spaghetti squash  
2 tablespoons unsalted butter, softened  
1 large egg  
¼ cup blanched finely ground almond flour  
2 stalks green onion, sliced  
½ teaspoon garlic powder  
1 teaspoon dried parsley

1. Remove excess moisture from the squash using a cheesecloth or kitchen towel. 2. Mix all ingredients in a large bowl. Form into four patties. 3. Cut a piece of parchment to fit your air fryer basket. Place each patty on the parchment and place into the air fryer basket. 4. Adjust the temperature to 400°F (204°C) and set the timer for 8 minutes. 5. Flip the patties halfway through the cooking time. Serve warm.

## **Per Serving**

calories: 146 | fat: 12g | protein: 4g | carbs: 7g | sugars: 3g | fiber: 2g | sodium: 36mg

# Classic Cinnamon Roll Coffee Cake

**Prep time: 10 minutes | Cook time: 45 minutes | Serves 8**

Cake:

2 cups almond flour  
1 cup granulated erythritol  
1 teaspoon baking powder  
Pinch of salt  
2 eggs  
½ cup sour cream  
4 tablespoons butter, melted  
2 teaspoons vanilla extract  
2 tablespoons Swerve  
1½ teaspoons ground cinnamon

Cooking spray

½ cup water

Icing:

2 ounces (56 g) cream cheese, softened  
1 cup powdered erythritol  
1 tablespoon heavy cream  
½ teaspoon vanilla extract

1. In the bowl of a stand mixer, combine the almond flour, granulated erythritol, baking powder and salt. Mix until no lumps remain. Add the eggs, sour cream, butter and vanilla to the mixer bowl and mix until well combined.
2. In a separate bowl, mix together the Swerve and cinnamon.
3. Spritz the baking pan with cooking spray. Pour in the cake batter and use a knife to make sure it is level around the pan. Sprinkle the cinnamon mixture on top. Cover the pan tightly with aluminum foil.
4. Pour the water and insert the trivet in the Instant Pot. Put the pan on the trivet.
5. Set the lid in place. Select the Manual mode and set the cooking time for 45 minutes on High Pressure. When the timer goes off, do a quick pressure release. Carefully open the lid.
6. Remove the cake from the pot and remove the foil. Blot off any moisture on top of the cake with a paper towel, if necessary. Let rest in the pan for 5 minutes.
7. Meanwhile, make the icing: In a small bowl, use a mixer to whip the cream cheese until it is light and fluffy. Slowly fold in the powdered erythritol and mix until well combined. Add the heavy cream and

vanilla extract and mix until thoroughly combined. 8. When the cake is cooled, transfer it to a platter and drizzle the icing all over.

**Per Serving**

calories: 313 | fat: 27.0g | protein: 8.7g | carbs: 6.8g | net carbs: 3.5g | fiber: 3.3g

# Keto English Muffins

**Prep time: 2 minutes | Cook time: 1 or 12 minutes | Serves 1**

1 teaspoon coconut oil, for greasing the ramekin

1 large egg

2 teaspoons coconut flour

Pinch of baking soda

Pinch of fine sea salt

1. Grease a 4-ounce (113-g) ramekin with the coconut oil. If using the toaster oven method, preheat the toaster oven to 400°F (205°C). 2. In a small mixing bowl, combine the egg and coconut flour with a fork until well combined, then add the rest of the ingredients and stir to combine. 3. Place the dough in the greased ramekin. To cook in a microwave, cook on high for 1 minute, until a toothpick inserted in the middle comes out clean. To cook in a toaster oven, bake for 12 minutes, until a toothpick inserted in the middle comes out clean. 4. Allow to cool in the ramekin for 5 minutes. Remove the muffin from the ramekin and allow to cool completely. Slice in half and serve.

## **Per Serving**

calories: 130 | fat: 7g | protein: 8g | carbs: 8g | net carbs: 3g | fiber: 5g

# Quick Keto Blender Muffins

**Prep time: 5 minutes | Cook time: 25 minutes | Makes 12 muffins**

Butter, ghee, or coconut oil for greasing the pan

6 eggs

8 ounces (227 g) cream cheese, at room temperature

2 scoops flavored collagen powder

1 teaspoon ground cinnamon

1 teaspoon baking powder

Few drops or dash sweetener (optional)

1. Preheat the oven to 350°F (180°C). Grease a 12-cup muffin pan very well with butter, ghee, or coconut oil. Alternatively, you can use silicone cups or paper muffin liners. 2. In a blender, combine the eggs, cream cheese, collagen powder, cinnamon, baking powder, and sweetener (if using). Blend until well combined and pour the mixture into the muffin cups, dividing equally. 3. Bake for 22 to 25 minutes until the muffins are golden brown on top and firm. 4. Let cool then store in a glass container or plastic bag in the refrigerator for up to 2 weeks or in the freezer for up to 3 months. 5. To serve refrigerated muffins, heat in the microwave for 30 seconds. To serve from frozen, thaw in the refrigerator overnight and then microwave for 30 seconds, or microwave straight from the freezer for 45 to 60 seconds or until heated through.

**Per Serving (1 muffin):**

calories: 120 | fat: 10g | protein: 6g | carbs: 1g | net carbs: 1g | fiber: 0g

# Sausage, Egg, and Cheese Breakfast Bake

**Prep time: 15 minutes | Cook time: 35 minutes | Serves 6**

1 tablespoon unsalted butter  
1/3 cup chopped yellow onions  
1 pound bulk breakfast sausage  
8 large eggs  
1/3 cup heavy whipping cream  
1 clove garlic, pressed  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 cup shredded cheddar cheese

1 Preheat the oven to 350°F. Lightly coat an 8-inch deep-dish pie dish or baking dish with coconut oil or nonstick cooking spray. 2 Heat the butter in a large skillet over medium heat. Add the onions and sauté until soft, 3 to 4 minutes. 3 Add the sausage and cook until evenly browned, 4 to 5 minutes. Drain and set aside. 4 In a large bowl, whisk the eggs, cream, garlic, salt, and pepper. 5 Spread the sausage evenly on the bottom of the prepared dish and top with the cheese. Pour the egg mixture over the cheese. 6 Bake for 35 minutes, until the eggs are set and the top is lightly golden brown. 7 Allow to cool for 3 to 5 minutes before serving. Leftovers can be covered and stored in the refrigerator for up to 4 days.

## **Per Serving**

calories: 394 | fat: 33g | protein: 22g | carbs: 3g | net carbs: 3g | fiber: 0g

## All Day Any Day Hash

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 4**

¼ cup (55 g) coconut oil or ghee

⅔ cup (100 g) sliced white onions

3 cloves garlic, minced

3 medium turnips (about 1 lb/455 g), peeled and cubed

2 medium carrots (about 5 oz/140 g), diced

1 red bell pepper, diced

8 ounces (225 g) boneless steak, thinly sliced

⅓ cup (25 g) crushed pork rinds

2 tablespoons chopped fresh parsley leaves

1 teaspoon fresh thyme leaves

¼ teaspoon finely ground sea salt

⅛ teaspoon ground black pepper

½ cup (120 ml) creamy Italian dressing

1. Heat the oil in a large frying pan over medium heat. Add the onions and garlic and cook until the onions are translucent, 5 to 7 minutes. 2. Add the turnips, carrots, bell pepper, and steak. Toss to coat, cover, and cook for 15 to 18 minutes, stirring every 3 minutes, until the turnips are fork-tender and the steak is cooked to your liking. Remove the pan from the heat. 3. Add the crushed pork rinds, parsley, thyme, salt, and pepper and toss to coat. 4. Divide the hash evenly among 4 bowls and drizzle each bowl with 2 tablespoons of dressing just before serving.

### **Per Serving**

calories: 512 | fat: 37g | protein: 27g | carbs: 17g | net carbs: 13g | fiber: 4g

# Greek Yogurt Crunch Bowl

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 2**

¼ cup unsweetened coconut flakes

2 tablespoons sliced almonds

1 cup plain full-fat Greek yogurt

⅓ cup full-fat coconut milk

Keto-friendly sweetener to taste (optional)

2 tablespoons raw almond butter (no added sugar)

2 tablespoons cacao nibs

Sprinkle of ground cinnamon

1. In a small, dry skillet set over medium-low heat, toast the coconut flakes until lightly brown. Repeat for the sliced almonds. 2. Stir together the yogurt, coconut milk, and sweetener, if using. Divide the mixture between two bowls. Add 1 tablespoon almond butter to each, and stir to swirl together (don't worry about combining entirely). Top each with some toasted coconut, sliced almonds, and cacao nibs, and sprinkle with cinnamon.

## **Per Serving**

calories: 481 | fat: 37g | protein: 19g | carbs: 18g | net carbs: 16g | fiber: 2g

# Italian Egg Cups

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 4**

Olive oil

1 cup marinara sauce

4 eggs

4 tablespoons shredded Mozzarella cheese

4 teaspoons grated Parmesan cheese

Salt and freshly ground black pepper, to taste

Chopped fresh basil, for garnish

1. Lightly spray 4 individual ramekins with olive oil. 2. Pour  $\frac{1}{4}$  cup of marinara sauce into each ramekin. 3. Crack one egg into each ramekin on top of the marinara sauce. 4. Sprinkle 1 tablespoon of Mozzarella and 1 tablespoon of Parmesan on top of each egg. Season with salt and pepper. 5. Cover each ramekin with aluminum foil. Place two of the ramekins in the air fryer basket. 6. Air fry at 350°F (177°C) for 5 minutes and remove the aluminum foil. Air fry until the top is lightly browned and the egg white is cooked, another 2 to 4 minutes. If you prefer the yolk to be firmer, cook for 3 to 5 more minutes. 7. Repeat with the remaining two ramekins. Garnish with basil and serve.

## **Per Serving**

calories: 123 | fat: 7g | protein: 9g | carbs: 6g | fiber: 1g | sodium: 84mg

# Bulletproof Coffee

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 1**

1½ cups hot coffee

2 tablespoons MCT oil powder or Bulletproof Brain Octane Oil

2 tablespoons butter or ghee

1. Pour the hot coffee into the blender. 2. Add the oil powder and butter, and blend until thoroughly mixed and frothy. 3. Pour into a large mug and enjoy.

## **Per Serving**

calories: 463 | fat: 51g | protein: 1g | carbs: 0g | net carbs: 0g | fiber: 0g

# Radish Hash Browns

**Prep time: 10 minutes | Cook time: 40 minutes | Serves 10**

2 pounds radishes, trimmed

4 tablespoons olive oil

1 large egg, whisked

1/8 teaspoon salt

1/8 teaspoon black pepper

1. Shred radishes using a food processor or hand grater and squeeze out extra moisture using cheesecloth or clean dish towel. 2. In a medium skillet over medium heat, heat oil. Add radishes and stir often. Sauté 20–30 minutes until golden. Remove from heat and place into a medium bowl. 3. Stir whisked egg into bowl with salt and pepper. 4. Form ten small pancakes. Add back to hot skillet. Heat 3–5 minutes on each side until solid and brown. 5. Serve warm.

## **Per Serving**

calories: 63 | fat: 6g | protein: 1g | carbs: 2g | net carbs: 1g | fiber: 1g

# Thanksgiving Balls

**Prep time: 20 minutes | Cook time: 35 minutes | Serves 14**

¼ cup (52 g) duck fat

4½ ounces (125 g) chicken sausages, chopped

½ cup (85 g) chopped celery

3 white mushrooms (about 2¼ ounces/65 g), chopped

2 small cloves garlic, minced

2 teaspoons dried thyme leaves

½ teaspoon dried ground sage

½ teaspoon finely ground gray sea salt

¼ teaspoon ground black pepper

¾ cup (85 g) raw walnut pieces, soaked for 12 hours, then drained and rinsed

¼ packed cup (16 g) fresh parsley leaves, finely chopped

1. Preheat the oven to 350°F (177°C) and line a rimmed baking sheet with parchment paper or a silicone baking mat. 2. Place the duck fat, sausages, celery, mushrooms, and garlic in a frying pan over medium heat. Cook for 7 to 10 minutes, until the celery is fork-tender and the sausages reach an internal temperature of 165°F (74°C). 3. Add the thyme, sage, salt, and pepper and continue to cook for 1 to 2 minutes, until fragrant. Remove from the heat and transfer the contents of the pan to a blender or food processor. 4. Add the walnuts and pulse until the ingredients are broken down but still have some texture. 5. Transfer 3 tablespoons of the mixture to a bowl, then blend the rest until smooth. 6. Transfer the blended-smooth ingredients to the bowl and stir in the parsley. 7. Scoop up a heaping tablespoon of the mixture, roll it into a ball, and place it on the prepared baking sheet. Repeat with the remaining mixture. 8. Bake the meatballs for 22 to 25 minutes, until browned and lightly cracked on the tops. Allow to cool on the baking sheet for 30 minutes before serving.

## **Per Serving**

calories: 82 | fat: 8g | protein: 2g | carbs: 1g | net carbs: 1g | fiber: 1g

# Broccoli-Mushroom Frittata

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 2**

1 tablespoon olive oil

1½ cups broccoli florets, finely chopped

½ cup sliced brown mushrooms

¼ cup finely chopped onion

½ teaspoon salt

¼ teaspoon freshly ground black pepper

6 eggs

¼ cup Parmesan cheese

1. In a nonstick cake pan, combine the olive oil, broccoli, mushrooms, onion, salt, and pepper. Stir until the vegetables are thoroughly coated with oil. Place the cake pan in the air fryer basket and set the air fryer to 400°F (204°C). Air fry for 5 minutes until the vegetables soften. 2. Meanwhile, in a medium bowl, whisk the eggs and Parmesan until thoroughly combined. Pour the egg mixture into the pan and shake gently to distribute the vegetables. Air fry for another 15 minutes until the eggs are set. 3. Remove from the air fryer and let sit for 5 minutes to cool slightly. Use a silicone spatula to gently lift the frittata onto a plate before serving.

## **Per Serving**

calories: 329 | fat: 23g | protein: 24g | carbs: 6g | fiber: 0g | sodium: 793mg

## Sausage, Kale, and Goat Cheese Frittata

**Prep time: 10 minutes | Cook time: 30 minutes | Serves 6**

½ bunch kale (4 or 5 leaves), any variety

1 tablespoon avocado oil

1 pound (454 g) ground pork

1 teaspoon dried sage

1 teaspoon dried thyme

¼ teaspoon ground nutmeg

¼ teaspoon red pepper flakes

1 small or ½ large onion, diced

2 garlic cloves, minced

8 large eggs

½ cup heavy cream

1 cup crumbled goat cheese, or more to taste

1. Use a sharp paring knife to remove any thick stems from the kale leaves. Dice the stems and chop the leaves (keep stems and leaves separate).
2. Heat the oil in a large broilerproof skillet over medium heat (cast iron works well). When hot, add the pork. Cook for 5 minutes, stirring occasionally.
3. In a small bowl, combine the sage, thyme, nutmeg, and red pepper flakes. Add to the meat in the skillet and stir well. Continue cooking until the pork is cooked through, about 5 minutes more.
4. Use a slotted spoon to move the meat to a bowl. If there is a lot of grease in the pan, pour some off so that only 1 to 2 tablespoons remain.
5. Add the onion and kale stems to the skillet. Sauté until the onion softens, about 5 minutes. Add the garlic and stir for 1 minute. If needed, deglaze the pan with a small amount of water, stirring up any browned particles.
6. Add the kale leaves to the pan a handful at a time, stirring to wilt until all the leaves are in the skillet and cooked slightly. Add the meat to the skillet and stir to combine.
7. Whisk the eggs and cream in a medium bowl. Pour the egg mixture evenly over the meat and vegetables in the skillet. Cook without stirring until the egg starts to set, about 5 minutes.
8. Put an oven rack at medium position (about 6 to 8 inches from the top) and turn the broiler on low. Sprinkle the goat cheese over the eggs. Place in the oven/broiler and cook until the egg is set and the goat cheese is lightly browned. Keep an eye on it to make sure it doesn't burn.
9. Remove the skillet from the oven and allow to sit for a few minutes. Cut into wedges and

serve.

**Per Serving**

calories: 494 | fat: 38g | protein: 34g | carbs: 4g | net carbs: 3g | fiber: 1g

# Western Frittata

**Prep time: 10 minutes | Cook time: 19 minutes | Serves 1 to 2**

½ red or green bell pepper, cut into ½-inch chunks

1 teaspoon olive oil

3 eggs, beaten

¼ cup grated Cheddar cheese

¼ cup diced cooked ham

Salt and freshly ground black pepper, to taste

1 teaspoon butter

1 teaspoon chopped fresh parsley

1. Preheat the air fryer to 400°F (204°C). 2. Toss the peppers with the olive oil and air fry for 6 minutes, shaking the basket once or twice during the cooking process to redistribute the ingredients. 3. While the vegetables are cooking, beat the eggs well in a bowl, stir in the Cheddar cheese and ham, and season with salt and freshly ground black pepper. Add the air-fried peppers to this bowl when they have finished cooking. 4. Place a cake pan into the air fryer basket with the butter using an aluminum sling to lower the pan into the basket. Air fry for 1 minute at 380°F (193°C) to melt the butter. Remove the cake pan and rotate the pan to distribute the butter and grease the pan. Pour the egg mixture into the cake pan and return the pan to the air fryer, using the aluminum sling. 5. Air fry at 380°F (193°C) for 12 minutes, or until the frittata has puffed up and is lightly browned. Let the frittata sit in the air fryer for 5 minutes to cool to an edible temperature and set up. Remove the cake pan from the air fryer, sprinkle with parsley and serve immediately.

## **Per Serving**

calories: 221 | fat: 16g | protein: 16g | carbs: 3g | net carbs: 2g | fiber: 1g

# Cauliflower Nutty Porridge

**Prep time: 40 minutes | Cook time: 5 minutes | Serves 4**

2½ cups water, divided

½ cup raw cashews

½ cup almond slivers

¼ cup raw pumpkin seeds

¼ head cauliflower, chopped

Sea salt, to taste

¼ cup heavy whipping cream

Topping:

¼ cup hemp seeds

¼ cup chia seeds

1 tablespoon cinnamon

1. In a small bowl, add 2 cups of the water, the cashews, almonds and pumpkin seeds. Soak for 30 minutes. Drain the water and set aside. Reserve a few nuts and pumpkin seeds in a separate bowl to be used as garnish. 2. Pour the remaining ½ cup of the water into the Instant Pot and add the soaked nuts mixture, cauliflower and sea salt. 3. Lock the lid. Select the Manual mode and set the cooking time for 5 minutes at High Pressure. When the timer goes off, use a natural pressure release for 10 minutes, then release any remaining pressure. Carefully open the lid. 4. Transfer the cauliflower and nuts mixture to a food processor, add the heavy cream and pulse until smooth. 5. Season with a pinch of sea salt. Garnish with the reserved nuts, pumpkin seeds, hemp seeds and chia seeds and sprinkle with the cinnamon. Serve immediately.

## **Per Serving**

calories: 368 | fat: 29.9g | protein: 15.1g | carbs: 15.8g | net carbs: 7.6g | fiber: 8.2g

# Chocolate Chip Pancake

**Prep time: 5 minutes | Cook time: 37 minutes | Serves 5 to 6**

4 tablespoons salted grass-fed butter, softened

2 cups blanched almond flour

½ cup Swerve, or more to taste

1 ¼ cups full-fat coconut milk

¼ cup sugar-free chocolate chips

¼ cup organic coconut flour

2 eggs

1 tablespoon chopped walnuts

¼ teaspoon baking soda

½ teaspoon salt

½ cup dark berries, for serving (optional)

1. Grease the bottom and sides of your Instant Pot with the butter. Make sure you coat it very liberally. 2. In a large bowl, mix together the almond flour, Swerve, milk, chocolate chips, coconut flour, eggs, walnuts, baking soda, and salt. Add this mixture to the Instant Pot. Close the lid, set the pressure release to Sealing, and select Multigrain. Set the Instant Pot to 37 minutes on Low Pressure, and let cook. 3. Switch the pressure release to Venting and open the Instant Pot. Confirm your pancake is cooked, then carefully remove it using a spatula. Serve with the berries (if desired), and enjoy!

## **Per Serving**

calories: 369 | fat: 31g | protein: 7g | carbs: 16g | net carbs: 9g | fiber: 7g

# Savory Zucchini Cheddar Waffles

**Prep time: 10 minutes | Cook time: 18 minutes | Makes 4 medium-sized waffles**

## WAFFLES:

2 large zucchini

2 large eggs

$\frac{2}{3}$  cup shredded cheddar cheese (about  $2\frac{2}{3}$  ounces)

2 tablespoons coconut flour

$\frac{1}{2}$  teaspoon garlic powder

$\frac{1}{2}$  teaspoon red pepper flakes

$\frac{1}{4}$  teaspoon pink Himalayan salt

## FOR GARNISH (OPTIONAL):

Sour cream

Shredded cheddar cheese

Minced fresh chives

1. Preheat a waffle iron on the medium setting. 2. Using a vegetable or cheese grater, grate the zucchini into a large colander set inside of a bowl. Squeeze the excess water out of the grated zucchini using your hands and drain. 3. Add the eggs and cheese to the drained zucchini and combine with a fork. Add the coconut flour, garlic powder, red pepper flakes, and salt and use the fork to combine once more. 4. Open the waffle iron and grease the top and bottom with coconut oil spray. 5. Using a  $\frac{1}{3}$ -cup measuring cup, scoop out some of the batter, place it in the center of the waffle iron, and close the lid. Cook the waffle for 4 to  $4\frac{1}{2}$  minutes, until golden brown and fully cooked through. Use a fork to lift it off the iron and set on a plate. 6. Repeat with the remaining batter, making a total of 4 waffles. Garnish with sour cream, shredded cheddar cheese, and/or minced chives, if desired.

## Per Serving

calories: 292 | fat: 19g | protein: 20g | carbs: 14g | net carbs: 9g | fiber: 5g

# Yogurt Parfait with Creamy Blueberry Crumble

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 4**

6 tablespoons cold unsalted butter, divided

¼ cup almond flour

¼ cup ground flaxseed

¼ cup slivered almonds

¼ cup chopped roasted unsalted walnuts

1 cup fresh or frozen blueberries

2 to 4 tablespoons granulated sugar-free sweetener

Zest of 1 lemon

1 teaspoon vanilla extract

½ teaspoon ground ginger or cinnamon

½ cup heavy cream

2 cups plain full-fat Greek yogurt

1. Preheat the oven to 350°F (180°C) and generously coat the bottom and sides of an 8-inch square glass baking dish or 8-inch pie pan with 2 tablespoons of butter. 2. In a medium bowl, cut the remaining 4 tablespoons of butter into very small pieces. Add the almond flour, flaxseed, almonds, and walnuts and mix until crumbly. Set aside. 3. In a separate bowl, combine the blueberries, sweetener, lemon zest, vanilla extract, and ginger or cinnamon. Toss to coat the blueberries well. 4. Add the blueberry mixture to the prepared baking dish (they won't quite cover the bottom), and pour the heavy cream over the blueberry mixture. 5. Top the blueberry mixture evenly with the flour-and-nut mixture, and bake for 20 to 25 minutes, until golden brown. Let rest for 10 minutes before serving to allow the mixture to thicken. 6. To serve, top one-quarter of the warm crumble mixture with ½ cup of Greek yogurt.

## **Per Serving**

calories: 500 | fat: 45g | protein: 10g | carbs: 18g | net carbs: 13g | fiber: 5g

# Green Monster Smoothie

**Prep time: 3 minutes | Cook time: 0 minutes | Serves 1**

1 cup ice

1 cup chopped fresh spinach

½ cup fresh raspberries

2 (1-gram) packets 0g net carb sweetener

1 cup unsweetened almond milk (or dairy alternative milk of your choice)

1. Pulse all ingredients in a food processor or blender 30–60 seconds until ice is blended.

## **Per Serving**

calories: 67 | fat: 3g | protein: 3g | carbs: 10g | net carbs: 4g | fiber: 6g

# Christmas Soufflé

**Prep time: 10 minutes | Cook time: 35 minutes | Serves 6**

½ tablespoon olive oil

1 medium onion, peeled and finely chopped

1½ teaspoons minced garlic

6 large eggs, whisked

6 ounces cured ham, finely cubed

1 cup shredded Cheddar cheese

½ cup heavy whipping cream

½ cup finely chopped tomato

½ cup finely chopped green onion

1. Preheat oven to 400°F. Grease a 9" × 9" baking dish. 2. In a medium nonstick pan over medium heat, add oil, onion, and garlic. Cook 3–5 minutes while stirring until brown and soft. Remove from heat. 3. In a large mixing bowl, mix all ingredients. Pour into baking dish. 4. Bake 25–30 minutes until cooked all the way through. 5. Serve Christmas Soufflé while warm.

## **Per Serving**

calories: 287 | fat: 21g | protein: 16g | carbs: 4g | net carbs: 3g | fiber: 1g

# Bacon, Spinach, and Avocado Egg Wrap

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 2**

6 bacon slices

2 large eggs

2 tablespoons heavy (whipping) cream

Pink Himalayan salt

Freshly ground black pepper

1 tablespoon butter, if needed

1 cup fresh spinach (or other greens of your choice)

½ avocado, sliced

1. In a medium skillet over medium-high heat, cook the bacon on both sides until crispy, about 8 minutes. Transfer the bacon to a paper towel-lined plate.
2. In a medium bowl, whisk the eggs and cream, and season with pink Himalayan salt and pepper. Whisk again to combine.
3. Add half the egg mixture to the skillet with the bacon grease.
4. Cook the egg mixture for about 1 minute, or until set, then flip with a spatula and cook the other side for 1 minute.
5. Transfer the cooked-egg mixture to a paper towel-lined plate to soak up extra grease.
6. Repeat steps 4 and 5 for the other half of the egg mixture. If the pan gets dry, add the butter.
7. Place a cooked egg mixture on each of two warmed plates. Top each with half of the spinach, bacon, and avocado slices.
8. Season with pink Himalayan salt and pepper, and roll the wraps. Serve hot.

## **Per Serving**

calories: 336 | fat: 29g | protein: 17g | carbs: 5g | net carbs: 2g | fiber: 3g

# Biscuits and Gravy

**Prep time: 20 minutes | Cook time: 20 minutes | Serves 4**

Biscuits:

- 1 cup almond flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons cold unsalted butter, diced
- 2 tablespoons heavy cream
- ½ cup shredded Mozzarella or Cheddar cheese
- 1 large egg

Gravy:

- 8 ounces (227 g) ground Italian pork sausage (not sweet)
- 4 ounces (113 g) cream cheese, room temperature
- ½ cup heavy cream
- ½ cup chicken or beef bone broth
- 1 teaspoon onion powder
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

1. To make the biscuits. Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper. 2. In a large bowl, combine the almond flour, baking powder, and salt and mix well. Add the butter, and use a fork to crumble into the flour mixture until it resembles coarse pebbles. 3. Use the fork to whisk in the heavy cream, 1 tablespoon at a time. Whisk in the cheese and egg until a smooth dough forms. 4. Cut the dough into four equal pieces and form each into a ball. Place on the prepared baking sheet, pressing down slightly with the heel of your palm to flatten a bit, and bake for 16 to 18 minutes, or until golden brown. 5. To make the gravy. While the biscuits bake, brown the sausage in a medium saucepan over medium heat until cooked through, 3 to 4 minutes. Do not drain the rendered fat. 6. Add the cream cheese, heavy cream, bone broth, onion powder, salt, and pepper to the sausage and reduce heat to low. Stirring constantly, simmer until thickened, another 6 to 8 minutes. Halve the biscuits horizontally and serve topped with gravy.

**Per Serving**

calories: 674 | fat: 63g | protein: 20g | carbs: 9g | net carbs: 6g | fiber: 3g

# Blueberry Muffins

**Prep time: 10 minutes | Cook time: 30 minutes | Makes 12 muffins**

1½ cups finely ground blanched almond flour

½ cup granular erythritol

2 teaspoons baking powder

¼ teaspoon salt

2 large eggs

¼ cup sour cream

½ teaspoon vanilla extract

½ cup fresh blueberries

1. Preheat the oven to 350°F. Grease a standard-size 12-well muffin pan. 2. In a small bowl, whisk together the almond flour, erythritol, baking powder, and salt. 3. In a medium-sized bowl, whisk the eggs, then stir in the sour cream and vanilla extract. Slowly add the flour mixture, stirring until well blended. Gently stir in the blueberries. 4. Pour the batter into the prepared muffin pan, filling each well about three-quarters full. Bake for 25 to 30 minutes, until the tops are lightly browned and a toothpick or tester inserted in the middle of a muffin comes out clean. 5. Allow the muffins to cool completely before removing from the pan. Leftovers can be stored in an airtight container at room temperature for up to 3 days or in the refrigerator for up to a week.

## **Per Serving**

calories: 193 | fat: 14g | protein: 7g | carbs: 6g | net carbs: 3g | fiber: 3g

# Kimchi Eggs

**Prep time: 4 minutes | Cook time: 5 minutes | Serves 2**

1 tablespoon Paleo fat

4 large eggs

Fine sea salt and freshly ground black pepper, to taste

1 cup kimchi

For Garnish (optional):

Sliced green onions

Red pepper flakes

1. Heat the fat in a cast-iron skillet over low heat. Crack the eggs into the skillet. Season with salt and pepper. Cover with a lid and cook until the whites are cooked through on top and the yolks are still runny, about 4 minutes. 2. Meanwhile, divide the kimchi between two serving bowls. When the eggs are done, remove them from the heat and place 2 eggs into each bowl. Garnish with green onions and red pepper flakes, if desired.

## **Per Serving**

calories: 240 | fat: 16g | protein: 16g | carbs: 8g | net carbs: 5g | fiber: 3g

# Cheesy Turkey Sausage Egg Muffins

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 3**

1 teaspoon butter

6 eggs

Salt and black pepper, to taste

½ teaspoon dried rosemary

1 cup pecorino romano cheese, grated

3 turkey sausages, chopped

1. Preheat oven to 400°F and grease muffin cups with cooking spray. 2. In a skillet over medium heat add the butter and cook the turkey sausages for 4-5 minutes. 3. Beat 3 eggs with a fork. Add in sausages, cheese, and seasonings. Divide between the muffin cups and bake for 4 minutes. Crack in an egg to each of the cups. Bake for an additional 4 minutes. Allow cooling before serving.

## **Per Serving**

calories: 329 | fat: 21g | protein: 30g | carbs: 2g | net carbs: 2g | fiber: 0g

# Chapter 3 Beef, Pork, and Lamb

## Marjoram Beef Ribs

**Prep time: 10 minutes | Cook time: 40 minutes | Serves 2**

10 ounces (283 g) beef ribs

$\frac{3}{4}$  cup water

2 tablespoons coconut oil

1 teaspoon dried marjoram

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup chicken broth

1. Rub the beef ribs with the dried marjoram and salt. 2. Place the beef ribs in the instant pot bowl. 3. Add chicken broth and water. 4. Then add coconut oil. 5. Close the lid and set the Meat/Stew mode. Cook the ribs for 40 minutes.

### **Per Serving**

calories: 391 | fat: 23g | protein: 44g | carbs: 0g | net carbs: 0g | fiber: 0g

# Cardamom Beef Stew Meat with Broccoli

**Prep time: 10 minutes | Cook time: 50 minutes | Serves 2**

9 ounces (255 g) beef stew meat, chopped

1 teaspoon ground cardamom

½ teaspoon salt

1 cup chopped broccoli

1 cup water

1. Preheat the instant pot on the Sauté mode. 2. When the title “Hot” is displayed, add chopped beef stew meat and cook it for 4 minutes (for 2 minutes from each side). 3. Then add the ground cardamom, salt, and broccoli. 4. Add water and close the instant pot lid. 5. Sauté the stew for 45 minutes to get the tender taste. 6. Enjoy!

## **Per Serving**

calories: 256 | fat: 8g | protein: 40g | carbs: 4g | net carbs: 2g | fiber: 2g

## Bone Broth Brisket with Tomatoes

**Prep time: 5 minutes | Cook time: 75 minutes | Serves 4 to 5**

2 tablespoons coconut oil

½ teaspoon garlic salt

½ teaspoon crushed red pepper

½ teaspoon dried basil

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

1 (14-ounce / 397-g) can sugar-free or low-sugar diced tomatoes

1 cup grass-fed bone broth

1 pound (454 g) beef brisket, chopped

1. Set the Instant Pot to Sauté and melt the oil. Mix the garlic salt, red pepper, basil, kosher salt, black pepper, and tomatoes in a medium bowl. 2. Pour bone broth into the Instant Pot, then add the brisket, and top with the premixed sauce. Close the lid, set the pressure release to Sealing, and hit Cancel to stop the current program. Select Manual, set the Instant Pot to 75 minutes on High Pressure, and let cook. 3. Once cooked, carefully switch the pressure release to Venting. Open the Instant Pot, and serve. You can pour remaining sauce over brisket, if desired.

### **Per Serving**

calories: 240 | fat: 11g | protein: 29g | carbs: 5g | net carbs: 3g | fiber: 2g

# Low-Carb Chili

**Prep time: 15 minutes | Cook time: 3 hours | Serves 6**

2 tablespoons olive oil  
1 large onion, diced  
3 garlic cloves, minced  
1 medium red bell pepper, chopped  
1 medium yellow bell pepper, chopped  
2 pounds (907 g) ground beef  
1 (6-ounce / 170-g) can tomato paste  
4 cups water  
1 tablespoon chili powder  
1½ teaspoons red pepper flakes  
1 teaspoon ground cumin  
1 teaspoon paprika  
¾ teaspoon dry mustard  
¾ teaspoon ground coriander  
½ teaspoon dried oregano  
½ teaspoon ground allspice  
2 cups beef broth  
1½ teaspoons ground cayenne pepper (more or less depending on your heat preference)  
½ cup apple cider vinegar  
Sliced scallion, green parts only, for garnish

1. In a large saucepan over medium heat, heat the olive oil. 2. Add the onion, garlic, and red and yellow bell peppers. Sauté for about 5 minutes until the vegetables cook down. 3. Add the beef. Cook for 5 to 7 minutes, stirring with a wooden spoon and breaking up the beef until mostly browned. 4. Add the tomato paste and water. Give it a good stir. 5. Stir in the chili powder, red pepper flakes, cumin, paprika, mustard, coriander, oregano, and allspice. Bring the chili to a low boil, reduce the heat to simmer, cover the pan, and cook for at least 2 hours. Periodically check the chili and stir in some broth when it starts getting thick. 6. About 20 minutes before serving, stir in the cayenne and vinegar. Spoon into bowls and top with scallion.

## **Per Serving**

calories: 551 | fat: 43g | protein: 28g | carbs: 13g | net carbs: 10g | fiber: 3g

# Spice-Rubbed Pork Loin

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 6**

1 teaspoon paprika

½ teaspoon ground cumin

½ teaspoon chili powder

½ teaspoon garlic powder

2 tablespoons coconut oil

1 (1½-pound / 680-g) boneless pork loin

½ teaspoon salt

¼ teaspoon ground black pepper

1. In a small bowl, mix paprika, cumin, chili powder, and garlic powder. 2. Drizzle coconut oil over pork. Sprinkle pork loin with salt and pepper, then rub spice mixture evenly on all sides. 3. Place pork loin into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 20 minutes, turning pork halfway through cooking. Pork loin will be browned and have an internal temperature of at least 145°F (63°C) when done. Serve warm.

## **Per Serving**

calories: 192 | fat: 9g | protein: 26g | carbs: 1g | fiber: 0g | sodium: 257mg

# Grilled Herbed Pork Kebabs

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 4**

¼ cup good-quality olive oil

1 tablespoon minced garlic

2 teaspoons dried oregano

1 teaspoon dried basil

1 teaspoon dried parsley

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 (1-pound) pork tenderloin, cut into 1½-inch pieces

1. Marinate the pork. In a medium bowl, stir together the olive oil, garlic, oregano, basil, parsley, salt, and pepper. Add the pork pieces and toss to coat them in the marinade. Cover the bowl and place it in the refrigerator for 2 to 4 hours. 2. Make the kebabs. Divide the pork pieces between four skewers, making sure to not crowd the meat. 3. Grill the kebabs. Preheat your grill to medium-high heat. Grill the skewers for about 12 minutes, turning to cook all sides of the pork, until the pork is cooked through. 4. Serve. Rest the skewers for 5 minutes. Divide the skewers between four plates and serve them immediately.

## **Per Serving**

calories: 261 | fat: 18g | protein: 24g | carbs: 1g | net carbs: 1g | fiber: 0g

# Pork Nachos

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 bag low carb tortilla chips

2 cups leftover pulled pork

1 red bell pepper, seeded and chopped

1 red onion, diced

2 cups shredded Monterey Jack cheese

1. Preheat oven to 350°F. Arrange the chips in a medium cast iron pan, scatter pork over, followed by red bell pepper, and onion, and sprinkle with cheese. Place the pan in the oven and cook for 10 minutes until the cheese has melted. Allow cooling for 3 minutes and serve.

## **Per Serving**

calories: 345 | fat: 25g | protein: 22g | carbs: 8g | net carbs: 7g | fiber: 1g

# Bacon Mac 'n' Cheese

**Prep time: 10 minutes | Cook time: 50 minutes | Serves 4**

1 large head cauliflower (about 1 $\frac{2}{3}$  pounds/750 g), cored and broken into  $\frac{1}{2}$ -inch (1.25-cm) pieces

$\frac{1}{3}$  cup (22 g) finely chopped fresh parsley

6 strips bacon (about 6 ounces/170 g), cooked until crisp, then crumbled (reserve the grease)

2 cups (475 ml) unsweetened nondairy milk

2 tablespoons unflavored gelatin

1 tablespoon fresh lemon juice

1 teaspoon onion powder

1 teaspoon finely ground gray sea salt

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

$\frac{1}{3}$  cup (22 g) nutritional yeast

2 large eggs, beaten

2 teaspoons prepared yellow mustard

2 ounces (60 g) pork dust or ground pork rinds

1. Preheat the oven to 350°F (177°C) and grease a shallow 1 $\frac{1}{2}$ -quart (1.4-L) casserole dish with coconut oil. Set aside. 2. Place the cauliflower, parsley, and bacon in a large bowl and toss to combine. 3. Place the reserved bacon grease, milk, gelatin, lemon juice, onion powder, salt, and garlic powder in a medium-sized saucepan. Bring to a boil over medium heat, whisking occasionally. Once boiling, continue to boil for 5 minutes. 4. Whisk in the nutritional yeast, eggs, and mustard and gently cook for 3 minutes, whisking constantly. 5. Remove the saucepan from the heat and pour the “cheese” sauce over the cauliflower mixture. (If you’ve overcooked the sauce or didn’t whisk it well enough, you may end up with small pieces of cooked egg; for an ultra-smooth sauce, pour the sauce through a fine-mesh strainer.) Toss with a spatula until all the cauliflower pieces are coated in the cheese sauce. 6. Transfer the coated cauliflower to the prepared casserole dish and smooth it out with the back of a spatula. Sprinkle the pork dust evenly over the top. Bake for 40 to 45 minutes, until the cauliflower is fork-tender, checking with a sharp knife on the edge of the casserole. 7. Allow to sit for 15 minutes before serving.

**Per Serving**

calories: 440 | fat: 27g | protein: 35g | carbs: 15g | net carbs: 8g | fiber: 7g

# Breakfast Burger in a Lettuce Bun

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 4**

1 pound (454 g) ground beef, formed into 4 burger patties

½ teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon freshly ground black pepper

4 bacon slices

8 large lettuce leaves

4 Cheddar cheese slices

4 eggs

1. Sprinkle the beef patties generously with the onion powder, garlic powder, salt, and pepper. Use your thumb to press a dimple into the middle of each patty, which will help them keep a flat shape as they cook. 2. Heat a large skillet over medium-high heat and cook the bacon for 5 to 7 minutes until crisp. Transfer to a paper towel, leaving the bacon grease in the skillet. 3. Cook the burger patties in the bacon grease in the skillet, covered, over medium-high heat for 2 to 4 minutes on each side, depending on how you like your burgers cooked. 4. Add a slice of cheese to each patty, cover the skillet, and let cook for another 30 seconds or so until the cheese is melted. Remove the burgers from the skillet. 5. Add the eggs to the skillet and cook over medium-high heat for just about 30 seconds for a soft sunny-side-up doneness. Don't flip them! 6. On a plate, place 1 large lettuce leaf, topped by a burger patty, 1 slice of bacon, and 1 egg. Season with salt and pepper. 7. Top with 1 more lettuce leaf and serve immediately.

## **Per Serving**

calories: 492 | fat: 38g | protein: 34g | carbs: 3g | net carbs: 2g | fiber: 1g

# Kung Pao Beef

**Prep time: 15 minutes | Cook time: 20 minutes | Serves 4**

Sauce/Marinade:

¼ cup coconut aminos

1½ tablespoons white wine vinegar

1½ tablespoons sherry wine

1 tablespoon avocado oil

1 teaspoon chili paste

Stir-Fry:

1 pound (454 g) flank steak, thinly sliced against the grain and cut into bite-size pieces

2 tablespoons avocado oil, divided into 1 tablespoon and 1 tablespoon

2 medium bell peppers (6 ounces / 170 g each), red and green, chopped into bite-size pieces

2 cloves garlic, minced

¼ cup roasted peanuts

1. Make the sauce/marinade: In a small bowl, whisk together the coconut aminos, white wine vinegar, sherry wine, avocado oil, and chili paste. 2. Make the stir-fry: Place the sliced steak into a medium bowl. Pour half of the sauce/marinade (about ¼ cup) over it and stir to coat. Cover and chill for at least 30 minutes, up to 2 hours. 3. About 10 minutes before marinating time is up or when you are ready to cook, in a large wok or sauté pan, heat 1 tablespoon of the oil over medium-high heat. Add the bell peppers and sauté for 7 to 8 minutes, until soft and browned. 4. Add the garlic and sauté for about 1 minute, until fragrant. 5. Remove the peppers and garlic, and cover to keep warm. 6. Add the remaining 1 tablespoon oil to the pan and heat over very high heat. Add the steak, arrange in a single layer, and cook undisturbed for 2 to 4 minutes per side, until browned on each side. If it's not cooked through yet, you can stir-fry for longer. Remove the meat from the pan and cover to keep warm. 7. Add the reserved marinade to the pan. Bring to a vigorous simmer and continue to simmer for a few minutes, until thickened. 8. Add the cooked meat, cooked peppers, and roasted peanuts to the pan and toss in the sauce.

**Per Serving**

calories: 341 | fat: 20g | protein: 27g | carbs: 9g | net carbs: 7g | fiber: 2g

## Garlic Butter Steak Bites

**Prep time: 5 minutes | Cook time: 16 minutes | Serves 3**

Oil, for spraying

1 pound (454 g) boneless steak, cut into 1-inch pieces

2 tablespoons olive oil

1 teaspoon Worcestershire sauce

½ teaspoon granulated garlic

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1. Preheat the air fryer to 400°F (204°C). Line the air fryer basket with parchment and spray lightly with oil. 2. In a medium bowl, combine the steak, olive oil, Worcestershire sauce, garlic, salt, and black pepper and toss until evenly coated. 3. Place the steak in a single layer in the prepared basket. You may have to work in batches, depending on the size of your air fryer. 4. Cook for 10 to 16 minutes, flipping every 3 to 4 minutes. The total cooking time will depend on the thickness of the meat and your preferred doneness. If you want it well done, it may take up to 5 additional minutes.

### **Per Serving**

calories: 293 | fat: 17g | protein: 32g | carbs: 1g | fiber: 0g | sodium: 494mg

# Ground Beef Stroganoff

**Prep time: 10 minutes | Cook time: 20 minutes | serves 6**

1½ pounds ground beef  
½ cup finely chopped onions  
2 cloves garlic, minced  
4 ounces white mushrooms, sliced  
4 ounces cream cheese (½ cup), softened  
1 cup beef broth  
¼ cup heavy whipping cream  
¼ cup water  
1 tablespoon Worcestershire sauce  
Salt and ground black pepper  
½ cup sour cream

1. In a large skillet over medium heat, cook the ground beef with the onions, garlic, and mushrooms, crumbling the meat with a large spoon it as cooks, until the meat is browned and the onions are softened and translucent, about 10 minutes. Drain the fat, if necessary. 2. Stir in the cream cheese and cook until melted. Add the broth, cream, water, and Worcestershire sauce and stir to combine. Continue to simmer for 5 minutes. 3. Season to taste with salt and pepper. Stir in the sour cream and serve. Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

## **Per Serving**

calories: 396 | fat: 32g | protein: 22g | carbs: 23g | net carbs: 2g | fiber: 0g

## Lamb Koobideh

**Prep time: 15 minutes | Cook time: 30 minutes | Serves 4**

1 pound (454 g) ground lamb

1 egg, beaten

1 tablespoon lemon juice

1 teaspoon ground turmeric

½ teaspoon garlic powder

1 teaspoon chives, chopped

½ teaspoon ground black pepper

1 cup water

1. In a mixing bowl, combine all the ingredients except for water. 2. Shape the mixture into meatballs and press into ellipse shape. 3. Pour the water and insert the trivet in the Instant Pot. 4. Put the prepared ellipse meatballs in a baking pan and transfer on the trivet. 5. Close the lid and select Manual mode. Set cooking time for 30 minutes on High Pressure. 6. When timer beeps, make a quick pressure release. Open the lid. 7. Serve immediately

### **Per Serving**

calories: 231 | fat: 9.5g | protein: 33.4g | carbs: 1.0g | net carbs: 0.7g | fiber: 0.3g

## Garlic Butter Italian Sausages

**Prep time: 15 minutes | Cook time: 20 minutes | Serves 4**

1 teaspoon garlic powder

1 cup water

1 teaspoon butter

12 ounces (340 g) Italian sausages, chopped

½ teaspoon Italian seasoning

1. Sprinkle the chopped Italian sausages with Italian seasoning and garlic powder and place in the instant pot. 2. Add butter and cook the sausages on Sauté mode for 10 minutes. Stir them from time to time with the help of the spatula. 3. Then add water and close the lid. 4. Cook the sausages on Manual mode (High Pressure) for 10 minutes. 5. Allow the natural pressure release for 10 minutes more.

### **Per Serving**

calories: 307 | fat: 28g | protein: 12g | carbs: 1g | net carbs: 1g | fiber: 0g

# Beef Stuffed Kale Rolls

**Prep time: 15 minutes | Cook time: 30 minutes | Serves 4**

8 ounces (227 g) ground beef

1 teaspoon chives

¼ teaspoon cayenne pepper

4 kale leaves

1 tablespoon cream cheese

¼ cup heavy cream

½ cup chicken broth

1. In the mixing bowl, combine the ground beef, chives, and cayenne pepper. 2. Then fill and roll the kale leaves with ground beef mixture. 3. Place the kale rolls in the Instant Pot. 4. Add cream cheese, heavy cream, and chicken broth. Close the lid. 5. Select Manual mode mode and set cooking time for 30 minutes on High Pressure 6. When timer beeps, make a quick pressure release. Open the lid. Serve warm.

## **Per Serving**

calories: 153 | fat: 7.4g | protein: 18.7g | carbs: 2.2g | net carbs: 1.9g | fiber: 0.3g

# Korean Ground Beef Bowl

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 4**

1 tablespoon sesame oil  
1½ pounds (680 g) ground sirloin  
1 teaspoon dried basil  
½ teaspoon oregano  
Sea salt and ground black pepper, to taste  
½ cup diced onion  
1 teaspoon minced garlic  
¼ teaspoon ground ginger  
1 teaspoon red pepper flakes  
¼ teaspoon allspice  
1 tablespoon coconut aminos  
½ cup roughly chopped fresh cilantro leaves

1. Press the Sauté button to heat up the Instant Pot. Then, heat the sesame oil until sizzling. 2. Add ground sirloin and cook for a few minutes or until browned. Add the remaining ingredients, except for cilantro. 3. Secure the lid. Choose Manual mode and High Pressure; cook for 5 minutes. Once cooking is complete, use a natural pressure release; carefully remove the lid. 4. Divide among individual bowls and serve garnished with fresh cilantro.

Bon appétit!

## **Per Serving**

calories: 307 | fat: 17g | protein: 34g | carbs: 4g | net carbs: 3g | fiber: 1g

# Beef and Cauliflower Burgers

**Prep time: 15 minutes | Cook time: 15 minutes | Serves 2**

½ cup shredded cauliflower  
5 ounces (142 g) ground beef  
1 teaspoon garlic salt  
¼ teaspoon ground cumin  
1 tablespoon scallions, diced  
1 egg, beaten  
1 tablespoon coconut oil  
¼ cup hot water

1. In the mixing bowl, mix up shredded cauliflower, ground beef, garlic salt, ground cumin, and diced scallions. 2. When the meat mixture is homogenous, add egg and stir it well. 3. Make the burgers from the cauliflower and meat mixture. 4. After this, heat up the coconut oil on Sauté mode. 5. Place the burgers in the hot oil in one layer and cook them for 5 minutes from each side. 6. Then add water and close the lid. Cook the meal on Sauté mode for 5 minutes more.

## **Per Serving**

calories: 235 | fat: 13g | protein: 25g | carbs: 3g | net carbs: 2g | fiber: 1g

# Bacon-Wrapped Cheese Pork

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 4**

4 (1-inch-thick) boneless pork chops

2 (5.2-ounce / 147-g) packages Boursin cheese

8 slices thin-cut bacon

1. Spray the air fryer basket with avocado oil. Preheat the air fryer to 400°F (204°C). 2. Place one of the chops on a cutting board. With a sharp knife held parallel to the cutting board, make a 1-inch-wide incision on the top edge of the chop. Carefully cut into the chop to form a large pocket, leaving a ½-inch border along the sides and bottom. Repeat with the other 3 chops. 3. Snip the corner of a large resealable plastic bag to form a ¾-inch hole. Place the Boursin cheese in the bag and pipe the cheese into the pockets in the chops, dividing the cheese evenly among them. 4. Wrap 2 slices of bacon around each chop and secure the ends with toothpicks. Place the bacon-wrapped chops in the air fryer basket and cook for 10 minutes, then flip the chops and cook for another 8 to 10 minutes, until the bacon is crisp, the chops are cooked through, and the internal temperature reaches 145°F (63°C). 5. Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in a preheated 400°F (204°C) air fryer for 5 minutes, or until warmed through.

## **Per Serving**

calories: 617 | fat: 37g | protein: 67g | carbs: 1g | net carbs: 1g | fiber: 0g

# Blackened Steak Nuggets

**Prep time: 10 minutes | Cook time: 7 minutes | Serves 2**

1 pound (454 g) rib eye steak, cut into 1-inch cubes

2 tablespoons salted butter, melted

½ teaspoon paprika

½ teaspoon salt

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon ground black pepper

⅛ teaspoon cayenne pepper

1. Place steak into a large bowl and pour in butter. Toss to coat. Sprinkle with remaining ingredients. 2. Place bites into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 7 minutes, shaking the basket three times during cooking. Steak will be crispy on the outside and browned when done and internal temperature is at least 150°F (66°C) for medium and 180°F (82°C) for well-done. Serve warm.

## **Per Serving**

calories: 661 | fat: 55g | protein: 41g | carbs: 1g | net carbs: 1g | fiber: 0g

# Almond and Caraway Crust Steak

**Prep time: 16 minutes | Cook time: 10 minutes | Serves 4**

⅓ cup almond flour

2 eggs

2 teaspoons caraway seeds

4 beef steaks

2 teaspoons garlic powder

1 tablespoon melted butter

Fine sea salt and cayenne pepper, to taste

1. Generously coat steaks with garlic powder, caraway seeds, salt, and cayenne pepper.
2. In a mixing dish, thoroughly combine melted butter with seasoned crumbs. In another bowl, beat the eggs until they're well whisked.
3. First, coat steaks with the beaten egg; then, coat beef steaks with the buttered crumb mixture. Place the steaks in the air fryer basket; cook for 10 minutes at 355°F (179°C). Bon appétit!

# Barbacoa Beef Roast

**Prep time: 10 minutes | Cook time: 8 hours | Serves 2**

1 pound beef chuck roast

Pink Himalayan salt

Freshly ground black pepper

4 chipotle peppers in adobo sauce (I use La Costeña 12-ounce can)

1 (6-ounce) can green jalapeño chiles

2 tablespoons apple cider vinegar

½ cup beef broth

1. With the crock insert in place, preheat the slow cooker to low. 2. Season the beef chuck roast on both sides with pink Himalayan salt and pepper. Put the roast in the slow cooker. 3. In a food processor (or blender), combine the chipotle peppers and their adobo sauce, jalapeños, and apple cider vinegar, and pulse until smooth. Add the beef broth, and pulse a few more times. Pour the chile mixture over the top of the roast. 4. Cover and cook on low for 8 hours. 5. Transfer the beef to a cutting board, and use two forks to shred the meat. 6. Serve hot.

## **Per Serving**

calories: 723 | fat: 46g | protein: 66g | carbs: 7g | net carbs: 2g | fiber: 5g

# Southern Pulled Pork “Spaghetti”

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 6**

**PORK “SPAGHETTI”:**

2 pounds (910 g) boneless pork shoulder

1 cup (240 ml) chicken bone broth

1 teaspoon finely ground sea salt

**BARBECUE PORK SAUCE:**

2 tablespoons avocado oil

1 red bell pepper, diced

1 small white onion, diced

8 cremini mushrooms, diced

1 pound (455 g) ground pork

$\frac{3}{4}$  cup (120 g) sugar-free barbecue sauce

$\frac{1}{2}$  cup (120 ml) reserved pork shoulder cooking liquid (from above)

1. Make the “spaghetti”: Place all the ingredients for the spaghetti in a pressure cooker or slow cooker. 2. If using a pressure cooker, seal the lid and cook on high pressure for 45 minutes. Allow the pressure to release naturally before removing the lid. Remove  $\frac{1}{2}$  cup (120 ml) of the cooking liquid and set aside for the sauce. Drain the meat almost completely, leaving  $\frac{1}{4}$  cup (60 ml) of the cooking liquid in the cooker. If using a slow cooker, cook on high for 4 hours or low for 6 hours. When the meat is done, remove  $\frac{1}{2}$  cup (120 ml) of the cooking liquid and set aside for the sauce. Drain the meat almost completely, leaving  $\frac{1}{3}$  cup (80 ml) of the cooking liquid in the cooker. 3. Meanwhile, make the sauce: Heat the oil in a large frying pan over medium heat. Add the bell pepper, onion, and mushrooms and sauté for 5 minutes, until softened. Add the ground pork and cook until no longer pink, 5 to 7 minutes, stirring to break up the meat as it cooks. Add the barbecue sauce and the reserved cooking liquid. Stir to combine, then cover and cook for another 3 minutes, just to heat through. 4. Shred the meat with two forks. Divide the shredded pork among 6 dinner plates, top with the barbecue pork sauce, and dig in!

**Per Serving**

calories: 683 | fat: 46g | protein: 58g | carbs: 7g | net carbs: 5g | fiber: 2g

# Low-Carb Beef with Broccoli

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 4**

1 tablespoon butter

½ onion, diced

2 garlic cloves, minced

1 tablespoon sesame oil

1 pound (454 g) steak, such as skirt, thinly sliced

1 head broccoli, chopped into florets, florets chopped into bite-size pieces

2 tablespoons gluten-free soy sauce

¼ teaspoon red pepper flakes

2 tablespoons sesame seeds

2 or 3 scallions, green parts only, chopped

1. In a large skillet or wok over medium heat, melt the butter. 2. Add the onion and garlic. Sauté for 5 to 7 minutes until the onion is softened and translucent. 3. Add the sesame oil and steak. Cook for 5 to 6 minutes or until the meat begins to brown on all sides. 4. Add the broccoli to the skillet. Cook for 3 to 4 minutes, stirring to combine everything. 5. Add the soy sauce and red pepper flakes. Remove from the heat, transfer to plates, and garnish with the sesame seeds and scallions.

## **Per Serving**

calories: 514 | fat: 41g | protein: 26g | carbs: 14g | net carbs: 9g | fiber: 5g

## Slow Cooker Short Rib and Chorizo Stew

**Prep time: 10 minutes | Cook time: 4½ hours | Serves 12**

1 pound (454 g) bone-in short ribs

1 (26-ounce / 737-g) box diced tomatoes with juices, or 3 tomatoes, chopped, with juices

1 cup tomato sauce

¼ cup chopped onions

1 red bell pepper, chopped

2 green chiles, chopped

½ cup beef bone broth, homemade or store-bought

2 teaspoons minced garlic

2 tablespoons chili powder

2 teaspoons dried oregano leaves

1 teaspoon ground cumin

½ teaspoon cayenne pepper

½ teaspoon paprika

½ teaspoon fine sea salt

½ teaspoon freshly ground black pepper

4 slices bacon, diced

1 pound (454 g) 80% lean ground beef

1 pound (454 g) Mexican-style fresh (raw) chorizo, removed from casings

For Garnish:

Sliced green onions

Chopped fresh cilantro

Lime wedges

1. Place the short ribs in a 4-quart (or larger) slow cooker. Pour in the diced tomatoes and tomato sauce. Add the onions, red bell pepper, chiles, and beef broth. Season with the garlic, chili powder, oregano, cumin, cayenne pepper, paprika, salt, and black pepper. Stir to combine, then cover. Cook on low until the meat is falling off the bone, about 4 hours. 2. When the ribs are nearly done, cook the rest of the meat on the stovetop: Heat a large sauté pan over medium-high heat. Fry the diced bacon in the pan until crispy, then remove the bacon from the pan and set aside, leaving the fat in the pan. Crumble the ground beef and chorizo into the hot pan and cook until evenly browned. Remove the pan from the heat. 3. When the ribs are done, remove

them from the slow cooker and place them in a large bowl or casserole dish (to catch the juices as you work). Remove the meat from the bones, discard the bones, then shred the meat using two forks. Return the shredded meat and any juices to the slow cooker. Add the ground beef, chorizo, and bacon. Cover and cook on low for at least 20 minutes, then taste and add more salt, pepper, or chili powder, if desired. The longer the stew simmers, the better it will taste. 4. Serve garnished with sliced green onions and chopped cilantro, with lime wedges on the side. Store extras in an airtight container in the fridge for up to 4 days.

**Per Serving**

calories: 411 | fat: 31g | protein: 25g | carbs: 7g | net carbs: 5g | fiber: 2g

# Bacon-Wrapped Vegetable Kebabs

**Prep time: 10 minutes | Cook time: 10 to 12 minutes | Serves 4**

4 ounces (113 g) mushrooms, sliced

1 small zucchini, sliced

12 grape tomatoes

4 ounces (113 g) sliced bacon, halved

Avocado oil spray

Sea salt and freshly ground black pepper, to taste

1. Stack 3 mushroom slices, 1 zucchini slice, and 1 grape tomato. Wrap a bacon strip around the vegetables and thread them onto a skewer. Repeat with the remaining vegetables and bacon. Spray with oil and sprinkle with salt and pepper. 2. Set the air fryer to 400°F (204°C). Place the skewers in the air fryer basket in a single layer, working in batches if necessary, and air fry for 5 minutes. Flip the skewers and cook for 5 to 7 minutes more, until the bacon is crispy and the vegetables are tender. 3. Serve warm.

## **Per Serving**

calorie: 140 | fat: 11g | protein: 5g | carbs: 5g | sugars: 4g | fiber: 1g | sodium: 139mg

# Pork Meatballs

**Prep time: 10 minutes | Cook time: 12 minutes | Makes 18 meatballs**

1 pound (454 g) ground pork  
1 large egg, whisked  
½ teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon ground ginger  
¼ teaspoon crushed red pepper flakes  
1 medium scallion, trimmed and sliced

1. Combine all ingredients in a large bowl. Spoon out 2 tablespoons mixture and roll into a ball. Repeat to form eighteen meatballs total. 2. Place meatballs into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 12 minutes, shaking the basket three times throughout cooking. Meatballs will be browned and have an internal temperature of at least 145°F (63°C) when done. Serve warm.

**Per Serving** 1 meatball: calories: 35 | fat: 1g | protein: 6g | carbs: 0g | fiber: 0g | sodium: 86mg

## **Basil and Thyme Pork Loin**

**Prep time: 10 minutes | Cook time: 17 minutes | Serves 4**

1 pound (454 g) pork loin

1 teaspoon dried basil

1 tablespoon avocado oil

1 teaspoon dried thyme

½ teaspoon salt

2 tablespoons apple cider vinegar

1 cup water, for cooking

1. In the shallow bowl, mix up dried basil, avocado oil, thyme, salt, and apple cider vinegar. 2. Then rub the pork loin with the spice mixture and leave the meat for 10 minutes to marinate. 3. Wrap the meat in foil and put on the steamer rack. 4. Pour water and transfer the steamer rack with meat in the instant pot. 5. Close and seal the lid. Cook the meat on Manual (High Pressure) for 20 minutes. Allow the natural pressure release for 5 minutes. 6. Slice the cooked pork loin.

### **Per Serving**

calories: 281 | fat: 16g | protein: 31g | carbs: 0g | net carbs: 0 g | fiber: 0g

# Oregano Pork Chops with Spicy Tomato Sauce

**Prep time: 10 minutes | Cook time: 45 minutes | Serves 4**

4 pork chops  
1 tablespoon fresh oregano, chopped  
2 garlic cloves, minced  
1 tablespoon canola oil  
15 ounces canned diced tomatoes  
1 tablespoon tomato paste  
Salt and black pepper, to taste  
¼ cup tomato juice  
1 red chili, finely chopped

1. Set a pan over medium heat and warm oil, place in the pork, season with pepper and salt, cook for 6 minutes on both sides; remove to a bowl. Add in the garlic, and cook for 30 seconds. Stir in the tomato paste, tomatoes, tomato juice, and chili; bring to a boil, and reduce heat to medium-low. 2. Place in the pork chops, cover the pan and simmer everything for 30 minutes. Remove the pork to plates and sprinkle with fresh oregano to serve.

## **Per Serving**

calories: 382 | fat: 10g | protein: 40g | carbs: 5g | net carbs: 3g | fiber: 2g

# Beef Cheeseburger Pie

**Prep time: 15 minutes | Cook time: 30 minutes | Serves 6**

1 tablespoon olive oil  
1 pound (454 g) ground beef  
3 eggs (1 beaten)  
½ cup unsweetened tomato purée  
2 tablespoons golden flaxseed meal  
1 garlic clove, minced  
½ teaspoon Italian seasoning blend  
½ teaspoon sea salt  
½ teaspoon smoked paprika  
½ teaspoon onion powder  
2 tablespoons heavy cream  
½ teaspoon ground mustard  
¼ teaspoon ground black pepper  
2 cups water  
½ cup grated Cheddar cheese

1. Coat a round cake pan with the olive oil. 2. Select Sauté mode. Once the pot is hot, add the ground beef and sauté for 5 minutes or until the beef is browned. 3. Transfer the beef to a large bowl. 4. Add the 1 beaten egg, tomato purée, flaxseed meal, garlic, Italian seasoning, sea salt, smoked paprika, and onion powder to the bowl. Mix until well combined. 5. Transfer the meat mixture to the prepared cake pan and use a knife to spread the mixture into an even layer. Set aside. 6. In a separate medium bowl, combine the 2 remaining eggs, heavy cream, ground mustard, and black pepper. Whisk until combined. 7. Pour the egg mixture over the meat mixture. Tightly cover the pan with a sheet of aluminum foil. 8. Place the trivet in the Instant Pot and add the water to the bottom of the pot. Place the pan on the trivet. 9. Lock the lid. Select Manual mode and set cooking time for 20 minutes on High Pressure. 10. When cooking is complete, allow the pressure to release naturally for 10 minutes and then release the remaining pressure. Allow the pie to rest in the pot for 5 minutes. 11. Preheat the oven broiler to 450°F (235°C). 12. Open the lid, remove the pan from the pot. Remove the foil and sprinkle the Cheddar over top of the pie. 13. Place the pie in the oven and broil for 2 minutes or until the cheese is melted and the top becomes golden brown.

Slice into six equal-sized wedges. Serve hot.

**Per Serving**

calories: 225 | fat: 14.3g | protein: 22.0g | carbs: 2.5g | net carbs: 1.3g | fiber:  
1.2g

# Beef Big Mac Salad

**Prep time: 10 minutes | Cook time: 9 minutes | Serves 2**

5 ounces (142 g) ground beef  
1 teaspoon ground black pepper  
1 tablespoon sesame oil  
1 cup lettuce, chopped  
¼ cup Monterey Jack cheese, shredded  
2 ounces (57 g) dill pickles, sliced  
1 ounce (28 g) scallions, chopped  
1 tablespoon heavy cream

1. In a mixing bowl, combine the ground beef and ground black pepper. shape the mixture into mini burgers. 2. Pour the sesame oil in the Instant Pot and heat for 3 minutes on Sauté mode. 3. Place the mini hamburgers in the hot oil and cook for 3 minutes on each side. 4. Meanwhile, in a salad bowl, mix the chopped lettuce, shredded cheese, dill pickles, scallions, and heavy cream. Toss to mix well. 5. Top the salad with cooked mini burgers. Serve immediately.

## **Per Serving**

calories: 284 | fat: 18.5g | protein: 25.7g | carbs: 3.5g | net carbs: 2.3g | fiber: 1.2g

# Garlic Pork Chops with Mint Pesto

**Prep time: 10 minutes | Cook time: 2 hours | Serves 4**

1 cup parsley

1 cup mint

1½ onions, chopped

⅓ cup pistachios

1 tsp lemon zest

5 tbsp avocado oil

Salt, to taste

4 pork chops

5 garlic cloves, minced

Juice from 1 lemon

1. In a food processor, combine the parsley with avocado oil, mint, pistachios, salt, lemon zest, and 1 onion. Rub the pork with this mixture, place in a bowl, and refrigerate for 1 hour while covered. 2. Remove the chops and set to a baking dish, place in ½ onion, and garlic; sprinkle with lemon juice, and bake for 2 hours in the oven at 250°F. Split amongst plates and enjoy.

## **Per Serving**

calories: 567 | fat: 40g | protein: 37g | carbs: 7g | net carbs: 5g | fiber: 2g

# Italian Sausage Soup

**Prep time: 5 minutes | Cook time: 25 minutes | Serves 4**

1 tablespoon olive oil

½ onion, diced

3 garlic cloves, minced

8 ounces (227 g) hot Italian sausage, removed from their casings

2 cups chicken broth

1 (14½-ounce / 411-g) can diced tomatoes

1 to 2 teaspoons red pepper flakes

1 teaspoon dried oregano

1 teaspoon dried basil

Salt, to taste

Freshly ground black pepper, to taste

¼ cup freshly grated Parmesan cheese, divided

2 cups chopped fresh spinach

1. In a large saucepan over medium heat, heat the olive oil. 2. Add the onion and garlic. Sauté for 5 to 7 minutes until the onion is softened and translucent. 3. Add the sausage to the pan. Cook for about 5 minutes as you crumble it, allowing the meat to brown. 4. Stir in the chicken broth and tomatoes. Bring to a boil and reduce the heat to low. 5. Add the red pepper flakes, oregano, and basil. Season with salt and pepper, and stir in 2 tablespoons of Parmesan. Simmer for 10 minutes and remove from the heat. 6. Stir in the spinach until wilted. Serve sprinkled with the remaining 2 tablespoons of Parmesan.

## **Per Serving**

calories: 365 | fat: 20g | protein: 33g | carbs: 11g | net carbs: 9g | fiber: 2g

# Juicy Pork Medallions

**Prep time: 10 minutes | Cook time: 22 minutes | Serves 4**

2 onions, chopped

6 bacon slices, chopped

½ cup vegetable stock

Salt and black pepper, to taste

1 pound pork tenderloin, cut into medallions

1. Set a pan over medium heat, stir in the bacon, cook until crispy, and remove to a plate. Add onions, black pepper, and salt, and cook for 5 minutes; set to the same plate with bacon. 2. Add the pork medallions to the pan, season with black pepper and salt, brown for 3 minutes on each side, turn, reduce heat to medium, and cook for 7 minutes. Stir in the stock, and cook for 2 minutes. Return the bacon and onions to the pan and cook for 1 minute.

## **Per Serving**

calories: 378 | fat: 22g | protein: 39g | carbs: 6g | net carbs: 5g | fiber: 1g

## Pork Meatballs with Thyme

**Prep time: 15 minutes | Cook time: 16 minutes | Serves 8**

2 cups ground pork

1 teaspoon dried thyme

½ teaspoon chili flakes

½ teaspoon garlic powder

1 tablespoon coconut oil

¼ teaspoon ground ginger

3 tablespoons almond flour

¼ cup water

1. In the mixing bowl, mix up ground pork, dried thyme, chili flakes, garlic powder, ground ginger, and almond flour. 2. Make the meatballs. 3. Melt the coconut oil in the instant pot on Sauté mode. 4. Arrange the meatballs in the instant pot in one layer and cook them for 3 minutes from each side. 5. Then add water and cook the meatballs for 10 minutes.

### **Per Serving**

calories: 264 | fat: 19g | protein: 20g | carbs: 1g | net carbs: 1g | fiber: 0g

# Italian Sausage and Cheese Meatballs

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 4**

½ pound (227 g) bulk Italian sausage

½ pound (227 g) 85% lean ground beef

½ cup shredded sharp Cheddar cheese

½ teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon black pepper

1. In a large bowl, gently mix the sausage, ground beef, cheese, onion powder, garlic powder, and pepper until well combined. 2. Form the mixture into 16 meatballs. Place the meatballs in a single layer in the air fryer basket. Set the air fryer to 350°F (177°C) for 20 minutes, turning the meatballs halfway through the cooking time. Use a meat thermometer to ensure the meatballs have reached an internal temperature of 160°F / 71°C (medium).

## **Per Serving**

calories: 379 | fat: 31g | protein: 22g | carbs: 1g | net carbs: 1g | fiber: 0g

## Blue Cheese Stuffed Steak Roll-Ups

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 6**

1 (1½-pound / 680-g) beef round tip roast, sliced into 6 steaks of equal thickness

6 ounces (170 g) blue cheese, crumbled

½ cup beef broth

¼ cup coconut aminos, or 1 tablespoon wheat-free tamari

4 cloves garlic, minced

Chopped fresh Italian parsley, for garnish

Cracked black pepper, for garnish

1. Place each steak in a resealable plastic bag and pound with a rolling pin or meat mallet until it is ½ inch thick. Lay the pounded steaks flat on a cutting board or other work surface. 2. Divide the blue cheese evenly among the steaks, placing the cheese on one side. Roll up each steak, starting at a shorter end, and secure with toothpicks. 3. Combine the broth, coconut aminos, and garlic in the Instant Pot. Add the steak roll-ups to the broth mixture. 4. Seal the lid, press Manual, and set the timer for 15 minutes. Once finished, turn the valve to venting for a quick release. 5. Remove the toothpicks from the steak roll-ups before serving. Garnish the roll-ups with chopped parsley and cracked black pepper.

### **Per Serving**

calories: 417 | fat: 28g | protein: 37g | carbs: 3g | net carbs: 1g | fiber: 2g

# Sausage-Stuffed Peppers

**Prep time: 15 minutes | Cook time: 28 to 30 minutes | Serves 6**

Avocado oil spray

8 ounces (227 g) Italian sausage, casings removed

½ cup chopped mushrooms

¼ cup diced onion

1 teaspoon Italian seasoning

Sea salt and freshly ground black pepper, to taste

1 cup keto-friendly marinara sauce

3 bell peppers, halved and seeded

3 ounces (85 g) provolone cheese, shredded

1. Spray a large skillet with oil and place it over medium-high heat. Add the sausage and cook for 5 minutes, breaking up the meat with a wooden spoon. Add the mushrooms, onion, and Italian seasoning, and season with salt and pepper. Cook for 5 minutes more. Stir in the marinara sauce and cook until heated through. 2. Scoop the sausage filling into the bell pepper halves. 3. Set the air fryer to 350°F (177°C). Arrange the peppers in a single layer in the air fryer basket, working in batches if necessary. Air fry for 15 minutes. 4. Top the stuffed peppers with the cheese and air fry for 3 to 5 minutes more, until the cheese is melted and the peppers are tender.

## **Per Serving**

calories: 205 | fat: 16g | protein: 10g | carbs: 6g | net carbs: 5g | fiber: 1g

# Roasted Spicy Beef

**Prep time: 5 minutes | Cook time: 1 hour 10 minutes | Serves 4**

2 pounds (907 g) beef brisket

½ teaspoon celery salt

1 teaspoon chili powder

1 tablespoon avocado oil

1 tablespoon sweet paprika

A pinch of cayenne pepper

½ teaspoon garlic powder

½ cup beef stock

1 tablespoon garlic, minced

1 tablespoon garlic, minced

¼ teaspoon dry mustard

1. Preheat oven to 340°F. In a bowl, combine the paprika with dry mustard, chili powder, salt, garlic powder, cayenne pepper, and celery salt. Rub the meat with this mixture. 2. Set a pan over medium heat and warm avocado oil, place in the beef, and sear until brown. Remove to a baking dish. Pour in the stock, add garlic and bake for 60 minutes. 3. Set the beef to a cutting board, leave to cool before slicing and splitting in serving plates. 4. Take the juices from the baking dish and strain, sprinkle over the meat, and enjoy.

## **Per Serving**

calories: 495 | fat: 38g | protein: 34g | carbs: 3g | net carbs: 2g | fiber: 1g

# Lamb Sirloin Masala

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 3**

12 ounces (340 g) lamb sirloin, sliced

1 tablespoon garam masala

1 tablespoon lemon juice

1 tablespoon olive oil

¼ cup coconut cream

1. Sprinkle the sliced lamb sirloin with garam masala, lemon juice, olive oil, and coconut cream in a large bowl. Toss to mix well. 2. Transfer the mixture in the Instant Pot. Cook on Sauté mode for 25 minutes. Flip the lamb for every 5 minutes. 3. When cooking is complete, allow to cool for 10 minutes, then serve warm.

## **Per Serving**

calories: 319 | fat: 19.9g | protein: 32.7g | carbs: 1.2g | net carbs: 0.7g | fiber: 0.5g

## Oregano Beef

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 2**

1 cup water

¼ cup coconut milk

14 ounces (397 g) beef sirloin, chopped

1 teaspoon dried oregano

1. Put all ingredients in the instant pot. Close and seal the lid. 2. Cook the meal on Manual mode (High Pressure) for 15 minutes. 3. Use the quick pressure release.

### **Per Serving**

calories: 440 | fat: 19g | protein: 61g | carbs: 2g | net carbs: 1g | fiber: 1g

## Sweet Beef Curry

**Prep time: 10 minutes | Cook time: 30 minutes | Serves 4**

½ cup (105 g) coconut oil, or ½ cup (120 ml) avocado oil  
1 small apple, peeled, cored, and diced  
1 small yellow onion, sliced  
2 cloves garlic, minced  
1 (3-in/7.5-cm) piece fresh ginger root, minced  
2 tablespoons curry powder  
2 teaspoons garam masala  
1 pound (455 g) boneless beef chuck roast, cut into ¾-inch (2-cm) cubes  
1 small butternut squash (about 1 lb/455 g), cubed  
1 cup (240 ml) beef bone broth  
1 tablespoon coconut aminos

1. Heat the oil in a large saucepan over medium heat. Add the apple, onion, garlic, ginger, curry powder, and garam masala and toss to coat. Sauté for 10 minutes, or until fragrant. 2. Add the beef, squash, broth, and coconut aminos. Cover and bring to a boil over high heat. Reduce the heat to medium-low and simmer for 20 minutes, until the squash is fork-tender to soft. 3. Divide the curry among 4 bowls and enjoy.

### **Per Serving**

calories: 698 | fat: 56g | protein: 32g | carbs: 17g | net carbs: 13g | fiber: 4g

# Beef Satay Skewers

**Prep time: 30 minutes | Cook time: 15 minutes | Serves 6**

Marinade:

- ½ cup full-fat coconut milk
- 3 tablespoons coconut aminos
- 2 to 3 dashes of fish sauce
- ½ small yellow onion, finely chopped
- 2 cloves garlic, grated or minced
- 1 teaspoon ground cumin
- ¼ teaspoon ground ginger
- Pinch of red pepper flakes
- Pinch of sea salt
- Pinch of ground black pepper
- 2 pounds (907 g) sirloin steak, sliced
- 1 medium red onion, cut into 1½-inch chunks

Satay Sauce:

- ½ cup coconut aminos
- ½ cup unsweetened peanut, almond, or sunflower seed butter
- ¼ cup rice vinegar
- 2 to 3 dashes of fish sauce
- ½ teaspoon toasted sesame seeds
- ¼ teaspoon ground black pepper
- ¼ teaspoon sea salt
- ¼ teaspoon red pepper flakes

For Garnish:

- ¼ cup chopped fresh cilantro leaves
- 1 lime, cut into wedges

1. Whisk together all the ingredients for the marinade in a large mixing bowl.
2. Place the steak in the bowl with the marinade and massage the marinade into it. Cover and place in the refrigerator to marinate overnight.
3. When you're ready to grill the steak, soak 12 to 16 (depending on how many slices of meat you have) bamboo or wooden skewers for 10 minutes and preheat a grill or grill pan to medium-high heat. Thread the marinated steak pieces on the skewers, alternating them with the onion pieces.
4. Grill the skewers for 4 to 6 minutes on each side, or to your desired level of doneness, so the steak is

seared but not burned. Remove from the heat, cover with foil, and let rest for 5 minutes. 5. While the skewers are resting, make the satay sauce: Whisk together all the ingredients for the sauce in a small mixing bowl. 6. Garnish the skewers with cilantro, squeeze lime juice over the meat, and serve with the satay sauce on the side.

**Per Serving**

calories: 605 | fat: 30g | protein: 57g | carbs: 19g | net carbs: 16g | fiber: 3g

# Russian Beef Gratin

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 5**

2 teaspoons onion flakes  
2 pounds ground beef  
2 garlic cloves, minced  
Salt and black pepper, to taste  
1 cup mozzarella cheese, shredded  
2 cups fontina cheese, shredded  
1 cup Russian dressing  
2 tablespoons sesame seeds, toasted  
20 dill pickle slices  
1 iceberg lettuce head, torn

1. Set a pan over medium heat, place in beef, garlic, salt, onion flakes, and pepper, and cook for 5 minutes. Remove to a baking dish, stir in Russian dressing, mozzarella, and spread 1 cup of the fontina cheese. 2. Lay the pickle slices on top, spread over the remaining fontina cheese and sesame seeds, place in the oven at 350°F, and bake for 20 minutes. Arrange the lettuce on a serving platter and top with the gratin.

## **Per Serving**

calories: 735 | fat: 56g | protein: 53g | carbs: 6g | net carbs: 5g | fiber: 1g

## Steak au Poivre for Two

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 2**

¼ cup plus 1 tablespoon Paleo fat, such as lard, coconut oil, or avocado oil, divided

1 (8-ounce / 227-g) rib-eye steak

1 tablespoon coarsely ground black peppercorns, plus more for garnish (optional)

1½ teaspoons fine sea salt

2 tablespoons chopped green onions or shallots

¼ cup beef bone broth, homemade or store-bought

¼ cup full-fat coconut milk

1. Heat a cast-iron skillet over medium-high heat; once hot, place 1 tablespoon of the fat in the pan. While the pan is heating, prepare the steak: Pat the steak dry and season it well with the pepper and salt. 2. When the fat is hot, place the steak in the pan and sear for 3 minutes, then flip it over and sear the other side for 3 minutes. Remove from the skillet for a rare steak, or continue to cook until done to your liking. Thicker steaks will take longer. 3. When done to your liking, remove the steak from the pan and set on a cutting board to rest while you make the sauce. Leave the drippings in the pan. 4. Add the green onions to the pan and sauté over medium heat in the reserved drippings for 2 minutes. Add the remaining ¼ cup of fat and, using a whisk, scrape up the brown bits from the bottom of the pan. Add the broth and coconut milk and simmer for 5 minutes, whisking often. Once thickened a bit, remove from the heat. 5. Cut the steak into ½-inch slices. Place on a serving platter and pour the sauce over the steak. Garnish with coarsely ground peppercorns, if desired.

### **Per Serving**

calories: 630 | fat: 55g | protein: 21g | carbs: 2g | net carbs: 1g | fiber: 1g

## Beef and Bell Pepper “Potato Skins”

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 2**

1 tablespoon ghee

½ pound ground beef

Pink Himalayan salt

Freshly ground black pepper

3 large bell peppers, in different colors

½ cup shredded cheese (I use Mexican blend)

1 avocado

¼ cup sour cream

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil or a silicone baking mat. 2. In a large skillet over medium-high heat, melt the ghee. When the ghee is hot, add the ground beef and season with pink Himalayan salt and pepper. Stir occasionally with a wooden spoon, breaking up the beef chunks. Continue cooking until the beef is done, 7 to 10 minutes. 3. Meanwhile, cut the bell peppers to get your “potato skins” ready: Cut off the top of each pepper, slice it in half, and pull out the seeds and ribs. If the pepper is large, you can cut it into quarters; use your best judgment, with the goal of a potato skin-size “boat.” 4. Place the bell peppers on the prepared baking sheet. 5. Spoon the ground beef into the peppers, sprinkle the cheese on top of each, and bake for 10 minutes. 6. Meanwhile, in a medium bowl, mix the avocado and sour cream to create an avocado crema. Mix until smooth. 7. When the peppers and beef are done baking, divide them between two plates, top each with the avocado crema, and serve.

### **Per Serving**

calories: 707 | fat: 52g | protein: 40g | carbs: 22g | net carbs: 13g | fiber: 0g

# Italian Beef Burgers

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 4**

1 pound 75% lean ground beef

¼ cup ground almonds

2 tablespoons chopped fresh basil

1 teaspoon minced garlic

¼ teaspoon sea salt

1 tablespoon olive oil

1 tomato, cut into 4 thick slices

¼ sweet onion, sliced thinly

1. In a medium bowl, mix together the ground beef, ground almonds, basil, garlic, and salt until well mixed. 2. Form the beef mixture into four equal patties and flatten them to about ½ inch thick. 3. Place a large skillet on medium-high heat and add the olive oil. 4. Panfry the burgers until cooked through, flipping them once, about 12 minutes in total. 5. Pat away any excess grease with paper towels and serve the burgers with a slice of tomato and onion.

## **Per Serving**

calories: 441 | fat: 37g | protein: 22g | carbs: 4g | net carbs: 3g | fiber: 1g

# Pork Sausage with Spinach

**Prep time: 10 minutes | Cook time: 24 minutes | Serves 6**

1 onion, chopped

2 tablespoons olive oil

2 pounds Italian pork sausage, sliced

1 red bell pepper, seeded and chopped

Salt and black pepper, to taste

4 pounds spinach, chopped

1 garlic, minced

¼ cup green chili peppers, chopped

1 cup water

1. Set pan over medium heat, warm oil and cook sausage for 10 minutes. Stir in onion, garlic and bell pepper and fry for 4 minutes. Place in spinach, salt, water, pepper, chili pepper, and cook for 10 minutes.

## **Per Serving**

calories: 649 | fat: 53g | protein: 31g | carbs: 15g | net carbs: 7g | fiber: 8g

# Pork Meatball Parmesan

**Prep time: 15 minutes | Cook time: 30 minutes | Serves 6**

## FOR THE MEATBALLS

1¼ pounds ground pork  
½ cup almond flour  
½ cup Parmesan cheese  
1 egg, lightly beaten  
1 tablespoon chopped fresh parsley  
1 teaspoon minced garlic  
1 teaspoon chopped fresh oregano  
¼ teaspoon sea salt  
⅛ teaspoon freshly ground black pepper  
2 tablespoons good-quality olive oil

## FOR THE PARMIGIANA

1 cup sugar-free tomato sauce  
1 cup shredded mozzarella cheese

**TO MAKE THE MEATBALLS** 1. Make the meatballs. In a large bowl, mix together the ground pork, almond flour, Parmesan, egg, parsley, garlic, oregano, salt, and pepper until everything is well mixed. Roll the pork mixture into 1½-inch meatballs. 2. Cook the meatballs. In a large skillet over medium-high heat, warm the olive oil. Add the meatballs to the skillet and cook them, turning them several times, until they're completely cooked through, about 15 minutes in total. **TO MAKE THE PARMIGIANA** 1.

Preheat the oven. Set the oven temperature to 350°F. 2. Assemble the parmigiana. Transfer the meatballs to a 9-by-9-inch baking dish and top them with the tomato sauce. Sprinkle with the mozzarella and bake for 15 minutes or until the cheese is melted and golden. 3. Serve. Divide the meatballs and sauce between six bowls and serve it immediately.

## Per Serving

calories: 403 | fat: 32g | protein: 25g | carbs: 1g | net carbs: 1g | fiber: 0g

## Beef Ribs with Radishes

**Prep time: 20 minutes | Cook time: 56 minutes | Serves 4**

¼ teaspoon ground coriander

¼ teaspoon ground cumin

1 teaspoon kosher salt, plus more to taste

½ teaspoon smoked paprika

Pinch of ground allspice (optional)

4 (8-ounce / 227-g) bone-in beef short ribs

2 tablespoons avocado oil

1 cup water

2 radishes, ends trimmed, leaves rinsed and roughly chopped

Freshly ground black pepper, to taste

1. In a small bowl, mix together the coriander, cumin, salt, paprika, and allspice. Rub the spice mixture all over the short ribs. 2. Set the Instant Pot to Sauté mode and add the oil to heat. Add the short ribs, bone side up. Brown for 4 minutes on each side. 3. Pour the water into the Instant Pot. Secure the lid. Press the Manual button and set cooking time for 45 minutes on High Pressure. 4. When timer beeps, allow the pressure to release naturally for 10 minutes, then release any remaining pressure. Open the lid. 5. Remove the short ribs to a serving plate. 6. Add the radishes to the sauce in the pot. Place a metal steaming basket directly on top of the radishes and place the radish leaves in the basket. 7. Secure the lid. Press the Manual button and set cooking time for 3 minutes on High Pressure. 8. When timer beeps, quick release the pressure. Open the lid. Transfer the leaves to a serving bowl. Sprinkle with with salt and pepper. 9. Remove the radishes and place on top of the leaves. Serve hot with the short ribs.

### **Per Serving**

calories: 450 | fat: 25g | protein: 45g | carbs: 12g | net carbs: 9g | fiber: 3g

# Mustard Herb Pork Tenderloin

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 6**

¼ cup mayonnaise

2 tablespoons Dijon mustard

½ teaspoon dried thyme

¼ teaspoon dried rosemary

1 (1-pound / 454-g) pork tenderloin

½ teaspoon salt

¼ teaspoon ground black pepper

1. In a small bowl, mix mayonnaise, mustard, thyme, and rosemary. Brush tenderloin with mixture on all sides, then sprinkle with salt and pepper on all sides. 2. Place tenderloin into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 20 minutes, turning tenderloin halfway through cooking. Tenderloin will be golden and have an internal temperature of at least 145°F (63°C) when done. Serve warm.

## **Per Serving**

calories: 118 | fat: 5g | protein: 17g | carbs: 1g | sugars: 0g | fiber: 0g | sodium: 368mg

# Mediterranean Beef Steaks

**Prep time: 20 minutes | Cook time: 20 minutes | Serves 4**

2 tablespoons coconut aminos

3 heaping tablespoons fresh chives

2 tablespoons olive oil

3 tablespoons dry white wine

4 small-sized beef steaks

2 teaspoons smoked cayenne pepper

½ teaspoon dried basil

½ teaspoon dried rosemary

1 teaspoon freshly ground black pepper

1 teaspoon sea salt, or more to taste

1. Firstly, coat the steaks with the cayenne pepper, black pepper, salt, basil, and rosemary. 2. Drizzle the steaks with olive oil, white wine, and coconut aminos. 3. Finally, roast in the air fryer for 20 minutes at 340°F (171°C). Serve garnished with fresh chives. Bon appétit!

## **Per Serving**

calories: 320 | fat: 17g | protein: 37g | carbs: 5g | fiber: 1g | sodium: 401mg

# Classic Italian Bolognese Sauce

**Prep time: 10 minutes | Cook time: 22 minutes | Serves 5**

1 pound (454 g) ground beef  
2 garlic cloves  
1 onion, chopped  
1 teaspoon oregano  
1 teaspoon sage  
1 teaspoon rosemary  
7 ounces (198 g) canned chopped tomatoes  
1 tablespoon olive oil

1. Heat olive oil in a saucepan. Add onion and garlic and cook for 3 minutes. Add beef and cook until browned, about 4-5 minutes. Stir in the herbs and tomatoes. Cook for 15 minutes. Serve with zoodles.

## **Per Serving**

calories: 216 | fat: 14g | protein: 18g | carbs: 4g | net carbs: 3g | fiber: 1g

# Pork Mushroom Stroganoff

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 4**

½ cup chopped cremini mushrooms

1 teaspoon dried oregano

½ teaspoon ground nutmeg

½ cup coconut milk

1 cup ground pork

½ teaspoon salt

2 tablespoons butter

1. Heat up butter on Sauté mode for 3 minutes. 2. Add mushrooms. Sauté the vegetables for 5 minutes. 3. Then stir them and add salt, ground pork, ground nutmeg, and dried oregano. 4. Stir the ingredients and cook for 5 minutes more. 5. Add coconut milk and close the lid. 6. Sauté the stroganoff for 15 minutes. Stir it from time to time to avoid burning.

## **Per Serving**

calories: 357 | fat: 29g | protein: 21g | carbs: 3g | net carbs: 2g | fiber: 1g

# Zoodle, Bacon, Spinach, and Halloumi Gratin

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 4**

2 large zucchinis, spiralized  
4 slices bacon, chopped  
2 cups baby spinach  
4 ounces halloumi cheese, cut into cubes  
2 cloves garlic, minced  
1 cup heavy cream  
½ cup sugar-free tomato sauce  
1 cup grated mozzarella cheese  
½ teaspoon dried Italian mixed herbs  
Salt and black pepper to taste

1. Preheat the oven to 350°F. Place the cast iron pan over medium heat and fry the bacon for 4 minutes, then add garlic and cook for 1 minute. 2. In a bowl, mix the heavy cream, tomato sauce, and 1/6 cup water and add it to the pan. Stir in the zucchini, spinach, halloumi, Italian herbs, salt, and pepper. Sprinkle the mozzarella cheese on top, and transfer the pan to the oven. Bake for 20 minutes or until the cheese is golden. Serve the gratin warm.

## **Per Serving**

calories: 350 | fat: 27g | protein: 16g | carbs: 5g | net carbs: 4g | fiber: 1g

# Korean Beef and Pickled Vegetable Bowls

**Prep time: 15 minutes | Cook time: 10 minutes | Serves 6**

1 tablespoon vegetable oil  
5 garlic cloves, thinly sliced  
1 tablespoon julienned fresh ginger  
2 dried red chiles  
1 cup sliced onions  
1 pound (454 g) 80% lean ground beef  
1 tablespoon gochujang, adjusted to taste  
1 cup fresh basil leaves, divided  
1 tablespoon coconut aminos  
1 teaspoon Swerve  
2 tablespoons freshly squeezed lime juice  
1 teaspoon salt  
1 teaspoon freshly ground pepper  
¼ cup water  
1 teaspoon sesame oil  
For the Pickled Vegetables:  
1 cucumber, peeled, coarsely grated  
1 turnip, coarsely grated  
¼ cup white vinegar  
½ teaspoon salt  
½ teaspoon Swerve

1. Select Sauté mode of the Instant Pot. When the pot is hot, add the oil and heat until it is shimmering. 2. Add the garlic, ginger, and chiles and sauté for 1 minute. 3. Add the onions and sauté for 1 minute. 4. Add the ground beef and cooking for 4 minutes.. 5. Add the gochujang, ½ cup of basil, coconut aminos, sweetener, lime juice, salt, pepper, water, and sesame oil, and stir to combine. 6. Lock the lid. Select Manual mode. Set the time for 4 minutes on High Pressure. 7. When cooking is complete, let the pressure release naturally for 5 minutes, then release any remaining pressure. Unlock the lid and stir in the remaining ½ cup of basil. 8. Meanwhile, put the cucumber and turnip in a medium bowl and mix with the vinegar, salt, and sweetener. To serve, portion the basil beef into individual bowls and serve with the pickled salad.

**Per Serving**

calories: 298 | fat: 20.0g | protein: 22.0g | carbs: 8.0g | net carbs: 7.0g | fiber:  
1.0g

## Rib Eye with Chimichurri Sauce

**Prep time: 15 minutes | Cook time: 15 minutes | Serves 4**

FOR THE CHIMICHURRI

½ cup good-quality olive oil  
½ cup finely chopped fresh parsley  
2 tablespoons red wine vinegar  
2 tablespoons finely chopped fresh cilantro  
1½ tablespoons minced garlic  
1 tablespoon finely chopped chile pepper  
½ teaspoon sea salt  
¼ teaspoon freshly ground black pepper

FOR THE STEAK

4 (5-ounce) rib eye steaks  
1 tablespoon good-quality olive oil  
Sea salt, for seasoning  
Freshly ground black pepper, for seasoning

**TO MAKE THE CHIMICHURRI** Make the chimichurri. In a medium bowl, stir together the olive oil, parsley, vinegar, cilantro, garlic, chile, salt, and pepper. Let it stand for 15 minutes to mellow the flavors. **TO MAKE THE STEAK** 1. Prepare the steaks. Let the steaks come to room temperature and lightly oil them with the olive oil and season them with salt and pepper. 2. Grill the steaks. Preheat the grill to high heat. Grill the steaks for 6 to 7 minutes per side for medium (140°F internal temperature) or until they're done the way you like them. 3. Rest and serve. Let the steaks rest for 10 minutes and then serve them topped with generous spoonfuls of the chimichurri sauce.

### **Per Serving**

calories: 503 | fat: 42g | protein: 29g | carbs: 1g | net carbs: 1g | fiber: 0g

# Lazy Meatloaf

**Prep time: 15 minutes | Cook time: 60 minutes | Serves 6**

5 tablespoons no-sugar-added ketchup, divided

1½ pounds lean ground beef

2 large eggs

½ cup crushed pork rinds

1 small white onion, peeled and chopped

1 tablespoon Italian seasoning

1 teaspoon mustard powder

1 teaspoon soy sauce

½ teaspoon minced garlic

½ teaspoon black pepper

1. Preheat oven to 400°F. Grease a 9" × 5" × 2½" loaf pan. 2. In a large bowl, combine 3 tablespoons ketchup with all remaining ingredients until combined. 3. Add the mixture to the prepared pan. Top with remaining ketchup and cover with foil. 4. Bake 50–60 minutes. Serve warm.

## **Per Serving**

calories: 278 | fat: 14g | protein: 30g | carbs: 2g | net carbs: 2g | fiber: 0g

# Blue Pork

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 2**

1 teaspoon coconut oil

2 pork chops

2 ounces (57 g) blue cheese, crumbled

1 teaspoon lemon juice

¼ cup heavy cream

1. Heat the coconut oil in the Instant Pot on Sauté mode. 2. Put the pork chops in the Instant Pot and cook on Sauté mode for 5 minutes on each side. 3. Add the lemon juice and crumbled cheese. Stir to mix well. 4. Add heavy cream and close the lid. 5. Select Manual mode and set cooking time for 10 minutes on High Pressure. 6. When timer beeps, perform a natural pressure release for 5 minutes, then release any remaining pressure. Open the lid. 7. Serve immediately.

## **Per Serving**

calories: 300 | fat: 25.9g | protein: 15.4g | carbs: 1.1g | net carbs: 1.1g | fiber: 0g

# Juicy No-Fail Burger

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 4**

1 pound grass-fed ground beef  
1 egg, lightly beaten  
½ onion, finely chopped  
1 teaspoon minced garlic  
1 teaspoon Worcestershire sauce  
1 teaspoon dried parsley  
¼ teaspoon sea salt  
⅛ teaspoon freshly ground black pepper  
1 tablespoon olive oil

1. Make the burgers. In a medium bowl, combine the ground beef, egg, onion, garlic, Worcestershire sauce, parsley, salt, and pepper until everything is well mixed. Form the mixture into four equal patties, each about ¾ inch thick. Lightly oil the patties with olive oil. 2. Grill the burgers. Preheat the grill to medium heat. Grill the burgers, turning them once, until they're just cooked through (160°F internal temperature), about 8 minutes per side. 3. Serve. Let the burgers rest for 5 minutes, then serve them immediately.

## **Per Serving**

calories: 379 | fat: 33g | protein: 19g | carbs: 1g | net carbs: 1g | fiber: 0g

## Pepper Steak Stir-Fry

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 3**

1 tablespoon extra-virgin olive oil, or more as needed  
1 red bell pepper, cored, seeded, and cut into ½-inch-wide strips  
1 green bell pepper, cored, seeded, and cut into ½-inch-wide strips  
½ medium onion, thinly sliced  
2 garlic cloves, minced  
1 pound (454 g) flank steak, cut into ½-inch-wide strips  
Pink Himalayan sea salt  
Freshly ground black pepper  
¼ cup coconut aminos or soy sauce  
2 tablespoons granulated erythritol  
1 teaspoon ground ginger  
Cauliflower rice, cooked (optional)

1. In a large sauté pan or skillet, heat 1 tablespoon of olive oil over medium heat. Add the bell peppers, onion, and garlic and cook until tender, about 5 minutes. Transfer the vegetables to a bowl. 2. Season the steak with salt and pepper and transfer it to the skillet. If there is no oil left in the pan, add about 1 teaspoon olive oil. 3. Increase the temperature to medium high and cook the steak for 5 to 7 minutes, with 5 minutes being for medium and 7 minutes being for well done. 4. In a small bowl, mix the coconut aminos, erythritol, and ginger. 5. Return the pepper mixture to the pan and drizzle with the sauce. 6. Reduce the heat to medium low and simmer for about 5 minutes, until the sauce reduces by about half, then serve with the cauliflower rice, if desired.

### **Per Serving**

calories: 316 | fat: 16g | protein: 35g | carbs: 8g | net carbs: 6g | fiber: 2g

# Spiced Pork Roast with Collard Greens

**Prep time: 10 minutes | Cook time: 1 hour | Serves 4**

2 tablespoons olive oil

Salt and black pepper, to taste

1½ pounds pork loin

A pinch of dry mustard

1 teaspoon hot red pepper flakes

½ teaspoon ginger, minced

1 cup collard greens, chopped

2 garlic cloves, minced

½ lemon, sliced

¼ cup water

1. In a bowl, combine the ginger with salt, mustard, and black pepper. Add in the meat, toss to coat. Heat the oil in a saucepan over medium heat, brown the pork on all sides, for 10 minutes. 2. Transfer to the oven and roast for 40 minutes at 390°F. To the saucepan, add collard greens, lemon slices, garlic, and water; cook for 10 minutes. Serve on a platter and sprinkle pan juices on top.

## **Per Serving**

calories: 350 | fat: 21g | protein: 37g | carbs: 2g | net carbs: 1g | fiber: 1g

# Keto Chili

**Prep time: 20 minutes | Cook time: 5 TO 8 hours | Serves 6**

1 pound ground beef

1 pound bulk sausage, mild or hot

1 green bell pepper, diced

½ medium yellow onion, chopped

3 to 4 cloves garlic, minced, or 1 tablespoon garlic powder 1 (14½-ounce)

can diced tomatoes (with juices)

1 (6-ounce) can tomato paste

1 tablespoon chili powder

1½ teaspoons ground cumin

⅓ cup water

Topping Suggestions

Shredded cheddar cheese

Sliced green onions

Sour cream

Sliced jalapeños

1 In a large pot, brown the ground beef and sausage, using a wooden spoon to break up the clumps. Drain the meat, reserving half of the drippings. 2 Transfer the drained meat to a slow cooker. Add the reserved drippings, bell pepper, onion, garlic, tomatoes with juices, tomato paste, chili powder, cumin, and water and mix well. 3 Place the lid on the slow cooker and cook on low for 6 to 8 hours or on high for 5 hours, until the veggies are soft. 4 Serve topped with shredded cheese, green onions, sour cream, and/or sliced jalapeños, if desired.

**Per Serving**

calories: 387 | fat: 25g | protein: 34g | carbs: 11g | net carbs: 8g | fiber: 3g

# Braised Pork Belly

**Prep time: 15 minutes | Cook time: 37 minutes | Serves 4**

1 pound (454 g) pork belly

1 tablespoon olive oil

Salt and ground black pepper to taste

1 clove garlic, minced

1 cup dry white wine

Rosemary sprig

1. Select the Sauté mode on the Instant Pot and heat the oil. 2. Add the pork belly and sauté for 2 minutes per side, until starting to brown. 3. Season the meat with salt and pepper, add the garlic. 4. Pour in the wine and add the rosemary sprig. Bring to a boil. 5. Select the Manual mode and set the cooking time for 35 minutes at High pressure. 6. Once cooking is complete, use a natural pressure release for 10 minutes, then release any remaining pressure. Open the lid. 7. Slice the meat and serve.

## **Per Serving**

calories: 666 | fat: 63.5g | protein: 10.7g | carbs: 1.5g | net carbs: 1.4g | fiber: 0.1g

# Creamy Pork Liver

**Prep time: 5 minutes | Cook time: 7 minutes | Serves 3**

14 ounces (397 g) pork liver, chopped

1 teaspoon salt

1 teaspoon butter

½ cup heavy cream

3 tablespoons scallions, chopped

1. Rub the liver with the salt on a clean work surface. 2. Put the butter in the Instant Pot and melt on the Sauté mode. 3. Add the heavy cream, scallions, and liver. 4. Stir and close the lid. Select Manual mode and set cooking time for 12 minutes on High Pressure. 5. When timer beeps, perform a natural pressure release for 5 minutes, then release any remaining pressure. Open the lid. 6. Serve immediately.

## **Per Serving**

calories: 300 | fat: 14.5g | protein: 35.0g | carbs: 6.0g | net carbs: 5.8g | fiber: 0.2g

# Baked Pork Meatballs in Pasta Sauce

**Prep time: 10 minutes | Cook time: 35 minutes | Serves 6**

2 pounds (907 g) ground pork  
1 tablespoon olive oil  
1 cup pork rinds, crushed  
3 cloves garlic, minced  
½ cup coconut milk  
2 eggs, beaten  
½ cup grated Parmesan cheese  
½ cup grated asiago cheese  
Salt and black pepper to taste  
¼ cup chopped parsley  
2 jars sugar-free marinara sauce  
½ teaspoon Italian seasoning  
1 cup Italian blend kinds of cheeses  
Chopped basil to garnish

1. Preheat the oven to 400°F, line a cast iron pan with foil and oil it with cooking spray. Set aside. 2. Combine the coconut milk and pork rinds in a bowl. Mix in the ground pork, garlic, Asiago cheese, Parmesan cheese, eggs, salt, and pepper, just until combined. Form balls of the mixture and place them in the prepared pan. Bake in the oven for 20 minutes at a reduced temperature of 370°F. 3. Transfer the meatballs to a plate. Pour half of the marinara sauce in the baking pan. Place the meatballs back in the pan and pour the remaining marinara sauce all over them. Sprinkle with the Italian blend cheeses, drizzle with the olive oil, and then sprinkle with Italian seasoning. 4. Cover the pan with foil and put it back in the oven to bake for 10 minutes. After, remove the foil, and cook for 5 minutes. Once ready, take out the pan and garnish with basil. Serve on a bed of squash spaghetti.

## **Per Serving**

calories: 575 | fat: 43g | protein: 39g | carbs: 8g | net carbs: 5g | fiber: 3g

# Chapter 4 Fish and Seafood

## Super Cheesy Salmon Zoodles

**Prep time: 5 minutes | Cook time: 35 minutes | Serves 4**

2 tablespoons avocado oil, coconut oil, or ghee  
1 teaspoon paprika  
1 teaspoon dried thyme leaves  
½ teaspoon dried basil  
½ teaspoon dried oregano leaves  
¾ teaspoon finely ground sea salt, divided  
¼ teaspoon ground black pepper  
1 pound (455 g) salmon fillets, cut into 4 equal portions  
2 large tomatoes, diced  
½ cup (120 ml) chicken bone broth  
½ cup (120 ml) full-fat coconut milk  
3 cloves garlic, minced  
½ teaspoon red pepper flakes  
2 medium zucchinis, spiral sliced  
1 cup (70 g) spinach, chopped  
4 strips bacon (about 4 oz/112 g), cooked until crispy and crumbled  
¾ cup (105 g) shredded mozzarella cheese (dairy-free or regular)

1. Heat the oil in a large frying pan over medium-low heat. 2. While the oil is heating, place the paprika, thyme, basil, oregano, ¼ teaspoon of the salt, and the pepper in a medium-sized bowl. Stir to blend, then dredge the salmon fillets, one at a time, in the mixture. When all the fillets are coated, place in the frying pan. 3. Cook the salmon for 6 minutes per side, until seared. 4. Once the salmon has cooked for a total of 12 minutes, transfer to a clean plate, leaving the cooking oil in the pan. Add the diced tomatoes, broth, coconut milk, garlic, red pepper flakes, and remaining ½ teaspoon of salt to the pan. Cook over medium heat, stirring often, for 15 minutes, until the sauce has thickened slightly. 5. Add the spiral-sliced zucchini and chopped spinach to the pan and toss to coat in the creamy tomato sauce. Set the cooked salmon on top of the zucchini mixture, then top with the bacon pieces and cheese. Cover, reduce the heat to low, and cook for another 5 minutes, or

until the cheese has melted. 6. Divide the zoodles and cheese-topped salmon among 4 dinner plates and enjoy.

**Per Serving**

calories: 485 | fat: 35g | protein: 30g | carbs: 12g | net carbs: 6g | fiber: 6g

# Sheet-Pan Shrimp

**Prep time: 15 minutes | Cook time: 10 minutes | Serves 4**

8 tablespoons (1 stick) butter, melted

4 ounces (113 g) cream cheese, at room temperature

1 teaspoon garlic salt

1 pound (454 g) shrimp, any size, peeled, deveined, tails off, patted dry

Juice of 1 lemon

2 scallions, thinly sliced

1. Preheat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment paper and set aside. 2. In a medium bowl, mix together the melted butter, cream cheese, and garlic salt until well combined. 3. Drop the shrimp into the butter mixture and fold gently to coat all the shrimp. 4. Pour the shrimp mixture onto the prepared baking sheet and spread out the shrimp so none overlap. 5. Bake for 8 to 10 minutes. 6. Squeeze the lemon juice across the top of the shrimp, garnish with the scallions, and serve immediately.

**Per Serving (¼ recipe):**

calories: 420 | fat: 35g | protein: 25g | carbs: 3g | net carbs: 3g | fiber: 0g

# Halibut Curry

**Prep time: 5 minutes | Cook time: 35 minutes | Serves 4**

1 tablespoon avocado oil

½ cup finely chopped celery

½ cup frozen butternut squash cubes

1 cup full-fat coconut milk

½ cup seafood stock

1½ tablespoons curry powder

1 tablespoon dried cilantro

½ tablespoon garlic powder

½ tablespoon ground turmeric

1 teaspoon ground ginger

1 pound (454 g) skinless halibut fillet, cut into chunks

Cooked cauliflower rice, for serving (optional)

1. In a large pot with a lid, heat the avocado oil over medium-high heat. Add the celery and cook for about 3 minutes. Add the squash and cook for 5 minutes more. 2. Pour in the coconut milk and seafood stock and cook, stirring, for another 3 minutes. Stir in the curry powder, cilantro, garlic, turmeric, and ginger. 3. Add the halibut to the pot and stir into the rest of the mixture. Reduce the heat to medium, cover the pot, and cook for 15 to 20 minutes, or until the fish is completely white and flakes easily with a fork. 4. Serve the halibut curry over cauliflower rice if you'd like, or just eat it by itself!

## **Per Serving**

calories: 362 | fat: 22g | protein: 33g | carbs: 8g | net carbs: 5g | fiber: 3g

# Paprika Crab Burgers

**Prep time: 30 minutes | Cook time: 14 minutes | Serves 3**

2 eggs, beaten

1 shallot, chopped

2 garlic cloves, crushed

1 tablespoon olive oil

1 teaspoon yellow mustard

1 teaspoon fresh cilantro, chopped

10 ounces (283 g) crab meat

1 teaspoon smoked paprika

½ teaspoon ground black pepper

Sea salt, to taste

¾ cup Parmesan cheese

1. In a mixing bowl, thoroughly combine the eggs, shallot, garlic, olive oil, mustard, cilantro, crab meat, paprika, black pepper, and salt. Mix until well combined. 2. Shape the mixture into 6 patties. Roll the crab patties over grated Parmesan cheese, coating well on all sides. Place in your refrigerator for 2 hours. 3. Spritz the crab patties with cooking oil on both sides. Cook in the preheated air fryer at 360°F (182°C) for 14 minutes. Serve on dinner rolls if desired. Bon appétit!

## **Per Serving**

calories: 288 | fat: 16g | protein: 32g | carbs: 4g | fiber: 1g | sodium: 355mg

# Savory Shrimp

**Prep time: 5 minutes | Cook time: 8 to 10 minutes | Serves 4**

1 pound (454 g) fresh large shrimp, peeled and deveined

1 tablespoon avocado oil

2 teaspoons minced garlic, divided

½ teaspoon red pepper flakes

Sea salt and freshly ground black pepper, to taste

2 tablespoons unsalted butter, melted

2 tablespoons chopped fresh parsley

1. Place the shrimp in a large bowl and toss with the avocado oil, 1 teaspoon of minced garlic, and red pepper flakes. Season with salt and pepper. 2. Set the air fryer to 350°F (177°C). Arrange the shrimp in a single layer in the air fryer basket, working in batches if necessary. Cook for 6 minutes. Flip the shrimp and cook for 2 to 4 minutes more, until the internal temperature of the shrimp reaches 120°F (49°C). (The time it takes to cook will depend on the size of the shrimp.) 3. While the shrimp are cooking, melt the butter in a small saucepan over medium heat and stir in the remaining 1 teaspoon of garlic. 4. Transfer the cooked shrimp to a large bowl, add the garlic butter, and toss well. Top with the parsley and serve warm.

## **Per Serving**

calories: 182 | fat: 10g | protein: 23g | carbs: 1g | sugars: 0g | fiber: 0g | sodium: 127mg

# Parmesan-Crusted Salmon

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 2**

2 tablespoons mayonnaise

1 tablespoon grated Parmesan cheese

1 tablespoon shredded Parmesan cheese

1 teaspoon freshly squeezed lemon juice

½ teaspoon dried parsley

½ teaspoon minced garlic

Pink Himalayan sea salt

Freshly ground black pepper

2 (8-ounce / 227-g) salmon fillets, skin on

1. Preheat the oven to 400°F (205°C). Line a baking sheet with aluminum foil. 2. In a small bowl, combine the mayonnaise, both types of Parmesan, lemon juice, parsley, and garlic. Season with salt and pepper. 3. Place the salmon skin-side down on the baking sheet. Spread the sauce evenly across both fillets. 4. Bake for 15 to 17 minutes, until the salmon flakes easily with a fork. Serve immediately.

## **Per Serving**

calories: 584 | fat: 40g | protein: 53g | carbs: 1g | net carbs: 1g | fiber: 0g

# Shrimp in Creamy Pesto over Zoodles

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 pound (454 g) peeled and deveined fresh shrimp

Salt

Freshly ground black pepper

2 tablespoons extra-virgin olive oil

½ small onion, slivered

8 ounces (227 g) store-bought jarred pesto

¾ cup crumbled goat or feta cheese, plus more for serving

6 cups zucchini noodles (from about 2 large zucchini), for serving

¼ cup chopped flat-leaf Italian parsley, for garnish

1. In a bowl, season the shrimp with salt and pepper and set aside. 2. In a large skillet, heat the olive oil over medium-high heat. Sauté the onion until just golden, 5 to 6 minutes. 3. Reduce the heat to low and add the pesto and cheese, whisking to combine and melt the cheese. Bring to a low simmer and add the shrimp. Reduce the heat back to low and cover. Cook until the shrimp is cooked through and pink, another 3 to 4 minutes. 4. Serve warm over zucchini noodles, garnishing with chopped parsley and additional crumbled cheese, if desired.

## **Per Serving**

calories: 608 | fat: 49g | protein: 37g | carbs: 9g | fiber: 3g | sodium: 564mg

## Sesame-Crusted Tuna Steak

**Prep time: 5 minutes | Cook time: 8 minutes | Serves 2**

2 (6-ounce / 170-g) tuna steaks

1 tablespoon coconut oil, melted

½ teaspoon garlic powder

2 teaspoons white sesame seeds

2 teaspoons black sesame seeds

1. Brush each tuna steak with coconut oil and sprinkle with garlic powder. 2. In a large bowl, mix sesame seeds and then press each tuna steak into them, covering the steak as completely as possible. Place tuna steaks into the air fryer basket. 3. Adjust the temperature to 400°F (204°C) and air fry for 8 minutes. 4. Flip the steaks halfway through the cooking time. Steaks will be well-done at 145°F (63°C) internal temperature. Serve warm.

### **Per Serving**

calories: 281 | fat: 11g | protein: 43g | carbs: 1g | fiber: 1g | sodium: 80mg

# Mayo-Less Tuna Salad

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 1**

1 can tuna packed in olive oil  
5 olives, pitted and chopped  
4 sun-dried tomatoes, chopped  
2 tablespoons chopped jicama  
1 tablespoon olive oil  
1 teaspoon mustard  
1 teaspoon dried basil (optional)  
Salt and freshly ground black pepper, to taste  
1 cup fresh spinach leaves  
Sugar-free hot sauce, for serving (optional)

1. In a mixing bowl, combine the tuna and its oil with the olives, sun-dried tomatoes, jicama, olive oil, and mustard. Season with the basil (if using), salt, and pepper. Stir everything together until well combined. 2. Arrange the spinach leaves on a plate or in a bowl and top with the tuna salad. Or simply toss the spinach with the tuna salad to save yourself a little bit of cleanup! If you'd like, sprinkle with some hot sauce.

## **Per Serving**

calories: 450 | fat: 38g | protein: 18g | carbs: 9g | net carbs: 5g | fiber: 4g

# Spicy Shrimp Fried Rice

**Prep time: 15 minutes | Cook time: 15 minutes | Serves 4**

¼ teaspoon cayenne pepper

¼ teaspoon chili powder

¼ teaspoon paprika

¼ teaspoon pink Himalayan salt

¼ teaspoon ground black pepper

1 pound medium-sized shrimp, peeled and deveined

2 tablespoons ghee, divided

4 cups riced cauliflower (see Tip)

½ medium-sized white onion, finely chopped

2 teaspoons minced fresh ginger

1 cup fresh broccoli florets, chopped

3 tablespoons soy sauce

1 tablespoon Sriracha sauce

1½ teaspoons unseasoned rice wine vinegar

2 large eggs

2 teaspoons toasted sesame oil

**FOR GARNISH (OPTIONAL):**

Sliced scallions

Black and white sesame seeds

1. Put the cayenne, chili powder, paprika, salt, and pepper in a medium-sized bowl. Mix to blend, then add the shrimp. Toss the shrimp in the seasoning blend until evenly coated. 2. Heat 1 tablespoon of the ghee in a large skillet over medium-high heat. Place the seasoned shrimp in the hot skillet and cook until pink, about 2 minutes on each side. Remove to a small bowl and set aside. 3. Add the remaining tablespoon of ghee to the hot skillet and pour in the riced cauliflower. Spread it out with a spatula so it lies flat on the surface of the skillet and cook until it crisps up, 3 to 5 minutes. 4. Stir the rice, then add the onion and ginger. Cook for 2 minutes, until the onion is slightly tender. Add the broccoli and cook for 1 to 2 minutes, until bright green in color. Add the soy sauce, Sriracha, and vinegar. Combine using the spatula. 5. Make a well in the center of the skillet and crack in the eggs. Scramble using the spatula, then combine with the rest of the contents of the skillet. 6. Add the shrimp and toss to combine. Drizzle with the sesame oil and garnish

with sliced scallions and sesame seeds, if desired. Serve immediately. 7.  
Store leftovers in a sealed container in the refrigerator for up to 4 days.  
Reheat in the microwave for 60 to 90 seconds.

**Per Serving**

calories: 283 | fat: 13g | protein: 32g | carbs: 13g | net carbs: 9g | fiber: 4g

# Parmesan-Garlic Salmon with Asparagus

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 2**

2 (6-ounce) salmon fillets, skin on

Pink Himalayan salt

Freshly ground black pepper

1 pound fresh asparagus, ends snapped off

3 tablespoons butter

2 garlic cloves, minced

¼ cup grated Parmesan cheese

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil or a silicone baking mat. 2. Pat the salmon dry with a paper towel, and season both sides with pink Himalayan salt and pepper. 3. Place the salmon in the middle of the prepared pan, and arrange the asparagus around the salmon. 4. In a small saucepan over medium heat, melt the butter. Add the minced garlic and stir until the garlic just begins to brown, about 3 minutes. 5. Drizzle the garlic-butter sauce over the salmon and asparagus, and top both with the Parmesan cheese. 6. Bake until the salmon is cooked and the asparagus is crisp-tender, about 12 minutes. You can switch the oven to broil at the end of cooking time for about 3 minutes to get a nice char on the asparagus. 7. Serve hot.

## **Per Serving**

calories: 434 | fat: 26g | protein: 42g | carbs: 10g | net carbs: 6g | fiber: 5g

# Classic Fish Sticks with Tartar Sauce

**Prep time: 10 minutes | Cook time: 12 to 15 minutes | Serves 4**

1½ pounds (680 g) cod fillets, cut into 1-inch strips

1 teaspoon salt

½ teaspoon freshly ground black pepper

2 eggs

¾ cup almond flour

¼ cup grated Parmesan cheese

Tartar Sauce:

½ cup sour cream

½ cup mayonnaise

3 tablespoons chopped dill pickle

2 tablespoons capers, drained and chopped

½ teaspoon dried dill

1 tablespoon dill pickle liquid (optional)

1. Preheat the air fryer to 400°F (204°C). 2. Season the cod with the salt and black pepper; set aside. 3. In a shallow bowl, lightly beat the eggs. In a second shallow bowl, combine the almond flour and Parmesan cheese. Stir until thoroughly combined. 4. Working with a few pieces at a time, dip the fish into the egg mixture followed by the flour mixture. Press lightly to ensure an even coating. 5. Working in batches if necessary, arrange the fish in a single layer in the air fryer basket and spray lightly with olive oil. Pausing halfway through the cooking time to turn the fish, air fry for 12 to 15 minutes, until the fish flakes easily with a fork. Let sit in the basket for a few minutes before serving with the tartar sauce. 6. To make the tartar sauce: In a small bowl, combine the sour cream, mayonnaise, pickle, capers, and dill. If you prefer a thinner sauce, stir in the pickle liquid.

## **Per Serving**

calories: 382 | fat: 23g | protein: 36g | carbs: 7g | net carbs: 5g | fiber: 2g

# Fried Red Snapper

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 4**

1 cup coconut flour  
1 whole red snapper (about 1½ pounds)  
1 cup coconut oil  
½ teaspoon pink Himalayan salt  
SAUCE:

2 tablespoons soy sauce  
1 tablespoon toasted sesame oil  
Juice of 1 lime  
¼ teaspoon garlic powder  
¼ teaspoon ginger powder  
¼ teaspoon onion powder  
¼ teaspoon paprika  
¼ teaspoon ground black pepper  
Lime wedges, for serving

1. Place the coconut flour in a zip-top plastic bag. Pat the snapper dry with paper towels, score the skin, and place it in the bag with the flour. Seal the bag and shake thoroughly to coat the fish. Set aside. 2. Put the coconut oil in a 12-inch or larger heavy skillet (preferably cast-iron) over medium-high heat. (Make sure the skillet is large enough to fit the fish.) Place a deep-fry thermometer in the oil and heat until it reaches 350°F. 3. Place the snapper in the hot oil and shallow-fry for 10 minutes on each side, until brown and crispy on the outside. Set aside on a large plate and season with the salt. 4. In a small bowl, whisk together the ingredients for the sauce. 5. Pour the sauce evenly over the fried snapper and serve immediately with lime wedges. 6. Store leftovers in a sealed container in the refrigerator for up to 4 days. Reheat in the microwave for a couple minutes.

## **Per Serving**

calories: 183 | fat: 6g | protein: 26g | carbs: 6g | net carbs: 3g | fiber: 3g

# Pan-Fried Cod with Dill Caper Sauce

**Prep time: 5 minutes | Cook time: 5 minutes | Serves 6**

Dill Caper Sauce:

¼ cup drained capers

1 tablespoon chopped fresh dill

¼ cup extra-virgin olive oil

Juice from 1 small lemon

Salt and pepper, to taste

Fish:

1½ pounds (680 g) cod fillets, or any other mild white fish

Salt and pepper, to taste

1 tablespoon butter

2 teaspoons avocado oil

Juice of ½ lemon

1. Prepare the sauce first, even a day or two before. Combine the capers, dill, olive oil, and lemon juice in a jar with a tight-fitting lid. Shake vigorously. If you want to make it more of a sauce than a dressing, you can also pulse the mixture a few times in a food processor or with an immersion blender. Taste and add salt and pepper as needed. 2. Season both sides of the fish with salt and pepper. Heat a large skillet over medium heat. Add the butter and avocado oil, and heat until the butter bubbles; swirl the pan to combine. Add the fish and cook about 2 minutes, depending on thickness. Carefully flip to brown the other side and squeeze the lemon juice over the fish. Cook for 1 to 2 minutes more. Do not overcook. 3. Remove the fish from pan, transfer to a serving platter, and spoon 2 tablespoons sauce over each serving.

**Per Serving**

calories: 336 | fat: 24g | protein: 19g | carbs: 10g | net carbs: 9g | fiber: 1g

# Tuna Avocado Bites

**Prep time: 10 minutes | Cook time: 7 minutes | Makes 12 bites**

1 (10-ounce / 283-g) can tuna, drained

¼ cup full-fat mayonnaise

1 stalk celery, chopped

1 medium avocado, peeled, pitted, and mashed

½ cup blanched finely ground almond flour, divided

2 teaspoons coconut oil

1. In a large bowl, mix tuna, mayonnaise, celery, and mashed avocado. Form the mixture into balls. 2. Roll balls in almond flour and spritz with coconut oil. Place balls into the air fryer basket. 3. Adjust the temperature to 400°F (204°C) and set the timer for 7 minutes. 4. Gently turn tuna bites after 5 minutes. Serve warm.

**Per Serving (2 bites):**

calories: 170 | fat: 13g | protein: 12g | carbs: 4g | net carbs: 1g | fiber: 3g

# Salmon-Stuffed Portabella Mushrooms

**Prep time: 5 minutes | Cook time: 25 minutes | Serves 4**

4 portabella mushroom caps

2 (6-ounce / 170-g) cans wild-caught salmon (or freshly cooked wild-caught salmon)

4 ounces (113 g) cream cheese, at room temperature

¼ cup mayonnaise

2 scallions, chopped

½ teaspoon paprika

½ teaspoon garlic powder

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 cup freshly grated Parmesan cheese

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper. 2. Clean the mushrooms, remove the stems, and carefully scrape the gills away with a spoon. Place them top down on the baking sheet. 3. In a large bowl, combine the salmon, cream cheese, mayonnaise, scallions, paprika, garlic powder, salt, and pepper. Mix well to combine. 4. Spoon the salmon mixture into the mushroom caps, dividing equally. 5. Sprinkle with the Parmesan and bake for 20 to 25 minutes until the mushrooms are tender and the cheese is bubbly.

**Per Serving (1 mushroom cap):**

calories: 385 | fat: 29g | protein: 26g | carbs: 5g | net carbs: 4g | fiber: 1g

# Friday Night Fish Fry

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 large egg

½ cup powdered Parmesan cheese (about 1½ ounces / 43 g)

1 teaspoon smoked paprika

¼ teaspoon celery salt

¼ teaspoon ground black pepper

4 (4-ounce / 113-g) cod fillets

Chopped fresh oregano or parsley, for garnish (optional)

Lemon slices, for serving (optional)

1. Spray the air fryer basket with avocado oil. Preheat the air fryer to 400°F (204°C). 2. Crack the egg in a shallow bowl and beat it lightly with a fork. Combine the Parmesan cheese, paprika, celery salt, and pepper in a separate shallow bowl. 3. One at a time, dip the fillets into the egg, then dredge them in the Parmesan mixture. Using your hands, press the Parmesan onto the fillets to form a nice crust. As you finish, place the fish in the air fryer basket. 4. Air fry the fish in the air fryer for 10 minutes, or until it is cooked through and flakes easily with a fork. Garnish with fresh oregano or parsley and serve with lemon slices, if desired. 5. Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in a preheated 400°F (204°C) air fryer for 5 minutes, or until warmed through.

## **Per Serving**

calories: 165 | fat: 6g | protein: 25g | carbs: 2g | fiber: 0g | sodium: 392mg

# Salmon Patties

**Prep time: 5 minutes | Cook time: 8 minutes | Serves 4**

12 ounces (340 g) pouched pink salmon

3 tablespoons mayonnaise

⅓ cup blanched finely ground almond flour

½ teaspoon Cajun seasoning

1 medium avocado, peeled, pitted, and sliced

1. In a medium bowl, mix salmon, mayonnaise, flour, and Cajun seasoning. Form mixture into four patties. 2. Place patties into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 8 minutes, turning patties halfway through cooking. Patties will be done when firm and golden brown. 3. Transfer patties to four medium plates and serve warm with avocado slices.

## **Per Serving**

calories: 270 | fat: 19g | protein: 21g | carbs: 6g | net carbs: 1g | fiber: 5g

# Rainbow Salmon Kebabs

**Prep time: 10 minutes | Cook time: 8 minutes | Serves 2**

6 ounces (170 g) boneless, skinless salmon, cut into 1-inch cubes

¼ medium red onion, peeled and cut into 1-inch pieces

½ medium yellow bell pepper, seeded and cut into 1-inch pieces

½ medium zucchini, trimmed and cut into ½-inch slices

1 tablespoon olive oil

½ teaspoon salt

¼ teaspoon ground black pepper

1. Using one (6-inch) skewer, skewer 1 piece salmon, then 1 piece onion, 1 piece bell pepper, and finally 1 piece zucchini. Repeat this pattern with additional skewers to make four kebabs total. Drizzle with olive oil and sprinkle with salt and black pepper. 2. Place kebabs into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 8 minutes, turning kebabs halfway through cooking. Salmon will easily flake and have an internal temperature of at least 145°F (63°C) when done; vegetables will be tender. Serve warm.

## **Per Serving**

calories: 195 | fat: 11g | protein: 19g | carbs: 6g | fiber: 2g | sodium: 651mg

## **Pan-Seared Scallops with Lemon Butter**

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 4**

1 pound (454 g) scallops, rinsed under cold water and patted dry with a paper towel

Salt, to taste

Freshly ground black pepper, to taste

4 tablespoons butter, divided

1 lemon, halved

Zest of ½ lemon

1. Season the scallops on both sides with salt and pepper. 2. In a large nonstick skillet over medium-high heat, melt 2 tablespoons of butter. 3. Add the scallops. Cook for 5 to 7 minutes per side or until the scallops begin to get crispy. 4. Squeeze 1 lemon half over the scallops. Transfer the scallops to a serving platter. 5. Return the skillet to low heat. Add the remaining 2 tablespoons of butter. 6. Stir in the lemon zest and squeeze the remaining lemon half into the skillet. Stir continuously until the butter reduces slightly, 4 to 5 minutes. Pour the sauce over the scallops and serve immediately. Refrigerate leftovers in an airtight container for up to 2 days.

### **Per Serving**

calories: 200 | fat: 12g | protein: 19g | carbs: 3g | net carbs: 3g | fiber: 0g

## Garlic-Butter Scallops

**Prep time: 2 minutes | Cook time: 10 minutes | Serves 2**

1 tablespoon extra-virgin olive oil

8 firm sea scallops (about 8 ounces / 227 g)

Pink Himalayan sea salt

Freshly ground black pepper

3 tablespoons butter

1 garlic clove, minced

1. In a medium sauté pan or skillet, heat the olive oil over medium heat. 2. Season the scallops with salt and pepper, then place in the skillet and cook for 5 minutes. 3. Carefully turn the scallops and cook for an additional 3 minutes on the other side. The scallops will form a nice crust. 4. Add the butter and garlic to the skillet. Allow the butter to melt and the garlic to become aromatic, just a few minutes. 5. Transfer the scallops to a serving plate, and pour the seasoned butter over the top.

### **Per Serving**

calories: 293 | fat: 25g | protein: 14g | carbs: 4g | net carbs: 4g | fiber: 0g

# Salmon with Tarragon-Dijon Sauce

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 4**

1¼ pounds (567 g) salmon fillet (skin on or removed), cut into 4 equal pieces

¼ cup avocado oil mayonnaise

¼ cup Dijon or stone-ground mustard

Zest and juice of ½ lemon

2 tablespoons chopped fresh tarragon or 1 to 2 teaspoons dried tarragon

½ teaspoon salt

¼ teaspoon freshly ground black pepper

4 tablespoons extra-virgin olive oil, for serving

1. Preheat the oven to 425°F(220°C). Line a baking sheet with parchment paper. 2. Place the salmon pieces, skin-side down, on a baking sheet. 3. In a small bowl, whisk together the mayonnaise, mustard, lemon zest and juice, tarragon, salt, and pepper. Top the salmon evenly with the sauce mixture. 4. Bake until slightly browned on top and slightly translucent in the center, 10 to 12 minutes, depending on the thickness of the salmon. Remove from the oven and leave on the baking sheet for 10 minutes. Drizzle each fillet with 1 tablespoon olive oil before serving.

## **Per Serving**

calories: 343 | fat: 23g | protein: 30g | carbs: 4g | fiber: 1g | sodium: 585mg

# Tuna Spinach Cakes

**Prep time: 15 minutes | Cook time: 8 minutes | Serves 4**

10 ounces (283 g) tuna, shredded

1 cup spinach

1 egg, beaten

1 teaspoon ground coriander

2 tablespoon coconut flakes

1 tablespoon avocado oil

1. Blend the spinach in the blender until smooth. 2. Then transfer it in the mixing bowl and add tuna, egg, and ground coriander. 3. Add coconut flakes and stir the mass with the help of the spoon. 4. Heat up avocado oil in the instant pot on Sauté mode for 2 minutes. 5. Then make the medium size cakes from the tuna mixture and place them in the hot oil. 6. Cook the tuna cakes on Sauté mode for 3 minutes. Then flip the on another side and cook for 3 minutes more or until they are light brown.

## **Per Serving**

calories: 163 | fat: 8g | protein:20g | carbs: 1g | net carbs: 0g | fiber: 1g

# Breaded Shrimp Tacos

**Prep time: 10 minutes | Cook time: 9 minutes | Makes 8 tacos**

2 large eggs

1 teaspoon prepared yellow mustard

1 pound (454 g) small shrimp, peeled, deveined, and tails removed

½ cup finely shredded Gouda or Parmesan cheese

½ cup pork dust

For Serving:

8 large Boston lettuce leaves

¼ cup pico de gallo

¼ cup shredded purple cabbage

1 lemon, sliced

Guacamole (optional)

1. Preheat the air fryer to 400°F (204°C). 2. Crack the eggs into a large bowl, add the mustard, and whisk until well combined. Add the shrimp and stir well to coat. 3. In a medium-sized bowl, mix together the cheese and pork dust until well combined. 4. One at a time, roll the coated shrimp in the pork dust mixture and use your hands to press it onto each shrimp. Spray the coated shrimp with avocado oil and place them in the air fryer basket, leaving space between them. 5. Air fry the shrimp for 9 minutes, or until cooked through and no longer translucent, flipping after 4 minutes. 6. To serve, place a lettuce leaf on a serving plate, place several shrimp on top, and top with 1½ teaspoons each of pico de gallo and purple cabbage. Squeeze some lemon juice on top and serve with guacamole, if desired. 7. Store leftover shrimp in an airtight container in the refrigerator for up to 3 days. Reheat in a preheated 400°F (204°C) air fryer for 5 minutes, or until warmed through.

## **Per Serving**

calories: 115 | fat: 4g | protein: 18g | carbs: 2g | fiber: 1g | sodium: 253mg

# Cayenne Flounder Cutlets

**Prep time: 15 minutes | Cook time: 10 minutes | Serves 2**

1 egg

1 cup Pecorino Romano cheese, grated

Sea salt and white pepper, to taste

½ teaspoon cayenne pepper

1 teaspoon dried parsley flakes

2 flounder fillets

1. To make a breading station, whisk the egg until frothy. 2. In another bowl, mix Pecorino Romano cheese, and spices. 3. Dip the fish in the egg mixture and turn to coat evenly; then, dredge in the cracker crumb mixture, turning a couple of times to coat evenly. 4. Cook in the preheated air fryer at 390°F (199°C) for 5 minutes; turn them over and cook another 5 minutes. Enjoy!

## **Per Serving**

calories: 280 | fat: 13g | protein: 36g | carbs: 3g | fiber: 1g | sodium: 257mg

# Lemon Shrimp Skewers

**Prep time: 10 minutes | Cook time: 2 minutes | Serves 4**

1 tablespoon lemon juice

1 teaspoon coconut aminos

12 ounces (340 g) shrimp, peeled

1 teaspoon olive oil

1 cup water

1. Put the shrimp in the mixing bowl. 2. Add lemon juice, coconut aminos, and olive oil. 3. Then string the shrimp on the skewers. 4. Pour water in the instant pot. 5. Then insert the trivet. 6. Put the shrimp skewers on the trivet. 7. Close the lid and cook the seafood on Manual mode (High Pressure) for 2 minutes. 8. When the time is finished, make a quick pressure release.

## **Per Serving**

calories: 113 | fat: 3g | protein: 19g | carbs: 2g | net carbs: 2g | fiber: 0g

## Mascarpone Tilapia with Nutmeg

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 2**

10 ounces (283 g) tilapia

½ cup mascarpone

1 garlic clove, diced

1 teaspoon ground nutmeg

1 tablespoon olive oil

½ teaspoon salt

1. Pour olive oil in the instant pot. 2. Add diced garlic and sauté it for 4 minutes. 3. Add tilapia and sprinkle it with ground nutmeg. Sauté the fish for 3 minutes per side. 4. Add mascarpone and close the lid. 5. Sauté tilapia for 10 minutes.

### **Per Serving**

calories: 293 | fat: 17g | protein: 33g | carbs: 3g | net carbs: 2g | fiber: 1g

# Creamy Shrimp and Bacon Skillet

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 4**

10 ounces (283 g) thick-cut bacon, diced

½ onion, diced

2 garlic cloves, minced

1 pound (454 g) shrimp, peeled, deveined, tails removed

Salt, to taste

Freshly ground black pepper, to taste

4 ounces (113 g) cream cheese

Dash chicken broth (optional)

¼ cup grated Parmesan cheese

1. Preheat the broiler. 2. In a large ovenproof skillet over medium-high heat, cook the bacon in its own fat for about 5 minutes until it starts to get crispy. 3. Add the onion and garlic. Sauté for 5 to 7 minutes until the onion is softened and translucent. 4. Add the shrimp. Season with salt and pepper. Cook for 2 to 3 minutes, stirring, or until the shrimp start to turn pink. 5. Add the cream cheese and stir well to combine as it melts. If necessary, add a splash of chicken broth to thin it out. 6. Top with the Parmesan and transfer the skillet to the oven. Broil for 4 to 5 minutes until the Parmesan is lightly browned. Refrigerate leftovers in an airtight container for up to 5 days.

## **Per Serving**

calories: 574 | fat: 45g | protein: 36g | carbs: 5g | net carbs: 5g | fiber: 0g

# Fish Taco Bowl

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 4**

½ teaspoon salt

¼ teaspoon garlic powder

¼ teaspoon ground cumin

4 (4-ounce / 113-g) cod fillets

4 cups finely shredded green cabbage

⅓ cup mayonnaise

¼ teaspoon ground black pepper

¼ cup chopped pickled jalapeños

1. Sprinkle salt, garlic powder, and cumin over cod and place into ungreased air fryer basket. Adjust the temperature to 350°F (177°C) and air fry for 12 minutes, turning fillets halfway through cooking. Cod will flake easily and have an internal temperature of at least 145°F (63°C) when done. 2. In a large bowl, toss cabbage with mayonnaise, pepper, and jalapeños until fully coated. Serve cod warm over cabbage slaw on four medium plates.

## **Per Serving**

calories: 161 | fat: 7g | protein: 19g | carbs: 5g | net carbs: 3g | fiber: 2g

## Basil Cod Fillets

**Prep time: 5 minutes | Cook time: 12 minutes | Serves 4**

½ cup water

4 frozen cod fillets (about 6 ounces / 170 g each)

1 teaspoon dried basil

Pinch of salt

Pinch of black pepper

4 lemon slices

¼ cup heavy cream

2 tablespoons butter, softened

1 ounce (28 g) cream cheese, softened

2 teaspoons lemon juice

1½ teaspoons chopped fresh basil, plus more for garnish (optional)

Lemon wedges, for garnish (optional)

1. Place the trivet inside the pot and add the water. Lay a piece of aluminum foil on top of the trivet and place the cod on top. 2. Sprinkle the fish with the dried basil, salt, and pepper. Set a lemon slice on top of each fillet. 3. Close the lid and seal the vent. Cook on High Pressure for 9 minutes. Quick release the steam. Press Cancel. 4. Remove the trivet and fish from the pot. Rinse the pot if needed and turn to Sauté mode. 5. Add the cream and butter and whisk as the butter melts and the cream warms up. Add the cream cheese and whisk until thickened, 2 to 3 minutes. Add the lemon juice and another pinch of salt and pepper. Once the sauce is thickened and well combined, 1 to 2 minutes, press Cancel and add the fresh basil. 6. Pour the sauce over the fish. Garnish with fresh basil or a lemon wedge, if desired.

### **Per Serving**

calories: 221 | fat: 11g | protein: 27g | carbs: 1g | net carbs: 1g | fiber: 0g

# Chili Tilapia

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 4**

4 tilapia fillets, boneless  
1 teaspoon chili flakes  
1 teaspoon dried oregano  
1 tablespoon avocado oil  
1 teaspoon mustard

1. Rub the tilapia fillets with chili flakes, dried oregano, avocado oil, and mustard and put in the air fryer. 2. Cook it for 10 minutes per side at 360°F (182°C).

## **Per Serving**

calories: 146 | fat: 6g | protein: 23g | carbs: 1g | fiber: 0g | sodium: 94mg

## Muffin Top Tuna Pops

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 6**

1 (5-ounce) can tuna in water, drained

2 large eggs

$\frac{3}{4}$  cup shredded Cheddar cheese

$\frac{3}{4}$  cup shredded pepper jack cheese

$\frac{1}{4}$  cup full-fat sour cream

$\frac{1}{4}$  cup full-fat mayonnaise

$\frac{1}{4}$  cup chopped yellow onion

1 tablespoon dried parsley

$\frac{1}{4}$  teaspoon salt

18 pieces sliced jalapeño from jar

2 tablespoons unsalted butter

1 Preheat oven to 350°F. Grease six cups of a muffin tin. 2 Combine all ingredients except the jalapeño slices and butter in a medium mixing bowl. 3 Evenly fill six muffin cups with the mixture, topping each with three jalapeño slices. 4 Bake 25 minutes. Serve warm with butter.

### **Per Serving**

calories: 275 | fat: 22g | protein: 14g | carbs: 1g | net carbs: 1g | fiber: 0g

# Paprika Shrimp

**Prep time: 5 minutes | Cook time: 6 minutes | Serves 2**

8 ounces (227 g) medium shelled and deveined shrimp

2 tablespoons salted butter, melted

1 teaspoon paprika

½ teaspoon garlic powder

¼ teaspoon onion powder

½ teaspoon Old Bay seasoning

1. Toss all ingredients together in a large bowl. Place shrimp into the air fryer basket. 2. Adjust the temperature to 400°F (204°C) and set the timer for 6 minutes. 3. Turn the shrimp halfway through the cooking time to ensure even cooking. Serve immediately.

## **Per Serving**

calories: 155 | fat: 9g | protein: 16g | carbs: 3g | net carbs: 2g | fiber: 1g

## Lemony Salmon

**Prep time: 30 minutes | Cook time: 10 minutes | Serves 4**

1½ pounds (680 g) salmon steak

½ teaspoon grated lemon zest

Freshly cracked mixed peppercorns, to taste

⅓ cup lemon juice

Fresh chopped chives, for garnish

½ cup dry white wine

½ teaspoon fresh cilantro, chopped

Fine sea salt, to taste

1. To prepare the marinade, place all ingredients, except for salmon steak and chives, in a deep pan. Bring to a boil over medium-high flame until it has reduced by half. Allow it to cool down. 2. After that, allow salmon steak to marinate in the refrigerator approximately 40 minutes. Discard the marinade and transfer the fish steak to the preheated air fryer. 3. Air fry at 400°F (204°C) for 9 to 10 minutes. To finish, brush hot fish steaks with the reserved marinade, garnish with fresh chopped chives, and serve right away!

### **Per Serving**

calories: 244 | fat: 8g | protein: 35g | carbs: 3g | fiber: 0g | sodium: 128mg

# Coconut Crab Patties

**Prep time: 5 minutes | Cook time: 6 minutes | Serves 8**

2 tablespoons coconut oil

1 tablespoon lemon juice

1 cup lump crab meat

2 teaspoons Dijon mustard

1 egg, beaten

1½ tablespoons coconut flour

1. In a bowl to the crabmeat, add all the ingredients, except for the oil; mix well to combine. Make patties out of the mixture. Melt the coconut oil in a skillet over medium heat. Add the crab patties and cook for about 2-3 minutes per side.

## **Per Serving**

calories: 209 | fat: 13g | protein: 17g | carbs: 6g | net carbs: 4g | fiber: 2g

## Baked Coconut Haddock

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 4**

4 (5-ounce) boneless haddock fillets

Sea salt

Freshly ground black pepper

1 cup shredded unsweetened coconut

¼ cup ground hazelnuts

2 tablespoons coconut oil, melted

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside. 2. Pat the fillets very dry with paper towels and lightly season them with salt and pepper. 3. Stir together the shredded coconut and hazelnuts in a small bowl. 4. Dredge the fish fillets in the coconut mixture so that both sides of each piece are thickly coated. 5. Place the fish on the baking sheet and lightly brush both sides of each piece with the coconut oil. 6. Bake the haddock until the topping is golden and the fish flakes easily with a fork, about 12 minutes total. 7. Serve.

### **Per Serving**

calories: 299 | fat: 24g | protein: 20g | carbs: 4g | net carbs: 1g | fiber: 4g

# Cajun Salmon

**Prep time: 5 minutes | Cook time: 7 minutes | Serves 2**

2 (4-ounce / 113-g) salmon fillets, skin removed

2 tablespoons unsalted butter, melted

1/8 teaspoon ground cayenne pepper

1/2 teaspoon garlic powder

1 teaspoon paprika

1/4 teaspoon ground black pepper

1. Brush each fillet with butter. 2. Combine remaining ingredients in a small bowl and then rub onto fish. Place fillets into the air fryer basket. 3. Adjust the temperature to 390°F (199°C) and air fry for 7 minutes. 4. When fully cooked, internal temperature will be 145°F (63°C). Serve immediately.

## **Per Serving**

calories: 213 | fat: 12g | protein: 24g | carbs: 1g | net carbs: 0g | fiber: 1g

# Salmon Steaks with Garlicky Yogurt

**Prep time: 2 minutes | Cook time: 4 minutes | Serves 4**

1 cup water

2 tablespoons olive oil

4 salmon steaks

Coarse sea salt and ground black pepper, to taste

Garlicky Yogurt:

1 (8-ounce / 227-g) container full-fat Greek yogurt

2 cloves garlic, minced

2 tablespoons mayonnaise

1/3 teaspoon Dijon mustard

1. Pour the water into the Instant Pot and insert a trivet. 2. Rub the olive oil into the fish and sprinkle with the salt and black pepper on all sides. Put the fish on the trivet. 3. Lock the lid. Select the Manual mode and set the cooking time for 4 minutes at High Pressure. 4. When the timer beeps, perform a quick pressure release. Carefully remove the lid. 5. Meanwhile, stir together all the ingredients for the garlicky yogurt in a bowl. 6. Serve the salmon steaks alongside the garlicky yogurt.

## **Per Serving**

calories: 128 | fat: 11.2g | protein: 2.5g | carbs:4.9g | net carbs: 4.7g | fiber: 0.2g

# Lime Lobster Tails

**Prep time: 10 minutes | Cook time: 6 minutes | Serves 4**

4 lobster tails, peeled

2 tablespoons lime juice

½ teaspoon dried basil

½ teaspoon coconut oil, melted

1. Mix lobster tails with lime juice, dried basil, and coconut oil. 2. Put the lobster tails in the air fryer and cook at 380°F (193°C) for 6 minutes.

## **Per Serving**

calories: 123 | fat: 2g | protein: 25g | carbs: 1g | fiber: 0g | sodium: 635mg

## Coconut Shrimp

**Prep time: 5 minutes | Cook time: 6 minutes | Serves 2**

8 ounces (227 g) medium shelled and deveined shrimp

2 tablespoons salted butter, melted

½ teaspoon Old Bay seasoning

¼ cup unsweetened shredded coconut

1. In a large bowl, toss the shrimp in butter and Old Bay seasoning. 2. Place shredded coconut in bowl. Coat each piece of shrimp in the coconut and place into the air fryer basket. 3. Adjust the temperature to 400°F (204°C) and air fry for 6 minutes. 4. Gently turn the shrimp halfway through the cooking time. Serve immediately.

### **Per Serving**

calories: 197 | fat: 13g | protein: 16g | carbs: 2g | net carbs: 1g | fiber: 1g

# Sushi

**Prep time: 15 minutes | Cook time: 3 to 5 minutes | Serves 2 to 4**

4 cups cauliflower rice

2 tablespoons grass-fed gelatin

1 tablespoon apple cider vinegar

1 teaspoon salt

2 to 4 nori sheets

½ pound (227 g) sushi-grade fish, thinly sliced

1 small avocado, halved, pitted, peeled, and thinly sliced

1 small cucumber (or any other vegetable you'd like), thinly sliced

Sesame seeds, for topping (optional)

Coconut aminos or tamari, wasabi, sugar-free pickled ginger, sliced avocado, and/or avocado oil mayonnaise mixed with sugar-free hot sauce, for serving (optional)

1. In a shallow pot with a lid, combine the cauliflower with 3 tablespoons of water. Turn the heat to medium, cover the pot, and steam for 3 to 5 minutes.
2. Drain the cauliflower and transfer to a mixing bowl. Stir in the gelatin, vinegar, and salt. Stir together until the mixture is smooth and sticky. Set aside.
3. Fold a dish towel in half lengthwise and place it on your counter. Cover the towel in plastic wrap.
4. Place a nori sheet on top of the plastic wrap, then spread with a layer of the cauliflower rice.
5. Layer slices of fish, avocado, and cucumber over the cauliflower on the end of the nori sheet closest to you.
6. Starting at the end closest to you, gently roll the nori sheet over all the ingredients, using the towel as your rolling aid. (Emphasis on the word “gently” because you don’t want to tear the nori sheet.) When you’re done rolling, remove the towel and plastic wrap as you slide the roll onto a plate or cutting board. Using a sharp knife, cut the roll into equal pieces. Repeat steps 4 through 7 with the remaining nori and filling ingredients.
7. Sprinkle sesame seeds on top of your sushi, if desired, and serve with any of the other optional ingredients you’d like.

## **Per Serving**

calories: 295 | fat: 15g | protein: 30g | carbs: 10g | net carbs: 2g | fiber: 8g

# Chilean Sea Bass with Olive Relish

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 2**

Olive oil spray

2 (6-ounce / 170-g) Chilean sea bass fillets or other firm-fleshed white fish

3 tablespoons extra-virgin olive oil

½ teaspoon ground cumin

½ teaspoon kosher salt

½ teaspoon black pepper

⅓ cup pitted green olives, diced

¼ cup finely diced onion

1 teaspoon chopped capers

1. Spray the air fryer basket with the olive oil spray. Drizzle the fillets with the olive oil and sprinkle with the cumin, salt, and pepper. Place the fish in the air fryer basket. Set the air fryer to 325°F (163°C) for 10 minutes, or until the fish flakes easily with a fork. 2. Meanwhile, in a small bowl, stir together the olives, onion, and capers. 3. Serve the fish topped with the relish.

## **Per Serving**

calories: 379 | fat: 26g | protein: 32g | carbs: 3g | fiber: 1g | sodium: 581mg

# Halibut Stew with Bacon and Cheese

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1½ cups water

Cooking spray

4 slices bacon, chopped

1 celery, chopped

½ cup chopped shallots

1 teaspoon garlic, smashed

1 pound (454 g) halibut

2 cups fish stock

1 tablespoon coconut oil, softened

¼ teaspoon ground allspice

Sea salt and crushed black peppercorns, to taste

1 cup Cottage cheese, at room temperature

1 cup heavy cream

1. Set the Instant Pot to Sauté. Cook the bacon until crispy. 2. Add the celery, shallots, and garlic and sauté for another 2 minutes, or until the vegetables are just tender. 3. Mix in the halibut, stock, coconut oil, allspice, salt, and black peppercorns. Stir well. 4. Lock the lid. Select the Manual mode and set the cooking time for 7 minutes at Low Pressure. 5. When the timer beeps, perform a natural pressure release for 10 minutes, then release any remaining pressure. Carefully remove the lid. 6. Stir in the cheese and heavy cream. Select the Sauté mode again and let it simmer for a few minutes until heated through. Serve immediately.

## **Per Serving**

calories: 531 | fat: 43.6g | protein: 29.1g | carbs: 5.7g | net carbs: 5.1g | fiber: 0.6g

## Lemon Pepper Shrimp

**Prep time: 15 minutes | Cook time: 8 minutes | Serves 2**

Oil, for spraying

12 ounces (340 g) medium raw shrimp, peeled and deveined

3 tablespoons lemon juice

1 tablespoon olive oil

1 teaspoon lemon pepper

¼ teaspoon paprika

¼ teaspoon granulated garlic

1. Preheat the air fryer to 400°F (204°C). Line the air fryer basket with parchment and spray lightly with oil. 2. In a medium bowl, toss together the shrimp, lemon juice, olive oil, lemon pepper, paprika, and garlic until evenly coated. 3. Place the shrimp in the prepared basket. 4. Cook for 6 to 8 minutes, or until pink and firm. Serve immediately.

### **Per Serving**

calories: 211 | fat: 8g | protein: 34g | carbs: 2g | fiber: 0g | sodium: 203mg

# Quick Shrimp Skewers

**Prep time: 10 minutes | Cook time: 5 minutes | Serves 5**

4 pounds (1.8 kg) shrimp, peeled

1 tablespoon dried rosemary

1 tablespoon avocado oil

1 teaspoon apple cider vinegar

1. Mix the shrimps with dried rosemary, avocado oil, and apple cider vinegar.
2. Then sting the shrimps into skewers and put in the air fryer.
3. Cook the shrimps at 400°F (204°C) for 5 minutes.

## **Per Serving**

calories: 336 | fat: 5g | protein: 73g | carbs: 0g | fiber: 0g | sodium: 432mg

## Seared-Salmon Shirataki Rice Bowls

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 2**

2 (6-ounce) salmon fillets, skin on

4 tablespoons soy sauce (or coconut aminos), divided

2 small Persian cucumbers or ½ large English cucumber

1 tablespoon ghee

1 (8-ounce) pack Miracle Shirataki Rice

1 avocado, diced

Pink Himalayan salt

Freshly ground black pepper

1. Place the salmon in an 8-inch baking dish, and add 3 tablespoons of soy sauce. Cover and marinate in the refrigerator for 30 minutes. 2. Meanwhile, slice the cucumbers thin, put them in a small bowl, and add the remaining 1 tablespoon of soy sauce. Set aside to marinate. 3. In a medium skillet over medium heat, melt the ghee. Add the salmon fillets skin-side down. Pour some of the soy sauce marinade over the salmon, and sear the fish for 3 to 4 minutes on each side. 4. Meanwhile, in a large saucepan, cook the shirataki rice per package instructions: 1. Rinse the shirataki rice in cold water in a colander. 2. In a saucepan filled with boiling water, cook the rice for 2 minutes. 3. Pour the rice into the colander. Dry out the pan. 4. Transfer the rice to the dry pan and dry roast over medium heat until dry and opaque. 5. Season the avocado with pink Himalayan salt and pepper. 6. Place the salmon fillets on a plate, and remove the skin. Cut the salmon into bite-size pieces. 7. Assemble the rice bowls: In two bowls, make a layer of the cooked Miracle Rice. Top each with the cucumbers, avocado, and salmon, and serve.

### **Per Serving**

calories: 328 | fat: 18g | protein: 36g | carbs: 8g | net carbs: 5g | fiber: 3g

# Perch Fillets with Red Curry

**Prep time: 5 minutes | Cook time: 6 minutes | Serves 4**

1 cup water  
2 sprigs rosemary  
1 large-sized lemon, sliced  
1 pound (454 g) perch fillets  
1 teaspoon cayenne pepper  
Sea salt and ground black pepper, to taste  
1 tablespoon red curry paste  
1 tablespoons butter

1. Add the water, rosemary, and lemon slices to the Instant Pot and insert a trivet. 2. Season the perch fillets with the cayenne pepper, salt, and black pepper. Spread the red curry paste and butter over the fillets. 3. Arrange the fish fillets on the trivet. 4. Lock the lid. Select the Manual mode and set the cooking time for 6 minutes at Low Pressure. 5. When the timer beeps, perform a quick pressure release. Carefully remove the lid. Serve with your favorite keto sides.

## **Per Serving**

calories: 142 | fat: 4.3g | protein: 22.5g | carbs: 3.2g | net carbs: 1.6g | fiber: 1.6g

# Foil-Packet Salmon

**Prep time: 2 minutes | Cook time: 7 minutes | Serves 2**

2 (3-ounce / 85-g) salmon fillets

¼ teaspoon garlic powder

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon dried dill

½ lemon

1 cup water

1. Place each filet of salmon on a square of foil, skin-side down. 2. Season with garlic powder, salt, and pepper and squeeze the lemon juice over the fish. 3. Cut the lemon into four slices and place two on each filet. Close the foil packets by folding over edges. 4. Add the water to the Instant Pot and insert a trivet. Place the foil packets on the trivet. 5. Secure the lid. Select the Steam mode and set the cooking time for 7 minutes at Low Pressure. 6. Once cooking is complete, do a quick pressure release. Carefully open the lid. 7. Check the internal temperature with a meat thermometer to ensure the thickest part of the filets reached at least 145°F (63°C). Salmon should easily flake when fully cooked. Serve immediately.

## **Per Serving**

calories: 128 | fat: 4.9g | protein: 19.1g | carbs: 0.3g | net carbs: 0.2g | fiber: 0.1g

# Trout Casserole

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 3**

1½ cups water

1½ tablespoons olive oil

3 plum tomatoes, sliced

½ teaspoon dried oregano

1 teaspoon dried basil

3 trout fillets

½ teaspoon cayenne pepper, or more to taste

⅓ teaspoon black pepper

Salt, to taste

1 bay leaf

1 cup shredded Pepper Jack cheese

1. Pour the water into your Instant Pot and insert a trivet. 2. Grease a baking dish with the olive oil. Add the tomatoes slices to the baking dish and sprinkle with the oregano and basil. 3. Add the fish fillets and season with the cayenne pepper, black pepper, and salt. Add the bay leaf. Lower the baking dish onto the trivet. 4. Lock the lid. Select the Manual mode and set the cooking time for 10 minutes at High Pressure. 5. When the timer beeps, perform a quick pressure release. Carefully remove the lid. 6. Scatter the Pepper Jack cheese on top, lock the lid, and allow the cheese to melt. 7. Serve warm.

## **Per Serving**

calories: 361 | fat: 23.5g | protein: 25.2g | carbs: 12.1g | net carbs: 11.3g | fiber: 0.8g

# Almond Catfish

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 4**

2 pounds (907 g) catfish fillet

½ cup almond flour

2 eggs, beaten

1 teaspoon salt

1 teaspoon avocado oil

1. Sprinkle the catfish fillet with salt and dip in the eggs. 2. Then coat the fish in the almond flour and put in the air fryer basket. Sprinkle the fish with avocado oil. 3. Cook the fish for 6 minutes per side at 380°F (193°C).

## **Per Serving**

calories: 308 | fat: 10g | protein: 42g | carbs: 11g | sugars: 0g | fiber: 2g |

sodium: 610mg

# Parmesan Salmon Loaf

**Prep time: 15 minutes | Cook time: 25 minutes | Serves 6**

12 ounces (340 g) salmon, boiled and shredded

3 eggs, beaten

½ cup almond flour

1 teaspoon garlic powder

¼ cup grated Parmesan

1 teaspoon butter, softened

1 cup water, for cooking

1. Pour water in the instant pot. 2. Mix up the rest of the ingredients in the mixing bowl and stir until smooth. 3. After this, transfer the salmon mixture in the loaf pan and flatten; insert the pan in the instant pot. Close and seal the lid. 4. Cook the meal on Manual mode (High Pressure) for 25 minutes. 5. When the cooking time is finished, make a quick pressure release and cool the loaf well before serving.

## **Per Serving**

calories: 172 | fat: 10g | protein: 19g | carbs: 2g | net carbs: 2g | fiber: 0g

# South Indian Fried Fish

**Prep time: 20 minutes | Cook time: 8 minutes | Serves 4**

2 tablespoons olive oil  
2 tablespoons fresh lime or lemon juice  
1 teaspoon minced fresh ginger  
1 clove garlic, minced  
1 teaspoon ground turmeric  
½ teaspoon kosher salt  
¼ to ½ teaspoon cayenne pepper  
1 pound (454 g) tilapia fillets (2 to 3 fillets)  
Olive oil spray  
Lime or lemon wedges (optional)

1. In a large bowl, combine the oil, lime juice, ginger, garlic, turmeric, salt, and cayenne. Stir until well combined; set aside. 2. Cut each tilapia fillet into three or four equal-size pieces. Add the fish to the bowl and gently mix until all of the fish is coated in the marinade. Marinate for 10 to 15 minutes at room temperature. (Don't marinate any longer or the acid in the lime juice will "cook" the fish.) 3. Spray the air fryer basket with olive oil spray. Place the fish in the basket and spray the fish. Set the air fryer to 325°F (163°C) for 3 minutes to partially cook the fish. Set the air fryer to 400°F (204°C) for 5 minutes to finish cooking and crisp up the fish. (Thinner pieces of fish will cook faster so you may want to check at the 3-minute mark of the second cooking time and remove those that are cooked through, and then add them back toward the end of the second cooking time to crisp.) 4. Carefully remove the fish from the basket. Serve hot, with lemon wedges if desired.

## **Per Serving**

calories: 175 | fat: 9g | protein: 23g | carbs: 2g | fiber: 0g | sodium: 350mg

# Salmon Fillets and Bok Choy

**Prep time: 5 minutes | Cook time: 8 minutes | Serves 4**

1½ cups water

2 tablespoons unsalted butter

4 (1-inch thick) salmon fillets

½ teaspoon cayenne pepper

Sea salt and freshly ground pepper, to taste

2 cups Bok choy, sliced

1 cup chicken broth

3 cloves garlic, minced

1 teaspoon grated lemon zest

½ teaspoon dried dill weed

1. Pour the water into your Instant Pot and insert a trivet. 2. Brush the salmon with the melted butter and season with the cayenne pepper, salt, and black pepper on all sides. 3. Lock the lid. Select the Manual mode and set the cooking time for 3 minutes at Low Pressure. 4. When the timer beeps, perform a quick pressure release. Carefully remove the lid. 5. Add the remaining ingredients. 6. Lock the lid. Select the Manual mode and set the cooking time for 5 minutes at High Pressure. 7. When the timer beeps, perform a quick pressure release. Carefully remove the lid. 8. Serve the poached salmon with the veggies on the side.

## **Per Serving**

calories: 209 | fat: 11.3g | protein: 23.9g | carbs: 2.1g | net carbs: 1.6g | fiber: 0.5g

# Chapter 5 Poultry

## Chicken Enchilada Bowl

**Prep time: 10 minutes | Cook time: 35 minutes | Serves 4**

2 (6-ounce / 170-g) boneless, skinless chicken breasts

2 teaspoons chili powder

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon pepper

2 tablespoons coconut oil

¾ cup red enchilada sauce

¼ cup chicken broth

1 (4-ounce / 113-g) can green chilies

¼ cup diced onion

2 cups cooked cauliflower rice

1 avocado, diced

½ cup sour cream

1 cup shredded Cheddar cheese

1. Sprinkle the chili powder, garlic powder, salt, and pepper on chicken breasts. 2. Set your Instant Pot to Sauté and melt the coconut oil. Add the chicken breasts and sear each side for about 5 minutes until golden brown. 3. Pour the enchilada sauce and broth over the chicken. Using a wooden spoon or rubber spatula, scrape the bottom of pot to make sure nothing is sticking. Stir in the chilies and onion. 4. Secure the lid. Select the Manual mode and set the cooking time for 25 minutes at High Pressure. 5. Once cooking is complete, do a quick pressure release. Carefully open the lid. 6. Remove the chicken and shred with two forks. Serve the chicken over the cauliflower rice and place the avocado, sour cream, and Cheddar cheese on top.

### **Per Serving**

calories: 434 | fat: 26.1g | protein: 29.3g | carbs: 11.8g | net carbs: 7.0g | fiber: 4.8g

## Personal Cauliflower Pizzas

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 2**

1 (12-ounce / 340-g) bag frozen riced cauliflower

⅓ cup shredded Mozzarella cheese

¼ cup almond flour

¼ grated Parmesan cheese

1 large egg

½ teaspoon salt

1 teaspoon garlic powder

1 teaspoon dried oregano

4 tablespoons no-sugar-added marinara sauce, divided

4 ounces (113 g) fresh Mozzarella, chopped, divided

1 cup cooked chicken breast, chopped, divided

½ cup chopped cherry tomatoes, divided

¼ cup fresh baby arugula, divided

1. Preheat the air fryer to 400°F (204°C). Cut 4 sheets of parchment paper to fit the basket of the air fryer. Brush with olive oil and set aside. 2. In a large glass bowl, microwave the cauliflower according to package directions. Place the cauliflower on a clean towel, draw up the sides, and squeeze tightly over a sink to remove the excess moisture. Return the cauliflower to the bowl and add the shredded Mozzarella along with the almond flour, Parmesan, egg, salt, garlic powder, and oregano. Stir until thoroughly combined. 3. Divide the dough into two equal portions. Place one piece of dough on the prepared parchment paper and pat gently into a thin, flat disk 7 to 8 inches in diameter. Air fry for 15 minutes until the crust begins to brown. Let cool for 5 minutes. 4. Transfer the parchment paper with the crust on top to a baking sheet. Place a second sheet of parchment paper over the crust. While holding the edges of both sheets together, carefully lift the crust off the baking sheet, flip it, and place it back in the air fryer basket. The new sheet of parchment paper is now on the bottom. Remove the top piece of paper and air fry the crust for another 15 minutes until the top begins to brown. Remove the basket from the air fryer. 5. Spread 2 tablespoons of the marinara sauce on top of the crust, followed by half the fresh Mozzarella, chicken, cherry tomatoes, and arugula. Air fry for 5 to 10 minutes longer, until the cheese is melted and beginning to brown. Remove the pizza from the oven and let it sit for 10 minutes before

serving. Repeat with the remaining ingredients to make a second pizza.

**Per Serving**

calories: 655 | fat: 35g | protein: 67g | carbs: 20g | fiber: 7g | sodium: 741mg

# Simple Chicken Masala

**Prep time: 10 minutes | Cook time: 17 minutes | Serves 3**

12 ounces (340 g) chicken fillet

1 tablespoon masala spices

1 tablespoon avocado oil

3 tablespoons organic almond milk

1. Heat up avocado oil in the instant pot on Sauté mode for 2 minutes. 2. Meanwhile, chop the chicken fillet roughly and mix it up with masala spices.
3. Add almond milk and transfer the chicken in the instant pot. 4. Cook the chicken bites on Sauté mode for 15 minutes. Stir the meal occasionally.

## **Per Serving**

calories: 211 | fat: 9g | protein: 25g | carbs: 6g | net carbs: 6g | fiber: 0g

# Chicken Pesto Parmigiana

**Prep time: 10 minutes | Cook time: 23 minutes | Serves 4**

2 large eggs

1 tablespoon water

Fine sea salt and ground black pepper, to taste

1 cup powdered Parmesan cheese (about 3 ounces / 85 g)

2 teaspoons Italian seasoning

4 (5-ounce / 142-g) boneless, skinless chicken breasts or thighs, pounded to ¼ inch thick

1 cup pesto

1 cup shredded Mozzarella cheese (about 4 ounces / 113 g)

Finely chopped fresh basil, for garnish (optional)

Grape tomatoes, halved, for serving (optional)

1. Spray the air fryer basket with avocado oil. Preheat the air fryer to 400°F (204°C). 2. Crack the eggs into a shallow baking dish, add the water and a pinch each of salt and pepper, and whisk to combine. In another shallow baking dish, stir together the Parmesan and Italian seasoning until well combined. 3. Season the chicken breasts well on both sides with salt and pepper. Dip one chicken breast in the eggs and let any excess drip off, then dredge both sides of the breast in the Parmesan mixture. Spray the breast with avocado oil and place it in the air fryer basket. Repeat with the remaining 3 chicken breasts. 4. Air fry the chicken in the air fryer for 20 minutes, or until the internal temperature reaches 165°F (74°C) and the breading is golden brown, flipping halfway through. 5. Dollop each chicken breast with ¼ cup of the pesto and top with the Mozzarella. Return the breasts to the air fryer and cook for 3 minutes, or until the cheese is melted. Garnish with basil and serve with halved grape tomatoes on the side, if desired. 6. Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat in a preheated 400°F (204°C) air fryer for 5 minutes, or until warmed through.

## **Per Serving**

calories: 631 | fat: 45g | protein: 52g | carbs: 4g | fiber: 0g | sodium: 607mg

# Buttered Duck Breast

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 1**

1 medium duck breast, skin scored

1 tablespoon heavy cream

2 tablespoons butter

Salt and black pepper, to taste

1 cup kale

¼ teaspoon fresh sage

1. Set the pan over medium heat and warm half of the butter. Place in sage and heavy cream, and cook for 2 minutes. Set another pan over medium heat. Place in the remaining butter and duck breast as the skin side faces down, cook for 4 minutes, flip, and cook for 3 more minutes. 2. Place the kale to the pan containing the sauce, cook for 1 minute. Set the duck breast on a flat surface and slice. Arrange the duck slices on a platter and drizzle over the sauce.

## **Per Serving**

calories: 485 | fat: 37g | protein: 35g | carbs: 3g | net carbs: 2g | fiber: 1g

# Jerk Chicken Thighs

**Prep time: 30 minutes | Cook time: 15 to 20 minutes | Serves 6**

2 teaspoons ground coriander  
1 teaspoon ground allspice  
1 teaspoon cayenne pepper  
1 teaspoon ground ginger  
1 teaspoon salt  
1 teaspoon dried thyme  
½ teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
2 pounds (907 g) boneless chicken thighs, skin on  
2 tablespoons olive oil

1. In a small bowl, combine the coriander, allspice, cayenne, ginger, salt, thyme, cinnamon, and nutmeg. Stir until thoroughly combined. 2. Place the chicken in a baking dish and use paper towels to pat dry. Thoroughly coat both sides of the chicken with the spice mixture. Cover and refrigerate for at least 2 hours, preferably overnight. 3. Preheat the air fryer to 360°F (182°C). 4. Working in batches if necessary, arrange the chicken in a single layer in the air fryer basket and lightly coat with the olive oil. Pausing halfway through the cooking time to flip the chicken, air fry for 15 to 20 minutes, until a thermometer inserted into the thickest part registers 165°F (74°C).

## **Per Serving**

calories: 227 | fat: 11g | protein: 30g | carbs: 1g | fiber: 0g | sodium: 532mg

# Lemon-Rosemary Spatchcock Chicken

**Prep time: 20 minutes | Cook time: 45 minutes | Serves 6 to 8**

½ cup extra-virgin olive oil, divided

1 (3- to 4-pound/ 1.4- to 1.8-kg) roasting chicken

8 garlic cloves, roughly chopped

2 to 4 tablespoons chopped fresh rosemary

2 teaspoons salt, divided

1 teaspoon freshly ground black pepper, divided

2 lemons, thinly sliced

1. Preheat the oven to 425°F(220°C). 2. Pour 2 tablespoons olive oil in the bottom of a 9-by-13-inch baking dish or rimmed baking sheet and swirl to coat the bottom. 3. To spatchcock the bird, place the whole chicken breast-side down on a large work surface. Using a very sharp knife, cut along the backbone, starting at the tail end and working your way up to the neck. Pull apart the two sides, opening up the chicken. Flip it over, breast-side up, pressing down with your hands to flatten the bird. Transfer to the prepared baking dish. 4. Loosen the skin over the breasts and thighs by cutting a small incision and sticking one or two fingers inside to pull the skin away from the meat without removing it. 5. To prepare the filling, in a small bowl, combine ¼ cup olive oil, garlic, rosemary, 1 teaspoon salt, and ½ teaspoon pepper and whisk together. 6. Rub the garlic-herb oil evenly under the skin of each breast and each thigh. Add the lemon slices evenly to the same areas. 7. Whisk together the remaining 2 tablespoons olive oil, 1 teaspoon salt, and ½ teaspoon pepper and rub over the outside of the chicken. 8. Place in the oven, uncovered, and roast for 45 minutes, or until cooked through and golden brown. Allow to rest 5 minutes before carving to serve.

## **Per Serving**

calories: 317 | fat: 18g | protein: 35g | carbs: 2g | fiber: 1g | sodium: 710mg

# Jamaican Jerk Chicken

**Prep time: 10 minutes | Cook time: 45 minutes | Serves 4**

¼ medium white onion

¼ cup extra-virgin olive oil

1 to 3 habanero chiles

2 tablespoons granulated erythritol

2 tablespoons jerk seasoning

1 tablespoon coconut aminos or soy sauce

Juice of 1 lime

1 tablespoon minced garlic

4 chicken leg quarters (thighs and drumsticks)

2 scallions, white and green parts, sliced

1. In a food processor, combine the onion, olive oil, chiles, erythritol, jerk seasoning, coconut aminos, lime juice, and garlic. Purée on high until the mixture is smooth. Transfer this marinade to a resealable 1-gallon plastic bag.
2. Add the chicken to the bag, then seal and shake the bag until the chicken is well coated with the seasoning. Allow to marinate in the refrigerator for 12 to 24 hours, preferably 24.
3. Set a grill to high or preheat the oven to 425°F (220°C).
4. Remove the chicken from the marinade bag and place it on the grill or on a rack set on a baking sheet. Reserve the marinade. Cook the chicken for 30 to 35 minutes, flipping the pieces every 15 minutes. An instant-read thermometer inserted between the thigh and drumstick should read 165°F (74°C), and the juices should run clear when the chicken is pierced.
5. Transfer the marinade to a small saucepan and set it over high heat. Cook for about 10 minutes, or until it reaches just over 165°F (74°C).
6. Place the chicken on a serving platter. Top with the scallions and serve with the jerk sauce on the side.

## **Per Serving**

calories: 884 | fat: 68g | protein: 58g | carbs: 7g | net carbs: 6g | fiber: 1g

## Duck Shish Kebab

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 2**

2 boneless, skin-on duck breasts, cut into 1-inch cubes

1 teaspoon Chinese five-spice powder

¼ teaspoon pink Himalayan sea salt

¼ teaspoon freshly ground black pepper

1 red bell pepper, cored, seeded, and cut into 1-inch chunks

½ small red onion, cut into 1-inch slices and then quartered 1 teaspoon extra-virgin olive oil

1. If using bamboo skewers, soak them in water for 30 minutes. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper. 2. In a large bowl, sprinkle the duck cubes with the five-spice powder, salt, and pepper. Toss the duck to evenly distribute the seasonings. 3. Using metal or bamboo skewers, alternate pieces of bell pepper, duck, and onion, then repeat. Keep the fat side of the duck cubes facing outward in the same direction. 4. In a large sauté pan or skillet, heat the olive oil over medium-high heat. 5. Place the skewers in the skillet and cook for about 1 minute on each side, except the fat side. Cook the fat side for 2 to 3 minutes. The skewers should be browned on all sides. 6. Transfer the skewers to the baking sheet and bake for 15 to 20 minutes, until the duck is cooked through and the vegetables are tender. Serve.

### **Per Serving**

calories: 297 | fat: 21g | protein: 22g | carbs: 5g | net carbs: 3g | fiber: 2g

# Stuffed Mushrooms with Chicken

**Prep time: 10 minutes | Cook time: 38 minutes | Serves 5**

3 cups cauliflower florets

Salt and black pepper, to taste

1 onion, chopped

1½ pounds ground chicken

3 teaspoons fajita seasoning

2 tablespoons butter

10 portobello mushrooms, stems removed

½ cup vegetable broth

1. In a food processor, add the cauliflower florets, pepper and salt, blend for a few times, and transfer to a plate. Set a pan over medium heat and warm butter, stir in onion and cook for 3 minutes. Add in the cauliflower rice, and cook for 3 minutes. 2Stir in the seasoning, pepper, chicken, broth, and salt and cook for a further 2 minutes. Arrange the mushrooms on a lined baking sheet, stuff each one with chicken mixture, put in the oven at 350°F, and bake for 30 minutes. Serve in serving plates and enjoy.

## **Per Serving**

calories: 269 | fat: 16g | protein: 26g | carbs: 7g | net carbs: 5g | fiber: 2g

# Chicken Tacos with Fried Cheese Shells

**Prep time: 5 minutes | Cook time: 25 minutes | Serves 6**

Chicken:

4 (6-ounce / 170-g) boneless, skinless chicken breasts

1 cup chicken broth

1 teaspoon salt

¼ teaspoon pepper

1 tablespoon chili powder

2 teaspoons garlic powder

2 teaspoons cumin

Cheese Shells:

1½ cups shredded whole-milk Mozzarella cheese

1. Combine all ingredients for the chicken in the Instant Pot. 2. Secure the lid. Select the Manual mode and set the cooking time for 20 minutes at High Pressure. 3. Once cooking is complete, do a quick pressure release. Carefully open the lid. 4. Shred the chicken and serve in bowls or cheese shells. 5. Make the cheese shells: Heat a nonstick skillet over medium heat. 6. Sprinkle ¼ cup of Mozzarella cheese in the skillet and fry until golden. Flip and turn off the heat. Allow the cheese to get brown. Fill with chicken and fold. The cheese will harden as it cools. Repeat with the remaining cheese and filling. 7. Serve warm.

**Per Serving**

calories: 233 | fat: 8.2g | protein: 32.4g | carbs: 2.4g | net carbs: 1.7g | fiber: 1.7g

# Easy Marinated Chicken Thighs

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 3**

½ cup olive oil

¼ cup balsamic vinegar

1 teaspoon minced garlic (1 or 2 cloves)

Juice of ½ lemon

½ teaspoon red pepper flakes

1 pound (454 g) boneless skinless chicken thighs

Salt, to taste

Freshly ground black pepper, to taste

1. In a large container (or in a plastic freezer bag), whisk together the olive oil, vinegar, garlic, lemon juice, and red pepper flakes. Add the chicken and toss well to combine. Season with salt and black pepper. Refrigerate to marinate for at least 30 minutes, and preferably a couple of hours. 2. Cook the chicken on a grill, in a grill pan, large pan, or cast-iron skillet over medium-high heat, for 5 to 7 minutes per side or until browned and cooked through. Serve hot. Refrigerate leftovers in an airtight container for up to 1 week.

## **Per Serving**

calories: 496 | fat: 40g | protein: 30g | carbs: 4g | net carbs: 4g | fiber: 0g

# Chicken Pot Pie Crumble

**Prep time: 25 minutes | Cook time: 45 minutes | Serves 4**

## FILLING:

¼ cup (55 g) coconut oil or duck fat  
1 pound (455 g) boneless, skinless chicken thighs, cubed  
⅓ cup (55 g) diced celery  
¼ cup (45 g) diced white onions  
¼ cup (40 g) diced carrots  
2 small cloves garlic, minced  
1 small head cauliflower  
2 cups (475 ml) chicken bone broth  
¾ teaspoon finely ground gray sea salt  
½ teaspoon onion powder

## CRUMBLE:

1 tablespoon hot cauliflower cooking liquid (from above)  
¼ cup plus 2 tablespoons (40 g) coconut flour  
¼ cup (55 g) coconut oil  
1 large egg  
½ teaspoon garlic powder  
½ teaspoon onion powder

1. Preheat the oven to 350°F (177°C) and grease a shallow 1½-quart (1.4-L) casserole dish with coconut oil. 2. Make the filling: Melt the coconut oil in a frying pan over medium heat. Add the chicken and sauté for 10 minutes, or until cooked through. Add the celery, onions, carrots, and garlic and continue to cook for 5 minutes. Remove from the heat. 3. Meanwhile, break up the cauliflower into large florets (you should have about 14 ounces/400 g of florets) and place them in a saucepan with the broth. Cover and bring to a boil over high heat. Reduce the heat to medium-low and simmer for 15 minutes, until the cauliflower is fork-tender. Transfer the cauliflower and ½ cup (120 ml) of the cooking liquid (reserve the rest for later) to a blender. Add the salt and onion powder and blend on high until smooth, about 1 minute. 4. Pour the cauliflower cream into the frying pan with the chicken pieces. Stir to combine, then transfer to the prepared casserole dish. 5. Make the crumble: Place 1 tablespoon of the hot cauliflower cooking liquid, the coconut flour, coconut oil, egg, garlic powder, and onion powder in a

medium-sized bowl. Combine with your hands until the mixture forms a ball.  
6. Crumble the dough over the top of the filling, distributing it evenly. Bake for 25 to 30 minutes, until the top is golden. Serve immediately.

**Per Serving**

calories: 474 | fat: 35g | protein: 30g | carbs: 10g | net carbs: 6g | fiber: 4g

# Crack Chicken Breasts

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 2**

½ pound (227 g) boneless, skinless chicken breasts

2 ounces (57 g) cream cheese, softened

½ cup grass-fed bone broth

¼ cup tablespoons keto-friendly ranch dressing

½ cup shredded full-fat Cheddar cheese

3 slices bacon, cooked and chopped into small pieces

1. Combine all the ingredients except the Cheddar cheese and bacon in the Instant Pot. 2. Secure the lid. Select the Manual mode and set the cooking time for 15 minutes at High Pressure. 3. Once cooking is complete, do a quick pressure release. Carefully open the lid. 4. Add the Cheddar cheese and bacon and stir well, then serve.

## **Per Serving**

calories: 549 | fat: 45.7g | protein: 32.4g | carbs: 2.4g | net carbs: 2.4g | fiber: 0g

# Mexican Chicken with Red Salsa

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 8**

2 pounds (907 g) boneless, skinless chicken thighs, cut into bite-size pieces

1½ tablespoons ground cumin

1½ tablespoons chili powder

1 tablespoon salt

2 tablespoons vegetable oil

1 (14½-ounce / 411-g) can diced tomatoes, undrained

1 (5-ounce / 142-g) can sugar-free tomato paste

1 small onion, chopped

3 garlic cloves, minced

2 ounces (57 g) pickled jalapeños from a can, with juice

½ cup sour cream

1. Preheat the Instant Pot by selecting Sauté and adjusting to high heat. 2. In a medium bowl, coat the chicken with the cumin, chili powder, and salt. 3. Put the oil in the inner cooking pot. When it is shimmering, add the coated chicken pieces. (This step lets the spices bloom a bit to get their full flavor.) Cook the chicken for 4 to 5 minutes. 4. Add the tomatoes, tomato paste, onion, garlic, and jalapeños. 5. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 15 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock and remove the lid. 6. Use two forks to shred the chicken. Serve topped with the sour cream. This dish is good with mashed cauliflower, steamed vegetables, or a salad.

## **Per Serving**

calories: 329 | fat: 24g | protein: 21g | carbs: 8g | net carbs: 6g | fiber: 2g

# Chicken and Mixed Greens Salad

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 4**

Chicken:

2 tablespoons avocado oil

1 pound (454 g) chicken breast, cubed

½ cup filtered water

½ teaspoon ground turmeric

½ teaspoon dried parsley

½ teaspoon dried basil

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

Salad:

1 avocado, mashed

1 cup chopped arugula

1 cup chopped Swiss chard

1 cup chopped kale

½ cup chopped spinach

2 tablespoons pine nuts, toasted

1. Combine all the chicken ingredients in the Instant Pot. 2. Secure the lid. Select the Manual mode and set the cooking time for 20 minutes at High Pressure. 3. Meanwhile, toss all the salad ingredients in a large salad bowl. 4. Once cooking is complete, do a quick pressure release. Carefully open the lid. 5. Remove the chicken to the salad bowl and serve.

## **Per Serving**

calories: 378 | fat: 23.3g | protein: 35.3g | carbs: 7.6g | net carbs: 3.5g | fiber: 4.1g

# Slow Cooker Chicken Thighs with Sun-Dried Tomatoes

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

¼ cup olive oil, divided

4 (4-ounce) boneless chicken thighs

Sea salt, for seasoning

Freshly ground black pepper, for seasoning

1 (28-ounce) can sodium-free diced tomatoes

½ cup chicken stock

4 ounces julienned oil-packed sun-dried tomatoes

2 tablespoons minced garlic

2 tablespoons dried oregano

Pinch red pepper flakes

2 tablespoons chopped fresh parsley

1. Grease the slow cooker. Coat the bowl of the slow cooker with 1 tablespoon of the olive oil. 2. Brown the chicken. Pat the chicken thighs dry with paper towels and season them lightly with salt and pepper. In a large skillet over medium-high heat, warm the remaining 3 tablespoons of olive oil. Add the chicken thighs and brown them, turning them once, about 10 minutes in total. 3. Cook in the slow cooker. Put the tomatoes, chicken stock, sun-dried tomatoes, garlic, oregano, and red pepper flakes into the slow cooker and stir to combine the ingredients. Add the chicken, making sure it is covered by the sauce, place the lid on the slow cooker, and cook it on high heat for 4 to 6 hours or on low heat for 6 to 8 hours. 4. Serve. Divide the chicken thighs and sauce between four bowls and top with the parsley.

## **Per Serving**

calories: 468 | fat: 36g | protein: 24g | carbs: 12g | net carbs: 6g | fiber: 6g

# Chicken Cauliflower Bake

**Prep time: 10 minutes | Cook time: 45 minutes | Serves 6**

3 cups cubed leftover chicken  
3 cups spinach  
2 cauliflower heads, cut into florets  
3 cups water  
3 eggs, lightly beaten  
2 cups grated sharp cheddar cheese  
1 cup pork rinds, crushed  
½ cup unsweetened almond milk  
3 tablespoons olive oil  
3 cloves garlic, minced  
Salt and black pepper to taste  
Cooking spray

1. Preheat the oven to 350°F and grease a baking dish with cooking spray. Set aside. 2. Pour the cauli florets and water in a pot; bring to boil over medium heat. Cover and steam the cauli florets for 8 minutes. Drain them through a colander and set aside. 3. Also, combine the cheddar cheese and pork rinds in a large bowl and mix in the chicken. Set aside. 4. Heat the olive oil in a skillet and cook the garlic and spinach until the spinach has wilted, about 5 minutes. Season with salt and black pepper, and add the spinach mixture and cauli florets to the chicken bowl. 5. Top with the eggs and almond milk, mix and transfer everything to the baking dish. Layer the top of the ingredients and place the dish in the oven to bake for 30 minutes. 6. By this time the edges and top must have browned nicely, then remove the chicken from the oven, let rest for 5 minutes, and serve. Garnish with steamed and seasoned green beans.

## **Per Serving**

calories: 395 | fat: 31g | protein: 24g | carbs: 5g | net carbs: 3g | fiber: 2g

# Chicken Alfredo with Bacon

**Prep time: 10 minutes | Cook time: 27 minutes | Serves 4**

2 (6-ounce / 170-g) boneless, skinless chicken breasts, butterflied

½ teaspoon garlic powder

¼ teaspoon dried parsley

¼ teaspoon dried thyme

¼ teaspoon salt

⅛ teaspoon pepper

2 tablespoons coconut oil

1 cup water

1 stick butter

2 cloves garlic, finely minced

¼ cup heavy cream

½ cup grated Parmesan cheese

¼ cup cooked crumbled bacon

1. Sprinkle the chicken breasts with the garlic powder, parsley, thyme, salt, and pepper. 2. Set your Instant Pot to Sauté and melt the coconut oil. 3. Add the chicken and sear for 3 to 5 minutes until golden brown on both sides. 4. Remove the chicken with tongs and set aside. 5. Pour the water into the Instant Pot and insert the trivet. Place the chicken on the trivet. 6. Secure the lid. Select the Manual mode and set the cooking time for 20 minutes at High Pressure. 7. Once cooking is complete, do a quick pressure release. Carefully open the lid. 8. Remove the chicken from the pot to a platter and set aside. 9. Pour the water out of the Instant Pot, reserving ½ cup; set aside. 10. Set your Instant Pot to Sauté again and melt the butter. 11. Add the garlic, heavy cream, cheese, and reserved water to the Instant Pot. Cook for 3 to 4 minutes until the sauce starts to thicken, stirring frequently. 12. Stir in the crumbled bacon and pour the mixture over the chicken. Serve immediately.

## **Per Serving**

calories: 526 | fat: 42g | protein: 28g | carbs: 3g | net carbs: 3g | fiber: 0g

# Thanksgiving Turkey Breast

**Prep time: 5 minutes | Cook time: 30 minutes | Serves 4**

1½ teaspoons fine sea salt  
1 teaspoon ground black pepper  
1 teaspoon chopped fresh rosemary leaves  
1 teaspoon chopped fresh sage  
1 teaspoon chopped fresh tarragon  
1 teaspoon chopped fresh thyme leaves  
1 (2-pound / 907-g) turkey breast  
3 tablespoons ghee or unsalted butter, melted  
3 tablespoons Dijon mustard

1. Spray the air fryer with avocado oil. Preheat the air fryer to 390°F (199°C).
2. In a small bowl, stir together the salt, pepper, and herbs until well combined. Season the turkey breast generously on all sides with the seasoning.
3. In another small bowl, stir together the ghee and Dijon. Brush the ghee mixture on all sides of the turkey breast.
4. Place the turkey breast in the air fryer basket and air fry for 30 minutes, or until the internal temperature reaches 165°F (74°C). Transfer the breast to a cutting board and allow it to rest for 10 minutes before cutting it into ½-inch-thick slices.
5. Store leftovers in an airtight container in the refrigerator for up to 4 days or in the freezer for up to a month. Reheat in a preheated 350°F (177°C) air fryer for 4 minutes, or until warmed through.

## **Per Serving**

calories: 418 | fat: 22g | protein: 51g | carbs: 1g | sugars: 0g | fiber: 1g | sodium: 603mg

# Braised Chicken Legs with Olives and Artichokes

**Prep time: 15 minutes | Cook time: 45 minutes | Serves 4**

4 chicken legs

Sea salt, for seasoning

Freshly ground black pepper, for seasoning

¼ cup olive oil, divided

1 onion, chopped

1 red bell pepper, chopped

1 zucchini, chopped

2 tablespoons minced garlic

2 cups tomato sauce

1 cup chicken broth

1 cup chopped artichoke hearts

1 teaspoon smoked paprika

½ cup sliced Kalamata olives

2 tablespoons chopped fresh basil

1. Brown the chicken. Pat the chicken legs dry with a paper towel and season them lightly with salt and pepper. In a large skillet over medium-high heat, warm 2 tablespoons of the olive oil. Add the chicken legs and brown them, turning them once, about 10 minutes in total. Transfer them to a plate and set it aside. 2. Sauté the vegetables. Warm the remaining 2 tablespoons of olive oil in the skillet. Add the onion, red bell pepper, zucchini, and garlic and sauté until they've softened, about 5 minutes. 3. Make the sauce. Stir in the tomato sauce, chicken broth, artichoke hearts, and smoked paprika and bring it to a boil. 4. Braise the chicken. Reduce the heat to low and return the chicken and any accumulated juices on the plate to the skillet. Cover the skillet and simmer until the chicken is cooked through, 28 to 30 minutes. Remove the skillet from the heat and stir in the olives. 5. Serve. Divide the chicken between four plates and top with the chopped basil.

## **Per Serving**

calories: 456 | fat: 33g | protein: 29g | carbs: 11g | net carbs: 7g | fiber: 4g

## Bruschetta and Cheese Stuffed Chicken

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

6 ounces (170 g) diced Roma tomatoes

2 tablespoons avocado oil

1 tablespoon thinly sliced fresh basil, plus more for garnish

1½ teaspoons balsamic vinegar

Pinch of salt

Pinch of black pepper

4 boneless, skinless chicken breasts (about 2 pounds / 907 g)

12 ounces (340 g) goat cheese, divided

2 teaspoons Italian seasoning, divided

1 cup water

1. Prepare the bruschetta by mixing the tomatoes, avocado oil, basil, vinegar, salt, and pepper in a small bowl. Let it marinate until the chicken is done. 2. Pat the chicken dry with a paper towel. Butterfly the breast open but do not cut all the way through. Stuff each breast with 3 ounces (85 g) of the goat cheese. Use toothpicks to close the edges. 3. Sprinkle ½ teaspoon of the Italian seasoning on top of each breast. 4. Pour the water into the pot. Place the trivet inside. Lay a piece of aluminum foil on top of the trivet and place the chicken breasts on top. It is okay if they overlap. 5. Close the lid and seal the vent. Cook on High Pressure for 10 minutes. Quick release the steam. 6. Remove the toothpicks and top each breast with one-fourth of the bruschetta.

### **Per Serving**

calories: 581 | fat: 34g | protein: 64g | carbs: 5g | net carbs: 4g | fiber: 1g

# Jerk Chicken Kebabs

**Prep time: 10 minutes | Cook time: 14 minutes | Serves 4**

8 ounces (227 g) boneless, skinless chicken thighs, cut into 1-inch cubes

2 tablespoons jerk seasoning

2 tablespoons coconut oil

½ medium red bell pepper, seeded and cut into 1-inch pieces

¼ medium red onion, peeled and cut into 1-inch pieces

½ teaspoon salt

1. Place chicken in a medium bowl and sprinkle with jerk seasoning and coconut oil. Toss to coat on all sides. 2. Using eight (6-inch) skewers, build skewers by alternating chicken, pepper, and onion pieces, about three repetitions per skewer. 3. Sprinkle salt over skewers and place into ungreased air fryer basket. Adjust the temperature to 370°F (188°C) and air fry for 14 minutes, turning skewers halfway through cooking. Chicken will be golden and have an internal temperature of at least 165°F (74°C) when done. Serve warm.

## **Per Serving**

calories: 142 | fat: 9g | protein: 12g | carbs: 4g | fiber: 1g | sodium: 348mg

## Slow Cooker Chicken Cacciatore

**Prep time: 15 minutes | Cook time: 10 minutes | Serves 4**

¼ cup good-quality olive oil

4 (4-ounce) boneless chicken breasts, each cut into three pieces

1 onion, chopped

2 celery stalks, chopped

1 cup sliced mushrooms

2 tablespoons minced garlic

1 (28-ounce) can sodium-free diced tomatoes

½ cup red wine

½ cup tomato paste

1 tablespoon dried basil

1 teaspoon dried oregano

⅛ teaspoon red pepper flakes

1. Brown the chicken. In a skillet over medium-high heat, warm the olive oil. Add the chicken breasts and brown them, turning them once, about 10 minutes in total. 2. Cook in the slow cooker. Place the chicken in the slow cooker and stir in the onion, celery, mushrooms, garlic, tomatoes, red wine, tomato paste, basil, oregano, and red pepper flakes. Cook it on high for 3 to 4 hours or on low for 6 to 8 hours, until the chicken is fully cooked and tender. 3. Serve. Divide the chicken and sauce between four bowls and serve it immediately.

### **Per Serving**

calories: 383 | fat: 26g | protein: 26g | carbs: 11g | net carbs: 7g | fiber: 4g

# Chicken Scarpariello with Spicy Sausage

**Prep time: 10 minutes | Cook time: 45 minutes | Serves 6**

1 pound boneless chicken thighs  
Sea salt, for seasoning  
Freshly ground black pepper, for seasoning  
3 tablespoons good-quality olive oil, divided  
½ pound Italian sausage (sweet or hot)  
1 tablespoon minced garlic  
1 pimiento, chopped  
¼ cup dry white wine  
1 cup chicken stock  
2 tablespoons chopped fresh parsley

1. Preheat the oven. Set the oven temperature to 425°F. 2. Brown the chicken and sausage. Pat the chicken thighs dry with paper towels and season them lightly with salt and pepper. In a large oven-safe skillet over medium-high heat, warm 2 tablespoons of the olive oil. Add the chicken thighs and sausage to the skillet and brown them on all sides, turning them carefully, about 10 minutes. 3. Bake the chicken and sausage. Place the skillet in the oven and bake for 25 minutes or until the chicken is cooked through. Take the skillet out of the oven, transfer the chicken and sausage to a plate, and put the skillet over medium heat on the stovetop. 4. Make the sauce. Warm the remaining 1 tablespoon of olive oil, add the garlic and pimiento, and sauté for 3 minutes. Add the white wine and deglaze the skillet by using a spoon to scrape up any browned bits from the bottom of the skillet. Pour in the chicken stock and bring it to a boil, then reduce the heat to low and simmer until the sauce reduces by about half, about 6 minutes. 5. Finish and serve. Return the chicken and sausage to the skillet, toss it to coat it with the sauce, and serve it topped with the parsley.

## **Per Serving**

calories: 370 | fat: 30g | protein: 19g | carbs: 3g | net carbs: 3g | fiber: 0g

# Chicken Wings with Piri Piri Sauce

**Prep time: 30 minutes | Cook time: 30 minutes | Serves 6**

12 chicken wings

1½ ounces (43 g) butter, melted

1 teaspoon onion powder

½ teaspoon cumin powder

1 teaspoon garlic paste

Sauce:

2 ounces (57 g) piri piri peppers, stemmed and chopped

1 tablespoon pimiento, seeded and minced

1 garlic clove, chopped

2 tablespoons fresh lemon juice

⅓ teaspoon sea salt

½ teaspoon tarragon

1. Steam the chicken wings using a steamer basket that is placed over a saucepan with boiling water; reduce the heat. 2. Now, steam the wings for 10 minutes over a moderate heat. Toss the wings with butter, onion powder, cumin powder, and garlic paste. 3. Let the chicken wings cool to room temperature. Then, refrigerate them for 45 to 50 minutes. 4. Roast in the preheated air fryer at 330°F (166°C) for 25 to 30 minutes; make sure to flip them halfway through. 5. While the chicken wings are cooking, prepare the sauce by mixing all of the sauce ingredients in a food processor. Toss the wings with prepared Piri Piri Sauce and serve.

## **Per Serving**

calories: 473 | fat: 35g | protein: 38g | carbs: 1g | net carbs: 1g | fiber: 0g

# Chicken Skewers with Peanut Sauce

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 2**

1 pound boneless skinless chicken breast, cut into chunks

3 tablespoons soy sauce (or coconut aminos), divided

½ teaspoon Sriracha sauce, plus ¼ teaspoon

3 teaspoons toasted sesame oil, divided

Ghee, for oiling

2 tablespoons peanut butter

Pink Himalayan salt

Freshly ground black pepper

1. In a large zip-top bag, combine the chicken chunks with 2 tablespoons of soy sauce, ½ teaspoon of Sriracha sauce, and 2 teaspoons of sesame oil. Seal the bag, and let the chicken marinate for an hour or so in the refrigerator or up to overnight. 2. If you are using wood 8-inch skewers, soak them in water for 30 minutes before using. 3. I like to use my grill pan for the skewers, because I don't have an outdoor grill. If you don't have a grill pan, you can use a large skillet. Preheat your grill pan or grill to low. Oil the grill pan with ghee. 4. Thread the chicken chunks onto the skewers. 5. Cook the skewers over low heat for 10 to 15 minutes, flipping halfway through. 6. Meanwhile, mix the peanut dipping sauce. Stir together the remaining 1 tablespoon of soy sauce, ¼ teaspoon of Sriracha sauce, 1 teaspoon of sesame oil, and the peanut butter. Season with pink Himalayan salt and pepper. 7. Serve the chicken skewers with a small dish of the peanut sauce.

## **Per Serving**

calories: 586 | fat: 29g | protein: 75g | carbs: 6g | net carbs: 5g | fiber: 1g

# Cajun-Breaded Chicken Bites

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 4**

1 pound (454 g) boneless, skinless chicken breasts, cut into 1-inch cubes

½ cup heavy whipping cream

½ teaspoon salt

¼ teaspoon ground black pepper

1 ounce (28 g) plain pork rinds, finely crushed

¼ cup unflavored whey protein powder

½ teaspoon Cajun seasoning

1. Place chicken in a medium bowl and pour in cream. Stir to coat. Sprinkle with salt and pepper. 2. In a separate large bowl, combine pork rinds, protein powder, and Cajun seasoning. Remove chicken from cream, shaking off any excess, and toss in dry mix until fully coated. 3. Place bites into ungreased air fryer basket. Adjust the temperature to 400°F (204°C) and air fry for 12 minutes, shaking the basket twice during cooking. Bites will be done when golden brown and have an internal temperature of at least 165°F (74°C).

Serve warm.

## **Per Serving**

calories: 272 | fat: 13g | protein: 35g | carbs: 2g | fiber: 1g | sodium: 513mg

## Spicy Creamy Chicken Soup

**Prep time: 10 minutes | Cook time: 30 minutes | Serves 15**

2 (32-ounce / 907-g) cartons chicken broth or bone broth

1 (8-ounce / 227-g) brick cream cheese, cubed

4 (12½-ounce / 354-g) cans chicken or 1¾ pounds (794 g) chopped cooked boneless skinless chicken breasts or rotisserie chicken

2 (10-ounce / 283-g) cans diced tomatoes and green chilies, undrained

½ cup ranch dressing

½ cup heavy cream

1 teaspoon garlic powder

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

15 ounces (425 g) grated Cheddar cheese

1. In a stockpot over medium heat, combine the broth, cream cheese, chicken, tomatoes and green chilies, ranch dressing, heavy cream, garlic powder, salt, and pepper. 2. Simmer for 30 minutes, stirring occasionally. 3. Portion into individual bowls and sprinkle each with ¼ cup of Cheddar cheese. Enjoy!

**Per Serving (8-ounce):**

calories: 383 | fat: 27g | protein: 27g | carbs: 7g | net carbs: 7g | fiber: 0g

# Rubbed Whole Chicken

**Prep time: 20 minutes | Cook time: 25 minutes | Serves 4**

1½ pound (680 g) whole chicken

1 tablespoon poultry seasoning

2 tablespoons avocado oil

2 cups water

1. Pour water in the instant pot. 2. Then rub the chicken with poultry seasoning and avocado oil. 3. Put the chicken in the instant pot. Close and seal the lid. 4. Cook the meal in Manual mode for 25 minutes. When the time is finished, allow the natural pressure release for 10 minutes.

## **Per Serving**

calories: 335 | fat: 14g | protein: 49g | carbs: 1g | net carbs: 1g | fiber: 0g

# Chicken Thighs with Broccoli & Green Onions

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 2**

2 chicken thighs, skinless, boneless, cut into strips

1 tablespoon olive oil

1 teaspoon red pepper flakes

1 teaspoon onion powder

1 tablespoon fresh ginger, grated

¼ cup tamari sauce

½ teaspoon garlic powder

½ cup water

½ cup erythritol

½ teaspoon xanthan gum

½ cup green onions, chopped

1 small head broccoli, cut into florets

1. Set a pan over medium heat and warm oil, cook in the chicken and ginger for 4 minutes. Stir in the water, onion powder, pepper flakes, garlic powder, tamari sauce, xanthan gum, and erythritol, and cook for 15 minutes. Add in the green onions and broccoli, cook for 6 minutes. Serve hot.

## **Per Serving**

calories: 386 | fat: 26g | protein: 32g | carbs: 6g | net carbs: 4g | fiber: 2g

# Cheesy Chicken Sun-Dried Tomato Packets

**Prep time: 15 minutes | Cook time: 40 minutes | Serves 4**

1 cup goat cheese

½ cup chopped oil-packed sun-dried tomatoes

1 teaspoon minced garlic

½ teaspoon dried basil

½ teaspoon dried oregano

4 (4-ounce) boneless chicken breasts

Sea salt, for seasoning

Freshly ground black pepper, for seasoning

3 tablespoons olive oil

1. Preheat the oven. Set the oven temperature to 375°F. 2. Prepare the filling. In a medium bowl, stir together the goat cheese, sun-dried tomatoes, garlic, basil, and oregano until everything is well blended. 3. Stuff the chicken. Make a horizontal slice in the middle of each chicken breast to make a pocket, making sure not to cut through the sides or ends. Spoon one-quarter of the filling into each breast, folding the skin and chicken meat over the slit to form packets. Secure the packets with a toothpick. Lightly season the breasts with salt and pepper. 4. Brown the chicken. In a large oven-safe skillet over medium heat, warm the olive oil. Add the breasts and sear them, turning them once, until they are golden, about 8 minutes in total. 5. Bake the chicken. Place the skillet in the oven and bake the chicken for 30 minutes or until it's cooked through. 6. Serve. Remove the toothpicks. Divide the chicken between four plates and serve them immediately.

## **Per Serving**

calories: 388 | fat: 29g | protein: 28g | carbs: 4g | net carbs: 3g | fiber: 1g

# Keto Greek Avgolemono

**Prep time: 10 minutes | Cook time: 30 minutes | Serves 4**

4 bone-in, skin-on chicken thighs

¼ cup diced onions

1 sprig fresh thyme

4 cups chicken bone broth, homemade or store-bought, plus more if needed

Fine sea salt and freshly ground black pepper, to taste

2 large eggs

2 tablespoons lemon juice

4 tablespoons extra-virgin olive oil or MCT oil, for drizzling (optional)

Cracklings:

Chicken skin (from above)

½ teaspoon fine sea salt

½ teaspoon freshly ground black pepper

1½ teaspoons Paleo fat, such as lard, tallow, or avocado oil

1. Remove the skin from the chicken thighs and set aside (you will use it to make cracklings). Place the skinless chicken, diced onions, and thyme in a large pot and fill with broth so that the broth covers the thighs by 1 inch. Add a couple pinches each of salt and pepper. Bring to a boil and cook for 20 minutes, or until the chicken is tender and easily falls off the bone. 2. While the chicken is cooking, make the cracklings: Cut the chicken skin into ¼-inch pieces and season with the ½ teaspoon each of salt and pepper. Heat the Paleo fat in a skillet over medium-high heat, then add the chicken skin and fry until golden brown and crispy, about 8 minutes. Set the cracklings aside on a paper towel to drain. 3. When the chicken thighs are done, place them in individual serving bowls and set aside. 4. In a medium bowl, whisk the eggs and lemon juice. While whisking, very slowly pour in ½ cup of the hot broth (if you add the hot broth too quickly, the eggs will curdle). Slowly whisk another cup of hot soup into the egg mixture. 5. Pour the hot egg mixture into the pot while stirring to create a creamy soup without the cream. Reduce the heat and simmer for 10 minutes, stirring constantly. The soup will thicken slightly as it cooks. 6. Pour one-quarter (about 1 cup) of the creamy soup over each chicken thigh. Top with the cracklings. Drizzle each bowl with 1 tablespoon of olive oil, if desired. 7. This dish is best served fresh to avoid curdled eggs from reheating, but leftovers can be stored in an airtight

container in the fridge for up to 2 days. Reheat in a saucepan over medium-low heat until warmed, stirring constantly to keep the eggs from curdling.

**Per Serving**

calories: 275 | fat: 20g | protein: 22g | carbs: 2g | net carbs: 1g | fiber: 1g

# Crispy Smoked Paprika Drumsticks

**Prep time: 5 minutes | Cook time: 45 minutes | Serves 6**

Oil or cooking spray, for greasing

1 tablespoon smoked paprika

1 tablespoon garlic powder

1 tablespoon onion powder

1 teaspoon baking powder

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

¼ teaspoon cayenne pepper

2 tablespoons nutritional yeast (optional)

6 chicken drumsticks, patted dry

2 tablespoons butter, melted

1. Preheat the oven to 300°F (150°C). Line a baking sheet with aluminum foil and place a baking rack on top. Grease or spray the rack with oil to prevent the chicken from sticking. 2. In a paper or resealable plastic bag, combine the paprika, garlic powder, onion powder, baking powder, salt, pepper, cayenne, and nutritional yeast (if using), and shake well. Add the drumsticks to the bag and shake until they are well coated with the spice mixture. 3. Place the drumsticks on the prepared baking rack and cook for 25 minutes. 4. After 25 minutes, raise the oven heat to 400°F (205°C). Brush the drumsticks with the melted butter and cook for an additional 20 minutes or until crispy. 5. Remove from the oven and let cool for 5 minutes before serving.

**Per Serving (1 drumstick):**

calories: 200 | fat: 12g | protein: 20g | carbs: 3g | net carbs: 2g | fiber: 1g

# Herb and Lemon Whole Chicken

**Prep time: 5 minutes | Cook time: 30 to 32 minutes | Serves 4**

3 teaspoons garlic powder  
3 teaspoons salt  
2 teaspoons dried parsley  
2 teaspoons dried rosemary  
1 teaspoon pepper  
1 (4-pound / 1.8-kg) whole chicken  
2 tablespoons coconut oil  
1 cup chicken broth  
1 lemon, zested and quartered

1. Combine the garlic powder, salt, parsley, rosemary, and pepper in a small bowl. Rub this herb mix over the whole chicken. 2. Set your Instant Pot to Sauté and heat the coconut oil. 3. Add the chicken and brown for 5 to 7 minutes. Using tongs, transfer the chicken to a plate. 4. Pour the broth into the Instant Pot and scrape the bottom with a rubber spatula or wooden spoon until no seasoning is stuck to pot, then insert the trivet. 5. Scatter the lemon zest over chicken. Put the lemon quarters inside the chicken. Place the chicken on the trivet. 6. Secure the lid. Select the Meat/Stew mode and set the cooking time for 25 minutes at High Pressure. 7. Once cooking is complete, do a natural pressure release for 10 minutes, then release any remaining pressure. Carefully open the lid. 8. Shred the chicken and serve warm.

## **Per Serving**

calories: 860 | fat: 62.8g | protein: 54.6g | carbs: 3.2g | net carbs: 2.0g | fiber: 1.2g

# Orange-Glazed Roasted Duck

**Prep time: 15 minutes | Cook time: 1½ hours | Serves 6**

1 (5-pound/2.3-kg) whole duck, giblets removed

1 orange

4 fresh thyme sprigs

Handful of fresh parsley

2¼ teaspoons finely ground gray sea salt, divided

1 teaspoon ground coriander

¾ teaspoon ground black pepper

½ teaspoon ground cumin

¾ cup (180 ml) chicken bone broth, divided

¼ cup white wine, such as Pinot Grigio, Sauvignon Blanc, or unoaked Chardonnay

⅓ cup (53 g) confectioners'-style erythritol

2 tablespoons apple cider vinegar

**SPECIAL EQUIPMENT:**

Cotton twine

1. Preheat the oven to 475°F (245°C). 2. Using a microplane or fine grater, zest the orange, then cut the orange in half. Juice one half and cut the other half into wedges. Set the zest and juice aside. Stuff the orange wedges and thyme and parsley sprigs into the duck cavity. Tie the legs together with cotton twine and set the duck in a cast-iron pan or small roasting pan. 3. Sprinkle 2 teaspoons of the salt, the coriander, pepper, and cumin all over the outside of the duck. Roast for 30 minutes. 4. Put the reserved orange juice in a bowl along with ½ cup (120 ml) of the bone broth and the wine. After the duck has roasted for 30 minutes, lower the heat to 350°F (177°C) and pour the broth mixture into the pan. Bake for an additional 50 to 60 minutes, until the internal temperature reaches 165°F (74°C). If you want crispy skin, set the broiler to high, move the rack to the top position, and broil for 5 minutes, or until the skin has crisped up. Remove from the oven and transfer the roasted duck to a cutting board. 5. Make the glaze: Place the remaining ¼ cup (60 ml) of bone broth, erythritol, vinegar, and remaining ¼ teaspoon salt in the pan with the drippings. Set over medium-low heat and whisk continuously until the erythritol has dissolved. Add the reserved orange zest. Whisk continuously for 5 minutes, until the glaze has thickened. 6. Slice the

duck and place on a serving plate. Drizzle with the orange glaze, or serve the glaze on the side in a gravy boat.

**Per Serving**

calories: 458 | fat: 37g | protein: 26g | carbs: 4g | net carbs: 3g | fiber: 1g

# Chicken Broth

**Prep time: 5 minutes | Cook time: 8 to 24 hours | Makes 2 to 3 quarts**

4 quarts filtered water

1½ to 2 pounds (680 to 907 g) chicken bones with cartilage

Cloves from 1 head of garlic, peeled and smashed with the side of a knife

2 tablespoons apple cider vinegar

2 teaspoons sea salt (optional)

**Make This in a Slow Cooker:** 1. Place all of the ingredients in a slow cooker. Set the heat to high and bring to a boil, then turn the heat down to low. Cook for at least 8 hours and up to 24 hours—the longer it cooks, the better. 2.

Turn off the slow cooker and allow the broth to cool. **Make This in an Instant Pot:** 1. Place all of the ingredients in the multicooker. Cook on high pressure for 2 hours. When cooking is finished, allow the cooker to depressurize on its own; don't flip the valve to release it. 2. Strain the broth through a fine-mesh strainer or cheesecloth. Pour the cooled broth into glass jars and store in the refrigerator for up to a few days. You can also store it in plastic containers in the freezer until you're ready to use it. Make sure the broth has cooled completely before freezing. 3. Before using the broth, chip away at the top and discard any fat that has solidified.

## **Per Serving**

calories: 233 | fat: 0g | protein: 20g | carbs: 2g | net carbs: 2g | fiber: 0g

# Paprika Chicken Wings

**Prep time: 10 minutes | Cook time: 13 minutes | Serves 4**

1 pound (454 g) boneless chicken wings

1 teaspoon ground paprika

1 teaspoon avocado oil

¼ teaspoon minced garlic

¾ cup beef broth

1. Pour the avocado oil in the instant pot. 2. Rub the chicken wings with ground paprika and minced garlic and put them in the instant pot. 3. Cook the chicken on Sauté mode for 4 minutes from each side. 4. Then add beef broth and close the lid. 5. Sauté the meal for 5 minutes more.

## **Per Serving**

calories: 226 | fat: 9g | protein: 34g | carbs: 1g | net carbs: 1g | fiber: 0g

# Zesty Grilled Chicken

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 8**

2½ pounds chicken thighs and drumsticks

1 tablespoon coconut aminos

1 tablespoon apple cider vinegar

A pinch of red pepper flakes

Salt and black pepper, to taste

½ teaspoon ground ginger

⅓ cup butter

1 garlic clove, minced

1 teaspoon lime zest

½ cup warm water

1. In a blender, combine the butter with water, salt, ginger, vinegar, garlic, pepper, lime zest, aminos, and pepper flakes. Pat the chicken dry, lay on a pan, and top with zesty marinade. Refrigerate for 1 hour. 2. Set the chicken pieces skin side down on a preheated grill over medium heat, cook for 10 minutes, turn, brush with some marinade, and cook for 10 minutes. Split among serving plates and enjoy.

## **Per Serving**

calories: 286 | fat: 14g | protein: 37g | carbs: 3g | net carbs: 3g | fiber: 0g

# Stewed Chicken and Sausage

**Prep time: 10 minutes | Cook time: 1 hour 10 minutes | Serves 8**

2 pounds (907 g) Mexican-style fresh (raw) chorizo

1 tablespoon coconut oil

2 boneless, skinless chicken thighs, cut into ½-inch pieces

1 cup chopped onions

1½ (18-ounce / 510-g) jars whole peeled tomatoes with juices

3 chipotle chiles in adobo sauce

3 tablespoons minced garlic

2 tablespoons smoked paprika

1 tablespoon ground cumin

1 tablespoon dried oregano leaves

2 teaspoons fine sea salt

1 teaspoon cayenne pepper

2 cups chicken bone broth, homemade or store-bought

¼ cup lime juice

¼ cup chopped fresh cilantro

1. Slice 1 pound (454 g) of the chorizo into rounds; crumble the remaining pound. 2. Heat the oil in large soup pot over medium-high heat. Add the sliced and crumbled chorizo, chicken, and onions and cook until the onions are soft and the chicken is cooked through, about 5 minutes, stirring to break up the crumbled chorizo. 3. Meanwhile, place the tomatoes and their juices and the chiles in a food processor. Purée until smooth; set aside. 4. Add the garlic, paprika, cumin, oregano, salt, and cayenne pepper to the soup pot and sauté for another minute while stirring. 5. Add the puréed tomato mixture and broth to the soup pot. Bring to a gentle boil, then reduce the heat to low and simmer for 1 hour to allow the flavors to open up. Just before serving, stir in the lime juice and cilantro. 6. Store extras in an airtight container in the fridge for up to 2 days. Reheat in a saucepan over medium heat until warmed.

## **Per Serving**

calories: 415 | fat: 33g | protein: 20g | carbs: 10g | net carbs: 8g | fiber: 2g

# Chicken Quesadilla

**Prep time: 5 minutes | Cook time: 5 minutes | Serves 2**

1 tablespoon olive oil

2 low-carbohydrate tortillas

½ cup shredded Mexican blend cheese

2 ounces shredded chicken (I usually use a store-bought rotisserie chicken)

1 teaspoon Tajín seasoning salt

2 tablespoons sour cream

1. In a large skillet over medium-high heat, heat the olive oil. Add a tortilla, then layer on top ¼ cup of cheese, the chicken, the Tajín seasoning, and the remaining ¼ cup of cheese. Top with the second tortilla. 2. Peek under the edge of the bottom tortilla to monitor how it is browning. Once the bottom tortilla gets golden and the cheese begins to melt, after about 2 minutes, flip the quesadilla over. The second side will cook faster, about 1 minute. 3. Once the second tortilla is crispy and golden, transfer the quesadilla to a cutting board and let sit for 2 minutes. Cut the quesadilla into 4 wedges using a pizza cutter or chef's knife. 4. Transfer half the quesadilla to each of two plates. Add 1 tablespoon of sour cream to each plate, and serve hot.

## **Per Serving**

calories: 414 | fat: 28g | protein: 26g | carbs: 24g | net carbs: 7g | fiber: 17g

# Crunchy Chicken Milanese

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 2**

2 boneless skinless chicken breasts

½ cup coconut flour

1 teaspoon ground cayenne pepper

Pink Himalayan salt

Freshly ground black pepper

1 egg, lightly beaten

½ cup crushed pork rinds

2 tablespoons olive oil

1. Pound the chicken breasts with a heavy mallet until they are about ½ inch thick. (If you don't have a kitchen mallet, you can use the thick rim of a heavy plate.) 2. Prepare two separate prep plates and one small, shallow bowl: •On plate 1, put the coconut flour, cayenne pepper, pink Himalayan salt, and pepper. Mix together. •Crack the egg into the small bowl, and lightly beat it with a fork or whisk. •On plate 2, put the crushed pork rinds. 3. In a large skillet over medium-high heat, heat the olive oil. 4. Dredge 1 chicken breast on both sides in the coconut-flour mixture. Dip the chicken into the egg, and coat both sides. Dredge the chicken in the pork-rind mixture, pressing the pork rinds into the chicken so they stick. Place the coated chicken in the hot skillet and repeat with the other chicken breast. 5. Cook the chicken for 3 to 5 minutes on each side, until brown, crispy, and cooked through, and serve.

## **Per Serving**

calories: 604 | fat: 29g | protein: 65g | carbs: 17g | net carbs: 7g | fiber: 10g

# Cheesy Bacon and Broccoli Chicken

**Prep time: 10 minutes | Cook time: 1 hour | Serves 2**

2 tablespoons ghee

2 boneless skinless chicken breasts

Pink Himalayan salt

Freshly ground black pepper

4 bacon slices

6 ounces cream cheese, at room temperature

2 cups frozen broccoli florets, thawed

½ cup shredded Cheddar cheese

1. Preheat the oven to 375°F. 2. Choose a baking dish that is large enough to hold both chicken breasts and coat it with the ghee. 3. Pat dry the chicken breasts with a paper towel, and season with pink Himalayan salt and pepper. 4. Place the chicken breasts and the bacon slices in the baking dish, and bake for 25 minutes. 5. Transfer the chicken to a cutting board and use two forks to shred it. Season it again with pink Himalayan salt and pepper. 6. Place the bacon on a paper towel-lined plate to crisp up, and then crumble it. 7. In a medium bowl, mix to combine the cream cheese, shredded chicken, broccoli, and half of the bacon crumbles. Transfer the chicken mixture to the baking dish, and top with the Cheddar and the remaining half of the bacon crumbles. 8. Bake until the cheese is bubbling and browned, about 35 minutes, and serve.

## **Per Serving**

calories: 935 | fat: 66g | protein: 75g | carbs: 10g | net carbs: 8g | fiber: 3g

# Balsamic Turkey Thighs

**Prep time: 5 minutes | Cook time: 1 hour | Serves 8**

¼ cup (60 ml) balsamic vinegar

¼ cup (60 ml) refined avocado oil or refined olive oil

1 tablespoon Dijon mustard

2 teaspoons finely ground gray sea salt

1 teaspoon Italian seasoning

2½ pounds (1.2 kg) bone-in, skin-on turkey thighs

1. Place the vinegar, oil, mustard, salt, and seasoning in a large casserole dish or resealable plastic bag. Mix thoroughly. Add the turkey thighs and cover. Marinate in the refrigerator for 1 hour or up to 24 hours. 2. When ready to cook, preheat the oven to 350°F (177°C). Lay the turkey thighs on an unlined rimmed baking sheet or cast-iron pan. Bake for 55 to 60 minutes, until the internal temperature reaches 165°F (74°C) and the juices run clear. 3. Turn the oven broiler to high. (If your oven does not offer that option, simply “broil” is fine.) Broil for 3 to 5 minutes, until browned. Allow to rest for 5 minutes before slicing and serving.

## **Per Serving**

calories: 333 | fat: 25g | protein: 27g | carbs: 0g | net carbs: 0g | fiber: 0g

# Cilantro Chicken Kebabs

**Prep time: 30 minutes | Cook time: 10 minutes | Serves 4**

Chutney:

½ cup unsweetened shredded coconut

½ cup hot water

2 cups fresh cilantro leaves, roughly chopped

¼ cup fresh mint leaves, roughly chopped

6 cloves garlic, roughly chopped

1 jalapeño, seeded and roughly chopped

¼ to ¾ cup water, as needed

Juice of 1 lemon

Chicken:

1 pound (454 g) boneless, skinless chicken thighs, cut crosswise into thirds

Olive oil spray

1. For the chutney: In a blender or food processor, combine the coconut and hot water; set aside to soak for 5 minutes. 2. To the processor, add the cilantro, mint, garlic, and jalapeño, along with ¼ cup water. Blend at low speed, stopping occasionally to scrape down the sides. Add the lemon juice. With the blender or processor running, add only enough additional water to keep the contents moving. Turn the blender to high once the contents are moving freely and blend until the mixture is puréed. 3. For the chicken: Place the chicken pieces in a large bowl. Add ¼ cup of the chutney and mix well to coat. Set aside the remaining chutney to use as a dip. Marinate the chicken for 15 minutes at room temperature. 4. Spray the air fryer basket with olive oil spray. Arrange the chicken in the air fryer basket. Set the air fryer to 350°F (177°C) for 10 minutes. Use a meat thermometer to ensure that the chicken has reached an internal temperature of 165°F (74°C). 5. Serve the chicken with the remaining chutney.

**Per Serving**

calories: 184 | fat: 8g | protein: 23g | carbs: 4g | fiber: 1g | sodium: 115mg

# Caprese Chicken Skillet

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 4**

1 tablespoon extra-virgin olive oil  
1 pound boneless, skinless chicken thighs  
1½ teaspoons pink Himalayan salt, divided  
½ teaspoon ground black pepper  
1 teaspoon minced garlic  
12 cherry tomatoes, halved (about 3 ounces)  
¼ teaspoon red pepper flakes  
1 medium-sized zucchini, spiral-sliced into noodles  
3 or 4 large fresh basil leaves, minced  
3 ounces mini mozzarella balls, halved

1. Heat the olive oil in a large skillet over medium-high heat. 2. Chop the chicken into 1-inch pieces and season with 1 teaspoon of the salt and the black pepper. 3. Put the chicken in the hot skillet and cook through, 5 to 7 minutes. (When fully cooked, the chicken will no longer be pink in the middle.) Remove from the skillet and set aside. 4. Turn the heat down to low and use a spatula to scrape up the drippings from the bottom of the skillet. Add the garlic and cook for 20 seconds. Add the tomatoes, remaining ½ teaspoon of salt, and red pepper flakes. Stir to combine and cover with a lid. Cook for 5 to 7 minutes, until the tomatoes have burst and softened. 5. Turn the heat back up to high, add the zucchini noodles and basil, and cook for 1 minute, until the noodles are slightly tender but not mushy. Remove from the heat, add the chicken and mozzarella, and toss to combine. Serve immediately.

## **Per Serving**

calories: 226 | fat: 12g | protein: 26g | carbs: 4g | net carbs: 3g | fiber: 1g

# Brazilian Tempero Baiano Chicken Drumsticks

**Prep time: 30 minutes | Cook time: 20 minutes | Serves 4**

1 teaspoon cumin seeds  
1 teaspoon dried oregano  
1 teaspoon dried parsley  
1 teaspoon ground turmeric  
½ teaspoon coriander seeds  
1 teaspoon kosher salt  
½ teaspoon black peppercorns  
½ teaspoon cayenne pepper  
¼ cup fresh lime juice  
2 tablespoons olive oil  
1½ pounds (680 g) chicken drumsticks

1. In a clean coffee grinder or spice mill, combine the cumin, oregano, parsley, turmeric, coriander seeds, salt, peppercorns, and cayenne. Process until finely ground. 2. In a small bowl, combine the ground spices with the lime juice and oil. Place the chicken in a resealable plastic bag. Add the marinade, seal, and massage until the chicken is well coated. Marinate at room temperature for 30 minutes or in the refrigerator for up to 24 hours. 3. When you are ready to cook, place the drumsticks skin side up in the air fryer basket. Set the air fryer to 400°F (204°C) for 20 to 25 minutes, turning the legs halfway through the cooking time. Use a meat thermometer to ensure that the chicken has reached an internal temperature of 165°F (74°C). 4. Serve with plenty of napkins.

## **Per Serving**

calories: 267 | fat: 13g | protein: 33g | carbs: 2g | fiber: 1g | sodium: 777mg

# Chili Lime Turkey Burgers

**Prep time: 10 minutes | Cook time: 3 minutes | Serves 4**

**Burgers:**

2 pounds (907 g) ground turkey  
1½ ounces (43 g) diced red onion  
2 cloves garlic, minced  
1½ teaspoons minced cilantro  
1½ teaspoons salt  
1 teaspoon Mexican chili powder  
Juice and zest of 1 lime

½ cup water

**Dipping Sauce:**

½ cup sour cream  
4 teaspoons sriracha  
1 tablespoon chopped cilantro, plus more for garnish  
1 teaspoon lime juice

1. Make the burgers: In a large bowl, add the turkey, onion, garlic, cilantro, salt, chili powder, and lime juice and zest. Use a wooden spoon to mix until the ingredients are well distributed. 2. Divide the meat into four 8-ounce / 227-g balls. Use a kitchen scale to measure for accuracy. Pat the meat into thick patties, about 1 inch thick. 3. Add the water and trivet to the Instant Pot. Place the turkey patties on top of the trivet, overlapping if necessary. 4. Close the lid and seal the vent. Cook on High Pressure for 3 minutes. Quick release the steam. 5. Remove the patties from the pot. 6. Make the dipping sauce: In a small bowl, whisk together the sour cream, sriracha, cilantro, and lime juice. 7. Top each patty with 2 tablespoons of the sauce and garnish with fresh cilantro.

**Per Serving**

calories: 417 | fat: 25g | protein: 44g | carbs: 5g | net carbs: 4g | fiber: 1g

# Chicken Pesto Pizzas

**Prep time: 10 minutes | Cook time: 12 minutes | Serves 4**

1 pound (454 g) ground chicken thighs

¼ teaspoon salt

⅛ teaspoon ground black pepper

¼ cup basil pesto

1 cup shredded Mozzarella cheese

4 grape tomatoes, sliced

1. Cut four squares of parchment paper to fit into your air fryer basket. 2. Place ground chicken in a large bowl and mix with salt and pepper. Divide mixture into four equal sections. 3. Wet your hands with water to prevent sticking, then press each section into a 6-inch circle onto a piece of ungreased parchment. Place each chicken crust into air fryer basket, working in batches if needed. 4. Adjust the temperature to 350°F (177°C) and air fry for 10 minutes, turning crusts halfway through cooking. 5. Spread 1 tablespoon pesto across the top of each crust, then sprinkle with ¼ cup Mozzarella and top with 1 sliced tomato. Continue cooking at 350°F (177°C) for 2 minutes. Cheese will be melted and brown when done. Serve warm.

## **Per Serving**

calories: 302 | fat: 18g | protein: 32g | carbs: 2g | fiber: 0g | sodium: 398mg

# Grilled Paprika Chicken with Steamed Broccoli

**Prep time: 10 minutes | Cook time: 22 minutes | Serves 6**

3 tablespoons smoked paprika

Salt and black pepper to taste

2 teaspoons garlic powder

1 tablespoon olive oil

6 chicken breasts

1 head broccoli, cut into florets

1. Place broccoli florets onto the steamer basket over the boiling water; steam approximately 8 minutes or until crisp-tender. Set aside. Grease grill grate with cooking spray and preheat to 400°F. 2. Combine paprika, salt, black pepper, and garlic powder in a bowl. Brush chicken with olive oil and sprinkle spice mixture over and massage with hands. 3. Grill chicken for 7 minutes per side until well-cooked, and plate. Serve warm with steamed broccoli.

## **Per Serving**

calories: 388 | fat: 32g | protein: 22g | carbs: 3g | net carbs: 2g | fiber: 1g

# Chapter 6 Stews and Soups

## Cauliflower Soup

**Prep time: 10 minutes | Cook time: 6 minutes | Serves 4**

2 cups chopped cauliflower

2 tablespoons fresh cilantro

1 cup coconut cream

2 cups beef broth

3 ounces (85 g) Provolone cheese, chopped

1. Put cauliflower, cilantro, coconut cream, beef broth, and cheese in the Instant Pot. Stir to mix well. 2. Select Manual mode and set cooking time for 6 minutes on High Pressure. 3. When timer beeps, allow a natural pressure release for 4 minutes, then release any remaining pressure. Open the lid. 4. Blend the soup and ladle in bowls to serve.

### **Per Serving**

calories: 244 | fat: 21g | protein: 10g | carbs: 7g | net carbs: 4g | fiber: 3g

## Chili-Infused Lamb Soup

**Prep time: 5 minutes | Cook time: 25 minutes | Serves 6**

1 tablespoon coconut oil

$\frac{3}{4}$  pound ground lamb

2 cups shredded cabbage

$\frac{1}{2}$  onion, chopped

2 teaspoons minced garlic

4 cups chicken broth

2 cups coconut milk

$1\frac{1}{2}$  tablespoons red chili paste or as much as you want

Zest and juice of 1 lime

1 cup shredded kale

1. Cook the lamb. In a medium stockpot over medium-high heat, warm the coconut oil. Add the lamb and cook it, stirring it often, until it has browned, about 6 minutes. 2. Cook the vegetables. Add the cabbage, onion, and garlic and sauté until they've softened, about 5 minutes. 3. Simmer the soup. Stir in the chicken broth, coconut milk, red chili paste, lime zest, and lime juice. Bring it to a boil, then reduce the heat to low and simmer until the cabbage is tender, about 10 minutes. 4. Add the kale. Stir in the kale and simmer the soup for 3 more minutes. 5. Serve. Spoon the soup into six bowls and serve.

### **Per Serving**

calories: 380 | fat: 32g | protein: 17g | carbs: 7g | net carbs: 6g | fiber: 1g

## Loaded Fauxtato Soup

**Prep time: 5 minutes | Cook time: 20 minutes | serves 4**

3 tablespoons salted butter

½ cup chopped white onions

2 cloves garlic, minced

1 (16-ounce) bag frozen cauliflower florets

2 cups vegetable broth

2 cups shredded sharp cheddar cheese, plus extra for garnish

1 cup heavy whipping cream

Salt and ground black pepper

8 slices bacon, cooked and cut into small pieces, for garnish

1. Melt the butter in a stockpot over medium heat. Sauté the onions and garlic in the butter until the onions are tender and translucent. 2. Add the cauliflower and broth to the pot. Bring to a gentle boil over high heat, then reduce the heat to maintain a simmer and continue cooking until the cauliflower is tender, stirring occasionally, about 15 minutes. 3. Turn the heat down to the lowest setting and add the cheese and cream to the pot. Stir until the cheese is melted and well combined with the rest of the soup. 4. Season to taste with salt and pepper. Serve garnished with extra cheese and bacon pieces. Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

### **Per Serving**

calories: 560 | fat: 45g | protein: 5g | carbs: 9g | net carbs: 6g | fiber: 3g

# Thai Shrimp and Mushroom Soup

**Prep time: 15 minutes | Cook time: 10 minutes | Serves 6**

2 tablespoons unsalted butter, divided

½ pound (227 g) medium uncooked shrimp, shelled and deveined

½ medium yellow onion, diced

2 cloves garlic, minced

1 cup sliced fresh white mushrooms

1 tablespoon freshly grated ginger root

4 cups chicken broth

2 tablespoons fish sauce

2½ teaspoons red curry paste

2 tablespoons lime juice

1 stalk lemongrass, outer stalk removed, crushed, and finely chopped

2 tablespoons coconut aminos

1 teaspoon sea salt

½ teaspoon ground black pepper

13.5 ounces (383 g) can unsweetened, full-fat coconut milk

3 tablespoons chopped fresh cilantro

1. Select the Instant Pot on Sauté mode. Add 1 tablespoon butter. 2. Once the butter is melted, add the shrimp and sauté for 3 minutes or until opaque. Transfer the shrimp to a medium bowl. Set aside. 3. Add the remaining butter to the pot. Once the butter is melted, add the onions and garlic and sauté for 2 minutes or until the garlic is fragrant and the onions are softened. 4. Add the mushrooms, ginger root, chicken broth, fish sauce, red curry paste, lime juice, lemongrass, coconut aminos, sea salt, and black pepper to the pot. Stir to combine. 5. Lock the lid. Select Manual mode and set cooking time for 5 minutes on High Pressure. 6. When cooking is complete, allow the pressure to release naturally for 5 minutes, then release the remaining pressure. 7. Open the lid. Stir in the cooked shrimp and coconut milk. 8. Select Sauté mode. Bring the soup to a boil and then press Keep Warm / Cancel. Let the soup rest in the pot for 2 minutes. 9. Ladle the soup into bowls and sprinkle the cilantro over top. Serve hot.

## **Per Serving**

calories: 237 | fat: 20.0g | protein: 9.1g | carbs: 8.5g | net carbs: 6.3g | fiber: 2.2g

## Beef and Eggplant Tagine

**Prep time: 15 minutes | Cook time: 25 minutes | Serves 6**

1 pound (454 g) beef fillet, chopped

1 eggplant, chopped

6 ounces (170 g) scallions, chopped

4 cups beef broth

1 teaspoon ground allspices

1 teaspoon erythritol

1 teaspoon coconut oil

1. Put all ingredients in the Instant Pot. Stir to mix well.
2. Close the lid. Select Manual mode and set cooking time for 25 minutes on High Pressure.
3. When timer beeps, use a natural pressure release for 15 minutes, then release any remaining pressure. Open the lid.
4. Serve warm.

### **Per Serving**

calories: 158 | fat: 5.3g | protein: 21.1g | carbs: 8.2g | net carbs: 4.7g | fiber: 3.5g

# Fennel and Cod Chowder with Fried Mushrooms

**Prep time: 20 minutes | Cook time: 35 minutes | Serves 4**

1 cup extra-virgin olive oil, divided

1 small head cauliflower, core removed and broken into florets (about 2 cups)

1 small white onion, thinly sliced

1 fennel bulb, white part only, trimmed and thinly sliced

½ cup dry white wine (optional)

2 garlic cloves, minced

1 teaspoon salt

¼ teaspoon freshly ground black pepper

4 cups fish stock, plus more if needed

1 pound (454 g) thick cod fillet, cut into ¾-inch cubes

4 ounces (113 g) shiitake mushrooms, stems trimmed and thinly sliced (⅛-inch slices)

¼ cup chopped Italian parsley, for garnish (optional)

¼ cup plain whole-milk Greek yogurt, for garnish (optional)

1. In large stockpot, heat ¼ cup olive oil over medium-high heat. Add the cauliflower florets, onion, and fennel and sauté for 10 to 12 minutes, or until almost tender. Add the white wine (if using), garlic, salt, and pepper and sauté for another 1 to 2 minutes. 2. Add 4 cups fish stock and bring to a boil. Cover, reduce the heat to medium-low, and simmer until vegetables are very tender, another 8 to 10 minutes. Remove from the heat and allow to cool slightly. 3. Using an immersion blender, purée the vegetable mixture, slowly drizzling in ½ cup olive oil, until very smooth and silky, adding additional fish stock if the mixture is too thick. 4. Turn the heat back to medium-high and bring the soup to a low simmer. Add the cod pieces and cook, covered, until the fish is cooked through, about 5 minutes. Remove from the heat and keep covered. 5. In a medium skillet, heat the remaining ¼ cup olive oil over medium-high heat. When very hot, add the mushrooms and fry until crispy. Remove with a slotted spoon and transfer to a plate, reserving the frying oil. Toss the mushrooms with a sprinkle of salt. 6. Serve the chowder hot, topped with fried mushrooms and drizzled with 1 tablespoon reserved frying oil. Garnish with chopped fresh parsley and 1 tablespoon of Greek yogurt (if using).

**Per Serving**

calories: 663 | fat: 57g | protein: 28g | carbs: 57g | fiber: 4g | sodium: 700mg

# Bacon Cheddar Cauliflower Soup

**Prep time: 15 minutes | Cook time: 30 minutes | Serves 6**

1 large head cauliflower, chopped into florets

¼ cup olive oil

Salt and freshly ground black pepper, to taste

12 ounces (340 g) bacon, chopped

½ onion, roughly chopped

2 garlic cloves, minced

2 cups chicken broth, or vegetable broth, plus more as needed

2 cups heavy (whipping) cream, plus more as needed

½ cup shredded Cheddar cheese, plus more for topping

Sliced scallion, green parts only, or fresh chives, for garnish

1. Preheat the oven to 400°F (205°C). 2. On a large rimmed baking sheet, toss the cauliflower with the olive oil and season with salt and pepper. Bake for 25 to 30 minutes or until slightly browned. 3. While the cauliflower roasts, in a large saucepan over medium heat, cook the bacon for 5 to 7 minutes until crispy. Transfer the bacon to a paper towel-lined plate to drain; leave the bacon fat in the pan. 4. Return the pan to medium heat and add the onion and garlic. Stir well to combine and sauté for 5 to 7 minutes until the onion is softened and translucent. Season with salt and pepper. 5. Remove the cauliflower from the oven and add it to the pan with the onion and garlic. Stir in the broth and bring the liquid to a simmer. Reduce the heat to low. Cook for 5 to 7 minutes. Remove from the heat. With an immersion blender, carefully blend the soup. Alternatively, transfer the soup to a regular blender (working in batches if necessary), blend until smooth, and return the soup to the pan. 6. Stir in the cream. You may need to add a bit more broth or cream, depending on how thick you like your soup. Add the Cheddar and stir until melted and combined. Spoon the soup into bowls and top with bacon and more Cheddar. Garnish with scallion.

**Per Serving (1 cup):**

calories: 545 | fat: 49g | protein: 15g | carbs: 11g | net carbs: 7g | fiber: 4g

# Chicken and Vegetable Soup

**Prep time: 5 minutes | Cook time: 2 minutes | Serves 4**

1 pound (454 g) boneless, skinless chicken thighs, diced small

1 (10-ounce / 283-g) bag frozen vegetables

2 cups water

1 teaspoon poultry seasoning

1 tablespoon powdered chicken broth base

1 teaspoon salt

1 teaspoon freshly ground black pepper

1 cup heavy (whipping) cream

1. Put the chicken, vegetables, water, poultry seasoning, chicken broth base, salt, and pepper in the inner cooking pot of your Instant Pot. 2. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 2 minutes. When the cooking is complete, quick-release the pressure (you may want to do this in short bursts so the soup doesn't spurt out). Unlock the lid. 3. Add the cream, stir, and serve. Or, if you prefer, you can mash up the chicken with the back of a wooden spoon to break it into shreds before adding the cream.

## **Per Serving**

calories: 327 | fat: 19g | protein: 26g | carbs: 13g | net carbs: 10g | fiber: 3g

# Bacon Soup

**Prep time: 10 minutes | Cook time: 1 hour 20 minutes | Serves 6**

⅓ cup (69 g) lard

1 pound (455 g) pork stewing pieces

¾ cup (110 g) sliced shallots

10 strips bacon (about 10 ounces/285 g), cut into about ½-inch (1.25-cm) pieces

1¾ cups (415 ml) chicken bone broth

3 medium turnips (about 12½ ounces/355 g), cubed

¼ cup (60 ml) white wine, such as Pinot Grigio, Sauvignon Blanc, or unoaked Chardonnay

1 tablespoon prepared yellow mustard

4 sprigs fresh thyme

½ cup (120 ml) full-fat coconut milk

2 tablespoons apple cider vinegar

2 tablespoons unflavored gelatin

1 tablespoon dried tarragon leaves

1. Melt the lard in a large saucepan over medium heat. Once the lard has melted, add the pork pieces and cook for 8 minutes, or until lightly browned on the outside. 2. Add the sliced shallots and bacon pieces. Sauté for an additional 5 minutes or until the shallots become fragrant. 3. Add the bone broth, turnips, wine, mustard, and thyme sprigs. Cover and bring to a boil, then reduce the heat to medium-low and cook until the meat and turnips are fork-tender, about 1 hour. 4. Remove the thyme sprigs and add the coconut milk, vinegar, gelatin, and tarragon. Increase the heat to medium and boil, covered, for another 10 minutes. 5. Divide the soup among 6 small bowls and serve.

## **Per Serving**

calories: 571 | fat: 41g | protein: 40g | carbs: 10g | net carbs: 9g | fiber: 1g

# Tomato Bisque

**Prep time: 10 minutes | Cook time: 40 minutes | serves 8**

Nonstick coconut oil cooking spray

1 pound heirloom cherry tomatoes, coarsely chopped

1 yellow onion, coarsely chopped

2 garlic cloves, coarsely chopped

¼ cup cold-pressed olive oil, plus more for drizzling

2 thyme sprigs

Sea salt

Freshly ground black pepper

1 lemon, halved

1 cup coconut cream

⅓ cup chopped fresh basil, for garnish

1. Preheat the oven to 400°F. Grease a baking dish with cooking spray and set aside. 2. Combine the tomatoes, onion, and garlic in the baking dish. Drizzle with the olive oil and toss in the thyme. Season with salt and pepper. Top with the lemon halves and roast for 20 minutes or until the tomatoes start to blister. 3. Remove from the oven and transfer the mixture to a large saucepan over low heat. 4. Stir in the coconut cream and bring the soup to a simmer. Cook for 20 minutes to allow the flavors to meld together. 5. Remove and discard the lemon halves. 6. Turn off the heat and blend the soup with an immersion blender until it is silky smooth (adding warm water if necessary to reach desired texture). 7. Finish with cracked black pepper, olive oil drizzle, the basil, and additional salt, if desired.

## **Per Serving**

calories: 142 | fat: 14g | protein: 1g | carbs: 7g | net carbs: 5g | fiber: 2g

# Chicken Zucchini Soup

**Prep time: 8 minutes | Cook time: 14 minutes | Serves 6**

¼ cup coconut oil or unsalted butter

1 cup chopped celery

¼ cup chopped onions

2 cloves garlic, minced

1 pound (454 g) boneless, skinless chicken breasts, cut into 1-inch cubes

6 cups chicken broth

1 tablespoon dried parsley

1 teaspoon fine sea salt

½ teaspoon dried marjoram

½ teaspoon ground black pepper

1 bay leaf

2 cups zucchini noodles

1. Place the coconut oil in the Instant Pot and press Sauté. Once melted, add the celery, onions, and garlic and cook, stirring occasionally, for 4 minutes, or until the onions are soft. Press Cancel to stop the Sauté. 2. Add the cubed chicken, broth, parsley, salt, marjoram, pepper, and bay leaf. Seal the lid, press Manual, and set the timer for 10 minutes. Once finished, let the pressure release naturally. 3. Remove the lid and stir well. Place the noodles in bowls, using ⅓ cup per bowl. Ladle the soup over the noodles and serve immediately; if it sits too long, the noodles will get too soft.

## **Per Serving**

calories: 253 | fat: 15g | protein: 21g | carbs: 11g | net carbs: 10g | fiber: 1g

# Beef Chili

**Prep time: 5 minutes | Cook time: 50 minutes | Serves 4**

½ green bell pepper, cored, seeded, and chopped

½ medium onion, chopped

2 tablespoons extra-virgin olive oil

1 tablespoon minced garlic

1 pound (454 g) ground beef (80/20)

1 (14-ounce / 397-g) can crushed tomatoes

1 cup beef broth

1 tablespoon ground cumin

1 tablespoon chili powder

2 teaspoons paprika

1 teaspoon pink Himalayan sea salt

¼ teaspoon cayenne pepper

1. In a medium pot, combine the bell pepper, onion, and olive oil. Cook over medium heat for 8 to 10 minutes, until the onion is translucent. 2. Add the garlic and cook for 1 minute longer, until fragrant. 3. Add the ground beef and cook for 7 to 10 minutes, until browned. 4. Add the tomatoes, broth, cumin, chili powder, paprika, salt, and cayenne. Stir to combine. 5. Simmer the chili for 30 minutes, until the flavors come together, then enjoy.

## **Per Serving**

calories: 406 | fat: 31g | protein: 22g | carbs: 12g | net carbs: 8g | fiber: 4g

# Broccoli-Cheese Soup

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 4**

2 tablespoons butter

1 cup broccoli florets, finely chopped

1 cup heavy (whipping) cream

1 cup chicken or vegetable broth

Pink Himalayan salt

Freshly ground black pepper

1 cup shredded cheese, some reserved for topping (I use sharp Cheddar)

1. In a medium saucepan over medium heat, melt the butter. 2. Add the broccoli and sauté in the butter for about 5 minutes, until tender. 3. Add the cream and the chicken broth, stirring constantly. Season with pink Himalayan salt and pepper. Cook, stirring occasionally, for 10 to 15 minutes, until the soup has thickened. 4. Turn down the heat to low, and begin adding the shredded cheese. Reserve a small handful of cheese for topping the bowls of soup. (Do not add all the cheese at once, or it may clump up.) Add small amounts, slowly, while stirring constantly. 5. Pour the soup into four bowls, top each with half of the reserved cheese, and serve.

## **Per Serving**

calories: 383 | fat: 37g | protein: 10g | carbs: 4g | net carbs: 4g | fiber: 0g

# Slow Cooker Beer Soup with Cheddar & Sausage

**Prep time: 15 minutes | Cook time: 8 hours | Serves 8**

1 cup heavy cream  
10 ounces sausages, sliced  
1 cup celery, chopped  
1 cup carrots, chopped  
4 garlic cloves, minced  
8 ounces cream cheese  
1 tsp red pepper flakes  
6 ounces beer  
16 ounces beef stock  
1 onion, diced  
1 cup cheddar cheese, grated  
Salt and black pepper, to taste  
Fresh cilantro, chopped, to garnish

1. Turn on the slow cooker. Add beef stock, beer, sausages, carrots, onion, garlic, celery, salt, red pepper flakes, and black pepper, and stir to combine. Pour in enough water to cover all the ingredients by roughly 2 inches. Close the lid and cook for 6 hours on Low. 2. Open the lid and stir in the heavy cream, cheddar, and cream cheese, and cook for 2 more hours. Ladle the soup into bowls and garnish with cilantro before serving. Yummy!

## **Per Serving**

calories: 387 | fat: 28g | protein: 24g | carbs: 12g | net carbs: 9g | fiber: 2g

# Miso Magic

**Prep time: 5 minutes | Cook time: 10 minutes | serves 8**

8 cups water

6 to 7 tablespoons miso paste

3 sheets dried seaweed

2 cups thinly sliced shiitake mushrooms

1 cup drained and cubed sprouted tofu

1 cup chopped scallions

1 teaspoon sesame oil

1. In a large stockpot over medium heat, add the miso paste and seaweed to the water and bring to a low boil. 2. Toss in the mushrooms, tofu, scallions, and sesame oil. 3. Allow to simmer for about 5 minutes and serve.

## **Per Serving**

calories: 80 | fat: 2g | protein: 4g | carbs: 12g | net carbs: 10g | fiber: 2g

# Avocado-Lime Soup

**Prep time: 5 minutes | Cook time: 20 minutes | serves 8**

2 tablespoons cold-pressed olive oil

½ yellow onion, chopped

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon chili powder

¼ cup hemp hearts

1 medium tomato, chopped

1 cup chopped cabbage (set some aside for garnish)

½ cup chopped fresh cilantro

½ cup chopped celery

½ jalapeño pepper, chopped

8 cups vegetable broth

Juice of 2 limes

1 avocado, peeled, pitted, and cut into cubes

3 flax crackers

1. Heat the olive oil in a large stockpot over medium heat and add the onion, cumin, coriander, and chili powder. Sauté, stirring occasionally, until the onion becomes tender, about 5 minutes. 2. Add the hemp hearts, tomato, cabbage, cilantro, celery, and jalapeño to the pot. Stir to coat the spices and allow to cook for 4 minutes. 3. Pour the broth into the pot and simmer on low for 20 minutes. 4. Remove the pot from the heat and stir in the lime juice. 5. Divide the avocado equally among 4 serving bowls. 6. Pour the soup over the avocado in the bowls and garnish with additional cabbage and cilantro. 7. Break the flax crackers over the top of the soup to create a “tortilla soup” vibe.

## **Per Serving**

calories: 130 | fat: 9g | protein: 3g | carbs: 9g | net carbs: 5g | fiber: 4g

# **Creamy Cauliflower Soup with Chorizo Sausage**

**Prep time: 15 minutes | Cook time: 35 minutes | Serves 4**

1 cauliflower head, chopped  
1 turnip, chopped  
3 tbsp butter  
1 chorizo sausage, sliced  
2 cups chicken broth  
1 small onion, chopped  
2 cups water  
Salt and black pepper, to taste

1. Melt 2 tbsp of the butter in a large pot over medium heat. Stir in onion and cook until soft and golden, about 3-4 minutes. Add cauliflower and turnip, and cook for another 5 minutes. Pour the broth and water over. 2. Bring to a boil, simmer covered, and cook for about 20 minutes until the vegetables are tender. Remove from heat. Melt the remaining butter in a skillet. Add the chorizo sausage and cook for 5 minutes until crispy. Puree the soup with a hand blender until smooth. Taste and adjust the seasonings. Serve the soup in deep bowls topped with the chorizo sausage.

## **Per Serving**

calories: 135 | fat: 11g | protein: 4g | carbs: 9g | net carbs: 6g | fiber: 3g

# Garlicky Chicken Soup

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 6**

10 roasted garlic cloves

½ medium onion, diced

4 tablespoons butter

4 cups chicken broth

½ teaspoon salt

¼ teaspoon pepper

1 teaspoon thyme

1 pound (454 g) boneless, skinless chicken thighs, cubed

½ cup heavy cream

2 ounces (57 g) cream cheese

1. In small bowl, mash roasted garlic into paste. Press the Sauté button and add garlic, onion, and butter to Instant Pot. Sauté for 2 to 3 minutes until onion begins to soften. Press the Cancel button. 2. Add Chicken Broth, salt, pepper, thyme, and chicken to Instant Pot. Click lid closed. Press the Manual button and adjust time for 20 minutes. 3. When timer beeps, quick-release the pressure. Stir in heavy cream and cream cheese until smooth. Serve warm.

## **Per Serving**

calories: 291 | fat: 21g | protein: 17g | carbs: 4g | net carbs: 3g | fiber: 1g

# Broccoli Ginger Soup

**Prep time: 5 minutes | Cook time: 25 minutes | Serves 4**

3 tablespoons coconut oil or avocado oil

1 small white onion, sliced

2 cloves garlic, minced

5 cups (420 g) broccoli florets

1 (13½-oz/400-ml) can full-fat coconut milk

1½ cups (355 ml) chicken bone broth

1 (2-in/5-cm) piece fresh ginger root, peeled and minced

1½ teaspoons turmeric powder

¾ teaspoon finely ground sea salt

⅓ cup (55 g) collagen peptides (optional)

¼ cup (40 g) sesame seeds

1. Melt the oil in a large frying pan over medium heat. Add the onion and garlic and cook until translucent, about 10 minutes. 2. Add the broccoli, coconut milk, broth, ginger, turmeric, and salt. Cover and cook for 15 minutes, or until the broccoli is tender. 3. Transfer the broccoli mixture to a blender or food processor. Add the collagen, if using, and blend until smooth. 4. Divide among 4 bowls, top each bowl with 1 tablespoon of sesame seeds, and enjoy!

## **Per Serving**

calories: 344 | fat: 26g | protein: 13g | carbs: 12g | net carbs: 7g | fiber: 5g

# Garlic Beef Soup

**Prep time: 12 minutes | Cook time: 42 minutes | Serves 8**

10 strips bacon, chopped

1 medium white onion, chopped

Cloves squeezed from 3 heads roasted garlic, or 6 cloves garlic, minced

1 to 2 jalapeño peppers, seeded and chopped (optional)

2 pounds (907 g) boneless beef chuck roast, cut into 4 equal-sized pieces

5 cups beef broth

1 cup chopped fresh cilantro, plus more for garnish

2 teaspoons fine sea salt

1 teaspoon ground black pepper

For Garnish:

1 avocado, peeled, pitted, and diced

2 radishes, very thinly sliced

2 tablespoons chopped fresh chives

1. Place the bacon in the Instant Pot and press Sauté. Cook, stirring occasionally, for 4 minutes, or until the bacon is crisp. Remove the bacon with a slotted spoon, leaving the drippings in the pot. Set the bacon on a paper towel-lined plate to drain. 2. Add the onion, garlic, and jalapeños, if using, to the Instant Pot and sauté for 3 minutes, or until the onion is soft. Press Cancel to stop the Sauté. 3. Add the beef, broth, cilantro, salt, and pepper. Stir to combine. 4. Seal the lid, press Manual, and set the timer for 35 minutes. Once finished, let the pressure release naturally. 5. Remove the lid and shred the beef with two forks. Taste the liquid and add more salt, if needed. 6. Ladle the soup into bowls. Garnish with the reserved bacon, avocado, radishes, chives, and more cilantro.

**Per Serving**

calories: 456 | fat: 36g | protein: 25g | carbs: 6g | net carbs: 4g | fiber: 2g

# Coconut and Cauliflower Curry Shrimp Soup

**Prep time: 5 minutes | Cook time: 2 hours 15 minutes | Serves 4**

8 ounces water

1 (13.5-ounce) can unsweetened full-fat coconut milk

2 cups riced/shredded cauliflower (I buy it pre-riced at Trader Joe's)

2 tablespoons red curry paste

2 tablespoons chopped fresh cilantro leaves, divided

Pink Himalayan salt

Freshly ground black pepper

1 cup shrimp (I use defrosted Trader Joe's Frozen Medium Cooked Shrimp, which are peeled and deveined, with tail off)

1. With the crock insert in place, preheat the slow cooker to high. 2. Add the water, coconut milk, riced cauliflower, red curry paste, and 1 tablespoon of chopped cilantro, and season with pink Himalayan salt and pepper. Stir to combine. 3. Cover and cook on high for 2 hours. 4. Season the shrimp with pink Himalayan salt and pepper, add them to the slow cooker, and stir. Cook for an additional 15 minutes. 5. Ladle the soup into four bowls, top each with half of the remaining 1 tablespoon of chopped cilantro, and serve.

## **Per Serving**

calories: 269 | fat: 21g | protein: 16g | carbs: 8g | net carbs: 5g | fiber: 3g

## Keto Pho with Shirataki Noodles

**Prep time: 20 minutes | Cook time: 10 minutes | Makes 4 bowls**

8 ounces (227 g) sirloin, very thinly sliced

3 tablespoons coconut oil (or butter or ghee)

2 garlic cloves, minced

2 tablespoons liquid or coconut aminos

2 tablespoons fish sauce

1 teaspoon freshly grated or ground ginger

8 cups bone broth

4 (7-ounce / 198-g) packages shirataki noodles, drained and rinsed

1 cup bean sprouts

1 scallion, chopped

1 tablespoon toasted sesame seeds (optional)

1. Put the sirloin in the freezer while you prepare the broth and other ingredients (about 15 to 20 minutes). This makes it easier to slice. 2. In a large pot over medium heat, melt the coconut oil. Add the garlic and cook for 3 minutes. Then add the aminos, fish sauce, ginger, and bone broth. Bring to a boil. 3. Remove the beef from the freezer and slice it very thin. 4. Divide the noodles, beef, and bean sprouts evenly among four serving bowls. Carefully ladle 2 cups of broth into each bowl. Cover the bowls with plates and let sit for 3 to 5 minutes to cook the meat. 5. Serve garnished with the chopped scallion and sesame seeds (if using).

**Per Serving (1 bowl):**

calories: 385 | fat: 29g | protein: 23g | carbs: 8g | net carbs: 4g | fiber: 4g

# Curried Chicken Soup

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 6**

1 pound (454 g) boneless, skinless chicken thighs

1½ cups unsweetened coconut milk

½ onion, finely diced

3 or 4 garlic cloves, crushed

1 (2-inch) piece ginger, finely chopped

1 cup sliced mushrooms, such as cremini and shiitake

4 ounces (113 g) baby spinach

1 teaspoon salt

½ teaspoon ground turmeric

½ teaspoon cayenne

1 teaspoon garam masala

¼ cup chopped fresh cilantro

1. In the inner cooking pot of your Instant Pot, add the chicken, coconut milk, onion, garlic, ginger, mushrooms, spinach, salt, turmeric, cayenne, garam masala, and cilantro. 2. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 10 minutes. When the cooking is complete, let the pressure release naturally. Unlock the lid. 3. Use tongs to transfer the chicken to a bowl. Shred the chicken, then stir it back into the soup. 4. Eat and rejoice.

## **Per Serving**

calories: 378 | fat: 26g | protein: 26g | carbs: 6g | net carbs: 2g | fiber: 4g

# Thai Tum Yum Soup

**Prep time: 10 minutes | Cook time: 20 minutes | serves 8**

8 cups vegetable broth  
1-inch knob fresh ginger, peeled and diced  
2 garlic cloves, diced  
1 teaspoon galangal  
2 kefir lime leaves  
1 cup coconut cream  
1 cup sliced mushrooms  
1 Roma tomato, coarsely chopped  
½ yellow onion, coarsely chopped  
1 cup coarsely chopped broccoli  
1 cup coarsely chopped cauliflower  
1 cup chopped fresh cilantro, for garnish  
1 lime, cut into wedges, for garnish

1. In a large stockpot over medium heat, bring the broth to a simmer with the ginger, garlic, galangal, and lime leaves. 2. Pour in the coconut cream, followed by the mushrooms, tomato, onion, broccoli, and cauliflower. Simmer until tender. 3. Remove the pot from the heat and serve the soup garnished with the cilantro and a lime slice.

## **Per Serving**

calories: 97 | fat: 7g | protein: 1g | carbs: 9g | net carbs: 6g | fiber: 3g

# Tomato-Basil Parmesan Soup

**Prep time: 5 minutes | Cook time: 12 minutes | Serves 12**

2 tablespoons unsalted butter or coconut oil

½ cup finely diced onions

Cloves squeezed from 1 head roasted garlic , or 2 cloves garlic, minced

1 tablespoon dried basil leaves

1 teaspoon dried oregano leaves

1 (8-ounce / 227-g) package cream cheese, softened

4 cups chicken broth

2 (14½-ounce / 411-g) cans diced tomatoes

1 cup shredded Parmesan cheese, plus more for garnish

1 teaspoon fine sea salt

¼ teaspoon ground black pepper

Fresh basil leaves, for garnish

1. Place the butter in the Instant Pot and press Sauté. Once melted, add the onions, garlic, basil, and oregano and cook, stirring often, for 4 minutes, or until the onions are soft. Press Cancel to stop the Sauté. 2. Add the cream cheese and whisk to loosen. (If you don't use a whisk to loosen the cream cheese, you will end up with clumps in your soup.) Slowly whisk in the broth. Add the tomatoes, Parmesan, salt, and pepper and stir to combine. 3. Seal the lid, press Manual, and set the timer for 8 minutes. Once finished, turn the valve to venting for a quick release. 4. Remove the lid and purée the soup with a stick blender, or transfer the soup to a regular blender or food processor and process until smooth. If using a regular blender, you may need to blend the soup in two batches; if you overfill the blender jar, the soup will not purée properly. 5. Season with salt and pepper to taste, if desired. Ladle the soup into bowls and garnish with more Parmesan and basil leaves.

## **Per Serving**

calories: 146 | fat: 10g | protein: 8g | carbs: 4g | net carbs: 3g | fiber: 1g

# Beef and Mushroom Stew

**Prep time: 15 minutes | Cook time: 30 minutes | Serves 4**

2 tablespoons coconut oil  
1 pound (454 g) cubed chuck roast  
1 cup sliced button mushrooms  
½ medium onion, chopped  
2 cups beef broth  
½ cup chopped celery  
1 tablespoon sugar-free tomato paste  
1 teaspoon thyme  
2 garlic cloves, minced  
½ teaspoon xanthan gum

1. Press the Sauté button and add coconut oil to Instant Pot. Brown cubes of chuck roast until golden, working in batches if necessary. (If the pan is overcrowded, they will not brown properly.) Set aside after browning is completed. 2. Add mushrooms and onions to pot. Sauté until mushrooms begin to brown and onions are translucent. Press the Cancel button. 3. Add broth to Instant Pot. Use wooden spoon to scrape bits from bottom if necessary. Add celery, tomato paste, thyme, and garlic. Click lid closed. Press the Manual button and adjust time for 35 minutes. When timer beeps, allow a natural release. 4. When pressure valve drops, stir in xanthan gum and allow to thicken. Serve warm.

## **Per Serving**

calories: 354 | fat: 25g | protein: 24g | carbs: 4g | net carbs: 2g | fiber: 2g

# Power Green Soup

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 6**

1 broccoli head, chopped

1 cup spinach

1 onion, chopped

2 garlic cloves, minced

½ cup watercress

5 cups veggie stock

1 cup coconut milk

1 tbsp ghee

1 bay leaf

Salt and black pepper, to taste

1. Melt the ghee in a large pot over medium heat. Add onion and garlic, and cook for 3 minutes. Add broccoli and cook for an additional 5 minutes. Pour the stock over and add the bay leaf. Close the lid, bring to a boil, and reduce the heat. Simmer for about 3 minutes. 2. At the end, add spinach and watercress, and cook for 3 more minutes. Stir in the coconut cream, salt and black pepper. Discard the bay leaf, and blend the soup with a hand blender.

## **Per Serving**

calories: 392 | fat: 38g | protein: 5g | carbs: 7g | net carbs: 6g | fiber: 1g

## “Dolla Store” Pumpkin Soup

**Prep time: 15 minutes | Cook time: 25 minutes | Serves 8**

2 (9-ounce) packages soy chorizo

6 cups chicken bone broth

½ (15-ounce) can pure pumpkin

2 cups cooked riced cauliflower

1 cup unsweetened coconut milk

1 teaspoon garlic powder

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1 teaspoon ground nutmeg

1 teaspoon paprika

⅛ teaspoon salt

⅛ teaspoon black pepper

1. Place a medium soup pot over medium heat and add all ingredients. Bring to boil while stirring regularly (5–10 minutes). 2. Reduce heat. Let simmer 15 minutes, stirring regularly until desired consistency achieved. 3. Remove from heat, let cool 5 minutes, and serve.

### **Per Serving**

calories: 237 | fat: 15g | protein: 17g | carbs: 13g | net carbs: 8g | fiber: 5g

# Chicken and Kale Soup

**Prep time: 5 minutes | Cook time: 5 minutes | Serves 4**

2 cups chopped cooked chicken breast  
12 ounces (340 g) frozen kale  
1 onion, chopped  
2 cups water  
1 tablespoon powdered chicken broth base  
½ teaspoon ground cinnamon  
Pinch ground cloves  
2 teaspoons minced garlic  
1 teaspoon freshly ground black pepper  
1 teaspoon salt  
2 cups full-fat coconut milk

1. Put the chicken, kale, onion, water, chicken broth base, cinnamon, cloves, garlic, pepper, and salt in the inner cooking pot of the Instant Pot. 2. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 5 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock the lid. 3. Stir in the coconut milk. Taste and adjust any seasonings as needed before serving.

## **Per Serving**

calories: 387 | fat: 27g | protein: 26g | carbs: 10g | net carbs: 8g | fiber: 2g

# Chicken Creamy Soup

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 4**

2 cups cooked and shredded chicken

3 tbsp butter, melted

4 cups chicken broth

4 tbsp chopped cilantro

1/3 cup buffalo sauce

1/2 cup cream cheese

Salt and black pepper, to taste

1. Blend the butter, buffalo sauce, and cream cheese, in a food processor, until smooth. Transfer to a pot, add chicken broth and heat until hot but do not bring to a boil. Stir in chicken, salt, black pepper and cook until heated through. When ready, remove to soup bowls and serve garnished with cilantro.

## **Per Serving**

calories: 480 | fat: 41g | protein: 16g | carbs: 13g | net carbs: 12g | fiber: 1g

# Chapter 7 Vegetables and Sides

## Green Bean Casserole

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 4**

1 pound (454 g) fresh green beans, ends trimmed, strings removed, and chopped into 2-inch pieces

1 (8-ounce / 227-g) package sliced brown mushrooms

½ onion, sliced

1 clove garlic, minced

1 tablespoon olive oil

½ teaspoon salt

¼ teaspoon freshly ground black pepper

4 ounces (113 g) cream cheese

½ cup chicken stock

¼ teaspoon ground nutmeg

½ cup grated Cheddar cheese

1. Preheat the air fryer to 400°F (204°C). Coat a casserole dish with olive oil and set aside. 2. In a large bowl, combine the green beans, mushrooms, onion, garlic, olive oil, salt, and pepper. Toss until the vegetables are thoroughly coated with the oil and seasonings. 3. Transfer the mixture to the air fryer basket. Pausing halfway through the cooking time to shake the basket, air fry for 10 minutes until tender. 4. While the vegetables are cooking, in a 2-cup glass measuring cup, warm the cream cheese and chicken stock in the microwave on high for 1 to 2 minutes until the cream cheese is melted. Add the nutmeg and whisk until smooth. 5. Transfer the vegetables to the prepared casserole dish and pour the cream cheese mixture over the top. Top with the Cheddar cheese. Air fry for another 10 minutes until the cheese is melted and beginning to brown.

### **Per Serving**

calories: 230 | fat: 18g | protein: 8g | carbs: 11g | fiber: 3g | sodium: 502mg

# Cilantro Cauli-Rice

**Prep time: 15 minutes | Cook time: 5 minutes | Serves 4**

1 medium head cauliflower, cut into florets

1 tablespoon cooking fat of choice

Sea salt and ground black pepper, to taste

¼ cup finely chopped fresh cilantro leaves

Cilantro sprig, for garnish (optional)

1. Shred the cauliflower using a box grater or food processor into pieces the size of grains of rice. 2. In a large skillet over medium heat, melt the cooking fat. Add the shredded cauliflower and season with salt and pepper. Sauté for about 5 minutes, or until the cauliflower begins to become translucent, stirring gently to ensure that it cooks through. 3. Transfer the cooked cauliflower to a serving bowl and toss with the chopped cilantro. Garnish with a sprig of cilantro if desired.

## **Per Serving**

calories: 65 | fat: 4g | protein: 3g | carbs: 8g | net carbs: 4g | fiber: 4g

# Roasted Radishes with Brown Butter Sauce

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 2**

2 cups halved radishes

1 tablespoon olive oil

Pink Himalayan salt

Freshly ground black pepper

2 tablespoons butter

1 tablespoon chopped fresh flat-leaf Italian parsley

1. Preheat the oven to 450°F. 2. In a medium bowl, toss the radishes in the olive oil and season with pink Himalayan salt and pepper. 3. Spread the radishes on a baking sheet in a single layer. Roast for 15 minutes, stirring halfway through. 4. Meanwhile, when the radishes have been roasting for about 10 minutes, in a small, light-colored saucepan over medium heat, melt the butter completely, stirring frequently, and season with pink Himalayan salt. When the butter begins to bubble and foam, continue stirring. When the bubbling diminishes a bit, the butter should be a nice nutty brown. The browning process should take about 3 minutes total. Transfer the browned butter to a heat-safe container (I use a mug). 5. Remove the radishes from the oven, and divide them between two plates. Spoon the brown butter over the radishes, top with the chopped parsley, and serve.

## **Per Serving**

calories: 181 | fat: 19g | protein: 1g | carbs: 4g | net carbs: 2g | fiber: 2g

# Gobi Masala

**Prep time: 5 minutes | Cook time: 4 to 5 minutes | Serves 4 to 6**

1 tablespoon olive oil  
1 teaspoon cumin seeds  
1 white onion, diced  
1 garlic clove, minced  
1 head cauliflower, chopped  
1 tablespoon ground coriander  
1 teaspoon ground cumin  
½ teaspoon garam masala  
½ teaspoon salt  
1 cup water

1. Set the Instant Pot to the Sauté mode and heat the olive oil. Add the cumin seeds to the pot and sauté for 30 seconds, stirring constantly. Add the onion and sauté for 2 to 3 minutes, stirring constantly. Add the garlic and sauté for 30 seconds, stirring frequently. 2. Stir in the remaining ingredients. 3. Lock the lid. Select the Manual mode and set the cooking time for 1 minute on High Pressure. When the timer goes off, perform a quick pressure release. Carefully open the lid. 4. Serve immediately.

## **Per Serving**

calories: 63 | fat: 4g | protein: 2g | carbs: 5g | net carbs: 2g | fiber: 3g

## Burger Bun for One

**Prep time: 2 minutes | Cook time: 5 minutes | Serves 1**

2 tablespoons salted butter, melted

¼ cup blanched finely ground almond flour

¼ teaspoon baking powder

⅛ teaspoon apple cider vinegar

1 large egg, whisked

1. Pour butter into an ungreased ramekin. Add flour, baking powder, and vinegar to ramekin and stir until combined. Add egg and stir until batter is mostly smooth. 2. Place ramekin into air fryer basket. Adjust the temperature to 350°F (177°C) and bake for 5 minutes. When done, the center will be firm and the top slightly browned. Let cool, about 5 minutes, then remove from ramekin and slice in half. Serve.

### **Per Serving**

calories: 422 | fat: 40g | protein: 14g | carbs: 8g | net carbs: 4g | fiber: 4g

# Broccoli with Sesame Dressing

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 4**

6 cups broccoli florets, cut into bite-size pieces

1 tablespoon olive oil

¼ teaspoon salt

2 tablespoons sesame seeds

2 tablespoons rice vinegar

2 tablespoons coconut aminos

2 tablespoons sesame oil

½ teaspoon Swerve

¼ teaspoon red pepper flakes (optional)

1. Preheat the air fryer to 400°F (204°C). 2. In a large bowl, toss the broccoli with the olive oil and salt until thoroughly coated. 3. Transfer the broccoli to the air fryer basket. Pausing halfway through the cooking time to shake the basket, air fry for 10 minutes until the stems are tender and the edges are beginning to crisp. 4. Meanwhile, in the same large bowl, whisk together the sesame seeds, vinegar, coconut aminos, sesame oil, Swerve, and red pepper flakes (if using). 5. Transfer the broccoli to the bowl and toss until thoroughly coated with the seasonings. Serve warm or at room temperature.

## **Per Serving**

calories: 133 | fat: 13g | protein: 3g | carbs: 3g | net carbs: 1g | fiber: 2g

# Bacon Roasted Cabbage Steaks

**Prep time: 10 minutes | Cook time: 20 minutes | serves 4**

1 medium head green or red cabbage, or a combination

2 tablespoons avocado oil

4 slices bacon, chopped

Salt and ground black pepper

1. Preheat the oven to 400°F. Line a sheet pan with parchment paper. 2. Cut the base off the cabbage and set the flat end on a cutting board. Cut the cabbage into 1-inch slices and arrange them on the lined sheet pan. 3. Drizzle the oil over the cabbage slices. Top the cabbage evenly with the bacon, then season with a couple of pinches each of salt and pepper. 4. Bake for 20 minutes, until the edges of the cabbage are caramelized and the bacon is done. Serve immediately.

## **Per Serving**

calories: 146 | fat: 12g | protein: 5g | carbs: 9g | net carbs: 5g | fiber: 3g

# Fried Cabbage and Bacon

**Prep time: 5 minutes | Cook time: 15 minutes | serves 4**

4 slices bacon, chopped

1 medium head green cabbage, coarsely chopped

½ teaspoon salt

¾ teaspoon ground black pepper

1. In a medium-sized skillet over medium heat, cook the bacon until crispy. Use a slotted spoon to remove the bacon and set it aside. 2. Put the cabbage in the skillet with the bacon drippings and cook, stirring frequently, for about 10 minutes, until tender. Return the bacon to the pan, add the salt and pepper, and continue cooking for 5 more minutes. Serve immediately.

## **Per Serving**

calories: 86 | fat: 5g | protein: 5g | carbs: 9g | net carbs: 5g | fiber: 4g

## Sautéed Spinach with Garlic

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 4**

2 tablespoons butter, or olive oil

¼ white onion, diced

3 garlic cloves, sliced

12 ounces (340 g) fresh spinach

Salt and freshly ground black pepper, to taste

1. In a large skillet over medium heat, melt the butter. 2. Add the onion and garlic. Cook for 5 to 7 minutes until the onion is softened and translucent. 3. Add the spinach and reduce the heat to medium low. Season well with salt and pepper. Cook for 3 to 4 minutes or until the spinach wilts. Serve immediately.

### **Per Serving**

calories: 75 | fat: 6g | protein: 3g | carbs: 4g | net carbs: 2g | fiber: 2g

## Dijon Roast Cabbage

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 small head cabbage, cored and sliced into 1-inch-thick slices

2 tablespoons olive oil, divided

½ teaspoon salt

1 tablespoon Dijon mustard

1 teaspoon apple cider vinegar

1 teaspoon granular erythritol

1. Drizzle each cabbage slice with 1 tablespoon olive oil, then sprinkle with salt. Place slices into ungreased air fryer basket, working in batches if needed. Adjust the temperature to 350°F (177°C) and air fry for 10 minutes. Cabbage will be tender and edges will begin to brown when done. 2. In a small bowl, whisk remaining olive oil with mustard, vinegar, and erythritol. Drizzle over cabbage in a large serving dish. Serve warm.

### **Per Serving**

calories: 110 | fat: 7.34g | protein: 2.5g | carbs: 10.74g | sugars: 5.47g | fiber: 3.1g | sodium: 392mg

# Roasted Eggplant

**Prep time: 15 minutes | Cook time: 15 minutes | Serves 4**

1 large eggplant

2 tablespoons olive oil

¼ teaspoon salt

½ teaspoon garlic powder

1. Remove top and bottom from eggplant. Slice eggplant into ¼-inch-thick round slices. 2. Brush slices with olive oil. Sprinkle with salt and garlic powder. Place eggplant slices into the air fryer basket. 3. Adjust the temperature to 390°F (199°C) and set the timer for 15 minutes. 4. Serve immediately.

## **Per Serving**

calories: 95 | fat: 7g | protein: 1g | carbs: 8g | net carbs: 4g | fiber: 4g

# Sautéed Crispy Zucchini

**Prep time: 15 minutes | Cook time: 10 minutes | Serves 4**

2 tablespoons butter

4 zucchini, cut into ¼-inch-thick rounds

½ cup freshly grated Parmesan cheese

Freshly ground black pepper

1. Place a large skillet over medium-high heat and melt the butter. 2. Add the zucchini and sauté until tender and lightly browned, about 5 minutes. 3. Spread the zucchini evenly in the skillet and sprinkle the Parmesan cheese over the vegetables. 4. Cook without stirring until the Parmesan cheese is melted and crispy where it touches the skillet, about 5 minutes. 5. Serve.

## **Per Serving**

calories: 94 | fat: 8g | protein: 4g | carbs: 1g | net carbs: 1g | fiber: 0g

# Chanterelle Mushrooms with Cheddar Cheese

**Prep time: 10 minutes | Cook time: 5 minutes | Serves 4**

1 tablespoon olive oil  
2 cloves garlic, minced  
1 (1-inch) ginger root, grated  
16 ounces (454 g) Chanterelle mushrooms, brushed clean and sliced  
½ cup unsweetened tomato purée  
½ cup water  
2 tablespoons dry white wine  
1 teaspoon dried basil  
½ teaspoon dried thyme  
½ teaspoon dried dill weed  
⅓ teaspoon freshly ground black pepper  
Kosher salt, to taste  
1 cup shredded Cheddar cheese

1. Press the Sauté button on the Instant Pot and heat the olive oil. Add the garlic and grated ginger to the pot and sauté for 1 minute, or until fragrant. Stir in the remaining ingredients, except for the cheese. 2. Lock the lid. Select the Manual mode and set the cooking time for 5 minutes on Low Pressure. When the timer goes off, perform a quick pressure release. Carefully open the lid.. 3. Serve topped with the shredded cheese.

## **Per Serving**

calories: 206 | fat: 13.7g | protein: 9.3g | carbs: 12.3g | net carbs: 7.1g | fiber: 5.2g

## Green Beans Almondine

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 pound (454 g) green beans, rinsed and trimmed

¼ cup slivered almonds

2 tablespoons butter

1 tablespoon freshly squeezed lemon juice

Salt and freshly ground black pepper, to taste

1. Bring a large saucepan of water to a boil over high heat. Add the green beans. Cook for 5 to 7 minutes or until the beans are bright green and tender but not soft or soggy. 2. While the beans cook, in a small skillet over medium-low heat, melt the butter, add the almonds, and cook them for 3 to 4 minutes until golden brown and fragrant. Remove from the heat and stir in the lemon juice. Season with salt and pepper. 3. Drain the beans and pour the lemony, buttery almonds over them. Season again with salt and pepper, if needed. Serve immediately. Refrigerate leftovers in an airtight container for up to 5 days.

### **Per Serving**

calories: 163 | fat: 13g | protein: 5g | carbs: 11g | net carbs: 5g | fiber: 6g

# Buttery Slow-Cooker Mushrooms

**Prep time: 10 minutes | Cook time: 4 hours | Serves 2**

6 tablespoons butter

1 tablespoon packaged dry ranch-dressing mix

8 ounces fresh cremini mushrooms

2 tablespoons grated Parmesan cheese

1 tablespoon chopped fresh flat-leaf Italian parsley

1. With the crock insert in place, preheat the slow cooker to low. 2. Put the butter and the dry ranch dressing in the bottom of the slow cooker, and allow the butter to melt. Stir to blend the dressing mix and butter. 3. Add the mushrooms to the slow cooker, and stir to coat with the butter-dressing mixture. Sprinkle the top with the Parmesan cheese. 4. Cover and cook on low for 4 hours. 5. Use a slotted spoon to transfer the mushrooms to a serving dish. Top with the chopped parsley and serve.

## **Per Serving**

calories: 351 | fat: 36g | protein: 6g | carbs: 5g | net carbs: 4g | fiber: 1g

## Blistered Okra

**Prep time: 10 minutes | Cook time: 10 minutes | serves 4**

12 ounces okra

2 tablespoons salted butter

1 teaspoon Creole seasoning (optional)

Salt and ground black pepper

1. Slice the okra in half lengthwise. 2. Heat a 12-inch cast-iron skillet or other heavy skillet over medium-high heat. Melt the butter in the skillet. 3. Put the okra in the skillet cut side down and sear for 2 minutes. Flip the okra and cook for 2 to 3 minutes more, until blistered and charred on the edges. 4. Sprinkle on the Creole seasoning, if using, then season to taste with salt and pepper and toss to coat. Serve immediately.

### **Per Serving**

calories: 79 | fat: 6g | protein: 2g | carbs: 6g | net carbs: 4g | fiber: 3g

# Zucchini and Daikon Fritters

**Prep time: 10 minutes | Cook time: 8 minutes | Serves 4**

2 large zucchinis, grated

1 daikon, diced

1 egg, beaten

1 teaspoon ground flax meal

1 teaspoon salt

1 tablespoon coconut oil

1. In the mixing bowl, combine all the ingredients, except for the coconut oil. Form the zucchini mixture into fritters. 2. Press the Sauté button on the Instant Pot and melt the coconut oil. 3. Place the zucchini fritters in the hot oil and cook for 4 minutes on each side, or until golden brown. 4. Transfer to a plate and serve.

## **Per Serving**

calories: 77 | fat: 5.0g | protein: 3.7g | carbs: 6.2g | net carbs: 4.2g | fiber: 2.0g

# Simple Cauliflower Gnocchi

**Prep time: 5 minutes | Cook time: 2 minutes | Serves 4**

2 cups cauliflower, boiled

½ cup almond flour

1 tablespoon sesame oil

1 teaspoon salt

1 cup water

1. In a bowl, mash the cauliflower until puréed. Mix it up with the almond flour, sesame oil and salt. 2. Make the log from the cauliflower dough and cut it into small pieces. 3. Pour the water in the Instant Pot and add the gnocchi. 4. Lock the lid. Select the Manual mode and set the cooking time for 2 minutes on High Pressure. Once the timer goes off, perform a natural pressure release for 5 minutes, then release any remaining pressure. Carefully open the lid. 5. Remove the cooked gnocchi from the water and serve.

## **Per Serving**

calories: 128 | fat: 10.2g | protein: 4.1g | carbs: 5.6g | net carbs: 2.9g | fiber: 2.7g

# Cheesy Zucchini Gratin

**Prep time: 10 minutes | Cook time: 40 minutes | Serves 6**

4 tablespoons butter

1 large onion, sliced

2 garlic cloves, minced

1 cup heavy (whipping) cream

¼ cup cream cheese

Salt, to taste

Freshly ground black pepper, to taste

4 or 5 large zucchini, cut into ¼-inch-thick rounds

¾ cup shredded white Cheddar cheese

1. In a large saucepan over medium-low heat, melt the butter. 2. Add the onion and garlic. Cook for about 15 minutes until the garlic is fragrant and the onion begins to caramelize. Reduce the heat to low. 3. Stir in the cream. Simmer for 2 minutes. 4. Add the cream cheese. Season with salt and pepper. Stir until smooth. 5. Place the zucchini in a 7-by-11-inch baking dish and cover with the cream sauce. Top with the Cheddar and bake for about 20 minutes or until the cheese melts and turns golden brown. Cool slightly before serving. Refrigerate leftovers in an airtight container for up to 4 days.

## **Per Serving**

calories: 307 | fat: 30g | protein: 6g | carbs: 5g | net carbs: 4g | fiber: 1g

# Sautéed Asparagus with Walnuts

**Prep time: 10 minutes | Cook time: 5 minutes | Serves 4**

1½ tablespoons olive oil

¾ pound asparagus, woody ends trimmed

Sea salt

Freshly ground pepper

¼ cup chopped walnuts

1. Place a large skillet over medium-high heat and add the olive oil. 2. Sauté the asparagus until the spears are tender and lightly browned, about 5 minutes. 3. Season the asparagus with salt and pepper. 4. Remove the skillet from the heat and toss the asparagus with the walnuts. 5. Serve.

## **Per Serving**

calories: 124 | fat: 12g | protein: 3g | carbs: 4g | net carbs: 2g | fiber: 2g

# Zia's Spinach Torta

**Prep time: 10 minutes | Cook time: 1 hour | Serves 4**

2 (10-ounce / 283-g) packages fresh spinach

3 tablespoons butter

½ white onion, finely chopped

3 garlic cloves, minced

8 ounces (227 g) ricotta cheese

1 cup shredded Monterey Jack cheese

¼ cup grated Parmesan cheese

Salt, to taste

Freshly ground black pepper, to taste

2 eggs, whisked

1. Preheat the oven to 350°F (180°C). 2. In a medium saucepan of boiling water, boil the spinach for 2 minutes. Drain and let cool before squeezing out as much excess liquid as possible. Chop it finely. 3. In a large skillet over medium heat, melt the butter. 4. Add the onion and garlic. Sauté for 5 to 7 minutes until the onion is softened and translucent. 5. Stir in the spinach. Cook for 1 minute then remove from the heat. 6. Stir in the ricotta, Monterey Jack, and Parmesan. Season with salt and pepper. Mix well to combine. 7. Add the eggs and stir to combine. Transfer the mixture to a pie dish and bake for 45 minutes or until set. Cool slightly and cut into slices or squares.

## **Per Serving**

calories: 380 | fat: 29g | protein: 23g | carbs: 9g | net carbs: 6g | fiber: 3g

# Get Loaded Smashed Cauliflower

**Prep time: 10 minutes | Cook time: 18 minutes | Serves 6**

1 pound cauliflower florets  
3 tablespoons unsalted butter  
¼ teaspoon garlic powder  
½ cup fat-free sour cream  
2 tablespoons chopped green onion, divided  
1 cup shredded Cheddar cheese, divided  
¼ teaspoon salt

1. Steam florets 10–15 minutes until very soft. Remove from heat and let sit in metal colander for 10–15 minutes to release water. 2. Pulse florets in a food processor 2–3 minutes until fluffy. Add butter, garlic powder, and sour cream and process 2–3 more minutes until it resembles mashed potatoes. 3. Scoop cauliflower into a medium microwave-safe bowl and mix in two-thirds of the green onion and ½ cup cheese and salt. Microwave 2–3 minutes. 4. Serve and sprinkle remaining cheese and green onion on top.

## **Per Serving**

calories: 183 | fat: 14g | protein: 6g | carbs: 5g | net carbs: 3g | fiber: 2g

# Easy Peanut Zoodles

**Prep time: 10 minutes | Cook time: 5 minutes | Serves 2**

2 large zucchini, spiralized or peeled into thin strips

Salt, to taste

1 teaspoon sesame oil

1 garlic clove, minced

1 teaspoon red pepper flakes

1 tablespoon gluten-free soy sauce

3 tablespoons unsweetened peanut butter

2 to 3 tablespoons chicken broth (optional)

Freshly ground black pepper, to taste

2 tablespoons crushed peanuts

2 tablespoons chopped fresh cilantro leaves

2 lime wedges

1. Place the zucchini noodles in a colander and sprinkle liberally with salt. Let sit in the sink for 15 to 20 minutes before rinsing and patting dry with a paper towel. 2. While the zucchini is draining, in a large skillet over medium-low heat, heat the sesame oil. 3. Add the garlic and red pepper flakes. Cook for 2 to 3 minutes until fragrant. 4. Stir in the soy sauce and peanut butter. 5. Add the zucchini noodles and toss to combine, ensuring that sauce coats all of the noodles. (If the sauce is too thick, add some chicken broth to thin it.) Season with salt and pepper and transfer to two bowls to serve. 6. Top with the crushed peanuts and cilantro and serve with the lime wedges.

## **Per Serving**

calories: 221 | fat: 18g | protein: 10g | carbs: 8g | net carbs: 6g | fiber: 2g

# Cheesy Cauliflower Gratin

**Prep time: 10 minutes | Cook time: 30 minutes | Serves 4**

1 head cauliflower, cut into florets

2 tablespoons butter

2 garlic cloves

2 cups heavy (whipping) cream

¼ cup cream cheese

Salt and freshly ground black pepper, to taste

½ cup grated white Cheddar cheese

1. Preheat the oven to 400°F (205°C). 2. Bring a large saucepan of water to a boil over high heat and add the cauliflower. Boil for 2 to 3 minutes and drain. Transfer the cauliflower to an 8-by-8-inch baking dish. 3. Return the pan to medium heat and add the butter to melt. 4. Add the garlic. Cook for about 2 minutes until fragrant. Reduce the heat to low and, while stirring, add the cream. Simmer for about 2 minutes. 5. Add the cream cheese. Season with salt and pepper. Stir until smooth. Pour the sauce over the cauliflower and top with the Cheddar. Bake for about 20 minutes or until the cheese melts and is golden brown. Refrigerate leftovers in an airtight container for up to 4 days.

## **Per Serving**

calories: 622 | fat: 60g | protein: 11g | carbs: 16g | net carbs: 11g | fiber: 5g

# Asparagus and Mushroom Soup

**Prep time: 10 minutes | Cook time: 7 minutes | Serves 4**

2 tablespoons coconut oil

½ cup chopped shallots

2 cloves garlic, minced

1 pound (454 g) asparagus, washed, trimmed, and chopped

4 ounces (113 g) button mushrooms, sliced

4 cups vegetable broth

2 tablespoons balsamic vinegar

Himalayan salt, to taste

¼ teaspoon ground black pepper

¼ teaspoon paprika

¼ cup vegan sour cream

1. Press the Sauté button to heat up your Instant Pot. Heat the oil and cook the shallots and garlic for 2 to 3 minutes. 2. Add the remaining ingredients, except for sour cream, to the Instant Pot. 3. Secure the lid. Choose Manual mode and High Pressure; cook for 4 minutes. Once cooking is complete, use a quick pressure release; carefully remove the lid. 4. Spoon into four soup bowls; add a dollop of sour cream to each serving and serve immediately.

Bon appétit!

## **Per Serving**

calories: 171 | fat: 12g | protein: 10g | carbs: 9g | net carbs: 6g | fiber: 3g

## Indian Okra

**Prep time: 8 minutes | Cook time: 7 minutes | Serves 6**

1 pound (454 g) young okra  
4 tablespoons ghee or avocado oil  
½ teaspoon cumin seeds  
¼ teaspoon ground turmeric  
Pinch of ground cinnamon  
½ medium onion, diced  
2 cloves garlic, minced  
2 teaspoons minced fresh ginger  
1 serrano chile, seeded and ribs removed, minced  
1 small tomato, diced  
½ teaspoon sea salt  
¼ teaspoon cayenne pepper (optional)  
1 cup vegetable stock or filtered water

1. Rinse and thoroughly dry the okra. Slice it on a diagonal into slices ½ to ¾ inch thick, discarding the stems. 2. Set the Instant Pot to Sauté. Once hot, add the ghee and heat until melted. Stir in the cumin seeds, turmeric, and cinnamon and cook until they are fragrant, about 1 minute. This may cause the cumin seeds to jump and pop. Add the onion and cook, stirring frequently, until soft and translucent, about 3 minutes. Add the garlic, ginger, and serrano chile and sauté for an additional minute. Press Cancel. 3. Stir in the tomato, okra, salt, cayenne (if using), and stock. Secure the lid and set the steam release valve to Sealing. Press the Manual button and set the cook time to 2 minutes. 4. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid. Stir gently and allow the okra to rest on the Keep Warm setting for a few minutes before serving.

### **Per Serving**

calories: 114 | fat: 9g | protein: 2g | carbs: 9g | net carbs: 6g | fiber: 3g

# Wraps

**Prep time: 4 minutes | Cook time: 8 minutes | Makes 2 wraps**

2 large eggs

2 hard-boiled eggs, peeled

2 tablespoons chopped fresh cilantro or other fresh herbs of choice or green onions

½ teaspoon fine sea salt

1½ teaspoons coconut oil

1. Place the raw eggs, peeled hard-boiled eggs, herbs, and salt in a blender and combine until very smooth, without lumps. 2. Heat an 8-inch crepe pan or nonstick pan over medium-low heat, then add the oil. When the oil is hot, pour half of the egg mixture into the pan and tilt the pan to spread the eggs into a very large, thin wrap. Let the eggs set for 3 to 4 minutes, until cooked through. (Do not flip the wrap.) Slide the wrap onto a plate to cool. Repeat with the remaining half of the egg mixture. 3. Once cool, drizzle the wraps with the keto dressing of your choice (drizzling is easier than spreading, which often breaks the wrap) and fill with lettuce and other fillings of your choice. Wrap up like a burrito and enjoy! Store extras in an airtight container in the fridge for up to 3 days.

## **Per Serving**

calories: 172 | fat: 13g | protein: 13g | carbs: 1g | net carbs: 1g | fiber: 0g

# Garlic Herb Radishes

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 pound (454 g) radishes

2 tablespoons unsalted butter, melted

½ teaspoon garlic powder

½ teaspoon dried parsley

¼ teaspoon dried oregano

¼ teaspoon ground black pepper

1. Remove roots from radishes and cut into quarters. 2. In a small bowl, add butter and seasonings. Toss the radishes in the herb butter and place into the air fryer basket. 3. Adjust the temperature to 350°F (177°C) and set the timer for 10 minutes. 4. Halfway through the cooking time, toss the radishes in the air fryer basket. Continue cooking until edges begin to turn brown. 5. Serve warm.

## **Per Serving**

calories: 57 | fat: 3.98g | protein: 1.01g | carbs: 5.11g | sugars: 2.85g | fiber: 1.9g | sodium: 27mg

## Cauliflower with Lime Juice

**Prep time: 10 minutes | Cook time: 7 minutes | Serves 4**

2 cups chopped cauliflower florets

2 tablespoons coconut oil, melted

2 teaspoons chili powder

½ teaspoon garlic powder

1 medium lime

2 tablespoons chopped cilantro

1. In a large bowl, toss cauliflower with coconut oil. Sprinkle with chili powder and garlic powder. Place seasoned cauliflower into the air fryer basket. 2. Adjust the temperature to 350°F (177°C) and set the timer for 7 minutes. 3. Cauliflower will be tender and begin to turn golden at the edges. Place into a serving bowl. 4. Cut the lime into quarters and squeeze juice over cauliflower. Garnish with cilantro.

### **Per Serving**

calories: 80 | fat: 7g | protein: 1g | carbs: 5g | fiber: 2g | sodium: 55mg

## Broccoli and Mushroom Bake

**Prep time: 10 minutes | Cook time: 3 minutes | Serves 4**

½ cup sunflower seeds, soaked overnight  
2 tablespoons sesame seeds  
1 cup water  
1 cup unsweetened almond milk  
¼ teaspoon grated nutmeg  
½ teaspoon sea salt  
1 tablespoon nutritional yeast  
2 tablespoons rice vinegar  
1 pound (454 g) broccoli, broken into florets  
½ cup chopped spring onions  
10 ounces (283 g) white fresh mushrooms, sliced  
Sea salt and white pepper, to taste  
1 tablespoon cayenne pepper  
¼ teaspoon dried dill  
¼ teaspoon ground bay leaf

1. Add sunflower seeds, sesame seeds, water, milk, nutmeg, ½ teaspoon of sea salt, nutritional yeast, and vinegar to your blender. 2. Blend until smooth and uniform. 3. Spritz a casserole dish with a nonstick cooking spray. Add broccoli, spring onions and mushrooms. 4. Sprinkle with salt, white pepper, cayenne pepper, dill, and ground bay leaf. Pour the prepared vegan béchamel over your casserole. 5. Add 1 cup of water and a metal rack to your Instant Pot. Place the dish on the rack. 6. Secure the lid. Choose Manual mode and High Pressure; cook for 3 minutes. Once cooking is complete, use a quick pressure release; carefully remove the lid. 7. Allow the dish to stand for 5 to 10 minutes before slicing and serving. Bon appétit!

### **Per Serving**

calories: 130 | fat: 8g | protein: 8g | carbs: 9g | net carbs: 3g | fiber: 6g

## Sautéed Asparagus with Beef Jerky Sticks

**Prep time: 5 minutes | Cook time: 10 to 15 minutes | Serves 1**

5 tablespoons olive oil

10 asparagus spears, trimmed

2 beef jerky sticks, diced

$\frac{3}{4}$  teaspoon garlic powder

Salt and freshly ground black pepper, to taste

1 fried egg, for serving (optional)

1. Pour the olive oil into a sauté pan and place over medium-high heat. Add the asparagus and cook for 5 to 6 minutes, stirring occasionally. 2. Add the jerky, garlic powder, salt, and pepper and stir. Cover and cook for another few minutes, depending on how you like your asparagus. 3. Serve this with a fried egg if you'd like for a little extra fat and protein.

### **Per Serving**

calories: 665 | fat: 64g | protein: 16g | carbs: 9g | net carbs: 6g | fiber: 3g

# Radish Chips

**Prep time: 10 minutes | Cook time: 5 minutes | Serves 4**

2 cups water

1 pound (454 g) radishes

¼ teaspoon onion powder

¼ teaspoon paprika

½ teaspoon garlic powder

2 tablespoons coconut oil, melted

1. Place water in a medium saucepan and bring to a boil on stovetop. 2. Remove the top and bottom from each radish, then use a mandoline to slice each radish thin and uniformly. You may also use the slicing blade in the food processor for this step. 3. Place the radish slices into the boiling water for 5 minutes or until translucent. Remove them from the water and place them into a clean kitchen towel to absorb excess moisture. 4. Toss the radish chips in a large bowl with remaining ingredients until fully coated in oil and seasoning. Place radish chips into the air fryer basket. 5. Adjust the temperature to 320°F (160°C) and air fry for 5 minutes. 6. Shake the basket two or three times during the cooking time. Serve warm.

## **Per Serving**

calories: 81 | fat: 7g | protein: 1g | carbs: 5g | fiber: 2g | sodium: 27mg

# Air-Fried Okra

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

1 egg

½ cup almond milk

½ cup crushed pork rinds

¼ cup grated Parmesan cheese

¼ cup almond flour

1 teaspoon garlic powder

¼ teaspoon freshly ground black pepper

½ pound (227 g) fresh okra, stems removed and chopped into 1-inch slices

1. Preheat the air fryer to 400°F (204°C). 2. In a shallow bowl, whisk together the egg and milk. 3. In a second shallow bowl, combine the pork rinds, Parmesan, almond flour, garlic powder, and black pepper. 4. Working with a few slices at a time, dip the okra into the egg mixture followed by the crumb mixture. Press lightly to ensure an even coating. 5. Working in batches if necessary, arrange the okra in a single layer in the air fryer basket and spray lightly with olive oil. Pausing halfway through the cooking time to turn the okra, air fry for 10 minutes until tender and golden brown. Serve warm.

## **Per Serving**

calories: 200 | fat: 16g | protein: 6g | carbs: 8g | fiber: 2g | sodium: 228mg

## Keto Tzatziki Sauce

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 6**

1 cup Greek yogurt

2 garlic cloves, minced

1 tablespoon olive oil

½ large cucumber (or 2 small), finely chopped

2 tablespoons fresh mint leaves, minced

Salt and freshly ground black pepper, to taste

1. In a large bowl, stir together the yogurt, garlic, olive oil, and cucumber. Add the mint and continue to stir. Season with salt and pepper. Serve immediately or keep refrigerated in an airtight container for up to 1 week.

**Per Serving (¼ cup):**

calories: 62 | fat: 2g | protein: 7g | carbs: 4g | net carbs: 4g | fiber: 0g

# Chapter 8 Desserts

## Jelly Pie Jars

**Prep time: 20 minutes | Cook time: 15 minutes | Serves 8**

Coconut oil, for the jars

PIE BASE:

1 cup (110 g) blanched almond flour

1 tablespoon plus 1½ teaspoons whisked egg (about ½ large egg)

1 tablespoon lard

2 drops liquid stevia

¼ teaspoon ground cinnamon

Pinch of finely ground gray sea salt

JAM FILLING:

1½ heaping cups (260 g) fresh blackberries

½ cup (80 ml) water

1½ teaspoons vanilla extract

3 drops liquid stevia

¼ cup (38 g) chia seeds

1½ teaspoons balsamic vinegar

ALMOND BUTTER TOPPING:

¾ cup (210 g) unsweetened smooth almond butter

¼ cup (60 ml) melted coconut oil or ghee (if tolerated)

1 teaspoon ground cinnamon

2 to 4 drops liquid stevia

FOR GARNISH (OPTIONAL):

16 to 24 fresh blackberries

1. Preheat the oven to 325°F (163°C). Grease eight 4-ounce (120-ml) mason jars with a dab of coconut oil and set on a rimmed baking sheet. 2. To prepare the base, place the ingredients for the base in a large bowl and mix with a fork until fully combined. 3. Divide the dough evenly among the jars, pressing it in firmly and evening it out with your fingers. Place the jars back on the baking sheet and bake for 15 to 17 minutes, until the tops are golden. Remove from the oven and allow to cool completely, at least 30 minutes. Meanwhile, make the filling. 4. To prepare the jam filling, place the

blackberries, water, vanilla, and stevia in a medium-sized saucepan. Cook, covered, over medium heat for 5 minutes. 5. Reduce the heat to low and add the chia seeds and balsamic vinegar. Cook, uncovered, for another 3 to 4 minutes, stirring frequently, until the mixture has thickened. Transfer the mixture to a heat-safe bowl and set aside to cool to room temperature, at least 30 minutes. 6. To prepare the almond butter topping, place the topping ingredients in a small bowl and whisk to combine. 7. To assemble, divide the cooled jam filling among the jars, being sure to keep the layer as flat as possible. Then add the almond butter topping, pouring it in slowly to avoid spillover. Transfer the assembled jars to the fridge to cool for 30 minutes. 8. Before serving, top each jar with 2 or 3 blackberries, if desired. Enjoy!

**Per Serving**

calories: 388 | fat: 32g | protein: 11g | carbs: 13g | net carbs: 4g | fiber: 9g

# Bacon Fudge

**Prep time: 10 minutes | Cook time: 5 minutes | Serves 4**

½ cup (70 g) bacon grease, melted

¼ cup (60 g) cacao butter

¼ cup (20 g) cacao powder

3 tablespoons confectioners'-style erythritol

1 teaspoon vanilla extract or powder

⅛ teaspoon finely ground gray sea salt

**SPECIAL EQUIPMENT:**

Silicone mold with four 3-ounce (90-ml) cavities or a total volume capacity of 12 ounces (350 ml)

1. Place all the ingredients in a small bowl and whisk continuously until the erythritol has dissolved, about 5 minutes. 2. Pour the mixture into a silicone mold. Set the mold in the fridge to firm up for 1 hour. The fudge is best enjoyed after softening on the counter for about 30 minutes.

**Per Serving**

calories: 196 | fat: 18g | protein: 4g | carbs: 4g | net carbs: 2g | fiber: 2g

# Trail Mix with Dried Coconut and Strawberries

**Prep time: 15 minutes | Cook time: 3 hours 30 minutes | Makes 7 cups**

10 medium strawberries, hulled and halved

2 tablespoons coconut oil

1 teaspoon ground cinnamon

½ teaspoon vanilla extract

Sweetener of choice (optional)

2 cups chopped pecans

2 cups walnut halves, chopped

1 cup unsweetened coconut flakes

½ cup macadamia nuts

½ cup sliced almonds

3 Brazil nuts, chopped

3 tablespoons hulled pumpkin seeds

1. Preheat the oven to 200°F (93°C). Line a baking sheet with parchment paper. 2. Arrange the strawberries cut-side up on the prepared baking sheet and bake for 3 hours, rotating the baking sheet every hour. Remove from the oven and let cool for 30 minutes. If they are still moist, cook for another 30 minutes. 3. While the strawberries are cooling, increase the oven heat to 375°F (190°C). 4. In a microwave-safe bowl, melt the coconut oil in the microwave. Stir in the cinnamon, vanilla, and sweetener (if using). In another bowl, combine the pecans, walnuts, coconut flakes, macadamia nuts, almonds, Brazil nuts, and pumpkin seeds. Drizzle the coconut oil mixture over the nuts until everything is lightly coated but not soaked. 5. Line two more baking sheets with parchment paper and spread the nut mixture over the sheets evenly. Bake for 15 to 30 minutes until the nuts begin to brown. Remove from the oven and pour onto a paper towel to dry. 6. Once all the ingredients have cooled, toss the nuts and strawberries together and eat right away. 7. If not eating right away, store the strawberries and nuts separately. Both will store safely in an airtight container for 1 week. If moisture develops in your strawberry container, bake for another 30 minutes at 200°F.

**Per Serving (½ cup):**

calories: 388 | fat: 36g | protein: 7g | carbs: 9g | net carbs: 4g | fiber: 5g

# Stu Can't Stop Bark

**Prep time: 5 minutes | Cook time: 5 minutes | Makes 24 pieces**

5 bars good dark chocolate, at least 80% cacao content

3 tablespoons coconut oil

2 cups macadamia nuts, or a mixture of assorted other nuts, ground into small pieces

3 tablespoons raw almond butter

¼ to ½ cup finely shredded coconut flakes (optional)

2 tablespoons coconut butter (optional)

Sea salt or Himalayan pink salt, to sprinkle on top

1. Break the chocolate by hand into small pieces. Melt half the chocolate in a double boiler or glass bowl fitted over a small pan of boiling water. Add the coconut oil as the chocolate is melting and stir occasionally. 2. In a big mixing bowl, combine the nuts and the remaining dark chocolate pieces. Pour the melted chocolate mixture into the bowl and stir very well. 3. In a large glass pan, spread half the mixture thinly across the bottom. Drizzle a thin layer of almond butter over the chocolate, spreading carefully so there are no thick areas. (If your almond butter is too thick to drizzle, you can microwave it for 20 seconds.) 4. Spread the rest of the chocolate evenly over the almond butter. Sprinkle on the coconut or coconut butter, if using. Sprinkle the salt lightly over the top. 5. Freeze for 1 to 2 hours or refrigerate for longer, the mixture must become rock-hard. Remove from chilling, let sit for 5 minutes, then cut into squares. (You'll need a baker's blade or dough scraper or a very large chef's knife to cut successfully; be careful because it will be hard to cut into.) 6. Store the bark in an airtight container in the fridge or freezer and serve cold (but not frozen). When serving, consume immediately because the bark will melt quickly at room temperature.

## **Per Serving**

calories: 236 | fat: 22g | protein: 3g | carbs: 9g | net carbs: 7g | fiber: 2g

# Lavender Ice Cream

**Prep time: 5 minutes | Cook time: 0 minutes | serves 4**

2 (14-ounce) cans full-fat coconut cream

$\frac{3}{4}$  cup monk fruit sweetener

$\frac{1}{2}$  cup raw cashews, soaked in water overnight

$\frac{1}{4}$  cup coconut oil, melted

3 tablespoons dried lavender

1 teaspoon vanilla extract

1 teaspoon almond extract

Sea salt

1. Combine all the ingredients in a high-powered blender and blend on high for 5 minutes until the mixture grows in volume by about one-third and becomes fluffy. 2. Pour the mixture into a freezer-safe pan and freeze for 2 hours. 3. Remove the mixture from the freezer and break it into chunks. 4. Transfer the mixture to a food processor and blend until a soft-serve consistency is achieved. 5. Spoon the ice cream into a freezer-safe pan and place back in the freezer to set for 3 hours before serving.

## **Per Serving**

calories: 571 | fat: 60g | protein: 3g | carbs: 10g | net carbs: 9g | fiber: 1g

# Hearty Crème Brûlée

**Prep time: 5 minutes | Cook time: 30 minutes | Serves 4**

5 egg yolks

5 tablespoons powdered erythritol

1½ cups heavy cream

2 teaspoons vanilla extract

2 cups water

1. In a small bowl, use a fork to break up the egg yolks. Stir in the erythritol.
2. Pour the cream into a small saucepan over medium-low heat and let it warm up for 3 to 4 minutes. Remove the saucepan from the heat.
3. Temper the egg yolks by slowly adding a small spoonful of the warm cream, keep whisking. Do this three times to make sure the egg yolks are fully tempered.
4. Slowly add the tempered eggs to the cream, whisking the whole time. Add the vanilla and whisk again.
5. Pour the cream mixture into the ramekins. Each ramekin should have ½ cup liquid. Cover each with aluminum foil.
6. Place the trivet inside the Instant Pot. Add the water. Carefully place the ramekins on top of the trivet.
7. Close the lid. Select Manual mode and set cooking time for 11 minutes on High Pressure.
8. When timer beeps, use a natural release for 15 minutes, then release any remaining pressure. Open the lid.
9. Carefully remove a ramekin from the pot. Remove the foil and check for doneness. The custard should be mostly set with a slightly jiggly center.
10. Place all the ramekins in the fridge for 2 hours to chill and set. Serve chilled.

## **Per Serving**

calories: 229 | fat: 22.2g | protein: 4.4g | carbs: 2.2g | net carbs: 2.2g | fiber: 0g

# Rhubarb Microwave Cakes

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 2**

1 large egg

3 tablespoons refined avocado oil or macadamia nut oil

1 tablespoon plus 1 teaspoon confectioners'-style erythritol

¼ teaspoon vanilla extract or powder

¼ cup (32 g) roughly ground flax seeds

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon baking powder

1 (2½-in/6.5-cm) piece rhubarb, diced

1 to 2 fresh strawberries, hulled and sliced, for garnish (optional)

1. Place the egg, oil, erythritol, and vanilla in a small bowl. Whisk to combine. 2. In a separate small bowl, place the flax seeds, cinnamon, nutmeg, and baking powder. Stir to combine, then add to the bowl with the wet ingredients. 3. Add the diced rhubarb to the bowl and stir until coated. 4. Divide the mixture between two 8-ounce (240-ml) ramekins, coffee cups, or other small microwave-safe containers. Microwave for 2 to 2½ minutes, until a toothpick inserted in the middle comes out clean. Garnish with strawberry slices, if desired.

## **Per Serving**

calories: 303 | fat: 28g | protein: 6g | carbs: 7g | net carbs: 2g | fiber: 6g

# Angel Food Mug Cake with Strawberries

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 2**

¼ cup egg whites

Pinch of cream of tartar

¼ teaspoon vanilla extract

1/16 teaspoon almond extract (optional)

¼ cup (1 ounce / 28 g) blanched almond flour

2 tablespoons erythritol

⅛ teaspoon sea salt

Whipped cream or whipped coconut cream, for serving (optional)

¼ cup (1½ ounces / 43 g) strawberries, sliced

1. If using the oven method, preheat the oven to 350°F (180°C). 2. In a medium bowl, with an electric hand mixer, beat the egg whites with the cream of tartar for a couple of minutes at high speed, until stiff peaks form. Beat in the vanilla and almond extract. 3. In another medium bowl, stir together the almond flour, erythritol, and sea salt. Gently fold the flour mixture into the egg whites, being careful not to break them down. 4. Divide the batter between two 4-ounce / 113-g ramekins or two small mugs. 5. Oven method: Place the ramekins in the oven and bake for about 15 minutes, until the tops of the cakes are firm and an inserted toothpick comes out mostly clean (a few crumbs are fine). Microwave method: Place the ramekins in the microwave for 70 to 90 seconds, until the tops of the cakes are firm and an inserted toothpick comes out mostly clean (a few crumbs are fine). 6. If desired, garnish with whipped cream (or whipped coconut cream for a dairy-free version). Serve with the sliced strawberries on top.

## **Per Serving**

calories: 104 | fat: 7g | protein: 6g | carbs: 8g | net carbs: 3g | fiber: 5g

# Halle Berries-and-Cream Cobbler

**Prep time: 10 minutes | Cook time: 25 minutes | Serves 4**

12 ounces (340 g) cream cheese (1½ cups), softened

1 large egg

¾ cup Swerve confectioners'-style sweetener or equivalent amount of powdered sweetener

½ teaspoon vanilla extract

¼ teaspoon fine sea salt

1 cup sliced fresh raspberries or strawberries

**Biscuits:**

3 large egg whites

¾ cup blanched almond flour

1 teaspoon baking powder

2½ tablespoons very cold unsalted butter, cut into pieces

¼ teaspoon fine sea salt

**Frosting:**

2 ounces (57 g) cream cheese (¼ cup), softened

1 tablespoon Swerve confectioners'-style sweetener or equivalent amount of powdered or liquid sweetener

1 tablespoon unsweetened, unflavored almond milk or heavy cream

Fresh raspberries or strawberries, for garnish

1. Preheat the air fryer to 400°F (204°C). Grease a pie pan. 2. In a large mixing bowl, use a hand mixer to combine the cream cheese, egg, and sweetener until smooth. Stir in the vanilla and salt. Gently fold in the raspberries with a rubber spatula. Pour the mixture into the prepared pan and set aside. 3. Make the biscuits: Place the egg whites in a medium-sized mixing bowl or the bowl of a stand mixer. Using a hand mixer or stand mixer, whip the egg whites until very fluffy and stiff. 4. In a separate medium-sized bowl, combine the almond flour and baking powder. Cut in the butter and add the salt, stirring gently to keep the butter pieces intact. 5. Gently fold the almond flour mixture into the egg whites. Use a large spoon or ice cream scooper to scoop out the dough and form it into a 2-inch-wide biscuit, making sure the butter stays in separate clumps. Place the biscuit on top of the raspberry mixture in the pan. Repeat with remaining dough to make 4 biscuits. 6. Place the pan in the air fryer and bake for 5 minutes, then

lower the temperature to 325°F (163°C) and bake for another 17 to 20 minutes, until the biscuits are golden brown. 7. While the cobbler cooks, make the frosting: Place the cream cheese in a small bowl and stir to break it up. Add the sweetener and stir. Add the almond milk and stir until well combined. If you prefer a thinner frosting, add more almond milk. 8. Remove the cobbler from the air fryer and allow to cool slightly, then drizzle with the frosting. Garnish with fresh raspberries. 9. Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat the cobbler in a preheated 350°F (177°C) air fryer for 3 minutes, or until warmed through.

**Per Serving**

calories: 535 | fat: 14g | protein: 13g | carbs: 14g | net carbs: 10g | fiber: 4g

# Strawberry Shortcakes

**Prep time: 10 minutes | Cook time: 15 minutes | serves 6**

1½ cups fresh strawberries

¾ cup finely ground blanched almond flour

1 teaspoon baking powder

⅛ teaspoon salt

1 large egg

⅓ cup granular erythritol

2 tablespoons heavy whipping cream

2 tablespoons salted butter, melted but not hot

½ teaspoon vanilla extract

1½ cups whipped cream, for serving

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper. 2. Hull and slice the strawberries and set aside. 3. In a small bowl, whisk together the almond flour, baking powder, and salt. 4. In a medium-sized mixing bowl, whisk the egg, then stir in the erythritol, cream, melted butter, and vanilla extract. While stirring, slowly add the dry ingredients; continue stirring until well blended. 5. Drop spoonfuls of the batter onto the prepared baking sheet, spacing the shortcakes 2 inches apart, to make a total of 6 shortcakes. Bake for 13 to 15 minutes, until the shortcakes are golden brown on the tops and a toothpick or tester inserted in the middle of a shortcake comes out clean. Allow to completely cool on the pan. 6. To serve, top the shortcakes with whipped cream and the sliced strawberries. Leftover shortcakes can be stored in an airtight container in the refrigerator for up to 5 days.

## **Per Serving**

calories: 154 | fat: 13g | protein: 4g | carbs: 5g | net carbs: 3g | fiber: 2g

# Pumpkin Walnut Cheesecake

**Prep time: 15 minutes | Cook time: 50 minutes | Serves 6**

2 cups walnuts  
3 tablespoons melted butter  
1 teaspoon cinnamon  
16 ounces (454 g) cream cheese, softened  
1 cup powdered erythritol  
1/3 cup heavy cream  
2/3 cup pumpkin purée  
2 teaspoons pumpkin spice  
1 teaspoon vanilla extract  
2 eggs  
1 cup water

1. Preheat oven to 350°F (180°C). Add walnuts, butter, and cinnamon to food processor. Pulse until ball forms. Scrape down sides as necessary. Dough should hold together in ball. 2. Press into greased 7-inch springform pan. Bake for 10 minutes or until it begins to brown. Remove and set aside. While crust is baking, make cheesecake filling. 3. In large bowl, stir cream cheese until completely smooth. Using rubber spatula, mix in erythritol, heavy cream, pumpkin purée, pumpkin spice, and vanilla. 4. In small bowl, whisk eggs. Slowly add them into large bowl, folding gently until just combined. 5. Pour mixture into crust and cover with foil. Pour water into Instant Pot and place steam rack on bottom. Place pan onto steam rack and click lid closed. Press the Cake button and press the Adjust button to set heat to More. Set timer for 40 minutes. 6. When timer beeps, allow a full natural release. When pressure indicator drops, carefully remove pan and place on counter. Remove foil. Let cool for additional hour and then refrigerate. Serve chilled.

## **Per Serving**

calories: 578 | fat: 54g | protein: 12g | carbs: 11g | net carbs: 8g | fiber: 3g

# Fruit Pizza

**Prep time: 15 minutes | Cook time: 14 minutes | serves 8**

## CRUST:

1¼ cups finely ground blanched almond flour

⅓ cup granular erythritol

1 teaspoon baking powder

1 large egg

5 tablespoons salted butter, softened

1 teaspoon vanilla extract

## TOPPINGS:

5 ounces cream cheese (½ cup plus 2 tablespoons), softened

2 tablespoons granular erythritol

1 tablespoon heavy whipping cream

½ cup sliced fresh strawberries or whole raspberries

½ cup fresh blueberries

1. Preheat the oven to 350°F and grease the bottom of a 9-inch springform pan. 2. Make the crust: In a small bowl, whisk together the almond flour, erythritol, and baking powder. In a medium-sized bowl, whisk the egg, then stir in the butter and vanilla extract. Stir in the flour mixture, a little at a time, until well combined. 3. Spread the crust mixture evenly in the prepared pan and bake for 12 to 14 minutes, until lightly browned on top and around the edges. Allow the crust to cool completely before releasing it from the pan. 4. While the crust is cooling, prepare the toppings: In a small bowl, use a spoon to beat the cream cheese, erythritol, and cream until completely combined. Spread evenly over the cooled crust. Garnish with fresh berries. 5. Cover and refrigerate the pizza for at least 2 hours before serving. Leftovers can be stored in an airtight container in the refrigerator for up to 2 days.

## Per Serving

calories: 230 | fat: 20g | protein: 6g | carbs: 5g | net carbs: 3g | fiber: 2g

# Keto Fudge

**Prep time: 5 minutes | Cook time: 20 minutes | Makes 4 pieces**

1 cup heavy (whipping) cream

$\frac{3}{4}$  teaspoon liquid stevia

Pinch of pink Himalayan sea salt

1 cup sugar-free semi-sweet baking chips

$\frac{1}{4}$  cup chopped walnuts (optional)

1. In a medium saucepan, combine the cream, stevia, and salt. Whisk slowly over medium-low heat until the mixture comes to a boil. The initial boil can produce a lot of bubbles, so keep stirring to prevent it from overflowing. 2. Continue stirring until the mixture is reduced by half, about 15 minutes. Transfer to a large bowl and let cool. 3. Place the chocolate chips in a medium microwave-safe bowl. Microwave on high power for 30 seconds, then stir. Continue to microwave in 30-second intervals, stirring between each interval, until the chips are liquid. Be careful not to overdo it, or the chocolate may seize. 4. Slowly pour the melted chocolate into the cream mixture, whisking. Add the chopped walnuts, if using, and stir just enough to distribute the walnuts. 5. Line a small 8-inch loaf pan with parchment paper, and pour the fudge into the pan. Use a rubber scraper to spread the fudge evenly. 6. Refrigerate for 1 to 2 hours, until the fudge is firm. 7. For best results, remove the fudge from the refrigerator and let it rest on the counter for an additional 1 to 2 hours. 8. Cut into 4 squares and serve.

## **Per Serving**

calories: 308 | fat: 32g | protein: 3g | carbs: 2g | net carbs: 2g | fiber: 0g

# Coconut Lemon Squares

**Prep time: 5 minutes | Cook time: 40 minutes | Serves 5 to 6**

3 eggs

2 tablespoons grass-fed butter, softened

½ cup full-fat coconut milk

½ teaspoon baking powder

½ teaspoon vanilla extract

½ cup Swerve, or more to taste

¼ cup lemon juice

1 cup blanched almond flour

1. In a large bowl, mix together the eggs, butter, coconut milk, baking powder, vanilla, Swerve, lemon juice, and flour. Stir thoroughly, until a perfectly even mixture is obtained. 2. Next, pour 1 cup filtered water into the Instant Pot, and insert the trivet. Transfer the mixture from the bowl into a well-greased, Instant Pot-friendly pan (or dish). 3. Using a sling if desired, place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual. Set the Instant Pot to 40 minutes on High Pressure, and let cook. 4. Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting. 5. Open the Instant Pot, and remove the dish. Let cool, cut into 6 squares, serve, and enjoy!

## **Per Serving**

calories: 166 | fat: 15g | protein: 6g | carbs: 3g | net carbs: 2g | fiber: 1g

# Blackberry Crisp

**Prep time: 5 minutes | Cook time: 5 minutes | Serves 1**

10 blackberries

½ teaspoon vanilla extract

2 tablespoons powdered erythritol

⅛ teaspoon xanthan gum

1 tablespoon butter

¼ cup chopped pecans

3 teaspoons almond flour

½ teaspoon cinnamon

2 teaspoons powdered erythritol

1 cup water

1. Place blackberries, vanilla, erythritol, and xanthan gum in 4-inch ramekin. Stir gently to coat blackberries. 2. In small bowl, mix remaining ingredients. Sprinkle over blackberries and cover with foil. Press the Manual button and set time for 4 minutes. When timer beeps, quick-release the pressure. Serve warm. Feel free to add scoop of whipped cream on top.

## **Per Serving**

calories: 346 | fat: 31g | protein: 3g | carbs: 13g | net carbs: 5g | fiber: 8g

# Chocolate Macadamia Bark

**Prep time: 5 minutes | Cook time: 20 minutes | Serves 20**

16 ounces (454 g) raw dark chocolate

3 tablespoons raw coconut butter

2 tablespoons coconut oil

2 cups chopped macadamia nuts

1 tablespoon almond butter

½ teaspoon salt

⅓ cup Swerve, or more to taste

1. In a large bowl, mix together the chocolate, coconut butter, coconut oil, macadamia nuts, almond butter, salt, and Swerve. Combine them very thoroughly, until a perfectly even mixture is obtained. 2. Pour 1 cup of filtered water into the Instant Pot, and insert the trivet. Transfer the mixture from the bowl into a well-greased, Instant Pot-friendly dish. 3. Place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual. Set the Instant Pot to 20 minutes on High Pressure, and let cook. 4. Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting. 5. Open the Instant Pot and remove the dish. Cool in the refrigerator until set. Break into pieces, serve, and enjoy! Store remaining bark in the refrigerator or freezer.

## **Per Serving**

calories: 258 | fat: 22g | protein: 2g | carbs: 15g | net carbs: 12g | fiber: 3g

# Coconut Cupcakes

**Prep time: 5 minutes | Cook time: 10 minutes | Serves 6**

4 eggs, beaten

4 tablespoons coconut milk

4 tablespoons coconut flour

½ teaspoon vanilla extract

2 tablespoons erythritol

1 teaspoon baking powder

1 cup water

1. In the mixing bowl, mix up eggs, coconut milk, coconut flour, vanilla extract, erythritol, and baking powder. 2. Then pour the batter in the cupcake molds. 3. Pour the water and insert the trivet in the instant pot. 4. Place the cupcakes on the trivet. 5. Lock the lid. Select the Manual mode and set the cooking time for 10 minutes on High Pressure. Once the timer goes off, perform a natural pressure release for 5 minutes, then release any remaining pressure. Carefully open the lid. 6. Serve immediately.

## **Per Serving**

calories: 85 | fat: 5.7g | protein: 4.7g | carbs: 9.1g | net carbs: 6.8g | fiber: 2.3g

# Extreme Fudge Brownies

**Prep time: 10 minutes | Cook time: 52 minutes | Makes 9 brownies**

¼ cup cocoa powder

2 tablespoons coconut flour

¼ teaspoon pink Himalayan salt

3 large eggs

½ cup granular erythritol

½ teaspoon vanilla extract

¾ cup (1½ sticks) unsalted butter

2 ounces unsweetened baking chocolate (100% cacao)

Powdered erythritol, for topping (optional)

1. Preheat the oven to 325°F and grease an 8-inch square brownie pan with coconut oil spray. 2. Put the cocoa powder, coconut flour, and salt in a small bowl and whisk using a fork. Set aside. 3. In a large bowl, whisk together the eggs, erythritol, and vanilla extract. Set aside. 4. In a small microwave-safe bowl, combine the butter and chocolate. Microwave until fully melted, about 1 minute, stirring every 30 seconds. Add the melted chocolate mixture to the egg mixture and whisk to combine. 5. Add the dry mixture to the wet mixture in 2 batches, whisking after each addition until fully combined. 6. Pour the batter into the greased pan and bake for 50 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool in the pan for 20 minutes, then cut into 9 pieces. If desired, dust with powdered erythritol before serving. 7. Store leftovers in a sealed container in the refrigerator for up to a week or freeze for up to a month.

## **Per Serving**

calories: 210 | fat: 20g | protein: 4g | carbs: 4g | net carbs: 1g | fiber: 3g

## Lemon Cream “Froyo” Bites

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 8 bites**

4 ounces (113 g) cream cheese

1 teaspoon vanilla extract

⅓ cup heavy cream

1½ teaspoons stevia powder

1 teaspoon grated lemon zest

2 teaspoons fresh lemon juice

1. Blend all the ingredients in a food processor until smooth. Pour the mixture into a silicone mini muffin pan or ice cube tray, or use mini tart cups.

(Alternatively, line a small rectangular loaf pan with parchment paper and pour in entire mixture.) 2. Freeze until set. Pop out the individual bites and store in an airtight container in the freezer. Remove from the freezer a few minutes before eating.

### **Per Serving**

calories: 84 | fat: 8g | protein: 1g | carbs: 1g | net carbs: 1g | fiber: 0g

# Berry Cheesecake Fat Bomb

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 2**

4 ounces cream cheese, at room temperature

4 tablespoons (½ stick) butter, at room temperature

2 teaspoons Swerve natural sweetener or 2 drops liquid stevia

1 teaspoon vanilla extract

¼ cup berries, fresh or frozen

1. In a medium bowl, use a hand mixer to beat the cream cheese, butter, sweetener, and vanilla. 2. In a small bowl, mash the berries thoroughly. Fold the berries into the cream-cheese mixture using a rubber scraper. (If you put slices of berries in the cream-cheese mixture without mashing them, they will freeze and have an off-putting texture.) 3. Spoon the cream-cheese mixture into fat bomb molds. (I use small silicone cupcake molds, which I put in the cups of a muffin tin. You can just use cupcake papers if you don't have molds.) 4. Freeze for at least 2 hours, unmold them, and eat! Leftover fat bombs can be stored in the freezer in a zip-top bag for up to 3 months. It's nice to have some in your freezer for when you are craving a sweet treat.

## **Per Serving**

calories: 414 | fat: 43g | protein: 4g | carbs: 9g | net carbs: 4g | fiber: 1g

# Peanut Butter Cookies

**Prep time: 5 minutes | Cook time: 10 minutes | Makes 15 cookies**

1 cup natural crunchy peanut butter

½ cup Swerve natural sweetener

1 egg

1. Preheat the oven to 350°F. Line a baking sheet with a silicone baking mat or parchment paper. 2. In a medium bowl, use a hand mixer to mix together the peanut butter, sweetener, and egg. 3. Roll up the batter into small balls about 1 inch in diameter. 4. Spread out the cookie-dough balls on the prepared pan. Press each dough ball down with the tines of a fork, then repeat to make a crisscross pattern. 5. Bake for about 12 minutes, or until golden. 6. Let the cookies cool for 10 minutes on the lined pan before serving. If you try to move them too soon, they will crumble. 7. Store leftover cookies covered in the refrigerator for up to 5 days.

## **Per Serving**

calories: 98 | fat: 8g | protein: 4g | carbs: 10g | net carbs: 3g | fiber: 1g

# Fast Chocolate Mousse

**Prep time: 10 minutes | Cook time: 4 minutes | Serves 1**

1 egg yolk

1 teaspoon erythritol

1 teaspoon cocoa powder

2 tablespoons coconut milk

1 tablespoon cream cheese

1 cup water, for cooking

1. Pour water and insert the steamer rack in the instant pot. 2. Then whisk the egg yolk with erythritol. 3. When the mixture turns into lemon color, add coconut milk, cream cheese, and cocoa powder. Whisk the mixture until smooth. 4. Then pour it in the glass jar and place it on the steamer rack. 5. Close and seal the lid. 6. Cook the dessert on Manual (High Pressure) for 4 minutes. Make a quick pressure release.

## **Per Serving**

calories: 162 | fat: 15g | protein: 4g | carbs: 3g | net carbs: 2g | fiber: 1g

## Vanilla-Almond Ice Pops

**Prep time: 10 minutes | Cook time: 5 minutes | Makes 8 ice pops**

2 cups almond milk

1 cup heavy (whipping) cream

1 vanilla bean, halved lengthwise

1 cup shredded unsweetened coconut

1. Place a medium saucepan over medium heat and add the almond milk, heavy cream, and vanilla bean. 2. Bring the liquid to a simmer and reduce the heat to low. Continue to simmer for 5 minutes. 3. Remove the saucepan from the heat and let the liquid cool. 4. Take the vanilla bean out of the liquid and use a knife to scrape the seeds out of the bean into the liquid. 5. Stir in the coconut and divide the liquid between the ice pop molds. 6. Freeze until solid, about 4 hours, and enjoy.

**Per Serving (1 ice pop):**

calories: 166 | fat: 15g | protein: 3g | carbs: 4g | net carbs: 2g | fiber: 2g

# Pumpkin Pie Spice Pots De Crème

**Prep time: 5 minutes | Cook time: 7 minutes | Serves 4**

2 cups heavy cream (or full-fat coconut milk for dairy-free)

4 large egg yolks

¼ cup Swerve, or more to taste

2 teaspoons pumpkin pie spice

1 teaspoon vanilla extract

Pinch of fine sea salt

1 cup cold water

1. Heat the cream in a pan over medium-high heat until hot, about 2 minutes.
2. Place the remaining ingredients except the water in a medium bowl and stir until smooth.
3. Slowly pour in the hot cream while stirring. Taste and adjust the sweetness to your liking. Scoop the mixture into four ramekins with a spatula. Cover the ramekins with aluminum foil.
4. Place a trivet in the Instant Pot and pour in the water. Place the ramekins on the trivet.
5. Lock the lid. Select the Manual mode and set the cooking time for 5 minutes at High Pressure.
6. When the timer beeps, use a quick pressure release. Carefully remove the lid.
7. Remove the foil and set the foil aside. Let the pots de crème cool for 15 minutes. Cover the ramekins with the foil again and place in the refrigerator to chill completely, about 2 hours.
8. Serve.

## **Per Serving**

calories: 289 | fat: 27.1g | protein: 7.6g | carbs: 4.0g | net carbs: 3.9g | fiber: 0.1g

# Chocolate Protein Truffles

**Prep time: 10 minutes | Cook time: 0 minutes | Makes 6 truffles**

¼ cup blanched almond flour

2 tablespoons chocolate-flavored whey protein powder

1½ tablespoons cocoa powder

1 tablespoon natural almond butter

1 tablespoon sugar-free maple syrup

1 tablespoon unsweetened almond milk

¼ cup unsweetened coconut flakes

1. Put all the ingredients, except for the coconut flakes, in a medium-sized mixing bowl and combine with a fork until uniform in texture. Cover and refrigerate until firm to the touch, at least 30 minutes. 2. Meanwhile, chop up the coconut flakes and set aside. 3. Remove the truffle mixture from the refrigerator and roll between your hands into 6 even-sized balls, about 1½ inches in diameter. Roll the balls, one at a time, in the chopped coconut and set on a plate. 4. Store in a sealed container in the refrigerator for up to a week.

## **Per Serving**

calories: 83 | fat: 6g | protein: 4g | carbs: 4g | net carbs: 3g | fiber: 1g

# Lemon Drops

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

¼ cup (60 ml) melted (but not hot) cacao butter

¼ cup (60 ml) melted (but not hot) coconut oil

1½ teaspoons confectioners'-style erythritol

2 teaspoons lemon-flavored magnesium powder (optional)

1 teaspoon lemon extract

**SPECIAL EQUIPMENT:**

Silicone mold(s) with 20 (½-ounce/15-ml) round cavities

1. Set the silicone mold(s) on a baking sheet. 2. Place the cacao butter, coconut oil, and erythritol in a small bowl. Whisk until the erythritol has dissolved. 3. If using magnesium powder, add it to the bowl along with the lemon extract. Whisk to combine. 4. Pour the mixture into the silicone mold(s), filling to the top. Transfer the baking sheet to the fridge to harden for 1 hour. 5. Once hardened, remove the lemon drops from the molds and enjoy! Serve directly from the fridge.

**Per Serving**

calories: 258 | fat: 29g | protein: 0g | carbs: 0g | net carbs: 0g | fiber: 0g

# Lemon Vanilla Cheesecake

**Prep time: 15 minutes | Cook time: 20 minutes | Serves 6**

2 teaspoons freshly squeezed lemon juice

2 teaspoons vanilla extract or almond extract

½ cup sour cream, divided, at room temperature

½ cup plus 2 teaspoons Swerve

8 ounces (227 g) cream cheese, at room temperature

2 eggs, at room temperature

1. Pour 2 cups of water into the inner cooking pot of the Instant Pot, then place a trivet (preferably with handles) in the pot. Line the sides of a 6-inch springform pan with parchment paper.
2. In a food processor, put the lemon juice, vanilla, ¼ cup of sour cream, ½ cup of Swerve, and the cream cheese.
3. Gently but thoroughly blend all the ingredients, scraping down the sides of the bowl as needed.
4. Add the eggs and blend only as long as you need to in order to get them well incorporated, 20 to 30 seconds. Your mixture will be pourable by now.
5. Pour the mixture into the prepared pan. Cover the pan with aluminum foil and place on the trivet. (If your trivet doesn't have handles, you may wish to use a foil sling to make removing the pan easier.)
6. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 20 minutes. When the cooking is complete, let the pressure release naturally. Unlock the lid.
7. Meanwhile, in a small bowl, mix together the remaining ¼ cup of sour cream and 2 teaspoons of Swerve for the topping.
8. Take out the cheesecake and remove the foil. Spread the topping over the top. Doing this while the cheesecake is still hot helps melt the topping into the cheesecake.
9. Put the cheesecake in the refrigerator and leave it alone. Seriously. Leave it alone and let it chill for at least 6 to 8 hours. It won't taste right hot.
10. When you're ready to serve, open the sides of the pan and peel off the parchment paper. Slice and serve.

## **Per Serving**

calories: 207 | fat: 19g | protein: 5g | carbs: 4g | net carbs: 4g | fiber: 0g

# Vanilla Ice Cream

**Prep time: 30 minutes | Cook time: 0 minutes | Serves 6**

1 (13½-ounce/400-ml) can full-fat coconut milk

6 large egg yolks

2 teaspoons vanilla extract or powder

½ cup (120 ml) melted (but not hot) coconut oil

2 tablespoons granulated xylitol

Pinch of finely ground gray sea salt

**OPTIONAL TOPPING:**

2 tablespoons sliced blanched almonds, roasted

**SPECIAL EQUIPMENT:**

Ice cream maker (optional)

1. Place an airtight, lidded 32-ounce (950-ml) or larger freezer-safe glass container, loaf pan, or bowl in the freezer. 2. Place all the ingredients in a blender and blend on high speed until smooth. 3. Transfer the mixture to an airtight container such as a mason jar and place in the fridge to chill for 2 hours. 4. Once ready to churn, add the mixture to an ice cream maker and churn following the manufacturer's instructions. 5. Transfer the churned ice cream to the chilled container (if using a loaf pan, line it with parchment paper first). Cover with the lid and place back in the freezer for at least 1½ hours before serving. 6. When ready to serve, set the ice cream on the counter to soften for 5 to 10 minutes. Garnish each serving with a teaspoon of roasted almonds, if desired.

**Per Serving**

calories: 356 | fat: 36g | protein: 4g | carbs: 4g | net carbs: 4g | fiber: 0g

# Almond Pie with Coconut

**Prep time: 5 minutes | Cook time: 41 minutes | Serves 8**

1 cup almond flour

½ cup coconut milk

1 teaspoon vanilla extract

2 tablespoons butter, softened

1 tablespoon Truvia

¼ cup shredded coconut

1 cup water

1. In the mixing bowl, mix up almond flour, coconut milk, vanilla extract, butter, Truvia, and shredded coconut. 2. When the mixture is smooth, transfer it in the baking pan and flatten. 3. Pour water and insert the trivet in the instant pot. 4. Put the baking pan with cake on the trivet. 5. Lock the lid. Select the Manual mode and set the cooking time for 41 minutes on High Pressure. Once the timer goes off, perform a natural pressure release for 10 minutes, then release any remaining pressure. Carefully open the lid. 6. Serve immediately.

## **Per Serving**

calories: 89 | fat: 9.2g | protein: 1.3g | carbs: 2.5g | net carbs: 1.5g | fiber: 1.0g

# Fudge Ice Pops

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

½ (13.5-ounce) can coconut cream, ¾ cup unsweetened full-fat coconut milk, or ¾ cup heavy (whipping) cream

2 teaspoons Swerve natural sweetener or 2 drops liquid stevia

2 tablespoons unsweetened cocoa powder

2 tablespoons sugar-free chocolate chips (I use Lily's)

1. In a food processor (or blender), mix together the coconut cream, sweetener, and unsweetened cocoa powder. 2. Pour into ice pop molds, and drop chocolate chips into each mold. 3. Freeze for at least 2 hours before serving.

## **Per Serving**

calories: 193 | fat: 20g | protein: 2g | carbs: 7g | net carbs: 5g | fiber: 2g

# Chocolate Cake with Walnuts

**Prep time: 10 minutes | Cook time: 20 minutes | Serves 6**

1 cup almond flour

$\frac{2}{3}$  cup Swerve

$\frac{1}{4}$  cup unsweetened cocoa powder

$\frac{1}{4}$  cup chopped walnuts

1 teaspoon baking powder

3 eggs

$\frac{1}{3}$  cup heavy (whipping) cream

$\frac{1}{4}$  cup coconut oil

Nonstick cooking spray

1. Put the flour, Swerve, cocoa powder, walnuts, baking powder, eggs, cream, and coconut oil in a large bowl. Using a hand mixer on high speed, combine the ingredients until the mixture is well incorporated and looks fluffy. This will keep the cake from being too dense. 2. With the cooking spray, grease a heatproof pan, such as a 3-cup Bundt pan, that fits inside your Instant Pot. Pour the cake batter into the pan and cover with aluminum foil. 3. Pour 2 cups of water into the inner cooking pot of the Instant Pot, then place a trivet in the pot. Place the pan on the trivet. 4. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 20 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. 5. Carefully take out the pan and let it cool for 15 to 20 minutes. Invert the cake onto a plate. It can be served hot or at room temperature. Serve with a dollop of whipped cream, if desired.

## **Per Serving**

calories: 240 | fat: 20g | protein: 5g | carbs: 10g | net carbs: 5g | fiber: 5g

# Toasted Coconut Marshmallows

**Prep time: 15 minutes | Cook time: 15 minutes | Serves 16**

½ cup (50 g) toasted unsweetened shredded coconut, divided

1 cup (240 ml) water, divided

3 tablespoons unflavored gelatin

1 cup (160 g) confectioners'-style erythritol

2 teaspoons vanilla extract

¼ teaspoon finely ground gray sea salt

1. Line an 8-inch (20-cm) square pan with parchment paper, with the ends draped over the sides for easy lifting. Sprinkle ¼ cup (25 g) of the toasted coconut into the pan, spreading it evenly. 2. Affix the whisk attachment to a hand mixer or stand mixer. 3. Place ½ cup (120 ml) of the water in the bowl of your mixer and sprinkle the gelatin on top. Do not stir. Simply leave it to sit as you prepare everything else. 4. In a small saucepan, combine the remaining ½ cup (120 ml) of water, erythritol, vanilla, and salt. Turn the heat to medium and stir occasionally until the mixture begins to boil rapidly and almost spills over. Ensure that it doesn't spill over by removing it from the heat. Then reduce the heat to low and keep the mixture at a low boil for 5 minutes. 5. Transfer the hot liquid to the bowl with the gelatin. Turn the mixer to high speed and beat for 6 to 7 minutes, until the mixture thickens to a spreadable consistency, similar to that of marshmallow fluff. If you beat it too long, it will stiffen and will no longer be easily spreadable. 6. Once thickened, transfer the mixture to the prepared pan and sprinkle the remaining ¼ cup (25 g) of toasted coconut on top. 7. Smooth the marshmallow fluff with the back of a spatula. Alternatively, you can grease your palms with a dollop of coconut oil and spread the fluff with your hands. 8. Allow the marshmallows to sit at room temperature for 1 to 2 hours, until firm, then cut into 1-inch (2.5-cm) squares and enjoy.

## **Per Serving**

calories: 30 | fat: 2g | protein: 2g | carbs: 1g | net carbs: 0g | fiber: 1g

# Strawberry Panna Cotta

**Prep time: 10 minutes | Cook time: 10 minutes | Serves 4**

2 tablespoons warm water

2 teaspoons gelatin powder

2 cups heavy cream

1 cup sliced strawberries, plus more for garnish

1 to 2 tablespoons sugar-free sweetener of choice (optional)

1½ teaspoons pure vanilla extract

4 to 6 fresh mint leaves, for garnish (optional)

1. Pour the warm water into a small bowl. Sprinkle the gelatin over the water and stir well to dissolve. Allow the mixture to sit for 10 minutes. 2. In a blender or a large bowl, if using an immersion blender, combine the cream, strawberries, sweetener (if using), and vanilla. Blend until the mixture is smooth and the strawberries are well puréed. 3. Transfer the mixture to a saucepan and heat over medium-low heat until just below a simmer. Remove from the heat and cool for 5 minutes. 4. Whisking constantly, add in the gelatin mixture until smooth. Divide the custard between ramekins or small glass bowls, cover and refrigerate until set, 4 to 6 hours. 5. Serve chilled, garnishing with additional sliced strawberries or mint leaves (if using).

## **Per Serving**

calories: 229 | fat: 22g | protein: 3g | carbs: 5g | fiber: 1g | sodium: 26mg

# Nutty Shortbread Cookies

**Prep time: 10 minutes | Cook time: 10 minutes | Makes 10 cookies**

½ cup butter, at room temperature, plus additional for greasing the baking sheet

½ cup granulated sweetener

1 teaspoon alcohol-free pure vanilla extract

1½ cups almond flour

½ cup ground hazelnuts

Pinch sea salt

1. In a medium bowl, cream together the butter, sweetener, and vanilla until well blended. 2. Stir in the almond flour, ground hazelnuts, and salt until a firm dough is formed. 3. Roll the dough into a 2-inch cylinder and wrap it in plastic wrap. Place the dough in the refrigerator for at least 30 minutes until firm. 4. Preheat the oven to 350°F. Line a baking sheet with parchment paper and lightly grease the paper with butter; set aside. 5. Unwrap the chilled cylinder, slice the dough into 18 cookies, and place the cookies on the baking sheet. 6. Bake the cookies until firm and lightly browned, about 10 minutes. 7. Allow the cookies to cool on the baking sheet for 5 minutes and then transfer them to a wire rack to cool completely.

**Per Serving (1 cookie):**

calories: 105 | fat: 10g | protein: 3g | carbs: 2g | net carbs: 1g | fiber: 1g

# Chapter 9 Snacks and Appetizers

## Grandma's Meringues

**Prep time: 10 minutes | Cook time: 1 hour | Makes 12 meringues**

2 large egg whites, room temperature

¼ teaspoon cream of tartar

Pinch of finely ground sea salt

½ cup (80 g) confectioners'-style erythritol

½ teaspoon vanilla extract

**FOR SERVING:**

24 fresh strawberries, sliced

¾ cup (190 g) coconut cream

12 fresh mint leaves

1. Preheat the oven to 225°F (108°C). Line a rimmed baking sheet with parchment paper or a silicone baking mat. 2. Place the egg whites, cream of tartar, and salt in a very clean large bowl. Make sure that the bowl does not have any oil residue in it. Using a handheld electric mixer or stand mixer, mix on low speed until the mixture becomes foamy. 3. Once foamy, increase the speed to high. Slowly add the erythritol, 1 tablespoon at a time, mixing all the while. Add a tablespoon about every 20 seconds. 4. Keep beating until the mixture is shiny and thick and peaks have formed; it should be nearly doubled in volume. (The peaks won't be as stiff as in a traditional meringue.) Fold in the vanilla. 5. Using a large spoon, dollop the meringue mixture onto the lined baking sheet, making a total of 12 meringues. 6. Bake for 1 hour without opening the oven door. After 1 hour, turn off the oven and keep the meringues in the cooling oven for another hour, then remove. 7. To serve, place 2 meringues on each plate. Top each serving with 4 sliced strawberries, 2 tablespoons of coconut cream, and 2 mint leaves.

**Per Serving**

calories: 100 | fat: 8g | protein: 2g | carbs: 6g | net carbs: 4g | fiber: 2g

# Curried Broccoli Skewers

**Prep time: 15 minutes | Cook time: 1 minute | Serves 2**

1 cup broccoli florets

½ teaspoon curry paste

2 tablespoons coconut cream

1 cup water, for cooking

1. In the shallow bowl mix up curry paste and coconut cream. 2. Then sprinkle the broccoli florets with curry paste mixture and string on the skewers. 3. Pour water and insert the steamer rack in the instant pot. 4. Place the broccoli skewers on the rack. Close and seal the lid. 5. Cook the meal on Manual mode (High Pressure) for 1 minute. 6. Make a quick pressure release.

## **Per Serving**

calories: 58 | fat: 4g | protein: 2g | carbs: 4g | net carbs: 2g | fiber: 2g

# Sweet Pepper Nacho Bites

**Prep time: 5 minutes | Cook time: 5 minutes | Makes 24 bites**

12 mini sweet peppers (approximately 8 ounces / 227 g)

½ cup shredded Monterey Jack cheese

½ cup guacamole

Juice of 1 lime

1. Preheat the oven to 400°F (205°C). 2. Carefully cut each pepper in half lengthwise and remove the seeds. Place them cut side up on a rimmed baking sheet so they aren't touching. Place 1 teaspoon of shredded cheese inside each. Bake 3 to 5 minutes, until the cheese starts to melt. 3. Remove from the oven and top each with 1 teaspoon of guacamole. Squeeze the lime juice over top. Serve immediately.

## **Per Serving**

calories: 137 | fat: 12g | protein: 4g | carbs: 5g | net carbs: 3g | fiber: 2g

## EL Presidente Guac

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 4**

2 large avocados, peeled and pitted

1 tablespoon garlic powder

1 tablespoon onion powder

1/8 teaspoon salt

1/8 teaspoon chili powder

4 tablespoons finely chopped cilantro

1 Roma tomato, finely chopped

4 teaspoons lime juice

1. In a medium bowl, mash avocados and combine with dry spices. 2. Add cilantro, tomato, and lime juice and mix again. Serve.

### **Per Serving**

calories: 131 | fat: 9g | protein: 2g | carbs: 10g | net carbs: 5g | fiber: 5g

# Cauliflower Popcorn

**Prep time: 5 minutes | Cook time: 40 minutes | Serves 2 to 3**

Nonstick avocado oil cooking spray, for greasing

1 small to medium head cauliflower, florets with stems chopped into bite-size pieces

½ cup avocado oil

½ cup neutral-flavored grass-fed collagen protein powder (optional)

Popcorn seasonings of choice: salt, freshly ground black pepper, garlic powder, onion powder, dried oregano, dried sage, and/or nutritional yeast

1. Preheat the oven to 400°F (205°C). Coat a broiling pan with nonstick avocado oil spray. (If you have an air fryer, you can make your Cauliflower Popcorn in there instead; just coat the fryer basket with nonstick spray.) 2. Put the cauliflower in a mixing bowl. Pour the avocado oil over the top and sprinkle in the protein powder. Add the seasonings of your choice to the bowl. Stir all together to evenly coat the cauliflower. 3. Spread the cauliflower in an even layer on the prepared pan and place in the oven (or pour into your air fryer). Cook for roughly 40 minutes, checking periodically and stirring every 10 minutes or so (same goes for the air fryer, if using). 4. Remove from the oven (or air fryer) and serve.

## **Per Serving**

calories: 389 | fat: 37g | protein: 4g | carbs: 10g | net carbs: 5g | fiber: 5g

# Coconut Cajun Shrimp

**Prep time: 10 minutes | Cook time: 6 minutes | Serves 2**

4 Royal tiger shrimps

3 tablespoons coconut shred

2 eggs, beaten

½ teaspoon Cajun seasoning

1 teaspoon olive oil

1. Heat up olive oil in the instant pot on Sauté mode. 2. Meanwhile, mix up Cajun seasoning and coconut shred. 3. Dip the shrimps in the eggs and coat in the coconut shred mixture. 4. After this, place the shrimps in the hot olive oil and cook them on Sauté mode for 3 minutes from each side.

## **Per Serving**

calories: 292 | fat: 54g | protein: 40g | carbs: 2g | net carbs: 1g | fiber: 1g

# Cheesecake Balls

**Prep time: 15 minutes | Cook time: 0 minutes | Makes 12 balls**

**ALMOND FLOUR CENTER:**

½ cup (55 g) blanched almond flour  
2 tablespoons coconut oil or ghee  
1 tablespoon confectioners'-style erythritol

**CREAM CHEESE LAYER:**

1 (8-oz/225-g) package cream cheese (dairy-free or regular)  
3 tablespoons coconut oil or ghee  
¼ cup plus 2 tablespoons (60 g) confectioners'-style erythritol  
2 teaspoons ground cinnamon

**CINNAMON SUGAR TOPPING:**

¼ cup (48 g) granulated erythritol  
2 teaspoons ground cinnamon

1. Line a rimmed baking sheet or tray that will fit into your freezer with parchment paper. 2. Make the almond flour center: Place the almond flour, oil, and erythritol in a small bowl. Knead with your hands until incorporated. Separate the mixture into 12 pieces and roll into balls. Place the balls on the lined baking sheet and place in the freezer. 3. Make the cream cheese layer: Place the cream cheese, oil, and erythritol in a small bowl and combine with a fork or handheld mixer. Divide the mixture evenly between 2 bowls. To one bowl, add the cinnamon and mix until incorporated. Place both bowls in the freezer until the cream cheese has hardened but is still workable and not completely frozen through, about 1 hour. 4. Place the ingredients for the cinnamon sugar topping in a small bowl and whisk with a fork to combine. Set aside. 5. Once the cream cheese mixtures have chilled sufficiently, scoop a teaspoon each of the cinnamon cream cheese mixture and the plain cream cheese mixture and place them side by side on the lined baking sheet. Take the almond flour balls out of the freezer and place one ball between a pair of cream cheese pieces. Pick up the pile and roll between your palms until the almond flour ball is in the middle and the cream cheese surrounds it. Roll the ball in the cinnamon sugar mixture until coated. Place the coated ball back on the lined baking sheet and place in the freezer. 6. Repeat with the remaining almond flour balls, cream cheese mixtures, and cinnamon sugar topping, placing the coated balls on the baking sheet in the freezer as you complete

them. 7. Place the coated balls in the freezer to chill for 20 minutes before enjoying.

**Per Serving**

calories: 126 | fat: 13g | protein: 1g | carbs: 2g | net carbs: 1g | fiber: 1g

# Jumbo Pickle Cuban Sandwich

**Prep time: 5 minutes | Cook time: 5 minutes | Serves 2**

2 deli ham slices

2 deli pork tenderloin slices

4 Swiss cheese slices

2 jumbo dill pickles, halved lengthwise

1 tablespoon yellow mustard

1. In a small sauté pan or skillet, heat the ham and tenderloin slices over medium heat until warm.
2. Using a spatula, roll the deli meats into loose rolls. Top with the Swiss cheese slices and allow the cheese to begin to melt.
3. Transfer the rolls to 2 pickle halves.
4. Top the cheese with some mustard, then close the sandwiches by topping them with the matching pickle halves.
5. Secure with toothpicks and slice in half crosswise, then serve.

## **Per Serving**

calories: 256 | fat: 16g | protein: 23g | carbs: 5g | net carbs: 1g | fiber: 4g

# Low-Carb Zucchini Fritters

**Prep time: 20 minutes | Cook time: 20 minutes | Serves 4**

3 or 4 medium zucchini

Salt, to taste

1 or 2 garlic cloves, minced

¼ cup almond flour

2 eggs, whisked

Freshly ground black pepper, to taste

2 tablespoons butter

2 tablespoons sliced scallion, green parts only

1. In a food processor or with a cheese grater, shred the zucchini into hash brown–like pieces. Transfer to a colander and sprinkle liberally with salt. Let sit in the sink for 15 to 20 minutes. Carefully rinse and drain the zucchini, pat dry with a paper towel, and place in a large bowl. 2. Add the garlic, almond flour, and eggs to the bowl. Season with pepper. Stir until well incorporated. 3. In a large skillet over medium-high heat, melt the butter. Spoon 2 to 3 tablespoons of the zucchini mixture into your hand and create a patty about half the size of your palm. Repeat with the remaining zucchini mixture. Carefully place the patties into the butter (you may have to cook these in batches). Cook for about 3 minutes until browned on one side. Flip and cook the other side for about 3 minutes until browned. Serve topped with the sliced scallion.

## **Per Serving**

calories: 101 | fat: 9g | protein: 4g | carbs: 1g | net carbs: 1g | fiber: 0g

# Salsa Shrimp-Stuffed Avocados

**Prep time: 10 minutes | Cook time: 15 minutes | Serves 4**

2 avocados, halved and pitted

12 large precooked shrimp, peeled and deveined

3 tablespoons salsa

¼ cup shredded Mexican cheese blend

Finely chopped fresh cilantro, for garnish (optional)

Sour cream, for garnish (optional)

1 Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper. 2 Rinse the shrimp and halve lengthwise. Place in a bowl and top with the salsa. Stir to coat the shrimp evenly with the salsa. 3 Place the avocado halves cut side up on the lined baking sheet. Fill each half with salsa-coated shrimp and top with the cheese. 4 Bake for 15 minutes, until the cheese is melted. 5 Serve garnished with cilantro and/or topped with sour cream, if desired.

## **Per Serving**

calories: 185 | fat: 13g | protein: 11g | carbs: 7g | net carbs: 6g | fiber: 1g

# Almond Sesame Crackers

**Prep time: 15 minutes | Cook time: 15 minutes | Makes about 36 (1-inch-square) crackers**

1½ cups almond flour

1 egg

3 tablespoons sesame seeds, divided

Salt and freshly ground black pepper, to taste

1. Preheat the oven to 350°F (180°C). 2. Line a baking sheet with parchment paper. 3. In a large bowl, mix together the almond flour, egg, and 1½ tablespoons of sesame seeds. Transfer the dough to a sheet of parchment and pat it out flat with your clean hands. Cover with another piece of parchment paper and roll it into a large square, at least 10 inches wide. 4. Remove the top piece of parchment and use a pizza cutter or sharp knife to cut the dough into small squares, about 1 inch wide. Season with salt and pepper and sprinkle with the remaining 1½ tablespoons of sesame seeds. 5. Remove the crackers from the parchment and place them on the prepared baking sheet. Bake for about 15 minutes or until the crackers begin to brown. Cool before serving, and store any leftovers in an airtight bag or container on your counter for up to 2 weeks.

**Per Serving (10 crackers):**

calories: 108 | fat: 9g | protein: 5g | carbs: 3g | net carbs: 1g | fiber: 2g

## **Pecan Ranch Cheese Ball.**

**Prep time: 15 minutes | Cook time: 0 minutes | serves 8**

2 (8-ounce) packages cream cheese, softened

1 cup shredded sharp cheddar cheese

2 tablespoons ranch seasoning

1 cup chopped raw pecans

**SERVING SUGGESTIONS:**

Celery sticks

Mini sweet peppers

Pork rinds

1. Put the cream cheese, cheddar cheese, and ranch seasoning in a medium-sized bowl. Using a spoon, mix the ingredients together until well blended. 2. Shape the mixture into a ball or disc shape and roll it in the pecans. Wrap and refrigerate overnight before serving. 3. Serve with the scoopers of your choice. Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

### **Per Serving**

calories: 303 | fat: 27g | protein: 9g | carbs: 11g | net carbs: 5g | fiber: 2g

## Parmesan Zucchini Fries

**Prep time: 15 minutes | Cook time: 5 minutes | Serves 4**

1 zucchini

1 ounce (28 g) Parmesan, grated

1 tablespoon almond flour

½ teaspoon Italian seasoning

1 tablespoon coconut oil

1. Trim the zucchini and cut it into the French fries. 2. Then sprinkle them with grated Parmesan, almond flour, and Italian seasoning. 3. Put coconut oil in the instant pot and melt it on Sauté mode. 4. Put the zucchini in the hot oil in one layer and cook for 2 minutes from each side or until they are golden brown. 5. Dry the zucchini fries with paper towels.

### **Per Serving**

calories: 102 | fat: 9g | protein: 4g | carbs: 3g | net carbs: 2g | fiber: 1g

## Smoked Salmon Fat Bombs

**Prep time: 10 minutes | Cook time: 0 minutes | Makes 12 fat bombs**

½ cup goat cheese, at room temperature

½ cup butter, at room temperature

2 ounces smoked salmon

2 teaspoons freshly squeezed lemon juice

Pinch freshly ground black pepper

1. Line a baking sheet with parchment paper and set aside. 2. In a medium bowl, stir together the goat cheese, butter, smoked salmon, lemon juice, and pepper until very well blended. 3. Use a tablespoon to scoop the salmon mixture onto the baking sheet until you have 12 even mounds. 4. Place the baking sheet in the refrigerator until the fat bombs are firm, 2 to 3 hours. 5. Store the fat bombs in a sealed container in the refrigerator for up to 1 week.

**Per Serving (2 fat bomb):**

calories: 193 | fat: 18g | protein: 8g | carbs: 0g | net carbs: 0g | fiber: 0g

# Easy Baked Zucchini Chips

**Prep time: 5 minutes | Cook time: 2½ hours | Serves 4**

2 medium zucchini (10 ounces / 283 g total)

1 tablespoon olive oil or avocado oil

½ teaspoon sea salt

1. Preheat the oven to 200°F (93°C). 2. Use a mandoline or a sharp knife to slice the zucchini into ¼-inch-thick slices. 3. Place the zucchini in a large bowl. Add the olive oil and toss to thoroughly coat. Sprinkle lightly with sea salt. Toss to coat again. 4. Place ovenproof wire cooling racks on top of two baking sheets, then top those with parchment paper. (The cooling rack method allows for better air circulation.) Arrange the zucchini slices in a single layer. It's fine if they touch, but make sure they don't overlap. 5. Bake side by side for about 2½ hours, rotating the pans front to back halfway through, until the chips are golden and just starting to get crispy. 6. Allow the chips to cool in the oven with the heat off and the door propped slightly open. This is a crucial step, as they will be soft initially and crisp up when they cool using this method.

## **Per Serving**

calories: 46 | fat: 4g | protein: 2g | carbs: 4g | net carbs: 2g | fiber: 2g

# Creamed Onion Spinach

**Prep time: 3 minutes | Cook time: 5 minutes | Serves 6**

4 tablespoons butter

¼ cup diced onion

8 ounces (227 g) cream cheese

1 (12-ounce / 340-g) bag frozen spinach

½ cup chicken broth

1 cup shredded whole-milk Mozzarella cheese

1. Press the Sauté button and add butter. Once butter is melted, add onion to Instant Pot and sauté for 2 minutes or until onion begins to turn translucent.
2. Break cream cheese into pieces and add to Instant Pot. Press the Cancel button. Add frozen spinach and broth. Click lid closed. Press the Manual button and adjust time for 5 minutes. When timer beeps, quick-release the pressure and stir in shredded Mozzarella. If mixture is too watery, press the Sauté button and reduce for additional 5 minutes, stirring constantly.

## **Per Serving**

calories: 273 | fat: 24g | protein: 9g | carbs: 5g | net carbs: 3g | fiber: 2g

# Manchego Crackers

**Prep time: 15 minutes | Cook time: 15 minutes | Makes 40 crackers**

4 tablespoons butter, at room temperature

1 cup finely shredded Manchego cheese

1 cup almond flour

1 teaspoon salt, divided

¼ teaspoon freshly ground black pepper

1 large egg

1. Using an electric mixer, cream together the butter and shredded cheese until well combined and smooth. 2. In a small bowl, combine the almond flour with ½ teaspoon salt and pepper. Slowly add the almond flour mixture to the cheese, mixing constantly until the dough just comes together to form a ball. 3. Transfer to a piece of parchment or plastic wrap and roll into a cylinder log about 1½ inches thick. Wrap tightly and refrigerate for at least 1 hour. 4. Preheat the oven to 350°F(180°C). Line two baking sheets with parchment paper or silicone baking mats. 5. To make the egg wash, in a small bowl, whisk together the egg and remaining ½ teaspoon salt. 6. Slice the refrigerated dough into small rounds, about ¼ inch thick, and place on the lined baking sheets. 7. Brush the tops of the crackers with egg wash and bake until the crackers are golden and crispy, 12 to 15 minutes. Remove from the oven and allow to cool on a wire rack. 8. Serve warm or, once fully cooled, store in an airtight container in the refrigerator for up to 1 week.

**Per Serving (2 crackers):**

calories: 73 | fat: 7g | protein: 3g | carbs: 1g | fiber: 1g | sodium: 154mg

## Stuffed Party Shrooms

**Prep time: 15 minutes | Cook time: 23 minutes | Serves 4**

12 large whole mushrooms, approximately 2" wide

2 tablespoons unsalted butter

8 ounces cooked no-sugar-added bacon, crumbled (approximately 8 strips)

7 ounces full-fat cream cheese, softened

½ cup full-fat mayonnaise

1 medium green onion, finely chopped

1 teaspoon paprika

⅛ teaspoon salt

⅛ teaspoon black pepper

1. Preheat oven to 400°F. Line a baking sheet with parchment paper. 2. Remove mushroom stems from caps, being very careful not to break edges of cap, and scrape out the black gills if the mushroom is mature enough for the gills to be visible. Chop the trimmed stem pieces finely. 3. In a small frying pan over medium heat, fry mushroom trimmings with butter for 3 minutes until soft. 4. Place caps on baking sheet, rounded-side down. 5. In a medium bowl, combine fried mushroom trimmings with remaining ingredients. Scoop the mixture evenly into the caps. 6. Bake 20 minutes until filling bubbles and turns golden brown.

### **Per Serving**

calories: 690 | fat: 59g | protein: 25g | carbs: 6g | net carbs: 5g | fiber: 1g

## Sarah's Expert Crackers

**Prep time: 15 minutes | Cook time: 40 minutes | Serves 10**

1 cup blanched almond flour  
2 tablespoons hemp hearts  
2 tablespoons flaxseed meal  
2 tablespoons psyllium husk powder  
2 tablespoons chia seeds  
2 tablespoons shelled pumpkin seeds  
2 tablespoons Everything and More seasoning  
½ tablespoon salt  
1½ cups water  
1 squirt liquid stevia

1. Preheat oven to 350°F. 2. In a medium mixing bowl, combine dry ingredients. 3. Add water and liquid stevia and mix together until a thick dough is formed. 4. Place dough between two pieces of parchment paper and roll out to desired cracker thickness. 5. Remove top piece of parchment paper and use a pizza cutter to cut dough into desired cracker shapes. 6. While cracker shapes are still on bottom piece of parchment paper, put on a baking sheet and into oven. 7. Bake 30–40 minutes until centers of crackers are hard. 8. Let cool 5 minutes, then serve.

### **Per Serving**

calories: 111 | fat: 6g | protein: 5g | carbs: 7g | net carbs: 5g | fiber: 2g

# Crunchy Jicama Fries

**Prep time: 5 minutes | Cook time: 40 minutes | Serves 4**

1 medium jicama (about 1 lb/455 g), peeled and cut into fry-like pieces

2 tablespoons avocado oil

½ teaspoon paprika

Pinch of finely ground sea salt

1 teaspoon finely chopped fresh parsley

½ cup (105 g) mayonnaise or sugar-free ketchup, for serving (optional)

1. Preheat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment paper or a silicone baking mat. 2. Place the jicama pieces on the baking sheet and toss with the oil and paprika. Bake for 40 minutes, flipping the fries over halfway through baking. 3. Remove from the oven, sprinkle the fries with the salt and parsley, and enjoy immediately. Serve with the mayonnaise on the side for dipping, if desired.

## **Per Serving**

calories: 96 | fat: 4g | protein: 1g | carbs: 15g | net carbs: 7g | fiber: 8g

# Broccoli with Garlic-Herb Cheese Sauce

**Prep time: 5 minutes | Cook time: 3 minutes | Serves 4**

½ cup water

1 pound (454 g) broccoli (frozen or fresh)

½ cup heavy cream

1 tablespoon butter

½ cup shredded Cheddar cheese

3 tablespoons garlic and herb cheese spread

Pinch of salt

Pinch of black pepper

1. Add the water to the pot and place the trivet inside. 2. Put the steamer basket on top of the trivet. Place the broccoli in the basket. 3. Close the lid and seal the vent. Cook on Low Pressure for 1 minute. Quick release the steam. Press Cancel. 4. Carefully remove the steamer basket from the pot and drain the water. If you steamed a full bunch of broccoli, pull the florets off the stem. (Chop the stem into bite-size pieces, it's surprisingly creamy.) 5. Turn the pot to Sauté mode. Add the cream and butter. Stir continuously while the butter melts and the cream warms up. 6. When the cream begins to bubble on the edges, add the Cheddar cheese, cheese spread, salt, and pepper. Whisk continuously until the cheeses are melted and a sauce consistency is reached, 1 to 2 minutes. 7. Top one-fourth of the broccoli with 2 tablespoons cheese sauce.

## **Per Serving**

calories: 134 | fat: 12g | protein:4 g | carbs: 5g | net carbs: 3g | fiber: 2g

# Burrata Caprese Stack

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

1 large organic tomato, preferably heirloom

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 (4-ounce / 113-g) ball burrata cheese

8 fresh basil leaves, thinly sliced

2 tablespoons extra-virgin olive oil

1 tablespoon red wine or balsamic vinegar

1. Slice the tomato into 4 thick slices, removing any tough center core and sprinkle with salt and pepper. Place the tomatoes, seasoned-side up, on a plate. 2. On a separate rimmed plate, slice the burrata into 4 thick slices and place one slice on top of each tomato slice. Top each with one-quarter of the basil and pour any reserved burrata cream from the rimmed plate over top. 3. Drizzle with olive oil and vinegar and serve with a fork and knife.

## **Per Serving**

calories: 109 | fat: 7g | protein: 9g | carbs: 3g | fiber: 1g | sodium: 504mg

# Chicken Tinga Wings

**Prep time: 10 minutes | Cook time: 30 minutes | Serves 6**

1 to 2 cups coconut oil, for frying

1 pound (454 g) chicken wings (about 12 wings)

Fine sea salt and freshly ground black pepper, to taste

Tinga Sauce:

1 pound (454 g) Mexican-style fresh (raw) chorizo

½ large white onion, chopped

1 clove garlic, minced

3 cups chopped tomatoes

1 cup chopped husked tomatillos

2 tablespoons puréed chipotles in adobo sauce

1½ teaspoons fine sea salt

1 teaspoon freshly ground black pepper

½ teaspoon dried oregano leaves

1 sprig fresh thyme

½ cup chicken bone broth, homemade or store-bought

1. Preheat the oil to 350°F (180°C) in a deep-fryer or a 4-inch-deep (or deeper) cast-iron skillet over medium heat. The oil should be at least 3 inches deep; add more oil if needed. 2. While the oil heats, make the sauce: Cook the chorizo, onion, and garlic in a large cast-iron skillet over medium heat until the meat is crumbled and cooked through, about 5 minutes. Add the tomatoes, tomatillos, chipotles, salt, pepper, and herbs and stir to combine. Continue cooking for 5 minutes. Add the chicken broth and cook for 5 more minutes. Remove the thyme sprig and set the sauce aside. 3. Fry about six wings at a time until golden brown on all sides and cooked through, about 8 minutes. Remove from the oil and sprinkle with salt and pepper. Repeat with the remaining wings. 4. Place the wings on a serving platter and serve with the sauce, or toss the wings in the sauce before serving. They are best served fresh. Store extra wings and sauce separately in airtight containers in the fridge for up to 3 days. To reheat, place the chicken wings on a rimmed baking sheet and heat in a preheated 400°F (205°C) oven for 4 minutes, or until warmed. Heat the sauce in a saucepan over medium-low heat until warmed.

**Per Serving**

calories: 247 | fat: 17g | protein: 19g | carbs: 5g | net carbs: 3g | fiber: 2g

# Marinated Cheese

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 8**

½ cup olive oil

½ cup white wine vinegar

2 or 3 garlic cloves, minced

4 scallions, green parts only, thinly sliced

3 tablespoons chopped fresh parsley leaves

1 (2-ounce / 57-g) jar diced pimientos, drained

Salt and freshly ground black pepper, to taste

1 (8-ounce / 227-g) block sharp Cheddar cheese, halved lengthwise and cut widthwise into ½-inch squares

1 (8-ounce / 227-g) block cream cheese halved lengthwise and cut widthwise into ½-inch squares

1. In a small bowl, whisk together the olive oil, vinegar, garlic, scallions, parsley, pimientos, and season with some salt and pepper. 2. In a container with a lid, assemble the cheese (we like to alternate pieces of Cheddar and cream cheese for a prettier presentation) and cover with the marinade. Cover and refrigerate for at least 8 hours. 3. Remove from the refrigerator 15 to 20 minutes before serving, and transfer the cheese to a serving platter, pouring the marinade over the top. Refrigerate leftovers in an airtight container for up to 1 week.

## **Per Serving**

calories: 336 | fat: 32g | protein: 10g | carbs: 2g | net carbs: 1g | fiber: 1g

# Granola Clusters

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 2**

¼ cup almonds

¼ cup pecans

¼ cup macadamia nuts

1 large egg white

2 tablespoons ground flaxseed

1 tablespoon coconut oil, melted

1 tablespoon pumpkin seeds

1 tablespoon chia seeds

1 tablespoon unsweetened coconut flakes

1 tablespoon granulated erythritol

¼ teaspoon vanilla extract

⅛ teaspoon pink Himalayan sea salt

1. Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper. 2. In a food processor, combine the almonds, pecans, macadamia nuts, egg white, flaxseed, coconut oil, pumpkin seeds, chia seeds, coconut flakes, erythritol, vanilla, and salt. Pulse until the largest chunks of nuts are about the size of a pea. 3. Spread the mixture evenly on the baking sheet. Bake for 15 to 18 minutes, until the granola is lightly browned. 4. Let cool for about 20 minutes, then break into clusters.

## **Per Serving**

calories: 482 | fat: 45g | protein: 12g | carbs: 15g | net carbs: 5g | fiber: 10g

# Greens Chips with Curried Yogurt Sauce

**Prep time: 10 minutes | Cook time: 5 to 6 minutes | Serves 4**

1 cup low-fat Greek yogurt

1 tablespoon freshly squeezed lemon juice

1 tablespoon curry powder

½ bunch curly kale, stemmed, ribs removed and discarded, leaves cut into 2- to 3-inch pieces

½ bunch chard, stemmed, ribs removed and discarded, leaves cut into 2- to 3-inch pieces

1½ teaspoons olive oil

1. In a small bowl, stir together the yogurt, lemon juice, and curry powder. Set aside. 2. In a large bowl, toss the kale and chard with the olive oil, working the oil into the leaves with your hands. This helps break up the fibers in the leaves so the chips are tender. 3. Air fry the greens in batches at 390°F (199°C) for 5 to 6 minutes, until crisp, shaking the basket once during cooking. Serve with the yogurt sauce.

## **Per Serving**

calories: 98 | fat: 4g | protein: 7g | carbs: 13g | fiber: 4g | sodium: 186mg

## Citrus-Marinated Olives

**Prep time: 10 minutes | Cook time: 0 minutes | Makes 2 cups**

2 cups mixed green olives with pits

¼ cup red wine vinegar

¼ cup extra-virgin olive oil

4 garlic cloves, finely minced

Zest and juice of 2 clementines or 1 large orange

1 teaspoon red pepper flakes

2 bay leaves

½ teaspoon ground cumin

½ teaspoon ground allspice

1. In a large glass bowl or jar, combine the olives, vinegar, oil, garlic, orange zest and juice, red pepper flakes, bay leaves, cumin, and allspice and mix well. Cover and refrigerate for at least 4 hours or up to a week to allow the olives to marinate, tossing again before serving.

**Per Serving (¼ cup):**

calories: 112 | fat: 10g | protein: 1g | carbs: 5g | fiber: 2g | sodium: 248mg

## Thyme Sautéed Radishes

**Prep time: 5 minutes | Cook time: 15 minutes | Serves 4**

1 pound (454 g) radishes, quartered (remove leaves and ends)

2 tablespoons butter

¼ teaspoon dried thyme

¼ teaspoon minced garlic

⅛ teaspoon salt

⅛ teaspoon garlic powder

⅛ teaspoon dried rosemary

1. Press the Sauté button and then press the Adjust button to lower heat to Less. 2. Place radishes into Instant Pot with butter and seasoning. 3. Sauté, stirring occasionally until tender, about 10 to 15 minutes. Add a couple of teaspoons of water if radishes begin to stick.

### **Per Serving**

calories: 62 | fat: 5g | protein: 1g | carbs: 3g | net carbs: 2g | fiber: 1g

## The Best Deviled Eggs

**Prep time: 15 minutes | Cook time: 0 minutes | Serves 4**

1 tablespoon mayonnaise  
1 tablespoon extra-virgin olive oil  
1 teaspoon Dijon mustard  
1 teaspoon anchovy paste  
¼ teaspoon freshly ground black pepper  
4 large hard-boiled eggs, shelled  
8 pitted green olives, chopped  
1 tablespoon red onion, minced  
1 tablespoon fresh parsley, minced

1. In a small bowl, whisk together the mayonnaise, olive oil, mustard, anchovy paste, and pepper. Set aside. 2. Slice the hard-boiled eggs in half lengthwise, remove the yolks, and place the yolks in a medium bowl. Reserve the egg white halves and set aside. 3. Smash the yolks well with a fork and stir in the mayonnaise mixture. Add the olives, onion, and parsley and stir to combine. 4. Spoon the filling into each egg white half. Cover and chill for 30 minutes or up to 24 hours before serving cold.

### **Per Serving**

calories: 137 | fat: 12g | protein: 7g | carbs: 1g | net carbs: 1g | fiber: 0g

# Creamy Scallion Dip

**Prep time: 10 minutes | Cook time: 11 minutes | Serves 4**

5 ounces (142 g) scallions, diced

4 tablespoons cream cheese

1 tablespoon chopped fresh parsley

1 teaspoon garlic powder

2 tablespoons coconut cream

½ teaspoon salt

1 teaspoon coconut oil

1. Heat up the instant pot on Sauté mode. 2. Then add coconut oil and melt it. 3. Add diced scallions and sauté it for 6 to 7 minutes or until it is light brown. 4. Add cream cheese, parsley, garlic powder, salt, and coconut cream. 5. Close the instant pot lid and cook the scallions dip for 5 minutes on Manual mode (High Pressure). 6. Make a quick pressure release. Blend the dip will it is smooth if desired.

## **Per Serving**

calories: 76 | fat: 6g | protein: 2g | carbs: 4g | net carbs: 3g | fiber: 1g

# Creole Pancetta and Cheese Balls

**Prep time: 5 minutes | Cook time: 5 minutes | Serves 6**

1 cup water

6 eggs

4 slices pancetta, chopped

1/3 cup grated Cheddar cheese

1/4 cup cream cheese

1/4 cup mayonnaise

1 teaspoon Creole seasonings

Sea salt and ground black pepper, to taste

1. Pour the water into the Instant Pot and insert a steamer basket. Place the eggs in the basket. 2. Lock the lid. Select the Manual mode and set the cooking time for 5 minutes at Low Pressure. 3. When the timer beeps, perform a quick pressure release. Carefully remove the lid. 4. Allow the eggs to cool for 10 to 15 minutes. Peel the eggs and chop them, then transfer to a bowl. Add the remaining ingredients and stir to combine well. 5. Shape the mixture into balls with your hands. Serve chilled.

## **Per Serving**

calories: 239 | fat: 19g | protein: 14g | carbs: 3g | net carbs: 3g | fiber: 0g

## Keto Crackers-Two Ways

**Prep time: 15 minutes | Cook time: 6 minutes | Serves 2**

Simple Keto Crackers

½ cup shredded mozzarella cheese

⅓ cup blanched almond flour

⅛ teaspoon garlic powder

Dash of salt

1 large egg yolk

Keto Cheddar Cheese Crackers

½ cup shredded cheddar cheese

⅓ cup blanched almond flour

⅛ teaspoon garlic powder

Dash of salt

1 large egg yolk

1 Preheat the oven to 425°F. 2 In a microwave-safe bowl, combine the cheese, almond flour, garlic powder, and salt. Microwave for 30 seconds. 3 Use your hands to knead the dough until fully mixed. Add the egg yolk and knead until it's blended into the dough. 4 Lay a piece of parchment paper on a flat surface, place the dough on top, and place another piece of parchment on top of the dough. Press down and spread the dough (with your hands or a rolling pin) into a very thin, even rectangle. 5 Using a fork, gently poke holes in the dough to prevent it from bubbling while baking. (Don't skip this step!) 6 Use a knife to cut the dough into 1-inch squares. 7 Line a baking sheet with parchment paper and lay the squares on the parchment with a bit of space between them. Bake for 5 to 6 minutes, until golden brown. 8 For extra-crunchy crackers, flip them over and bake for an additional 2 to 4 minutes, watching closely to ensure that they don't burn!

**Per Serving**

calories: 234 | fat: 20g | protein: 12g | carbs: 5g | net carbs: 3g | fiber: 2g

# Crispy Bacon Wrapped Onion Rings

**Prep time: 15 minutes | Cook time: 40 minutes | Serves 6**

1 extra-large (1 pound / 454 g) onion, sliced into ½-inch-thick rings

12 slices bacon, halved lengthwise

Avocado oil cooking spray

½ cup (2 ounces / 57 g) grated Parmesan cheese

1. Preheat the oven to 400°F (205°C). Line a sheet pan with foil. If you have an ovenproof nonstick cooling rack, place it over the pan. (This is optional, but recommended for the crispiest bacon.) Grease the sheet pan or rack. 2. Wrap each onion ring tightly in a thin strip of bacon, trying to cover the whole ring without overlapping. As you finish each ring, place it on a large cutting board in a single layer. (You can also just use the baking sheet without the rack for this step and the next, then use the rack starting at step 5.) 3. Spray the onion rings with avocado oil spray, then sprinkle lightly with half of the grated Parmesan. Flip and repeat on the other side. 4. Place the onion rings on the prepared baking sheet. Bake for 30 to 35 minutes, flipping halfway through, until the bacon is cooked through and starting to get a little crispy on the edges. Drain the bacon grease from the pan occasionally if not using a rack. 5. Switch the oven to broil. Broil the onion rings for 3 to 5 minutes, until crispy. To crisp up more, let the onion rings cool from hot to warm.

## **Per Serving**

calories: 141 | fat: 8g | protein: 9g | carbs: 7g | net carbs: 6g | fiber: 1g

# Savory Mackerel & Goat'S Cheese "Paradox" Balls

**Prep time: 10 minutes | Cook time: 0 minutes | Makes 10 fat bombs**

2 smoked or cooked mackerel fillets, boneless, skin removed

4.4 ounces (125 g) soft goat's cheese

1 tablespoon fresh lemon juice

1 teaspoon Dijon or yellow mustard

1 small red onion, finely diced

2 tablespoons chopped fresh chives or herbs of choice

¾ cup pecans, crushed

10 leaves baby gem lettuce

1. In a food processor, combine the mackerel, goat's cheese, lemon juice, and mustard. Pulse until smooth. Transfer to a bowl, add the onion and herbs, and mix with a spoon. Refrigerate for 20 to 30 minutes, or until set. 2. Using a large spoon or an ice cream scoop, divide the mixture into 10 balls, about 40 g/1.4 ounces each. Roll each ball in the crushed pecans. Place each ball on a small lettuce leaf and serve. Keep the fat bombs refrigerated in a sealed container for up to 5 days.

**Per Serving (1 fat bomb):**

calories: 165 | fat: 12g | protein: 12g | carbs: 2g | fiber: 1g | sodium: 102mg

## Chicken-Pecan Salad Cucumber Bites

**Prep time: 15 minutes | Cook time: 0 minutes | Serves 2**

1 cup diced cooked chicken breast

2 tablespoons mayonnaise

¼ cup chopped pecans

¼ cup diced celery

Pink Himalayan salt

Freshly ground black pepper

1 cucumber, peeled and cut into ¼-inch slices

1. In a medium bowl, mix together the chicken, mayonnaise, pecans, and celery. Season with pink Himalayan salt and pepper. 2. Lay the cucumber slices out on a plate, and add a pinch of pink Himalayan salt to each. 3. Top each cucumber slice with a spoonful of the chicken-salad mixture and serve.

### **Per Serving**

calories: 323 | fat: 24g | protein: 23g | carbs: 6g | net carbs: 4g | fiber: 3g

# Cinnamon Bombs

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 8 bombs**

1/3 cup (85 g) smooth unsweetened nut or seed butter or coconut butter

3 tablespoons melted coconut oil, cacao butter, or ghee

3/4 teaspoon ground cinnamon

2 drops liquid stevia, or 2 teaspoons confectioners'-style erythritol

**SPECIAL EQUIPMENT (optional):**

Silicone mold with eight 1-tablespoon or larger cavities

1. Have on hand your favorite silicone mold. I like to use a large silicone ice cube tray and spoon 1 tablespoon of the mixture into each cavity, which Prep time: 5 minutes | Cook time: 0 minutes | Makes 4 ~~MAKES~~ 8 cubes total. If you do not have a silicone mold, making this into a bark works well, too. Simply use an 8-inch (20-cm) square silicone or metal baking pan; if using a metal pan, line it with parchment paper, draping some over the sides for easy removal. 2. Place all the ingredients in a medium-sized bowl and stir until well mixed and smooth. 3. Divide the mixture evenly among 8 cavities of the silicone mold or pour into the baking pan. Transfer to the fridge and allow to set for 15 minutes if using cacao butter or 30 minutes if using ghee or coconut oil. If using a baking pan, break the bark into 8 pieces for serving.

## **Per Serving**

calories: 134 | fat: 13g | protein: 3g | carbs: 3g | net carbs: 1g | fiber: 2g

# Mayo Chicken Celery

**Prep time: 15 minutes | Cook time: 15 minutes | Serves 4**

14 ounces (397 g) chicken breast, skinless, boneless

1 cup water

4 celery stalks

1 teaspoon salt

½ teaspoon onion powder

1 teaspoon mayonnaise

1. Combine all the ingredients except the mayo in the Instant Pot. 2. Secure the lid. Select the Manual mode and set the cooking time for 15 minutes at High Pressure. 3. Once cooking is complete, do a natural pressure release for 6 minutes, then release any remaining pressure. Carefully open the lid. 4. Remove the chicken and shred with two forks, then return to the Instant Pot. 5. Add the mayo and stir well. Serve immediately.

## **Per Serving**

calories: 119 | fat: 2.9g | protein: 21.4g | carbs: 0.7g | net carbs: 0.6g | fiber: 0.3g

## Baked Crab Dip

**Prep time: 15 minutes | Cook time: 25 minutes | Serves 4 to 6**

4 ounces cream cheese, softened

½ cup shredded Parmesan cheese, plus ½ cup extra for topping (optional) ⅓ cup mayonnaise

¼ cup sour cream

1 tablespoon chopped fresh parsley

2 teaspoons fresh lemon juice

1½ teaspoons Sriracha sauce

½ teaspoon garlic powder

8 ounces fresh lump crabmeat

Salt and pepper

1 Preheat the oven to 375°F. 2 Combine all the ingredients except for the crabmeat in a mixing bowl and use a hand mixer to blend until smooth. 3 Put the crabmeat in a separate bowl, check for shells, and rinse with cold water, if needed. Pat dry or allow to rest in a strainer until most of the water has drained. 4 Add the crabmeat to the bowl with the cream cheese mixture and gently fold to combine. Taste for seasoning and add salt and pepper to taste, if needed. Pour into an 8-inch round or square baking dish and bake for 25 minutes, until the cheese has melted and the dip is warm throughout. 5 If desired, top the dip with another ½ cup of Parmesan cheese and broil for 2 to 3 minutes, until the cheese has melted and browned slightly.

### **Per Serving**

calories: 275 | fat: 23g | protein: 16g | carbs: 1g | net carbs: 1g | fiber: 0g

## Easy Peasy Peanut Butter Cookies

**Prep time: 15 minutes | Cook time: 7 to 12 minutes | Makes 15 cookies**

½ cup coconut flour

¼ cup sugar-free sweetener

½ teaspoon baking soda

4 tablespoons (low-carb or handmade) peanut butter

2 tablespoons butter, at room temperature

2 large eggs

1 teaspoon vanilla extract

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper and set aside. 2. In a bowl, combine the flour, sweetener, and baking soda, mixing to blend. 3. Add the peanut butter, butter, eggs, and vanilla, and mix well to incorporate. 4. Drop by even spoonfuls onto the prepared baking sheet to make 15 cookies. 5. Using the back of a fork, press the cookies down a little and make decorative criss-cross marks. 6. Cook for 7 to 8 minutes for soft cookies or 10 to 12 minutes for crispy cookies.

**Per Serving (1 cookie):**

calories: 70 | fat: 5g | protein: 3g | carbs: 3g | net carbs: 2g | fiber: 1g

# Chapter 10 Staples, Sauces, Dips, and Dressings

## Ginger-Lime Dressing

**Prep time: 5 minutes | Cook time: 0 minutes | serves 8**

1 cup cold-pressed olive oil  
Juice of 3 limes  
2 inches fresh ginger, peeled  
1 teaspoon ground cumin  
½ teaspoon ground cardamom  
1 drop liquid stevia  
Sea salt

1. Combine all the ingredients in a high-powered blender and blend on high until thoroughly amalgamated and smooth. 2. Store the dressing in a covered container in the refrigerator for up to 1 week.

### **Per Serving**

calories: 245 | fat: 27g | protein: 0g | carbs: 1g | net carbs: 1g | fiber: 0g

## Dijon Vinaigrette

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

2 tablespoons Dijon mustard

Juice of ½ lemon

1 garlic clove, finely minced

1½ tablespoons red wine vinegar

Pink Himalayan salt

Freshly ground black pepper

3 tablespoons olive oil

1. In a small bowl, whisk the mustard, lemon juice, garlic, and red wine vinegar until well combined. Season with pink Himalayan salt and pepper, and whisk again. 2. Slowly add the olive oil, a little bit at a time, whisking constantly. 3. Keep in a sealed glass container in the refrigerator for up to 1 week.

### **Per Serving**

calories: 99 | fat: 11g | protein: 1g | carbs: 1g | net carbs: 1g | fiber: 1g

## Easy BBQ Sauce

**Prep time: 5 minutes | Cook time: 15 minutes | Makes about 2 cups**

1 cup tomato paste

1 cup water

½ cup granular erythritol

⅓ cup apple cider vinegar

2 tablespoons Worcestershire sauce

2 teaspoons chili powder

1 teaspoon smoked paprika

½ teaspoon garlic powder

½ teaspoon ground cinnamon

½ teaspoon salt

1. Place all the ingredients in a medium-sized saucepan. Bring to a simmer over medium heat, then continue to simmer, stirring occasionally, for 10 to 15 minutes. Remove from the heat and allow to cool before serving. Store in an airtight container in the refrigerator for up to a week.

### **Per Serving**

calories: 30 | fat: 0g | protein: 2g | carbs: 5g | net carbs: 3g | fiber: 2g

# Scampi Sauce

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 2 to 4**

6 tablespoons olive or avocado oil, butter-flavored coconut oil, or melted grass-fed butter or ghee

2 tablespoons white wine

¼ cup minced shallots

4 garlic cloves, minced

2½ tablespoons chopped fresh parsley

½ tablespoon chopped fresh rosemary

½ teaspoon red pepper flakes

1 egg yolk

Zest of 1 lemon

Salt and freshly ground black pepper, to taste

2 pounds (907 g) cooked protein or vegetables of choice, for serving

1. In a bowl, whisk the oil or melted butter with the white wine, shallots, garlic, parsley, rosemary, red pepper flakes, egg yolk, lemon zest, and salt and pepper to taste. Serve the scampi sauce over whatever cooked protein or vegetables you'd like.

## **Per Serving**

calories: 205 | fat: 21g | protein: 1g | carbs: 3g | net carbs: 3g | fiber: 0g

## Spicy and Sweet Hamburger Seasoning

**Prep time: 5 minutes | Cook time: 0 minutes | Makes ½ cup plus 3 tablespoons**

¼ cup paprika

1 tablespoon plus 2 teaspoons fine sea salt

1 tablespoon plus 1 teaspoon freshly ground black pepper

1 tablespoon plus 1 teaspoon Swerve confectioners'-style sweetener or equivalent amount of powdered erythritol or monk fruit

1 tablespoon plus 1 teaspoon garlic powder

1 tablespoon plus 1 teaspoon onion powder

1 teaspoon cayenne pepper

1. Place all the ingredients in a large airtight container and shake until well combined. Store in the pantry for up to 2 months.

### **Per Serving**

calories: 8 | fat: 0g | protein: 0g | carbs: 2g | net carbs: 1g | fiber: 1g

## Honey Mustard Dressing & Marinade

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 1¾ cups**

1 cup (240 ml) light-tasting oil, such as avocado oil or light olive oil

¼ cup (60 ml) apple cider vinegar

¼ cup (52 g) Dijon mustard

2 tablespoons lemon juice

1 tablespoon plus 1 teaspoon honey

½ teaspoon finely ground sea salt

1. Place all the ingredients in an 18-ounce (530-ml) or larger airtight container. Cover and shake until incorporated. 2. When ready to serve, give the container a little shake and enjoy.

### **Per Serving**

calories: 74 | fat: 8g | protein: 0g | carbs: 1g | net carbs: 1g | fiber: 0g

# Caesar Dressing

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

½ cup mayonnaise

1 tablespoon Dijon mustard

Juice of ½ lemon

½ teaspoon Worcestershire sauce

Pinch pink Himalayan salt

Pinch freshly ground black pepper

¼ cup grated Parmesan cheese

1. In a medium bowl, whisk together the mayonnaise, mustard, lemon juice, Worcestershire sauce, pink Himalayan salt, and pepper until fully combined.
2. Add the Parmesan cheese, and whisk until creamy and well blended.
3. Keep in a sealed glass container in the refrigerator for up to 1 week.

## **Per Serving**

calories: 222 | fat: 23g | protein: 2g | carbs: 2g | net carbs: 2g | fiber: 0g

# Microwave Keto Bread

**Prep time: 5 minutes | Cook time: 1 minute | Makes 1 roll or 2 thin slices**

1 large egg

3 tablespoons almond flour

1 tablespoon extra-virgin olive oil

¼ teaspoon baking powder

⅛ teaspoon salt

1. In a microwave-safe ramekin, small bowl, or mug, beat the egg. Add the almond flour, olive oil, baking powder, and salt and mix well with a fork. 2. Microwave on high for 90 seconds. 3. Slide a knife around the edges of the ramekin and flip to remove the bread. 4. Slice the bread in half with a serrated knife if you want to use it to make a sandwich.

## **Per Serving**

calories: 264 | fat: 24g | protein: 9g | carbs: 4g | net carbs: 2g | fiber: 2g

# Avocado Crema

**Prep time: 10 minutes | Cook time: 0 minutes | Makes  $\frac{3}{4}$  cup**

1 medium avocado, peeled, pitted, and halved

$\frac{1}{3}$  cup full-fat coconut milk

$\frac{1}{4}$  teaspoon ground cumin

$\frac{1}{4}$  teaspoon sea salt

Juice from 1 lime

$\frac{1}{8}$  teaspoon cayenne pepper (optional)

1. Place all of the ingredients in a food processor or blender and blend until smooth. 2. Store in an airtight glass container in the refrigerator for up to 3 days.

## **Per Serving**

calories: 65 | fat: 6g | protein: 1g | carbs: 3g | net carbs: 1g | fiber: 2g

# Easy Peasy Garlicky Pesto

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 1 cup**

2 cups (packed) fresh basil leaves

½ cup pine nuts

½ cup freshly grated Parmesan cheese

4 garlic cloves

½ cup extra-virgin olive oil

Pinch ground nutmeg

Sea salt and freshly ground pepper, to taste

1. In a food processor, combine all of the ingredients. Process until smooth.
2. Store in an airtight container to keep the pesto green for a few days, or freeze it for up to 1 month.

**Per Serving** 2 tablespoons: calories: 200 | fat: 20g | protein: 3g | carbs: 2g | net carbs: 1g | fiber: 1g

# Pea-NOT Sauce

**Prep time: 10 minutes | Cook time: 0 minutes | Makes about 1 cup**

½ cup raw almond butter

½ cup full-fat coconut milk

2 large garlic cloves, finely minced

Juice of 1 small lime

2 tablespoons tamari (gluten-free soy sauce)

1 tablespoon grated fresh ginger

½ tablespoon toasted sesame oil

½ tablespoon avocado oil

¼ teaspoon red pepper flakes (optional)

1. Mix all the ingredients in a medium bowl, or use a small food processor or an immersion blender. Store in an airtight container in the refrigerator. Finish within 2 to 3 weeks.

## **Per Serving**

calories: 153 | fat: 13g | protein: 4g | carbs: 5g | net carbs: 3g | fiber: 2g

## Burger Sauce

**Prep time: 2 minutes | Cook time: 0 minutes | Makes about ½ cup**

¼ cup mayonnaise

2 tablespoons sugar-free ketchup

2 tablespoons yellow mustard

1 tablespoon dill relish

1. In a small bowl, combine the mayonnaise, ketchup, mustard, and relish; mix until well blended.

**Per Serving (2 tablespoons):**

calories: 101 | fat: 11g | protein: 1g | carbs: 1g | net carbs: 0g | fiber: 1g

## Chive Macadamia “Cheese”

**Prep time: 5 minutes | Cook time: 0 minutes | Makes about 1½ cups**

2 cups raw macadamia nuts

2 tablespoons fresh lemon juice

¼ teaspoon fine sea salt

¼ teaspoon black pepper

¼ teaspoon onion powder

¼ teaspoon garlic powder

1 to 2 tablespoons warm water

3 to 4 tablespoons minced fresh chives

1. Using a high-powered blender or food processor, blend the macadamias, lemon juice, salt, pepper, onion powder, and garlic powder until it becomes a thick, chunky paste. Scrape down the sides as needed. 2. With the blender or food processor running, slowly add the water until mixture is desired consistency. You can stop when the “cheese” is still slightly textured or continue blending until very smooth. 3. Add in the fresh chives and pulse a few times to combine.

### **Per Serving**

calories: 347 | fat: 34g | protein: 4g | carbs: 4g | net carbs: 1g | fiber: 3g

# Apple Cider Dressing

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 2**

2 tablespoons apple cider vinegar

1/3 lemon, juiced

1/3 lemon, zested

Salt and freshly ground black pepper, to taste

1. In a jar, combine the vinegar, lemon juice, and zest. Season with salt and pepper, cover, and shake well.

## **Per Serving**

calories: 7 | fat: 0g | protein: 0g | carbs: 1g | fiber: 0g | sodium: 1mg

## Coconut-Curry Simmer Sauce

**Prep time: 5 minutes | Cook time: 5 minutes | Makes 2 cups**

1 (14½-ounce / 411-g) can full-fat coconut milk

Zest and juice of 1 lime

2 tablespoons curry powder

1 tablespoon soy sauce

1 teaspoon ground ginger

1 teaspoon garlic powder

½ to 1 teaspoon cayenne pepper

1. Whisk all the ingredients in a small saucepan over medium-high heat and bring just below a boil. Remove from heat and allow to cool to room temperature. The sauce will keep, tightly covered in the refrigerator, for up to 1 week.

### **Per Serving**

calories: 221 | fat: 22g | protein: 3g | carbs: 7g | net carbs: 5g | fiber: 2g

# Chicken Liver Pâté

**Prep time: 10 minutes | Cook time: 15 minutes | Makes about 2 cups**

½ pound (227 g) chicken livers  
6 tablespoons butter  
2 tablespoons bacon fat  
½ small onion, minced  
1 large garlic clove, minced  
2 tablespoons red wine vinegar  
1 tablespoon balsamic vinegar  
1 teaspoon Dijon mustard  
½ tablespoon minced fresh rosemary  
Salt and pepper, to taste  
Flaky salt (like Maldon), to garnish

1. Remove any stringy or membranous parts from the livers. Melt 2 tablespoons of the butter and the bacon fat in a medium skillet over medium heat. Add the onion and the livers and sauté for 6 to 8 minutes, until the onion is soft and the livers are browned. 2. Add garlic and sauté for 1 minute more. Turn the heat down slightly and add both vinegars, the mustard, and rosemary. Cook until the liquid is mostly evaporated and livers are cooked through, about 5 more minutes. 3. Transfer everything in skillet to a food processor. Pulse a few times to combine. Scrape down the sides of the bowl and add 2 tablespoons of the butter. Process until mostly smooth. Scrape down the sides again. Add the remaining 2 tablespoons butter and process until very smooth. 4. Taste and add salt and pepper as necessary. Transfer the paste to individual ramekins and cover with plastic wrap, then refrigerate. Before serving, sprinkle each ramekin with a little bit of flaked sea salt.

## **Per Serving**

calories: 322 | fat: 28g | protein: 14g | carbs: 2g | net carbs: 2g | fiber: 0g

## Marinated Artichokes

**Prep time: 10 minutes | Cook time: 0 minutes | Makes 2 cups**

2 (1<sup>3</sup>/<sub>4</sub>-ounce / 390-g) cans artichoke hearts, drained and quartered

<sup>3</sup>/<sub>4</sub> cup extra-virgin olive oil

4 small garlic cloves, crushed with the back of a knife

1 tablespoon fresh rosemary leaves

2 teaspoons chopped fresh oregano or 1 teaspoon dried oregano

1 teaspoon red pepper flakes (optional)

1 teaspoon salt

1. In a medium bowl, combine the artichoke hearts, olive oil, garlic, rosemary, oregano, red pepper flakes (if using), and salt. Toss to combine well. 2. Store in an airtight glass container in the refrigerator and marinate for at least 24 hours before using. Store in the refrigerator for up to 2 weeks.

**Per Serving (1/4 cup):**

calories: 228 | fat: 20g | protein: 3g | carbs: 11g | fiber: 5g | sodium: 381mg

## Basic Greek Vinaigrette

**Prep time: 5 minutes | Cook time: 0 minutes | Makes ½ cup**

⅓ cup olive oil

1 tablespoon red wine vinegar

1 tablespoon lemon juice

1 teaspoon Dijon mustard

½ teaspoon dried oregano

¼ teaspoon garlic powder

¼ teaspoon sea salt

⅛ teaspoon black pepper

1. In a small bowl, whisk together all the ingredients until smooth.

### **Per Serving**

calories: 162 | fat: 18g | protein: 0g | carbs: 0g | net carbs: 0g | fiber: 0g

# Sriracha Mayo

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

½ cup mayonnaise

2 tablespoons Sriracha sauce

½ teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon paprika

1. In a small bowl, whisk together the mayonnaise, Sriracha, garlic powder, onion powder, and paprika until well mixed. 2. Pour into an airtight glass container, and keep in the refrigerator for up to 1 week.

## **Per Serving**

calories: 201 | fat: 22g | protein: 1g | carbs: 2g | net carbs: 1g | fiber: 0g

# Garlic Aioli

**Prep time: 5 minutes | Cook time: 0 minutes | Serves 4**

½ cup mayonnaise

2 garlic cloves, minced

Juice of 1 lemon

1 tablespoon chopped fresh flat-leaf Italian parsley

1 teaspoon chopped chives

Pink Himalayan salt

Freshly ground black pepper

1. In a food processor (or blender), combine the mayonnaise, garlic, lemon juice, parsley, and chives, and season with pink Himalayan salt and pepper. Blend until fully combined. 2. Pour into a sealed glass container and chill in the refrigerator for at least 30 minutes before serving. (This sauce will keep in the fridge for up to 1 week.)

## **Per Serving**

calories: 204 | fat: 22g | protein: 1g | carbs: 3g | net carbs: 2g | fiber: 1g

## Miso-Ginger Dressing

**Prep time: 10 minutes | Cook time: 0 minutes | Serves 4**

1 tablespoon unseasoned rice vinegar

1 tablespoon red or white miso

1 teaspoon grated fresh ginger

1 garlic clove, minced

3 tablespoons extra-virgin olive oil

1. In a small bowl, combine the vinegar and miso into a paste. Add the ginger and garlic, and mix well. While whisking, drizzle in the olive oil. 2. Store in the refrigerator in an airtight container for up to 1 week.

### **Per Serving**

calories: 100 | fat: 10g | protein: 1g | carbs: 2g | fiber: 0g | sodium: 159mg

# Seedy Crackers

**Prep time: 25 minutes | Cook time: 15 minutes | Makes 24 crackers**

1 cup almond flour

1 tablespoon sesame seeds

1 tablespoon flaxseed

1 tablespoon chia seeds

¼ teaspoon baking soda

¼ teaspoon salt

Freshly ground black pepper

1 large egg, at room temperature

1. Preheat the oven to 350°F (180°C). 2. In a large bowl, combine the almond flour, sesame seeds, flaxseed, chia seeds, baking soda, salt, and pepper and stir well. 3. In a small bowl, whisk the egg until well beaten. Add to the dry ingredients and stir well to combine and form the dough into a ball. 4. Place one layer of parchment paper on your counter-top and place the dough on top. Cover with a second layer of parchment and, using a rolling pin, roll the dough to ⅛-inch thickness, aiming for a rectangular shape. 5. Cut the dough into 1- to 2-inch crackers and bake on parchment until crispy and slightly golden, 10 to 15 minutes, depending on thickness. Alternatively, you can bake the large rolled dough prior to cutting and break into free-form crackers once baked and crispy. 6. Store in an airtight container in the fridge for up to 1 week.

**Per Serving (2 crackers):**

calories: 65 | fat: 5g | protein: 3g | carbs: 2g | fiber: 2g | sodium: 83mg

# Tangy Citrus-Poppyseed Dressing

**Prep time: 5 minutes | Cook time: 0 minutes | Makes about 1 cup**

½ cup mayonnaise

2 tablespoons buttermilk, shaken

2 tablespoons sour cream

Zest and juice of 1 small orange (about ¼ cup juice)

1 to 2 teaspoons sugar-free sweetener of choice (optional)

1 teaspoon dried tarragon

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1 tablespoon poppy seeds

1. In a canning jar or small bowl, combine the mayonnaise, buttermilk, sour cream, orange zest and juice, sweetener (if using), tarragon, salt, and pepper and whisk well. 2. Add the poppy seeds and shake or whisk until well combined and smooth. The dressing will keep covered tightly in the refrigerator for up to 1 week. Shake or whisk again before serving.

## **Per Serving**

calories: 112 | fat: 11g | protein: 1g | carbs: 2g | net carbs: 2g | fiber: 0g

# Garlic-Rosemary Infused Olive Oil

**Prep time: 5 minutes | Cook time: 45 minutes | Makes 1 cup**

1 cup extra-virgin olive oil

4 large garlic cloves, smashed

4 (4- to 5-inch) sprigs rosemary

1. In a medium skillet, heat the olive oil, garlic, and rosemary sprigs over low heat. Cook until fragrant and garlic is very tender, 30 to 45 minutes, stirring occasionally. Don't let the oil get too hot or the garlic will burn and become bitter. 2. Remove from the heat and allow to cool slightly. Remove the garlic and rosemary with a slotted spoon and pour the oil into a glass container. Allow to cool completely before covering. Store covered at room temperature for up to 3 months.

**Per Serving (1/8 cup):**

calories: 241 | fat: 27g | protein: 0g | carbs: 1g | fiber: 0g | sodium: 1mg

# Healthy Homemade Mayonnaise

**Prep time: 15 minutes | Cook time: 0 minutes | Makes  $\frac{3}{4}$  cup**

2 large egg yolks

1 tablespoon fresh lemon juice

1 teaspoon gluten-free Dijon mustard

$\frac{3}{4}$  cup avocado oil, olive oil, or a blend of the two

1. In a medium-sized mixing bowl, whisk together the egg yolks, lemon juice, and mustard until blended and bright yellow, about 30 seconds. 2. Add  $\frac{1}{4}$  cup of the oil to the yolk mixture a few drops at a time, whisking constantly. Gradually add the remaining oil in slow, thin streams, whisking constantly, until the mayonnaise is thick and lighter in color. 3. Store in the refrigerator for up to a week.

## **Per Serving**

calories: 172 | fat: 19g | protein: 1g | carbs: 0g | net carbs: 0g | fiber: 0g

## Herby Vinaigrette & Marinade

**Prep time: 5 minutes | Cook time: 0 minutes | Makes 1⅓ cups**

1 cup (240 ml) light-tasting oil, such as avocado oil or light olive oil

¾ cup (180 ml) apple cider vinegar

4 cloves garlic

¼ cup (45 g) fresh rosemary leaves

2 tablespoons fresh oregano leaves

1 (½-oz/14-g) packet fresh chives

1 teaspoon finely ground sea salt

1 teaspoon ground black pepper

8 drops oregano oil, or 2 tablespoons additional fresh oregano leaves

1. Place all the ingredients in a food processor or blender. Blend until smooth. 2. Use immediately or transfer to a 14-ounce (415-ml) or larger airtight container for later use. 3. When ready to serve, give the container a little shake and enjoy.

### **Per Serving**

calories: 93 | fat: 10g | protein: 0g | carbs: 1g | net carbs: 1g | fiber: 1g

# Smoked Salmon Spread

**Prep time: 10 minutes | Cook time: 0 minutes | Makes about 2½ cups**

4 tablespoons (½ stick) butter, at room temperature

1 tablespoon extra-virgin olive oil

2 tablespoons minced fresh chives

2 tablespoons drained capers

2 tablespoons fresh lemon juice

8 ounces (227 g) boneless, skinless salmon fillet, cooked

4 ounces (113 g) smoked salmon, diced small

Salt and pepper, to taste

1. In a medium bowl, mash the butter and olive oil together with a fork. Stir in the chives, capers, and lemon juice. 2. Use a fork to flake the cooked salmon and add it to the butter mixture. Add the smoked salmon and mix well, mashing slightly. Pack into a bowl, cover, and refrigerate until ready to use.

## **Per Serving**

calories: 83 | fat: 6g | protein: 7g | carbs: 1g | net carbs: 1g | fiber: 0g

## “Honey” Mustard

**Prep time: 5 minutes | Cook time: 0 minutes | Makes ½ cup**

¼ cup mayonnaise

2 tablespoons yellow mustard

2 tablespoons allulose

1. In a small bowl, combine the mayonnaise, mustard, and allulose. Using a small whisk, mix the sauce until the allulose is completely dissolved, then use as desired.

**Per Serving (2 tablespoons):**

calories: 98 | fat: 11g | protein: 0g | carbs: 1g | net carbs: 1g | fiber: 0g

# Tennessee Dry Rub

**Prep time: 5 minutes | Cook time: 0 minutes | Makes about ¼ cup**

2 tablespoons brown sugar substitute

1 tablespoon smoked paprika

2 teaspoons ground black pepper

1 teaspoon ground cumin

1 teaspoon dried ground oregano

1 teaspoon salt

½ teaspoon onion powder

¼ teaspoon cayenne pepper

1. In a small bowl, stir the ingredients together until well combined. Store in a jar with a lid. Shake before use.

## **Per Serving**

calories: 65 | fat: 2g | protein: 3g | carbs: 13g | net carbs: 6g | fiber: 7g

## Any-Herb Pesto

**Prep time: 5 minutes | Cook time: 0 minutes | Makes about 1 cup**

4 cups packed baby arugula leaves

1 cup packed basil leaves

1 cup walnuts, chopped

½ cup shredded Parmesan cheese

2 small garlic cloves, peeled and smashed

½ teaspoon salt

¾ cup extra-virgin olive oil

1. In a food processor, pulse the arugula, basil, walnuts, cheese, and garlic until very finely chopped. Add the salt. With the processor running, stream in the olive oil until well blended and smooth. 2. Transfer the mixture to a glass container and store, tightly covered in the refrigerator, for up to 2 weeks.

### **Per Serving**

calories: 305 | fat: 32g | protein: 4g | carbs: 4g | net carbs: 3g | fiber: 1g

# **Appendix 1 Measurement Conversion**

## **Chart**

# MEASUREMENT CONVERSION CHART

## VOLUME EQUIVALENTS(DRY)

US STANDARD	METRIC (APPROXIMATE)
1/8 teaspoon	0.5 mL
1/4 teaspoon	1 mL
1/2 teaspoon	2 mL
3/4 teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
1/4 cup	59 mL
1/2 cup	118 mL
3/4 cup	177 mL
1 cup	235 mL
2 cups	475 mL
3 cups	700 mL
4 cups	1 L

## WEIGHT EQUIVALENTS

US STANDARD	METRIC (APPROXIMATE)
1 ounce	28 g
2 ounces	57 g
5 ounces	142 g
10 ounces	284 g
15 ounces	425 g
16 ounces (1 pound)	455 g
1.5 pounds	680 g
2 pounds	907 g

## VOLUME EQUIVALENTS(LIQUID)

US STANDARD	US STANDARD (OUNCES)	METRIC (APPROXIMATE)
2 tablespoons	1 fl.oz.	30 mL
1/4 cup	2 fl.oz.	60 mL
1/2 cup	4 fl.oz.	120 mL
1 cup	8 fl.oz.	240 mL
1 1/2 cup	12 fl.oz.	355 mL
2 cups or 1 pint	16 fl.oz.	475 mL
4 cups or 1 quart	32 fl.oz.	1 L
1 gallon	128 fl.oz.	4 L

## TEMPERATURES EQUIVALENTS

FAHRENHEIT(F)	CELSIUS(C) (APPROXIMATE)
225 °F	107 °C
250 °F	120 °C
275 °F	135 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	205 °C
425 °F	220 °C
450 °F	235 °C
475 °F	245 °C
500 °F	260 °C

# Appendix 2 The Dirty Dozen and Clean Fifteen

## The Dirty Dozen and Clean Fifteen

The Environmental Working Group (EWG) is a nonprofit, nonpartisan organization dedicated to protecting human health and the environment. Its mission is to empower people to live healthier lives in a healthier environment. This organization publishes an annual list of the twelve kinds of produce, in sequence, that have the highest amount of pesticide residue—the Dirty Dozen—as well as a list of the fifteen kinds of produce that have the least amount of pesticide residue—the Clean Fifteen.

THE DIRTY DOZEN	THE CLEAN FIFTEEN																														
<ul style="list-style-type: none"><li>The 2016 Dirty Dozen includes the following produce. These are considered among the year's most important produce to buy organic:</li></ul>	<ul style="list-style-type: none"><li>The least critical to buy organically are the Clean Fifteen list. The following are on the 2016 list:</li></ul>																														
<table border="0"><tr><td>Strawberries</td><td>Spinach</td></tr><tr><td>Apples</td><td>Tomatoes</td></tr><tr><td>Nectarines</td><td>Bell peppers</td></tr><tr><td>Peaches</td><td>Cherry tomatoes</td></tr><tr><td>Celery</td><td>Cucumbers</td></tr><tr><td>Grapes</td><td>Kale/collard greens</td></tr><tr><td>Cherries</td><td>Hot peppers</td></tr></table>	Strawberries	Spinach	Apples	Tomatoes	Nectarines	Bell peppers	Peaches	Cherry tomatoes	Celery	Cucumbers	Grapes	Kale/collard greens	Cherries	Hot peppers	<table border="0"><tr><td>Avocados</td><td>Papayas</td></tr><tr><td>Corn</td><td>Kiw</td></tr><tr><td>Pineapples</td><td>Eggplant</td></tr><tr><td>Cabbage</td><td>Honeydew</td></tr><tr><td>Sweet peas</td><td>Grapefruit</td></tr><tr><td>Onions</td><td>Cantaloupe</td></tr><tr><td>Asparagus</td><td>Cauliflower</td></tr><tr><td>Mangos</td><td></td></tr></table>	Avocados	Papayas	Corn	Kiw	Pineapples	Eggplant	Cabbage	Honeydew	Sweet peas	Grapefruit	Onions	Cantaloupe	Asparagus	Cauliflower	Mangos	
Strawberries	Spinach																														
Apples	Tomatoes																														
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Cabbage	Honeydew																														
Sweet peas	Grapefruit																														
Onions	Cantaloupe																														
Asparagus	Cauliflower																														
Mangos																															
<ul style="list-style-type: none"><li>The Dirty Dozen list contains two additional items: kale/collard greens and hot peppers—because they tend to contain trace levels of highly hazardous pesticides.</li></ul>	<ul style="list-style-type: none"><li>Some of the sweet corn sold in the United States are made from genetically engineered (GE) seedstock. Buy organic varieties of these crops to avoid GE produce.</li></ul>																														