



WEIGHT LOSS



#2019-2020



QUICK AND EASY



THE BIG BOOK OF **KETO DIET** COOKING

**S.J. COOK
ALEXA COOK**



200
**QUICK & EASY
KETO RECIPES**

**THE BIG BOOK of
KETO DIET
COOKING:**

*200 Quick & Easy Ketogenic Recipes and
Easy 5-Week Meal Plans
for a Healthy Keto Lifestyle*

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THIS BOOK IS DEDICATED TO MY LITTLE PRINCESS.
NEVER GIVE UP, BELIEVE IN YOURSELF AND YOUR
POWER, AND YOU WILL SUCCEED.

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Introduction

Do you know that you can supercharge your energy with just changing your diet? What about losing fat too? With ketogenic diet is possible. This diet will help you start losing weight rapidly.

But, do you remember the days when you were on a different diet and the hungry feeling that it just doesn't go away? With this diet, you won't feel hungry because you are able to eat fatty foods that will keep you full the whole day.

Being healthy and still lose weight is something that not all diets offer, but keto does. Read on about everything you need to know when starting on keto and the best part you will get a meal plan with the recipes too. Delicious and healthy, amazing right?

Chapter 1 - How Ketogenic Diet Works

Thanks to Dr. Russell Wilder, today, you can start a diet that will make you healthier and help you lose weight in a short period of time. This diet began about 70 years and is practiced in hospitals to ease the symptoms of some diseases. It is also for people that are overweight.

When going on a diet that is new to you, it is important to know everything about it, i.e., how it works and how it can help you lose weight. Knowing how your body is affected by it will help you handle it more easily. Not many diets that can be found on the Internet today are explained regarding how they function, which is why many people get negative results and why they also lose their health.

Ketosis and Ketones - How Everything Works

The ketogenic diet is known by other names as well including: LCHF (low carb high fat), low carb diet, keto diet, etc. It is a diet that is based on eating food that is fatty but low in carbs. This means that the body needs another source to get the energy to function correctly. So, this is where ketones come into play. Ketones are produced by our organization in the liver and are the primary energy source when a person is on a ketogenic diet.

When the intake of carbs is lowered, the body goes into a state that is known as ketosis. When the body gets a signal that it needs another source of energy to survive, ketosis starts. This is a natural process. More importantly, this process is not because the body is starving for calories, but because it is starving for carbohydrates.

When one's blood sugar is at high levels, it triggers hunger and alerts the body's fat storage signals. Sugar is definitely toxic to you, and that is why the body has to do something with the excess you are consuming. In a "normal" diet, sugar is turned into fat, and that is why excess sugar makes you fat.

Now think of yourself. Being on a keto diet, you are avoiding carbs, keeping your protein levels regulated, and you are getting good levels of fat. So, assuming that you are eating quality

veggies, fats, and proteins, you are actually getting everything that you need not to "starve." Furthermore, you are stabilizing your blood sugar.

By following this type of diet, (low carbohydrate, moderate protein, and high fat) you will induce ketosis. Then, your body's main job is to create ketones to use them for energy because of the absence of glucose for the main interest of the body is to burn fat.

Ketosis, Health, and Disease Treatment

Besides burning fat when the ketosis is working, it is also beneficial for overall health and some diseases treatments. One of the many exciting areas of the ketosis study is its connection to starving cancer cells.

Almost all types of cancers feed on glucose, and this leads to the question: “What would happen if the glucose intake stopped?” The answer is simple: healthy cells will start using ketones for fuel. This simply means that cancer cells don’t use the ketones for fuel, but the exact opposite: they starve.

“Your normal cells have the metabolic flexibility to adapt from using glucose to using ketone bodies. However, cancer cells lack this metabolic flexibility. So we can exploit that,”

Dr. D’Agostino

Another area that the ketogenic diet is used for is for the treatment of Diabetes since type I and type II respond very well when being in ketosis. Remember that this is different from the ketoacidosis condition, which is a condition that is dangerous for type 1 diabetics.

There are about ten other diseases that use the ketogenic diet as treatment, but our focus is not about them. Regardless, here are few diseases that get benefits from the diet: Epilepsy,

Parkinson's Disease, and Alzheimer's Disease.

There is a lot of evidence that points to ketosis as being the best and the safest diet you can go with. However, it is essential to know the balance to follow a diet plan that will give you the right nutrients.

Don't think that eating fast food and ordering beef without the bun will help you lose weight or that the keto diet is about that. The quality of your food matters because nutrition is important too.

The Benefits of Keto Diet

When I was explaining how this diet works, I listed some of the benefits that come when being on this diet. However, I will now only tell you about the benefits as they are the reason why this diet is practiced by many people around the world and we all first look at the benefits.

Benefit 1

The main advantage that ketosis brings is the body's increased ability to use fat as fuel because it gets lazy when a person is on a high carb diet. When the body is on a high carb diet, the body is always getting a new source of energy. However, when the ketosis starts, the body mobilizes fats for energy.

Benefit 2

Ketosis has the effect of protein-sparing, but by assuming that, you get the right quantities of calories and proteins – 0.7 grams for one pound per day. When in ketosis, the body prefers ketones over glucose. Then, if there is a right amount of fat, there is no need for the proteins to be oxidized and to generate the glucose through the gluconeogenesis.

Benefit 3

Another fantastic benefit that everyone gets from this diet is the low levels of insulin, and the fact that it causes greater lipolysis.

In a normal diet, insulin levels can range from 80-120, and it has a blocking effect that blocks the use of fatty acids to be transformed into energy.

Benefits 4

This benefit might seem small, but it is essential. Essentially, because of the high intake of protein, the appetite is suppressed. Conversely, a diet that is based on high-level carbohydrates increase hunger. While on a keto diet, because you will be ingesting a lot of fat, it means nine calories per gram, so you won't get a lot of food volume. You don't have to be hungry when on a lower calorie diet.

Benefit 5

Studies have shown that those who are on low-carb diets can lose a lot more weight and a lot faster too. One of the many reasons is that the low-carb intake helps to reduce excess water in the body. Plus, because of the low insulin levels, excess sodium is shredded from the kidneys.

Benefit 6

It is well known that Triglycerides are lowered when people cut down on their carb intake. This is because triglycerides are fat molecules, and diets that are low-fat cause these molecules to go up.

Benefit 7

HDL (High-Density Lipoprotein) is also called "good" cholesterol and is increased on the keto diet. The "bad" cholesterol,

LDL, takes the cholesterol from the liver and spreads it out in the body whereas HDL carries it away from the liver and body so that it can be excreted or reused. So, the higher the levels of HDL are, the lower the risk of heart diseases.

Chapter 2 - Starting the Diet Plan

Before starting your diet, you have to be prepared. The keto diet gives you open arms, and you can choose things like whether you will count calories or not. To begin, like for many other things, you must prepare yourself and your environment before starting something new. Thus, there are a few simple things that you have to do when you are starting the keto diet. Planning is the key when you are setting a goal that you really want to achieve.

Preparing Yourself

It is ideal to start by slowly cutting out your favorite foods, especially those that have many carbs, and replace them with something similar but with fewer carbs. Start your changes 1-2 weeks before you start your ketogenic diet. Furthermore, don't worry if you are allergic to something because you are going to plan the menu, so you can add the food that suits you.

1. Start Slowly

Change is not easy and taking baby steps will help you quickly start and finish your diet. Take a week or so to get used to the new changes, food, and restrictions that you are going to have. Keep your goal in mind, and don't stop working hard.

An excellent way to start is to rid your kitchen of the food and drinks that are not suitable for the diet, but give away the food that you won't need - don't throw it away. Next, go shopping with a grocery list that is based on your meal plan and don't buy anything that will make you step off the program. After you stock your fridge and cupboards, you are ready to start.

2. Be Realistic

Most people who are starting a new lifestyle tend to run away from it, so it's important that you don't set goals that you can't achieve. You have to be prepared to replace your diet before starting. The keto diet plan guarantees you to lose 30 pounds in just

30 days, but if you are not ready, you will sneak and eat something that you should not, and this won't help in losing weight.

3. Don't Punish Yourself

There will be days that you will make mistakes, but remember that one or two errors won't be something to ruin your plan. Think of them as good lessons. Don't be so hard on yourself, and when you see that you are getting better and better at following the plan, you can always reward yourself.

Rewards are a way to stay motivated, and motivation is the number one thing that you need to go on your path so that when slip-ups happen, you can pick up yourself and get back on track. Use the slip up to learn why you made your mistake.

4. Make it more fun

By having someone to follow the diet with you, it will be a lot more fun and you will also have the support that you need. It can be a relative or friend that joins you, or just someone that means a lot to you. Together, you will be each other's support, inspiration, and encouragement regularly, especially when things become tougher.

5. Ask yourself

When you are finished with planning your meals and when you think that you are ready to ask yourself the following questions, then you can make sure that you are 100% ready to start:

- Are you prepared to start?
- Is the motivation coming from inside of you?

- Can you deal with occasional slip-ups?
- Can you focus on the weight loss entirely?

If you have any distractions that you think will affect your diet, then don't start before you deal with them. It will be better to start when the problematic issues are gone rather than trying to get refocused when you are dieting.

Stopping Your Sugar Cravings

When your sugar lowers, your body will start to crave for something sweet. Well, the cravings are not there because your body wants it, but because your brain tells you that you do. The hunger is the real sense when you need something to eat and not the craving.

1. When the Craving Comes

When you start to have cravings for chocolate or anything sweet, you have to see if it's real hunger that is sending the message or if it is your brain that is still not used to not eating sweets. If you know that you are hungry and it is not time for a meal, have a small, keto based snack.

2. Hot Shower

One effective way to take away the cravings is to take a hot shower. The water should not be hot enough to burn the skin, but comfortable. Let the water to run down your back and shoulders so that it heats you and stay about ten days. When you are finished,

you will feel “dazed” as if you are in the sauna.

3. Distance Yourself

Another way to get rid of cravings is by going outside for a good walk. If you usually run as your exercise, it will be even better. This makes a two-fold purpose. The first is that you are distancing yourself from what you are craving, and the second is that with good exercise, endorphins will be released. This is a chemical in the brain that helps with turning your cravings off.

What Can You Eat?

In short, you can only eat REAL food, and the only limitations are in the carb content as well as processed foods that may have coloring and preservatives. As you know by now, the keto diet is not just to lose weight, but to also to have a healthier body.

1. Oils and Fats – These will be your most used food items in the daily calorie consumption, so you can choose according to your dislikes and likes. You can combine them in different ways when cooking, making salads, sauces, or just as a topping. Good fats are vital for you, though few oils and fats are part of the keto diet. Avoiding unhealthy ones is very easy.

- Saturated Fats – You can use lard, coconut oil, ghee, and butter.
- Monosaturated Fats – macadamia nuts, avocado, and olive oils.
- Polyunsaturated Fats – It is important to understand the difference. Natural polyunsaturated fats found in fatty fish and animal protein are great and they should be part of your diet plan; however, processed fats like margarine spreads are not good for you.
- Trans Fats – You should definitely avoid these as

they are chemically altered in order to improve their shelf life. You should also avoid hydrogenated fats like margarine as they can increase your risk of having heart disease.

Ideal Oils and Fats:

- MCT Oil
- Macadamia Oil
- Avocado Oil
- Coconut Oil
- Olive Oil
- Cocoa Butter
- Coconut Butter
- Mayonnaise
- Ghee/Butter
- Brazil/Macadamia Buts
- Egg Yolks
- Avocados
- Tallow
- Lard
- Animal Fat (none-hydrogenated)
- Fatty Fish

Cook With	Drizzle With	Top With / Mix With
Lard	Egg Yolk	Butter
Tallow	Olive Oil	Cocoa Butter

2. Protein – Even though most protein sources are good for the keto diet, you still have to keep in mind that consuming too much protein will lower your ketosis levels. If possible, you should also opt for grass-fed, pasture-raised protein sources since they will minimize the steroid hormone and bacteria intake.

- **Fish:** It's best to have wild-caught fish such as mahi-mahi, mackerel, halibut, flounder, cod, catfish, tuna, trout, snapper, and salmon. The fattier the fish, the better.
- **Shellfish:** Squid, mussels, scallops, crab, lobster, oysters, and clams.
- **Whole Eggs:** It's best to find free-range eggs. You can prepare them as you like, i.e., scrambled, poached, boiled, deviled, or fried.
- **Beef:** Stew meat, roasts, steak, and ground beef. The fattier, the better.
- **Pork:** Ham, tenderloin, pork chops, pork loin, and ground pork. Make sure there are no added sugars, and again, the fattier, the better.
- **Poultry:** Chicken, pheasant, quail, duck, and other poultry that is considered to be wild game.
- **Organ/Offal:** Tongue, kidney, liver, and heart are all fantastic sources of nutrients.
- **Other Meat:** Turkey, lamb, goat, veal and another type of

wild game.

- Sausage and Bacon: Don't worry a lot about the nutrients, just make sure that they are not cured and have no added sugars.
- Nut Butter: Choose butters made from natural and unsweetened nuts. Additionally, choose the fattier ones like macadamia and almond butter. Keep in mind that legumes are very high in omega6, so make sure you don't over-consume.

Most Commonly Consumed Proteins Nutritional Profile:

Protein Source	Protein (g)	Net Carbs (g)	Fats (g)	Calories
Almond Butter 2 tbsp.	6	4	16	180
Egg (1)	6	0.5	5	70
Liver (4 oz.)	19	0	5	135
Ground Lamb (4 oz.)	19	0	27	319
Salmon (4 oz.)	23	0	15	236
Chicken Breast (4 oz.)	26	0	1	125
Chicken Thighs (4 oz.)	17	0	20	250
Pork Chop (4 oz.)	30	0	18	286
Bacon (4 oz.)	13	0	51	519
Ribeye Steak (4 oz.)	27	0	25	330
Ground Beef (80/20, 4 oz.)	20	0	23	280

3. Fruit and Vegetables – Fruits and veggies are an essential part of this diet; however, there are times when you might get stuck with choices that you could regret later. This is because some of these options are high in sugar, which is not good nutritionally, so you will need to stay away from those.

- **High Carb Veggies:** Squash, mushrooms, garlic, parsnips, and onions.

- Nightshades: Peppers, eggplants, and tomatoes.
- Berries: Blueberries, blackberries, and raspberries
- Citrus: Oranges, limes, and lemon juice and/or zest in recipes and water.
- You should avoid large fruits and starchy veggies like bananas and potatoes.

Most commonly consumed fruits and veggies nutritional profile:

Fruit/Veggie	Protein (g)	Net Carbs (g)	Fats (g)	Calories
Raspberries (6 oz.)	2	8	1	88
Blackberries (6 0z.)	2	8	2	73
Yellow Onion (6 oz.)	2	12	0	68
Green Beans (6 oz.)	2	4	0	26
Baby Bella Mushrooms (6 oz.)	6	4	0	40
Green Bell Pepper (6 oz.)	1	5	0	33
Romaine Lettuce (6 oz.)	2	2	1	29
Spinach (6 oz.)	3	1	0	24
Broccoli (6 oz.)	5	7	1	58
Cauliflower (6 oz.)	5	6	0	40

Cabbage (6 oz.)	2	6	0	43
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4. Dairy Products – Dairy is mostly consumed in combination with meals and should be consumed at a moderate level when on a the keto diet. This is because most meals have to be comprised of oils/fats, veggies, and protein.

- Mayo alternatives with dairy and mayonnaise
- Hard cheeses like swiss, feta, parmesan, cheddar, etc.
- Soft cheeses such as Monterey jack, Colby, blue, brie, mozzarella, etc.
- Spreads including crème Fraiche, mascarpone, sour cream, cream cheese, cottage cheese, etc.
- Heavy whipping cream
- Greek yogurt

Most commonly consumed dairy products nutritional profile:

Diary Source	Protein (g)	Net Carbs (g)	Fats (g)	Calories
Parmesan (1 oz.)	10	1	7	110
Aged Cheddar (1 oz.)	7	0	9	110
Brie (1 oz.)	6	0	8	95
Mozzarella (1 oz.)	5	1	5	70
Mascarpone (1 oz.)	2	0	13	120
Cream Cheese (1 oz.)	2	1	9	94
Cottage Cheese (1 oz.)	4	1	1	25
Half n' Half (1 oz.)	1	1	4	40
Mayonnaise (1 oz.)	0	0	20	180
Greek Yogurt (1 oz.)	3	1	1	28
Heavy	0	0	12	100

Cream (1 oz.)				
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5. Seeds and Nuts – These are best consumed when roasted so that any anti-nutrients are removed. Make sure that you avoid peanuts because they are not permitted on the keto diet. Raw nuts are generally used to add texture and flavors to meals. Furthermore, some people use them as snacks since snacking raises insulin levels which can lead to slow weight loss.

- **Fatty, Low-Carbohydrate Nuts:** pecans, Brazilian nuts, and macadamia nuts can be used with meals as a fat supplement.

- **Fatty, Moderate-Carbohydrate Nuts:** pine nuts, hazelnuts, almonds, and walnuts can also be used to enhance flavor and texture in meals in moderation.

- **High-Carbohydrate Nuts:** cashews and pistachios should rarely be consumed because they are high in carbs.

Most Commonly Consumed Nuts Nutritional Profile:

Nut Source	Protein (g)	Net Carbs (g)	Fats (g)	Calories
Hazelnuts (2 oz.)	9	3	36	356
Almonds (2 oz.)	12	5	28	328
Pecans (2 oz.)	5	3	41	392
Brazil Nuts (2 oz.)	8	3	37	373
Macadamia Nuts (2 oz.)	4	3	43	407

Most Common Seed/Nuts For Baking Nutritional Profile

Seed/Nut Source	Protein (g)	Net Carbs (g)	Fats (g)	Calories
Unsweetened Coconut (2 oz.)	4	8	40	445
Flaxseed Meal (2 oz.)	8	1	18	224
Chia Seed Meal (2 oz.)	8	3	17	265
Coconut Flour (2 oz.)	4	6	4	120
Almond	12	6	28	324

Flour (2 oz.)				
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6. Beverages and Water – The keto diet is known to cause dehydration as a side effect since it is a natural diuretic. So, if you have bladder pain or a urinary tract infection, you have to prepare in advance before starting the diet. You should minimally drink the daily recommendation of water (about eight glasses) plus a few more.

- **Water:** It will be your first priority when following this diet. You can have sparkling or still water.
- **Broth:** Broth is loaded with nutrients and vitamins and, most importantly, it gives you energy because it replenishes electrolytes.
- **Coffee:** This is beneficial for weight loss and also improves mental focus.
- **Tea:** Also helps with weight loss and mental focus. Stick to green or black tea,
- **Almond/Coconut Milk:** Use unsweetened versions as they will help with replacing dairy based beverages.
- **Diet Soda:** Reduce soda because it will lead to cravings for sweets and can cause a spike in insulin levels in the long run.
- **Flavoring:** Add oranges, limes, or lemons to your water bottle or add small packets flavored with stevia or sucralose.
- **Alcohol:** Avoid wine and beer because they are high in carbs. You should actually avoid alcohol altogether since it slows down weight loss, but when you want to have a drink, have a hard liquor.

7. Cooking and Spices – Seasoning is just one tricky part when it comes to keto diet, but many people use them regularly to add more flavor to their meals. One easy way to stick to the diet is to say "no" to processed foods. This is because there are so many products that there is no way to list them all. Below is a list of spices you can use to adjust your diet.

- Thyme
- Rosemary
- Parsley
- Cilantro
- Basil
- Oregano
- Cumin
- Cinnamon
- Chili Powder
- Cayenne Pepper

8. Sauces and Condiments – Condiments, gravy, and sauces are a gray area in the keto diet. If you are going to be strict, avoid all pre-made condiments and sauces unless they are listed below.

- Flavored syrups (with an approved sweetener)
- Salad Dressings (get those that are fattier such as unsweetened vinaigrettes and ranch)
- Worcestershire Sauce
- Horseradish

- Relish (no sugar added or low in sugar)
- Sauerkraut (no added sugar or low in sugar)
- Mayonnaise (cage free and, if possible, with avocado oil)
- Hot Sauce
- Mustard
- Ketchup (no added sugar or low in sugar)

9. Sweeteners – It's best to avoid sweeteners and sweets as much as possible. The more you stay away from them, the faster you will say "goodbye" to your cravings. Still, if you want something sweet, there are few options that you can choose from:

- **Stevia:** The most common sweetener. It is very sweet, but has no glycemic impact. You should use the liquid form.
- **Sucralose:** An easy and very sweet substitution not to be confused with Splenda since this is a pure sweetener. The liquid form is preferred.
- **Erythritol:** This sweetener has zero glycemic impact. It is special since it passes the body undigested and doesn't absorb carbs.
- **Monk Fruit:** This is an uncommon sweetener that is mostly used combined with other things. While rare, it is a very balanced sweetener.
- **Various Blends:** There are many brands that combine the above sweeteners, but be careful and make sure you read the label.

Before going on with the keto diet, I wanted help with the most common cravings and how to get rid of them.

Substitute:

- Chocolate with seeds and nuts
- Sugary foods with chicken, cheese, and broccoli
- Carbs, pasta, and bread with meats high in protein
- Fatty/oily foods with spinach, broccoli, and cheese
- Salty foods with seeds, nuts, and fish

Chapter 3 – 14 Days Keto Diet Plan

DAY	BREAKFAST	LUNCH	DINNER
Day 1	Eggs with Cottage Cheese and Mushrooms	Keto Greek Salad	Chicken Breast with Veggies
Day 2	Morning Keto Coffee	Pesto Mozzarella Chicken	Baked Shrimp
Day 3	Keto Pancakes	Fasting	Chicken Breast with Veggies
Day 4	Morning Keto Coffee	Shrimp Sautéed with Broccoli	Chicken Wings
Day 5	Morning Keto Coffee	Egg and Avocado Tuna Salad	Green Beans and Sausage
Day 6	Baked eggs with avocado	Fasting	
Day 7	Egg and Veggie Frittata	Keto Greek Salad	Chicken Alfredo
Day 8	Morning Keto Coffee	Keto Salmon	Eggplant Salad
Day 9	Morning Keto Coffee	Shrimp Sautéed with	Pork Chops with Veggies

		Broccoli	
Day 10	Keto Pancakes	Fast	Beef Stew
Day 11	Eggs with Cottage Cheese and Mushrooms	Bacon Burger	Baked Shrimp
Day 12	Morning Keto Coffee	Egg Avocado Tuna Salad	Chicken Wings
Day 13	Morning Keto Coffee	Pesto Mozzarella Chicken	Pork Chops with Veggies
Day 14	Spinach Omelet	Fast	Chicken Alfredo

Chapter 3.1 –21-Day Meal Plan for Rapid Weight Loss

<i>DAY</i>	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>DINNER</i>
Day 1	Morning Keto Coffee	Pumpkin Stuffed Mushrooms	Pork Salad + Butter Smoothie
Day 2	Yummy Mini Muffins	Italian Chicken Broccoli	Eggplant Cheese Fries
Day 3	Morning Keto Coffee	Grilled Steak with Broccoli	Chicken Soup + Coconut Cake
Day 4	Almond Waffles with Cheese	Green Salad	Tasty Pilaf
Day 5	Morning Keto Coffee	Pumpkin Stuffed Mushrooms	Indian Salad
Day 6	Almond Waffles with Chees	Italian Chicken Broccoli	Coconut Cake + Tropical Smoothie
Day 7	Morning Keto Coffee	Pumpkin Stuffed Mushrooms	Eggplant Cheese Fries
Day 8	Morning Lamb Casserole	Fasting	Indian Salad + Butter Smoothie
Day 9	Morning Keto	Cheese Stuffed	Tasty Pilaf

	Coffee	Meat Balls	
Day 10	Yummy Mini Muffins	Fast	Salmon Creamy Kale
Day 11	Morning Keto Coffee	Cheese Stuffed Meat Balls	Tropical Smoothie
Day 12	Morning Keto Coffee	Grilled Steak with Broccoli	Raspberry Ice Cream
Day 13	Morning Lamb Casserole	Fast	Spring Salad + Butter Smoothie
Day 14	Cheese Filled Buns	Cheese Stuffed Meat Balls	Tropical Smoothie
Day 15	Morning Keto Coffee	Grilled Steak with Broccoli	Tasty Pilaf
Day 16	Yummy Mini Muffins	Fast	Salmon Creamy Kale
Day 17	Morning Keto Coffee	Pumpkin Stuffed Mushrooms	Pork Salad
Day 18	Mixed Berry Pudding	Fast	Salmon Creamy Kale
Day 19	Almond Waffles with Cheese	Grilled Steak with Broccoli	Coconut Cake
Day 20	Cheese Filled Buns	Spring Salad	Cheese Bacon Rolls
Day 21	Morning Keto Coffee	Fast	Coconut Cake + Tropical Smoothie

Chapter 4 – Breakfast Recipes

01. Eggs with Cottage Cheese and Mushrooms

 20 minutes  3 servings

Ingredients:

- 3 Eggs
- 1 cup of Button Mushrooms, Sliced
- ½ Onion, chopped
- 3 tbsp. Olive Oil
- ½ tsp. Sea Salt
- ¼ cup Cottage Cheese
- ¼ tsp. of Oregano Powder
- ½ tsp. Black Pepper

Instructions:

1. Add the olive oil in a skillet over medium heat. Sauté the onions for 3 minutes and add the mushrooms. Sauté until the liquid evaporates then stir in the salt, pepper, and oregano. Set said.

2. Beat the eggs and sprinkle with pepper and salt. Fry and fold, then let it cook until it is slightly undone.

3. Serve on a serving plate by placing the eggs, mushrooms and one cup of cottage cheese.

- 4. Bon Appetite.

02. Keto Pancakes

 10 minutes  12 serving

Ingredients:

- 3 tbsp. of Coconut Flour
- ¼ cup Butter
- 3 tbsp. of Sour Cream
- 4 Eggs
- 1 tsp. Vanilla Extract, preferably sugar-free
- 1 tsp. Baking Powder
- 1 tbsp. Powdered Stevia
- ¼ cup of Water
-

Instructions:

1. Combine the dry ingredients, mix, and set aside.
2. In a bowl, combine the water, vanilla, butter, and sour cream. Whip for 2 minutes on high, then add the eggs one by one. Add the dry ingredients and beat for about 3 minutes.
3. Grease a skillet (non-stick) with oil and place over medium heat. Add 1 tbsp. batter in the skillet and pour some of the mixtures. Cook on one side for 2 minutes and the other side 1 minute and serve right away.
4. Bon Appetite.

03. Baked Eggs with Avocado

 20 minutes  3 servings

Ingredients:

- 1 in. Avocado, sliced in half
- 2 tbsp. Melted Butter
- 2 Eggs
- 1 tsp. Oregano
- ½ tsp. Salt

Instructions:

1. Preheat the oven to 400 F. Prepare a baking dish by covering it with parchment paper. Set aside.
2. Coat the avocado with butter, then place them on the prepared baking dish. Crack one egg in each avocado half. Season with salt and oregano.
3. Cook for 15 minutes or more, depending on how you want the eggs.
4. Serve and enjoy!

04. Egg Veggies Frittata

 30 minutes  6 serving

Ingredients:

- 5 Eggs
- ½ cup of Cheddar Cheese
- 10 oz. Spinach, chopped
- ½ cup of Ricotta Cheese
- 4 Cherry Tomatoes, cut in half
- ¼ cup chopped Red Bell Pepper
- 1 cup Broccoli, chopped and pre-cooked
- 4 tbsp. Olive Oil
- 1/2 tsp. Salt
- ¼ tsp. Oregano
- ¼ tsp. ground Black Pepper
- ½ cup chopped Celery Leaves

Instructions:

1. Preheat the oven to 400 degrees.
2. Grease a skillet using olive oil and place over high heat. Add the spinach and stir, cooking for about 5 minutes over medium heat. Add the broccoli, bell peppers, and tomatoes. Cook for about 3-4 minutes.
3. In a bowl, whisk the ricotta, cheddar, and 2 eggs. Add in the skillet and cook for 2 minutes. Crack the remaining eggs and remove the pan, transferring it to the preheated oven.
4. Bake for about 5 minutes, or until completely set.
5. Serve sprinkled with celery.

05. Spinach Omelette



25 minutes



1 serving

Ingredients:

- 3 Eggs
- 7 oz. Swiss Chard
- 7 oz. Spinach, chopped
- 3 tbsp. Oil
- 1 tbsp. Butter
- 1 tsp. Italian Seasoning
- 1 tsp. Salt
- ¼ tsp. Chili Flakes

Instructions:

1. Rinse the greens and drain. Cut into small pieces, then set aside.

2. In a skillet, pour in 3 tbsp. of oil and heat it up over medium heat. Add the greens and stir, cooking for about 10 minutes. Sprinkle on some salt and set aside.

3. Melt the butter in a different skillet. Beat 3 eggs and pour. Season with chili flakes, salt, and Italian seasoning. Cook for about 4 minutes and set aside.

4. On a serving plate, place the eggs and add the greens. Fold the omelet.

5. Serve immediately.

06. Morning Keto Coffee



5 minutes



1 serving

Ingredients

- 1 Cup Coffee
- Unsalted Butter 1 tbsp.
- Coconut Oil 1 tbsp.
- Heavy Cream 1 tbsp.

Instructions:

1. Brew a cup of coffee in a large container. Drop your butter into the coffee and watch it ooze.

2. Now, measure 1 tbsp. of coconut oil and plunk that into your coffee as well.

3. Finally, add 1 tbsp. of heavy cream. This adds a great creaminess to the coffee

4. Optional: you are welcome to add some ingredients of your choice for flavor such as ground cinnamon, nutmeg, or allspice with a splash of liquid stevia. Mix it all together using a hand blender and enjoy.

07. Almond Waffles with Cheese

 30 minutes  4 serving

Ingredients

- Almond Flour 10 oz.
- Coconut Milk 16 oz.
- Ghee 3 tbsp.
- Cheddar Cheese 8 oz.
- Mascarpone 1 oz.
- Baking Powder 3 tsp.
- Sage Powder 1 tsp.
- Salt to taste
- Garlic Powder to taste
- Water 4 oz.
- Large Eggs 2

Instructions:

1. Pre-heat your waffle machine. In a mixing bowl, whisk flour, baking powder, and seasoning together.
2. Add your liquid ingredients and mix until stiff batter forms.
3. Mix in the cheese (cheddar and mascarpone).
4. When your machine is warm, grease it, then pour batter and cook until steam rises from the machine. You will know when the top panel opens freely without sticking to the waffle.
5. If desired, add cream before serving.
6. Bon Appetite.

08. Yummy Mini Muffins

 30 minutes  12 serving

Ingredients

- Almond Flour 2.5 oz.
- Flax Seed Meal 2.5 oz.
- Heavy Cream 2.8 oz.
- Coconut milk 2 oz.
- Husk Powder 1 tbsp.
- Sweetener 3 tbsp.
- Salt to taste
- Baking Powder 1/4 tsp.
- Ghee 2 oz.
- Large Egg 1
- Hot Dogs 3

Instructions:

1. Preheat your oven to 375F. In a separate bowl, mix all of the dry ingredients together, making sure that well distributed evenly.

2. Now, add egg, heavy cream, ghee, and coconut milk. Mix well until it becomes smooth. Then, cut the hot dogs into small pieces.

3. Grease a muffin tray and add batter muffin slots. Now, in the middle of each muffin, stick your hot dog pieces.

4. Place in the preheated oven and bake for 15 minutes.

5. Let the muffins cool down for 3 minutes in the tray and enjoy

with ketchup.

09. Morning Lamb Casserole

Ingredients

- Lamb Sausage 1 lb.
- Diced Zucchini 1 lb.
- Green Cabbage 1 lb.
- Diced Onion 4 oz.
- Large Eggs 3
- Mayonnaise 4 oz.
- Mustard 2 tsp.
- Dried Ground sage 1 tsp.
- Cheddar Cheese 10.5 oz.
- Parmesan Cheese 1 oz.
- Cayenne Pepper to taste

Instructions:

1. Preheat oven to 375 degrees, grease your casserole dish, and set it aside.
2. In a large skillet, brown the sausage over medium heat until almost cooked through, then add cabbage, zucchini, and onion. Cook the vegetables until they are tender.
3. Add to the greased casserole dish and keep aside.
4. In a separate bowl, whisk eggs, mayonnaise, mustard, sage, and pepper until it becomes smooth
5. Add grated cheeses (cheddar and parmesan) to the egg mixture and stir.
6. Pour mixture over the top of sausage and vegetables in the casserole dish
7. Place casserole dish in preheated oven and bake for 30 minutes or until the cheese is melted and lightly browned on top. Serve immediately.

8. Bon Appetite.

10. Mixed Berry Pudding

Ingredients

- Coconut Flour 1.2 oz.
- Mixed Berries 1.5 oz.
- Baking soda ¼ tsp.
- Egg Yolks 5
- Protein Powder 2 tsp.
- Butter 2 tbsp.
- Ghee 2 tbsp.
- Sour Cream 2 tbsp.
- Lemon Juice 2 tbsp.
- Lemon Zest 2 tbsp.
- Erythritol 2 tbsp.
- Stevia 10 drops

Instructions:

1. Preheat your oven to 350 degrees. In a separate bowl, add egg yolks, coconut flour, baking soda, butter, ghee. Mix well and set aside for 5 minutes.

2. Now, add erythritol, stevia, sour cream, lemon juice, and zest. Mix well until no lumps are found.

3. Add the batter to 2 ramekins or muffin cups and lightly push the mixed berries with your finger into the mixture and also cut seeds into small pieces and sprinkle over the batter.

4. Place in preheated oven and bake for 25 minutes at 350 degrees. Let it cool for 5 minutes. If desired, add heavy whipping cream over the top and enjoy.

5. Bon Appetite.

11. Cheese Filled Buns



60 minutes



12 serving

Ingredients

- Large Eggs 2
- Coconut Flour 2 tbsp.
- Husk Powder 1 tbsp.
- Baking Soda 1/2 tsp.
- Ghee 2 tbsp.
- Cheddar Cheese 2 oz. (filling)
- Mascarpone 1 oz. (filling)

Instructions:

1. To make the buns, add ghee, coconut flour, husk, baking soda, and eggs in a mixing bowl, and mix together until it forms a thick dough

2. Pour the dough into a square bowl and place in a microwave for about 90 seconds, then cut in half, using a bread knife.

3. Now, add cheddar and mascarpone cheeses in between the buns.

4. Heat butter in pan and add the buns. Allow them to cook for 2 minutes each or until it looks crispy outside and enjoy the tasty sandwich.

12. Keto McMuffin

Honestly, buns certainly look more like pancakes. But we really like them.

 20 minutes  2 servings

INGREDIENTS:

Egg	4 pcs.
Parmesan cheese, grated	30 g
Cream Cheese	100 g
Salt and spices	to taste
Mince	150 g
Cheese for burgers	2 pcs.

- Cooking "buns": Separate two yolks and mix them with a mixer with parmesan cheese, cream cheese and a pinch of salt. Put aside. Beat two proteins until resistant peaks. Gently connect mixture with the yolks and whites. If you want your buns to be perfectly round, use a shape. Heat the pan on medium heat, pour $\frac{1}{4}$ of the dough and fry for about 2 minutes on each side.
- Form of mince two patties and fry in a pan until cooked (about 4 minutes on each side). Then, put a piece of cheese on top, pour a tablespoon of water into the pan and hold for a minute under the lid.
- Put a round shape on a cold frying pan, break an egg into it and turn on medium heat. When the protein from the bottom grab, toss the yolk, cover with a lid and cook until tender.
- Collect your McMuffin: bun, cutlet, egg, bun.
- Bon Appetit!

Energy value per serving:

calories 538 kcal
proteins37g
fats..... 41g
carbohydrates 3g



13. Keto Oatmeal Recipe

Do you miss porridge? Enough already. Keto "Oatmeal" - a great and tasty way to start the day! The recipe is very dense and nutritious.

 15 minutes  1 serving

INGREDIENTS:

Almond milk	1/2 cup
Almond flour	1/4 cup
Coconut	1/4 cup
Flax flour	1 tbsp. spoon
Coconut oil	1 tbsp. spoon
Vanilla extract	1/4 tsp.
Salt	to taste
Blueberries	1/2 cup
Almond oil	1 tbsp. spoon

- Place all ingredients except blueberries and almond oil, in a small ladle, bring to a boil and simmer until it thickens.
- Transfer to a bowl and place on top of the berries and almond oil.
- Bon Appetit!

Energy value per serving:

calories **608 kcal**
proteins **15 g**
fats..... **53,9 g**
carbohydrates **20,5 g**



14. Recipe Keto Porridge

How much we would not adhere to keto, and in the cool early morning still we want porridge.



INGREDIENTS:

Flax flour	2 tbsp. spoons
Almond flour	2 tbsp. spoons
Sesame, ground	2 tbsp. spoons
Almond milk	120 ml
Erythritol	1 tbsp. spoon
Salt	to taste

- Put flax and almond flour, ground sesame seeds, erythritol, salt in a bowl and mix. Add 1/2 cup of almond milk and place in microwave for 1 minute. Stir. Then another 1 minute in the microwave.
- Optionally, you can add more almond milk and sprinkle with berries.
- If you do not use a microwave, heat and stir the porridge in a scoop on the stove until it thickens.
- Bon Appetit!

Energy value per serving:

calories	216 kcal
proteins	8,1 g
fats.....	17,2 g
carbohydrates	9,6 g



15. Coffee Chia Pudding

Breakfast should be tasty, nutritious and, most importantly, fast! Well, who wants to stand at the stove in the morning?



3 minutes



2 serving

INGREDIENTS:

Cold coffee	150 ml.
Seeds Chia	4 tbsp. spoons
Coconut milk	150 ml
Almond oil	1 tbsp. spoon
Erythritol	1 tbsp. spoon
Cinnamon	to taste
Salt	to taste

- Put all ingredients in a bowl and mix thoroughly.
- Cover and place in the refrigerator overnight.
- Bon Appetit!

Energy value per serving:

calories	282 kcal
proteins	5,9 g
fats.....	24 g
carbohydrates	12,6 g



16. Crisp Dry Keto Breakfast

This is a bomb! We seemed to be back in childhood. Crunchy cereal with cinnamon flavor. Perhaps one of our favorite sweets, which we have prepared lately.



INGREDIENTS:

Almond flour	192 g
Cinnamon	2 tsp.
Xanthan gum	half tsp.
Baking powder	half tsp.
Salt	quarter tsp.
Butter	80g
Erythritol	96 g
Egg	1 pc.

- In a bowl, thoroughly mix the almond flour, cinnamon, xanthan gum, baking powder and salt. Beat with a mixer the butter for 2-3 minutes, add the sweetener and continue beating until it becomes light and airy. Then, add the egg and stir for another minute. Add the dry mix in two steps by mixing with a mixer at low speed. Wrap the dough in plastic and refrigerate for at least an hour.
- Preheat oven to 180 ° C. Roll the dough between two sheets of parchment paper.
- Remove the top layer of parchment and using a ruler cut the dough into squares.
- Transfer the parchment paper with the dough on a baking sheet and place in the freezer for 10 minutes.
- Remove the dough from the freezer and bake for 8-12 minutes until golden brown. Smear the finished flakes with melted butter and sprinkle with cinnamon.
- Although you can do this before baking to get a more “ crisp ” result. Cool for about 10 minutes at room temperature, transfer to a grid for cooling and let stand for a couple of hours. Store in an airtight container for

up to 5 days.

- Bon Appetit!

Energy value per serving:

calories **172 kcal**
proteins **4 g**
fats..... **16 g**
carbohydrates **4 g**



17. Keto Fritters

Lush, tender and delicious pancakes. Only 6 ingredients, 15-20 minutes and fingers you will lick!



INGREDIENTS:

Almond flour	90 g
Coconut flour	30 g
Erythritol	3 tbsp. spoons
Baking powder	1 tsp
Large egg	5 pcs.
Milk	80 ml
Olive oil	40 ml
Vanilla extract	1 tsp
Salt	to taste

- Beat all ingredients in a bowl until smooth. (The dough should be the consistency of a traditional pancake dough. If it is too thick, add a little more milk. Do not add too much, otherwise the pancakes will be too wet.)
- Heat an oiled griddle on a stove over medium heat. Pour the dough into the pan and form circles. Cover and fry for about 1.5-2 minutes until bubbles start to form. Turn and cook for another 1.5-2 minutes until browned on the other side.
- Bon Appetit!

Energy value per serving:

calories	134 kcal
proteins	4,5 g
fats.....	11,5 g
carbohydrates	3 g



18. Recipe for Homemade Muffins for Breakfast

Simple enough and at the same time delicious recipe for homemade cake - just a godsend!

 45 minutes  12 serving

INGREDIENTS:

Protein with vanilla flavor	45 g
Almond flour	1 cup
Eggs	5 pcs.
Butter	1/2 cup
Erythritol	1 cup
Baking powder	2 tsp
Salt	to taste
Milk	1/2 cup

- Melt the butter in a microwave and mix with eggs, milk, baking powder and salt using a mixer.
- Add protein, flour and erythritol and mix until smooth.
- Pour the dough into a mold and bake in the oven preheated to 180 ° C. 32-37 minutes.
- Allow the cake to cool for 15–20 minutes before getting out of shape.
- Bon Appetit!

Energy value per serving:

calories **187 kcal**
proteins**13,6 g**
fats..... **14 g**
carbohydrates **2,3 g**



19. Stuffed Peppers "Three Cheese"

I present to you a very simple and incredibly delicious recipe for stuffed peppers keto "three cheese".



INGREDIENTS:

Pepper sweet	2 pcs.
Egg	4 pcs.
Ricotta cheese	½ cup
Mozzarella cheese	½ cups
Parmesan cheese	½ cups
Garlic, powder	1 tsp
Spinach fresh, small leaves	½ cups

- Preheat oven to 180 C. Cut the peppers in two and remove the seeds.
- In a blender or food processor, mix the cheese, eggs and garlic. Leave a couple of tablespoons of Parmesan to sprinkle.
- Stuff the halves of the peppers with the resulting mixture, put the spinach leaves on top and lightly press them in with a fork. Wrap the peppers in foil and send in the oven for 30-35 minutes. Remove the peppers, remove the foil, sprinkle with Parmesan cheese and bake for another 3-5 minutes.
- Bon Appetit!

Energy value per serving:

calories	245 kcal
proteins	17,8 g
fats.....	16,3 g
carbohydrates	7,1 g



20. Sausage Dough

At the weekend my nephews stopped by and I decided to make them happy with something sweet — sausages in dough! For their preparation, I bought 8 delicious beef sausages in the butcher shop and came up with a special cheese keto-dough, so that I could intercept a couple myself.



INGREDIENTS:

Mozzarella cheese	100 g
Cream cheese	30 g
Almond flour	1 cup
Egg	1 pc.
Beef sausage	8 pcs.

- Grate the cheese on a coarse grater.
- In a bowl, mix the mozzarella, cream cheese and flour. Microwave for 30 sec.
- Beat the egg and mix thoroughly.
- The dough should make a thick consistency.
- Put dough between two sheets of parchment and roll out with a rolling pin.
- Cut the dough into eight strips using a pizza wheel.
- Gently wrap the sausages in the dough and place on a baking sheet. Send to the oven preheated to 200 ° C for 20-25 minutes, until golden brown.
- Bon Appetit!

Energy value per serving:

calories	344 kcal
proteins	17,3 g
fats.....	28,5 g
carbohydrates	4,7 g



21. Cauliflower Pancakes

Delicious, straightforward, and an incredibly useful recipe for fritters
Cauliflower with almond flour!

 50 minutes  12 serving

INGREDIENTS:

Kachan cauliflower	1 pc.
Salt	1/2 tsp
Almond flour	1/4 mugs
Cheddar cheese	1/4 cup naternty
Parmesan cheese	1/2 cups
Large egg	3 pcs.
Avocado oil	1 tbsp. spoon

- Grind the cauliflower in a blender to a state of rice. Transfer to bowl, salt and leave for 10 minutes.
- Then add the almond flour, cheese and eggs to the cabbage. Mix thoroughly.
- Heat a pancake pan on medium heat, add avocado oil and fry pancakes for 3-4 minutes on each side. When removing the pancakes from the pan, put them on a paper towel so that they give off excess oil and moisture. Serve with sour cream and green onions!
- Bon Appetit!

Energy value per serving:

calories 78 kcal
proteins 5 g
fats..... 5,4 g
carbohydrates 3,2 g



22. Perfect Thin Keto Pancakes

How many copies were broken about thin pancakes - they were torn, they were not at all thin. Finally did! Perfect thin pancakes on almond flour!



INGREDIENTS:

Egg large	4 pcs.
Almond milk	1/4 cup
Almond flour	3/4 cup
Butter	2 tbsp. spoons
Erythritol	1 tsp
Salt	to taste

- Break the eggs into a bowl, add almond milk and beat for about one minute until a light foam.
- Then, gently add the flour, sweetener, and salt. Stir well and allow to stand for 5 minutes.
- Fry pancakes in a well-heated pancake pan in butter.
- Bon Appetit!

Energy value per serving:

calories	100 kcal
proteins	5 g
fats.....	8 g
carbohydrates	3 g



23. Omelet with Mushrooms

This keto mushroom omelet recipe conquers first with its simplicity and then with its unique taste! It is especially good with chanterelles or porcini mushrooms, however, you are free to experiment.



INGREDIENTS:

Egg	3 pcs.
Mushrooms	100 g
Butter	30g
Parmesan cheese	30 g
Onion	30 g
Salt and pepper	to taste

- Put 20 g of oil in the pan and turn on medium heat. Once the butter has melted, put the chopped onion and fry for 2-3 minutes until it begins to darken. Then add the mushrooms and fry until done. If you take pre-boiled chanterelles or small champignons, then roasting will take no more than five minutes. Remove the mixture from the pan.
- Beat the eggs in a bowl, add salt, pepper and whisk until smooth. Put the remaining 10 g of butter in the pan, let it melt and pour the next omelet.
- As soon as the omelet grabs the bottom, and the top is still liquid, sprinkle it with grated Parmesan cheese and put mushrooms and onions in one half. Gently pry the omelet on one side with a spatula and fold it like a book.
- Turn off the heat, cover and let stand for five minutes omelet that he reached the readiness.
- Bon Appetit!

Energy value per serving:

calories	510 kcal
proteins	25 g
fats.....	43 g
carbohydrates	4 g



24. Keto Waffles With Blueberry Butter

Waffle lovers, wake up! I have for you a delicious keto waffle recipe for breakfast!



INGREDIENTS:

Butter, melted	75 g
Egg	2 pcs.
Flavoring Vanilla	to taste
Baking powder	5 g
Coconut flour	20 g
Butter	40g
Fresh blueberries	15 g

- Mix eggs and melted butter. Then add the remaining ingredients (except 40 g of oil and blueberries) and mix thoroughly with a mixer.
- Set aside for 5 minutes and turn on your waffle iron to heat.
- Pour the dough into a preheated waffle iron and cook for 4-6 minutes, depending on the power of your waffle iron.
- Mix the butter and blueberries in a blender and serve with warm waffles!
- Bon Appetit!

Energy value per serving:

calories	575 kcal
proteins	14 g
fats.....	56 g
carbohydrates	8 g



25. Keto Toast With Butter and Jam

Keto toasts with butter and jam are my favorite morning treat! This is a fantastic moment when you feel like a "normal" person who does not eat only eggs and bacon all day.



2 minutes



2 serving

INGREDIENTS:

Almond flour	50 g
Coconut flour	1 tbsp. spoons
Egg	1 pc.
Oil	1 tbsp. spoons
Baking powder	half tsp.
Salt and Spices	to taste

- Put all the ingredients in a bowl, whisk thoroughly with a whisk until a homogeneous consistency, pour into a mold and put in a microwave for 90 seconds.
- Bon Appetit!

Energy value per serving:

calories	180 kcal
proteins	7 g
fats.....	16 g
carbohydrates	5 g



26. Recipe Keto Eggs Benedict

The classic recipe for eggs Benedict: a sandwich of two halves of an English muffin, poached eggs, ham or bacon, and hollandaise sauce. In this case, all keto-style!



INGREDIENTS:

Egg	2 pcs.
Bacon (slice)	2 pcs.
Egg yolk	1 pc.
Oil	75 g
Lemon juice is half	art. spoons
Salt	to taste

- For the sauce: In a scoop, mix the yolk with lemon juice and add a teaspoon of water. Put on a low heat, heat and start adding one tablespoon of oil and stir well.
- When you enter all the oil and the texture becomes homogeneous, remove from heat, salt and cool.
- Fry the bacon in a non-stick frying pan until it has given up almost all the fat. Then, fold to a paper towel and blot on both sides.
- Take a bun, cut into two parts, lightly fry in a frying pan on the side of the slice; top with bacon, poached egg and pour hollandaise sauce!
- Bon Appetit!

Energy value per serving:

calories	361 kcal
proteins	13 g
fats.....	33 g
carbohydrates	3.5 g



27. Lush Keto Fritters from Zucchini

This keto recipe for zucchini fritters is not without reason here, because tomorrow is perhaps my favorite meal, and I try my best to diversify it and make it as tasty as possible.



INGREDIENTS:

Almond flour	50 g
Grated zucchini	30 g
Egg	3 pcs.
Coconut flour	2 tbsp. spoons
Milk	25 ml
Cinnamon	1 tsp
Baking powder	half tsp.
Erythritol	to taste
Salt	to taste

- Grate the zucchini, season with salt and let stand in a colander until all excess moisture to drain.
- Mix in blender all the ingredients to obtain a homogeneous dough.
- Heat a non-stick pan to medium temperature, lay out the dough and immediately cover with a lid. After 3 minutes, flip the pancakes and repeat the process.
- Bon Appetit!

Energy value per serving:

calories	125 kcal
proteins	7 g
fats.....	7 g
carbohydrates	3.5 g



28. Pancakes with Blueberries

With this excellent recipe keto starting the day with pancakes, being on a keto diet is no longer a dream, but it is a reality! Moreover, I am sure that you will do this often, because they are incredibly lush, tender and tasty!



INGREDIENTS:

Almond flour	50 g
Egg	3 pcs.
Coconut flour	2 tbsp. spoons
Milk	25 ml
Cinnamon	1 tsp
Baking powder	half tsp.
Erythritol	to taste
Blueberries (frozen is better suited)	25 g

- Put all the ingredients (except blueberries) in a blender and chop at high speed until a homogeneous consistency.
- Put the dough in a bowl, gently add the blueberries and let the dough stand for 10 minutes at room temperature.
- Heat a non-stick pan to medium temperature, lay out the dough and immediately cover with a lid. After 3 minutes, flip the pancakes and repeat the process.
- Bon Appetit!

Energy value per serving:

calories	132 kcal
proteins	7 g
fats.....	7 g
carbohydrates	4,1 g



29. Pizza Frittata

Perhaps my favorite version of a frittata. And in general, this keto recipe is perfect: firstly, it ' s delicious to eerily, and secondly, it saves me a lot of time during the week, because I cook this incredible pizza on Sunday evening, and we eat it with my beloved in the morning until Thursday, just warming up a piece in the microwave!

 35 minutes  8 serving

INGREDIENTS:

Large egg	12 pcs.
Frozen spinach	200 g
Mozzarella cheese	150 g
Parmesan cheese	50 g
Ricotta cheese	50 g
Pepperoni sausages	1 pc.
Olive oil	four tbsp. spoons
Nutmeg	1.5 tsp.
Dry garlic	half tsp.
Salt and pepper	to taste

- Thaw spinach in the microwave, then squeezes out any excess moisture from it.
- Mix eggs, spices and olive oil to a smooth consistency.
- Chop finely shipping. Add it to the egg mixture, as well as Ricotta and Parmesan.
- Stir.
- Pour the mixture into a ceramic baking dish. Sprinkle with grated Mozzarella on top and place Pepperoni.
- Put in the oven preheated to 180 ° C. Bake 30 minutes. If you use a glass form, then you need to bake 40-45 minutes.
- Garnish with your favorite sauce before serving.
- Bon Appetit!

Energy value per serving:

calories **301 kcal**
proteins**18,5 g**
fats..... **23,5 g**
carbohydrates **3,8 g**



30. Keto Muffins Brownie

The best start to the day - sweets! Especially when you are on a keto diet, especially you want to pamper yourself with something sweet. This recipe for muffins - what you need: delicious, juicy, hearty ... a fairy tale!



INGREDIENTS:

Flax flour	90 g
Pumpkin puree	50 g
Cocoa	25 g
Caramel syrup without sugar	25 g
Large egg	1 pc.
Coconut oil	2 tbsp. spoons
Apple cider	vinegar, half tsp
Cinnamon	1.5 tsp.
Baking powder	half tsp.
Almond	to taste
Vanilla extract	to taste
Salt	to taste

- Mix all the dry ingredients in a large bowl.
- In another bowl, mix and lightly whisk all the liquid ingredients.
- Pour the liquid into dry ingredients and mix thoroughly.
- Preheat oven to 170-180 ° C. Put the dough in the form for muffins. You should have 6 pcs. From above, I like to decorate pastries with almond petals. Sprinkle dough over them and press lightly.
- Bake for about 15 minutes. Muffins should rise and darken slightly.
- Bon Appetit!

Energy value per serving:

calories	301 kcal
proteins	18,5 g
fats.....	23,5 g
carbohydrates	3,8 g



31. Pumpkin Wafers

Pumpkin waffles are categorically good: here there is a unique taste, a delicate texture, and a crisp - everything is there!



15 minutes



2 serving

INGREDIENTS:

Almond flour	50 g
Large egg	2 pcs.
Coconut milk	30 ml
Pumpkin puree	25 g
Erythritol	3 tbsp. spoons
Flax seeds	2 tbsp. spoons
Baking powder	half tbsp
Vanilla extract	to taste

- In a large bowl, mix all the liquid ingredients. Mix thoroughly until mass becomes homogeneous.
- Put all the dry ingredients in a sifter. I strongly recommend sifting flour, because
 - this greatly affects the texture of the dough.
 - Sift all dry ingredients into a liquid mixture.
 - Stir until the dough becomes a consistency of liquid sour cream.
- Heat the waffle iron and grease with coconut oil. I only use it for frying, because it does not emit carcinogens at high temperatures.
- Waffles are usually baked for 5-6 minutes, but the time may vary depending on your waffle iron, so for the first three minutes do not open the lid, and then check readiness.
- Pour the ready-made waffles with a low-calorie maple syrup and garnish with pecan nuts.
- Bon Appetit!

Energy value per serving:

calories	296 kcal
proteins	14.2 g
fats.....	21.9 g

carbohydrates **13.4 g**



32. Keto Donuts

Originally, I planned to bake muffins, but accidentally opened a drawer in which lay a waffle iron, and it was a form of donuts, and more all in a daze!

 25 minutes  36 serving

INGREDIENTS:

Cream cheese	90 g
Large egg	3 pcs.
Almond flour	3 tbsp. spoons
Coconut flour	1.5 tbsp. spoons
Baking powder	half art. spoons
Vanilla extract	to taste
Erythritol	4 tbsp. spoons
Liquid stevia	2 ml

- Put all the ingredients in a bowl and mix.
- Then, take an immersion blender and carefully “ punch ” the dough until you get a uniform consistency. By experience, you need to work with a blender for at least a minute and a half, otherwise lumps may remain.
- Heat the waffle iron and grease with coconut oil. I use only it for frying, it does not emit carcinogens at high temperatures.
- My donuts were baked for 6 minutes, but the time may vary slightly depending on your waffle iron, so for the first three minutes just do not open the lid, and then check that it does not burn.
- Bon Appetit!

Energy value per serving:

calories	32 kcal
proteins	1.4 g
fats.....	2.7 g
carbohydrates	0.8 g



33. Pancakes with Blueberries and Ricotta

We offer a keto recipe for delicious pancakes with blueberries and ricotta, which can be prepared for breakfast in just a couple of minutes. Hearty pancakes filled with blueberry flavor will become your favorite delicacy.



INGREDIENTS:

Egg	3 pcs.
Ricotta	70g
Vanillin	1/2 tsp
Almond milk	25 g
Almond flour	250 ml
Flax flour	45 g
Salt	1/4 tsp.
Baking powder	1 tsp
Stevia powder	1/4 tsp.
Blueberry	25 g

- Preheat the pan over medium heat. Mix eggs, ricotta, vanilla, and unsweetened almond milk.
- Mix almond, flax flour, salt, baking powder and stevia in a separate bowl.
- Slowly add the dry ingredients to the blender and mix until a smooth dough is obtained.
- Add blueberries to the mixture and mix.
- Put the butter on a pre-heated pan. Wait until it is melted.
- Pour 2 tablespoons of dough in the pan, to get the desired size Pancake. Fry until golden brown on both sides.
- Bon Appetit!

Energy value per serving:

calories	311 kcal
proteins	15.2 g
fats.....	22.6 g
carbohydrates	10.8 g



34. Lemon Muffins with Poppy

If you like the taste of lemon and poppy, then you will become a real fan of these muffins.



INGREDIENTS:

Almond flour	125 g
Flax flour	25 g
Baking powder	1 tsp
Erythritol	3 tbsp. spoons
Mac	1 tbsp. spoons
Butter	25g
Cream	25 g
Egg	3 pcs.
Lemon zest	2 pcs.
Lemon juice	3 tbsp. spoons
Vanillin	1 tsp
Liquid stevia	1 tsp

- Preheat oven to 170 ° C. In a bowl, combine almond, flax flour, erythritol and poppy. Mix thoroughly with a fork.
- Add melted butter, eggs and cream. Stir until the dough is smooth, without lumps.
- Add baking powder, stevia, vanilla, lemon zest and lemon juice to the dough.
- Spread the dough evenly between 12 molds. It is better to use silicone - ready-made muffins are easier to take out of them.
- Bake muffins in the oven for 18-20 minutes or until they are lightly browned.
- Remove them and cool for 10 minutes.
- Cut, add the butter and enjoy!
- Bon Appetit!

Energy value per serving:

calories **130 kcal**
proteins**4.0 g**
fats..... **11.7 g**
carbohydrates **3.4 g**



35. Spicy Waffles with Sage and Cheddar Cheese

We are all accustomed to the fact that waffles are a sweet treat. However, this keto spicy waffle recipe with sage and cheddar cheese changed everything! These waffles are not just a savory dish in and of itself, but also an excellent base for any sandwiches!

 30 minutes  12 serving

INGREDIENTS:

Coconut flour	120 g
Coconut milk	180 ml
Cheddar cheese	90 g
Egg	2 pcs.
Water	50 ml
Baking powder	3 tsp
Sage, powder	1.5 tsp
Garlic, quarter	tsp powder
Salt	to taste

- In a deep bowl, mix flour, baking powder and all seasonings.
- Add liquid ingredients and stir until the dough is smooth.
- Rub cheese into the dough and mix again.
- Preheat your waffle iron. If it is not with a non-stick coating, then lubricate the surface with coconut oil. Put the dough, close the lid of the waffle iron and fry for 4-5 minutes. When the steam stops going out of the waffle iron, try to open the top part - if it moves away easily, then everything is ready!
- Bon Appetit!

Energy value per serving:

calories 196 kcal
proteins5,5 g
fats..... 17,5 g
carbohydrates 8,8 g



36. Spicy Pumpkin Latte

On a cool and gloomy morning there is nothing better than to pamper yourself with a hot cup of coffee.



INGREDIENTS:

Coffee (freshly and strong)	200 ml
Coconut milk	100 g
Pumpkin Puree	25 g
Spice mix	2 tsp
Cinnamon	half tsp
Vanilla extract	1 tsp
Fatty whipped cream	2 tbsp. spoons
Oil	2 tbsp. spoons
Liquid stevia	to taste

- Put the pot on a small fire. Add butter, pumpkin, coconut milk and spices.
- While the mixture was heated and mixed, weld 200 ml of strong coffee.
- As soon as the mixture in the pan heats up and starts to bubble, mix it thoroughly. Pour coffee into the pot.
- Add liquid stevia extract (I used 15 drops) and heavy cream. Beat the mixture thoroughly with a blender. Pour into cups, put whipped cream on top, sprinkle with a pinch of cinnamon. Lie back in your chair, relax and enjoy this morning!

Energy value per serving:

calories	136 kcal
proteins	0,7 g
fats.....	19,8 g
carbohydrates	4,3 g



37. Bacon Bagels

Someone else missed bacon bagels for breakfast? These little circles of happiness - the best start of the day!



INGREDIENTS:

Almond flour	75 g
Xanthan gum	1 tsp
Big egg	1 pc.
Mozzarella (grated)	150 g
Cream cheese	2 tsp
Butter (melted)	1 tsp
Sesame	to taste
Pesto	2 tsp
Cream cheese	2 tsp
Arugula	100 g
Toasted bacon slices	6 pcs.

- Preheat the oven to 200 degrees.
- In a bowl, mix almond flour and xanthan gum. Add the egg and mix well.
- In a saucepan over medium heat (or in the microwave), melt the mozzarella and cream cheese together.
- Add the melted cheese to the almond flour bowl and knead until all the ingredients are mixed. The mozzarella will lump a little inside, but this is normal. If the dough becomes too hard, put in the microwave for 10-20 seconds and mix again.
- Divide your dough into three pieces and make round bagels out of them. Put on a baking tray.
- Melt the butter and grease the bagels on top. Sprinkle with sesame seeds. You can sprinkle with dried ground garlic, if you want.
- Bake in the oven and bake for about 18 minutes (the dough on top will turn golden brown. Remove from the oven and let cool. If you like crispy bagels, then you can cut them along and keep them in the oven for a

while.

- Bon Appetit!

Energy value per serving:

calories **605 kcal**

proteins**30 g**

fats..... **50 g**

carbohydrates **9,6 g**



38. Keto Rolls for Breakfast

Keto rolls for breakfast are made from eggs stuffed with bacon, sausages and cheddar cheese.



INGREDIENTS:

Chicken egg	10 pcs.
Cheddar cheese	150 g
Your favorite sausages, fried	5 pcs.
Bacon (slice), roasted	5 pcs.
Salt and pepper	to taste

- Mix two eggs in a bowl and pour into a pre-heated pan, salt and pepper.
- Roast under a lid over medium heat for two or three minutes.
- When the eggs are almost ready, first lay out 30 g of cheese, then cut the sausage and slice bacon along it.
- Gently wrap the edges of the omelet up to make a roll and turn it over.
- Dozharte and remove the finished roll from the pan. Repeat steps 1-4 five more times.
- Bon Appetit!

Energy value per serving:

calories	412 kcal
proteins	28 g
fats.....	31,7 g
carbohydrates	2,3 g



39. Vegan Keto Porridge

Porridge is very nourishing, has a delicate texture, and the taste can be changed even though just by adding different toppings.



INGREDIENTS:

Almond milk	150 ml
Flax flour	three art. spoons
Coconut flour	two art. spoons
Vegetarian protein	two art. spoons
Sweetener	to taste

- Mix all the dry ingredients in a bowl.
- Pour the almond milk into a dipper and pour the dry mixture. Cook over medium heat while stirring constantly. First, the porridge will be thin, but then thickens.
- Add sweetener to taste and mix. Put it in a bowl and add toppings!
- Bon Appetit!

Energy value per serving:

calories 249 kcal
proteins17.8 g
fats..... 13 g
carbohydrates 19.8 g



40. Roll with Feta, Spinach and Herbs

One of the best keto breakfasts you can think of! Also incredibly easy to prepare!



INGREDIENTS:

Chicken egg	5 pcs.
Protein chicken eggs	3 pcs.
Fresh spinach	100 g
Feta Cheese	50g
Dried tomatoes	3 pcs.
Basil (leaf)	4 pcs.
Sesame oil	1.5 tsp.
Olive oil	1.5 tsp
Salt	to taste

- In a large bowl, combine eggs, protein, salt and sesame oil.
- Beat until a light foam appears.
- Fry half the mixture in a nonstick pancake pan over medium heat on one side.
- When the top of the egg to grab, put the resulting pancake on a towel to cool down and gave the excess moisture.
- Lightly fry the spinach to become soft, but there was a light green.
- Fry the second pancake. Divide the spinach, Fet, and tomatoes into two equal portions.
- Put on the pancake first spinach, then Fet, tomatoes, and basil. Add olive oil. Gently fold the roll. For convenience, you can use parchment.
- Bon Appetit!

Energy value per serving:

calories	249 kcal
proteins	17.8 g
fats.....	13 g
carbohydrates	19.8 g



41. Casserole with Ham, Ricotta and Spinach

Perhaps one of the most simple and versatile keto recipes, which can also be quickly prepared.

 45 minutes  15 serving

INGREDIENTS:

Chicken egg	12 pcs.
Ham	500 g
Froze spinach	150 g
Ricotta	100 g
Fatty cream	30 g
Onion	half pcs.
Garlic powder	1/4 tsp
Provencal herbs	1/4 tsp
Salt	to taste

- Turn the oven on 180 C. Finely chop the onion.
- Mix in a blender four eggs, cream, ricotta, and onion until smooth.
- Beat the rest of the eggs.
- Mix the contents of the mixer and eggs in a large bowl.
- Add the spices and stir until smooth.
- Then add the thawed, squeezed and chopped spinach and finely chopped ham.
- Pour the dough into a baking dish. Bake in the oven for 30-35 minutes until the top looks baked.
- Bon Appetit!

Energy value per serving:

calories 152 kcal
proteins15,2 g
fats..... 9,1 g
carbohydrates 1,8 g



42. Mini Egg Pizza

Have you ever had so many eggs on a keto diet that you could not see them anymore? Especially if I was planning an almost completely carbohydrate-free day. So how can you continue to eat a low-carb diet with bored eggs in keto recipes? Of course, making pizza out of them!



INGREDIENTS:

Big egg	3 pcs.
Finely chopped mozzarella	4 tbsp. spoons
Tomato paste (small jar)	1 pc.
Baby pepper cut slices	4 pcs.
Diced Bulgarian pepper	1 pc.
Black olives	2 pcs.
A mixture of Italian herbs	half tsp

- Pour 1 tablespoon of finely chopped mozzarella and Italian herbs into small containers suitable for microwaving (or ovens).
- Beat the egg whites a little to make it easier to work with. Do not whisk too long, so as not to form foam!
- Pour the whipped egg whites into each bowl equally and bake in the microwave for about 2 minutes until the proteins are completely ready. Allow to cool while you mix the yolks.
- Pour the yolks and lightly fry in a pan, stirring (ala scramble).
- Stir the pizza filling into the yolks and remove the pan from the heat.
- Add on each pizza base half a teaspoon of tomato paste. Add the yolks and the remaining mozzarella and microwave for 20 seconds (or in the oven until the cheese is melted). Serve hot pizza!
- Bon Appetit!

Energy value per serving:

calories 333 kcal
proteins25,6 g
fats..... 22,7 g
carbohydrates 5,8 g



Chapter 5 – Lunch Recipes

01. Greek Salad

 25 minutes  4 serving

Ingredients:

- 4 Tomatoes, chopped
- 5 oz. Feta Cheese, crumbled
- ½ Red Onion, sliced
- 1 Green Bell Pepper, diced
- 10 Olives

For the Dressing:

- ½ tsp. Oregano
- 4 tbsp. Olive Oil
- 1 tbsp. Red Wine Vinegar
- Salt
- ½ minced Garlic Clove

Instructions:

1. Mix the bell pepper, onion, cucumber, and tomatoes. Crumble the feta cheese.
2. Place them in a serving bowl and add the olives.
3. Mix together the dressing ingredients and drizzle over the salad.
4. Serve and enjoy!

02. Pesto Mozzarella Chicken



25 minutes



4 serving

Ingredients:

- 1 lb. Chicken Breast
- 2 oz. Mozzarella, shredded
- 5 tbsp. Pesto

Instructions:

1. Preheat the oven – 390 F
2. Clean the chicken and slice it into small pieces. Cut 2 to 3 pieces from one chicken breast.
3. Spray oil into a pan and spread 2 tablespoons of pesto.
4. Place the chicken and spread 3 tablespoons of pesto over them.
5. Cover with foil and let it cook for 15 minutes until slightly cooked.
6. Pout the mozzarella and let it cook for additional 5 minutes. This time do not use foil.
7. Serve and enjoy!

03. Shrimp Saut é with Broccoli



12 minutes



2 serving

Ingredients:

- 1 cup of broccoli florets, cut into pieces
- 2 tbsp. of butter
- 10 oz. shrimp, cleaned
- 1 garlic clove, crushed
- 1 tsp. lemon juice
- ½ tsp. Salt or to taste

Instructions:

1. Prepare the broccoli by cutting it into smaller pieces.
 2. Over medium place a pan and melt the butter. When hot but not smoking add the garlic and broccoli, stir.
 3. Let it cook for 4 minutes.
 4. Add the shrimp together with the broccoli and cook for 4 minutes.
 5. Transfer on a serving plate and drizzle with lemon juice.
- Enjoy!

04. Egg Avocado Tuna Salad



22 minutes



2 serving

Ingredients:

- 4 oz. tuna
- Cilantro, chopped
- 2 tsp. mayonnaise
- 2 oz. tomato
- 1 egg, boiled
- 1 oz. pepper
- 4 oz. avocado

Instructions:

1. Drain the fish and add into a bowl. Add the cilantro and 1 tsp. mayonnaise, mix well.
2. In another bowl add the sliced egg and add 1 Tsp. mayonnaise.
3. Chop the tomato, pepper and avocado into small pieces.
4. Take a ring mold and layer the salad: first, add the avocado, then pepper, the tomato, the egg and the tuna.
5. Serve!

05. Keto Salmon



45 minutes



4 serving

Ingredients:

- 6 ounces (4 filets) Salmon
- 3 tbsp. avocado oil or coconut oil
- 1 onion, sliced
- 1 garlic clove
- 1 tbsp. fresh ginger, minced
- 1 tbsp. fresh turmeric
- ½ cup coconut milk, unsweetened
- ¼ cup water
- 1 lime, the zest
- 1 tbsp. lime juice
- 3 cups of broccoli, steamed
- 3 cups cauliflower, stemmed
- Ground black pepper and salt to taste

Instructions:

1. In a frying pan heat the oil over medium heat. Add the turmeric, ginger, garlic and onion. Cook for 8 minutes stirring often.

2. Add the lime juice and zest, water and coconut milk and bring to simmer.

3. Add the veggies and season with pepper and salt. Cover the pan and remove from the heat.

4. Preheat a pan for grilling. Rub the fish with pepper and salt. Grill for 5 minutes on the skin side. Turnover and cook until well done.

5. Place the veggies and salmon on a serving plate and serve.

06. Bacon Burger



25 minutes



16 serving

Ingredients:

- 1 lbs. ground beef
- 1 egg beaten
- 8 bacon slices, halved
- 1.2 tsp. garlic powder
- ½ cup almond flour
- 6 mozzarella cheese slices
- Pepper and salt to taste

Instructions:

1. Season the ground beef with pepper, salt, and garlic powder. Add the egg and the flour. Knead the meat until you get consistent mixture.
2. Make 16 small meatballs.
3. Wrap the meatballs with one half bacon strip.
4. In a non-stick pan add 2 tbsp. oil and crispy-fry the meatballs on all sides.
5. Top the meatballs with cheese. Push in a toothpick.
6. Enjoy with the dip you like.

07. Yogurt Chicken

 45 minutes  4 serving

Ingredients

- Chicken (boneless) 2.2 lb.
- Yellow Onion 4 oz.
- Red Pepper 4.2 oz.
- Paprika 1 tbsp.
- Ghee 2 tbsp.
- Chicken Stock 8 fl oz.
- Coconut Milk 2 fl. oz.
- Plain Greek Yogurt 2 oz.
- Salt and Pepper to taste

Instructions:

1. Season the boneless chicken with salt, pepper and keep aside for 10 minutes.

2. Place a large pan over medium heat and add ghee. Once the ghee is hot, add the chicken and cook until golden.

3. Add chicken stock and close the lid and cook for 30 minutes and keep aside.

4. In the meantime, dice the yellow onion, red pepper and cook for 5 minutes with 1 tbsp. ghee.

5. Add coconut milk and yogurt. Cook for another 5 minutes or until it becomes a thick sauce to dip chicken legs. Alternatively, you can add chicken legs into the sauce and keep in freezer for 1 hour and enjoy.

08. Italian Chicken Broccoli

 60 minutes  4 serving

Ingredients

- Eggs 10
- Mustard Seeds 3 tbsp.
- Garlic Powder 2 tbsp.
- Mixed Herbs 1 tbsp.
- Cream 4 oz.
- Tomato Sauce 4 oz.
- Boneless Chicken 10 oz. (cooked and diced)
- Broccoli Florets 12 oz.
- Parmesan Cheese 2 oz.
- Mascarpone Cheese 4 oz.
- Macadamia Nuts 2 oz. (crushed)
- Parsley Flakes 1 tsp.
- Shredded Sharp Cheese 4 oz.

Instructions:

1. Preheat the oven to 350 degrees. Take one large mixing bowl, whisk eggs, add mustard seeds, garlic, herb seasoning and cream. Mix well until it is even.

2. Add tomato sauce and mix until smooth. Add diced chicken, broccoli florets, mascarpone, and macadamia nuts to it.

3. Grease a casserole dish, then add the mixture to it and sprinkle parmesan cheese and parsley flakes on top of the mixture.

4. Place in the preheated oven and bake for 40 minutes or until the top looks like a crust.

5. Before serving, top with sharp extra sharp cheese.
6. Enjoy.

09. Cheese Stuffed Meat Balls

 35 minutes  6 serving

Ingredients

Meatball

- Ground Lamb 1 lb.
- Egg 1
- Garlic Powder 2 tbsp.
- Oregano 1 tsp.
- Almond Flour 1 oz.
- Mozzarella 4.7 oz. (20-25 pieces)
- Mascarpone 2 oz. (20-25 pieces)
- Salt and Pepper to taste
- Topping
- Marinara Sauce 4.2 oz.
- Olives 2 oz. (20-25 pieces)
- Fresh parsley for garnish

Instructions:

1. Preheat your oven to 450 degrees. Dice the mozzarella and mascarpone into 20-25 equal sized pieces and place them in a freezer for 60 minutes. Tip: freezing will prevent it from leaking out while baking

2. In a large bowl, add lamb, egg, minced garlic, oregano, almond flour, salt, and pepper and mix until well combined using your hands or a mixer

3. Divide the meat into 20-25 pieces and flatten each piece

using your hands.

4. Take cheese from the freezer and place 1 piece of the mozzarella cheese and mascarpone in the middle and fold the meat over it.

5. When finished, place the meatballs into the preheated oven and bake for 15 minutes.

6. In the meantime, prepare your sauce. Put marinara sauce in a pan and cook over medium heat, then take the meatballs from the oven and place in marinara sauce, covering completely.

7. Put toothpicks in each olive, and then insert them into each meatball. Garnish with freshly chopped parsley and enjoy.

10. Grilled Steak with Broccoli

 35 minutes  6 serving

Ingredients

- Steak 2 (8 oz. each)
- Sesame Oil 1 tbsp.
- Ghee 1 tbsp.
- Thyme 1/2 tsp.
- Broccoli 4 oz.
- Chestnuts Paste 1 oz.
- Soy Sauce 2tbsp. (1 tbsp. on each steak)
- Salt and Pepper to taste

Instructions:

1. Preheat the oven to 400 degrees.
2. Now, take your steaks and rub with sesame oil. Sprinkle salt and pepper on all sides, including the edges to taste.
3. Place cast iron skillet on medium heat and put your steaks into the pan and let them sear. After 4 minutes, flip the steak and put into the oven immediately for 10 minutes.
4. After 10 minutes, take the steaks out and apply the chestnut paste. Add broccoli to skillet and place back the into oven and cook for another 10 minutes.
5. After taking out of the oven, add ghee, soy sauce over steaks and let it rest for 5 minutes. Enjoy.

11. Pumpkin Stuffed Mushrooms

 50 minutes  4 serving

Ingredients

- Medium yellow pumpkins 2
- Ghee 2 tbsp.
- Pork sausage 4 oz.
- Wild mushrooms 5 oz.
- Cheddar cheese 4 oz.
- Salt and pepper to taste
- Fresh cilantro 2 tbsp.

Instructions:

1. Preheat the oven to 350 degrees.
2. Now cut tops and scoop the flesh out of pumpkins, keep the scooped flesh in a separate bowl and set aside.
3. Brush the pumpkins with melted ghee. Put in an oven for 15 minutes or until tender.
4. Dice the pork sausage and wild mushrooms and put the pork sausage in a hot pan greased with the remaining ghee. Cook over medium heat until it becomes crispy, for approximately 5 minutes. Add the mushrooms and cook for another 5 minutes.
5. Then add the pumpkin flesh and cook for another 5 minutes. Once cooked, mix cheddar cheese and mix until it's even.
6. Add this mixture into cooked pumpkin and cook for 15 minutes. Before serving, add chopped cilantro and enjoy.

Chapter 6 – Dinner Recipes

01. Chicken Breast with Veggies

 25 minutes  3 serving

Ingredients:

- 1 lb. chicken breasts, skinless
- 1.2 eggplant, diced
- 1 zucchini, diced
- 5 oz. mushrooms, sliced
- 2 cups of spinach, cut
- 1/3 onion, sliced
- 1 garlic clove, minced
- 1 tbsp. ghee

Marinade:

- 3 tbsp. olive oil
- 2 garlic cloves, minced
- 1 tsp. black pepper
- ¼ tsp. salt
- ¼ cup lemon juice

Instructions:

1. Mix the marinade ingredients and add the chicken breasts. Place it in the fridge and marinate for 3 hours.
2. In a pan add 1 tablespoon oil and add the garlic and onion,

Cook for 3 minutes.

3. Add the eggplant and cook for 3 minutes.

4. Now add the mushrooms and zucchini and cook for another 3 minutes.

5. It is time to add the chicken. Cook for 7 minutes while stirring.

6. Add the spinach. Cook for 5 minutes.

7. Serve and enjoy.

02. Baked Shrimp



20 minutes



2 serving

Ingredients:

- 9 oz. shrimp, cleaned
- 4 oz. asparagus, canned or fresh
- 2 tbsp. melted butter
- 3 tbsp. grated parmesan
- 1 tsp. lemon juice
- 2-3 lemon slices
- Salt to taste

Instructions:

1. Preheat the oven – 390 F
2. Place the asparagus and shrimps in a pan and bake for about 10 minutes. You can also add the lemon slices here.
3. When the shrimp becomes pink, drizzle the butter over the shrimp and sprinkle the asparagus with parmesan.
4. Bake for 5 more minutes.
5. Serve and enjoy.

03. Green Beans and Sausage

 30 minutes  3 serving

Ingredients:

- 10 oz. pork sausage
- ½ cup of green beans
- 2 tbsp. sour cream
- ½ tbsp. olive oil
- ½ onion, sliced
- pepper, and salt to taste

Instructions:

1. Chop off the green beans tips and slice them in two. Set aside.
2. Chop the sausage into small chunks. Set aside.
3. In a skillet pour in the olive oil and add the sausage. Cook for 5 minutes over medium heat.
4. Add the green beans and cook for 5 more minutes.
5. Add the cream and season with salt and pepper. Mix and cook for 3 minutes. Turn off.
6. Serve warm.

04. Chicken Wings

 50 minutes  3 serving

Ingredients:

- 1 lb. chicken wings
- 4 oz. butter, melted
- 1.4 tbsp. cayenne pepper
- 1 tbsp. paprika

Sauce:

- ½ avocado
- ½ cup coconut cream
- ½ lime
- 1 tbsp. oil
- ½ tsp. lime zest
- ½ tsp. black pepper
- 1 tsp. salt

Instructions:

1. Place the chicken in a baking pan and bake for 45 minutes at 375 F, until they become golden brown.
2. While the chicken is baking mix together the sauce ingredients and blends them using a blender.
3. Add the cayenne pepper and paprika in a melted butter.
4. Once the wings are cooked to coat them with the sauce.
5. Serve with the sauce.

05. Chicken Alfredo



25 minutes



4 serving

Ingredients:

- 1 lb. chicken breast (boneless), cut into slices
- ½ cup spinach, sliced
- 1 cup of broccoli florets
- 4 bacon slices (crispy fried)
- 1 tbsp. butter
- 1 garlic clove, minced
- ½ cup of heavy cream
- 2 tbsp. chopped onion
- ½ tsp. pepper
- ½ tsp. salt

Instructions:

1. Place the broccoli in a bowl and pour boiling water. Leave for about 10 minutes.

2. On a heated pan sauté the onion, garlic, and chicken in a melted butter for 5 minutes.

3 and bacon. Season with pepper and salt. Cook for 5 more minutes. Add the broccoli and spinach. Then add the cream.

4. Serve warm.

06. Eggplant Salad

 25 minutes  4 serving

Ingredients:

- 9 oz. eggplant, sliced lengthwise
- 6 oz. cherry tomatoes, cut in half
- 7 oz. pickled cucumbers
- 1 onion, sliced
- 1 garlic clove, minced
- 1 oz. fresh cilantro
- 3 tbsp. olive oil
- 1 tbsp. lime juice
- Pepper and salt to taste

Instructions:

1. Add the eggplant, season with pepper and salt and pour in 1 cup of water oil in a pan. Cover and sauté for 20 minutes.
2. Now stir fry the eggplant with 1.5 tablespoons of oil.
3. Once cooked add the onion. Cook until the onion is soft but a little bit crunchy too. Remove from heat and let it cool.
4. Place the remaining veggies on a serving plate and add the eggplant with onions. Drizzle with lime juice.

07. Pork Chops with Veggies



20 minutes



3 serving

Ingredients:

- 3 pork chops, bone in
- 1.2 cup of coconut flour
- 1 tsp. black pepper
- 1 tsp. seasoned salt
- ¼ tsp. cayenne pepper
- 1 tbsp. butter

Instructions:

1. Mix the dry ingredients and dry off the chops.
2. Heat a pan on high and then add the butter.
3. Coat the meat and fry.
4. Cook for 5 minutes on each side until the temperature inside the meat reaches 140-160 F.

08. Beef Stew

 55 minutes  7 serving

Ingredients:

- 2 lbs. sirloin, chopped into 1-inch pieces
- 1-2 tbsp. ghee.
- 2 pouches bone broth
- 1 onion, sliced thinly
- 3 carrots, chopped
- 1 cup chopped celery stalks
- 1 cup of frozen peas
- 3 tbsp. tomato paste
- 1 tbsp. black pepper
- 4 bay leaves
- Chopped parsley
- 1 tsp. salt

Instructions:

1. Heat a soup pot over medium heat and add the ghee.
2. Coat the meat with pepper and salt and brown it in batches (depending on the size of the pot)
3. Add the spices, tomato paste, veggies, broth and bay leaves. Bring to boil and reduce to simmer. Cook for 45 minutes.
4. Garnish with parsley and serve.

09. Eggplant Cheese Fries

 45 minutes  4 serving

Ingredients

- Eggplant 1 lb.
- Cream 1 tbsp.
- Large egg 1
- Ghee 1.9 oz.
- Almond flour 1.8 oz.
- Coconut flour 2 oz.
- Mixed herbs 1 tsp.
- Parmesan cheese 3 oz.
- Salt and pepper to taste

Instructions:

1. Cut the eggplant into thin slices and season with salt. Keep aside for 1 hour. Use a paper towel, remove excess moisture from the eggplant.

2. In a separate small bowl, crack the egg and whisk with cream.

3. In another small bowl, add grated cheese and herbs (if desired).

4. In another small bowl, combine the coconut and almond flour.

5. In the meantime, add ghee to pan over medium heat. Now, start dipping the eggplant slices, one at a time, in egg mixture, in grated cheese and then finally, in the almond and coconut flour mix.

6. Add the eggplant slices in ghee and fry each side over medium heat for minimum 3 minutes or until golden brown and until it becomes crispy. Repeat this for all slices and enjoy.

10. Salmon Creamy Kale



45 minutes



5 serving

Ingredients

- Salmon 7 oz.
- Kale 4.5 oz.
- Coconut cream 1 tbsp.
- Ghee 2 tbsp.
- Hollandaise sauce
- Herbs 1 tbsp.
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 400 degrees.
2. Wash salmon and place in a baking tray, drizzle and season with 1 tbsp. ghee, salt, pepper, and bake for 25 minutes.
3. Meanwhile, heat skillet with the kale with remaining ghee over medium heat for 5 minutes, add a little salt.
4. Add coconut cream and set aside.
5. On the serving plate, add baked salmon with sprinkled herbs, creamed kale, and hollandaise sauce and enjoy the delicious taste.

11. Tasty Pilaf



25 minutes



4 serving

Ingredients

- Hemp Seeds 5 oz.
- Ghee 2 tbsp.
- Wild Mushrooms 3
- Pistachios 1 oz. (chopped)
- Chicken Broth 4 fl. oz.
- Garlic and Ginger Powder 1 tsp.
- Parsley 1 tsp.
- Salt and Pepper to taste

Instructions:

1. Wash and slice mushrooms into very small pieces.
2. In a pan, add the ghee over medium heat. When it is hot, add sliced pistachios and mushrooms to the pan and cook until soft.
3. Add hemp seeds to the pan and mix for 2 minutes.
4. Add chicken broth and add seasoning to the pan.
5. After 5 minutes, reduce heat and simmer for another 5 minutes. Once it comes to the desired consistency, turn the pan off and enjoy.

12. Cheese bacon Rolls



60 minutes



12 serving

Ingredients

- Bacon Slices 6 oz. (thin strips)
- Zucchini 7 oz.
- Mascarpone Cheese 7 oz.
- Dried Tomatoes 2 oz.
- Vinegar 4 tbsp.
- Fresh Parsley 2 tbsp.
- Fresh Mint 2 tbsp.

Instructions:

1. Preheat your oven to 400 degrees.
2. Using a peeler, slice the zucchini into thin strips and put the strips in a bowl and add the vinegar. Make sure you cover the zucchini from all sides. Marinade for 10 minutes.
3. Cut the bacon into thin slices and place on a baking tray lined with parchment paper. Bake in preheated oven for about 5 minutes.
4. Place a bacon strip onto each zucchini slice, then top with soft mascarpone cheese, a small piece of dried tomatoes, freshly chopped parsley and mint (for extra flavor).
5. Wrap the zucchini rolls and pierce each one of them with a toothpick and enjoy.

13. Chicken Soup

 55 minutes  5 serving

Ingredients

- Chicken Breasts 16 oz.
- Coriander Seeds 1 tsp.
- Ghee 2 tbsp.
- Green Chili Peppers 2
- Chicken Broth 16 fl. oz.
- Fresh Water 16 fl. oz.
- Turmeric 1 tsp.
- Cumin Powder 1 tsp.
- Tomato Puree 4 tbsp.
- Butter 2 tbsp.
- Avocado 2 oz.
- Queso Fresco Cheese 2 oz.
- Mascarpone Cheese 4 oz.
- Fresh Coriander 4 tbsp.
- Lime Juice 1 oz.
- Salt and Pepper to taste

Instructions:

1. Add 1 tbsp. of ghee in the pan and when ghee is hot, add salt and pepper to the ghee. When aromatic, add chicken breast pieces (cut into small pieces) until nicely roasted, then set aside.

2. Add the butter to the pan and add coriander seeds to get a nice flavor and sliced green chili peppers.

3. Once fragrant, add the broth and water and lower the heat to simmer. Now add turmeric, cumin, salt and pepper to taste.

4. After 5 minutes, add tomato paste, 1 tbsp. ghee, and lime juice. Mix until it is even and simmer for 10 minutes.

5. In a serving soup bowl, add chicken breast pieces, fresco cheese, and mascarpone cheese into the bottom of the bowl so you pour soup over it. Before serving, garnish with avocado and coriander.

14. Chicken Breast in Creamy Sauce

Chicken breast is excellent in combination with cream or tomato sauces. I recommend cooking chicken breast in a sour cream sauce.

INGREDIENTS:

Chicken breast 500 g

For sauce:

Sour cream 100 g
Garlic 3 cloves
Hard cheese 150 g
Salt to taste
Pepper to taste

- For the sauce: finely grate the garlic. Then, add salt to the sour cream along with pepper and garlic, mixing well.
- Lay out chicken breast on a baking sheet and cover with the sauce. Grate the cheese and sprinkle over the breasts.
- Put in the oven, preheated to 180°C, and bake for 25-30 minutes.

TIP:

To prevent burning, cover the baking sheet with foil or parchment paper.

Energy value per 100 g

calories.....135kcal
proteins 17.8g
fats 6.63g
carbohydrates 0.54g



15. Greek Chicken

This dish is very tasty and easy to cook. Plus, the chicken turns out gentle, spicy and flavored.



30 minutes



2 serving

INGREDIENTS:

Olive oil	2 tbsp.
Lemon juice	2 tbsp.
Parsley ground	3 tbsp.
Garlic	1 clove
Dried oregano	1/2 tsp
Chicken breast	500g

- Mix all the ingredients for the marinade: olive oil, lemon juice, garlic, oregano and parsley. Cut the chicken breast in two halves and pierce with a fork several times, sprinkle with salt and pepper to taste.
- Place chicken in a container, pour the marinade and mix well. Leave to marinate for 20 minutes. Fry the chicken on the grill or skillet until it is thoroughly cooked.

Energy value per 100 g

calories.....	113kcal
proteins	17.7g
fats.....	4.43g
carbohydrates	0.59g



16. Chicken Breast Ham

It is a surprisingly simple recipe of chicken breast ham. Such ham is an ideal food not only for adults but also for children.



INGREDIENTS:

Chicken breast	1pc
Olive oil	1tbsp
A pinch of salt	
A pinch of pepper	
A pinch of oregano	
A pinch of paprika	
Garlic	1clove

- Wash and dry the breast. Mix salt, black pepper, paprika and oregano (you can use other spices). Carefully rub the chicken with the resulting mixture and leave for 5-10 minutes. Heat the olive oil, fry the breast on both sides on high heat until crust (2-3 minutes).
- Peel the garlic and put it through the press. You can also use dried garlic. Put the fried breast on the folded several times foil and sprinkle with chopped garlic. Pour over the oil in which the chicken was fried and wrap the foil in an envelope.
- Send the pan to the oven heated to 180°C for 30 minutes.

Energy value per 100g

calories	144kcal
proteins	22.6g
fats.....	5.6g
carbohydrates	0.4g



17. Chicken Roll With Dried Plums

This tasty and healthy roll with prunes can serve as a daily and festive dish. Very good!



40 minutes



3 serving

INGREDIENTS:

Chicken breast	500g
Prunes	10pcs
Chicken egg	1pc
Sour cream 15%	100ml
Garlic	3cloves
A pinch of salt	
Spices to taste	

- Soak prunes. Cut the fillets in two pieces, salt (you can add a little of spices). Tenderize pieces of chicken fillet on both sides. Finely grate the garlic on top and lay out the chopped prunes on the chicken fillet. Wrap the chicken pieces into rolls and secure them with wooden skewers or toothpicks.
- To prepare sour cream sauce mix sour cream with one egg. Grease chicken rolls with sauce and send them to the oven preheated to 180°C for 30-40 minutes.

Energy value per 100g

calories.....	128kcal
proteins	17.1g
fats	3.81g
carbohydrates	7.49g



18. Chicken Rolls

This is a recipe of the delicious chicken rolls stuffed with broccoli and cheese.



45 minutes



4 serving

INGREDIENTS:

Chicken breast	4 pcs
Broccoli (medium)	1 pc
Cheese	100 g
Olive oil	2 tbsp.
Salt to taste	
Pepper to taste	

- Boil broccoli in salted water for about 5 minutes, rinse. Salt pieces of chicken breast. Cut cheese into small pieces and place it on the tenderized meat. Add about 3-4 tablespoons of broccoli on top of the cheese.
- Wrap the chicken slice into the roll on the cling film, fix the ends and seam with a pair of toothpicks, fry the rolls in olive oil for about a minute on both sides. Grease the baking sheet with olive oil and place the rolls side seam down.
- Bake at 200°C for 30 minutes.

Energy value per 100 g

calories	111kcal
proteins	19.4g
fats	3.61g
carbohydrates	0.32g



19. Chicken Breast With Apple

The apple in this dish is not just a vitamin supplement but an essential ingredient that makes this breast even more tender! Try it!



25 minutes



2 serving

INGREDIENTS:

Chicken breast	300g
Apple	1pc
Onion	1pc
Soy sauce	1tbsp
Olive oil	2 tbsp.
Salt to taste	
Pepper to taste	

- Slice the breast into small pieces and leave it to marinate in a small amount of olive oil with soy sauce. Cut the apple into cubes and cut the onion into thin rings.
- Fry the onion stirring until golden, add the breast with the marinade to the onion and fry on high heat for a few minutes constantly stirring, reduce heat, add an apple, salt, and pepper, cover with a lid and leave to stew for another 7-10 minutes.
- Buckwheat noodles or brown rice is delicious as a side dish.

Energy value per 100 g

calories	84.7kcal
proteins	13.4g
fats	1.19g
carbohydrates	4.85g



20. Stewed Chicken With Sweet Pepper

This chicken is tender, insanely flavored and very tasty. It is made of ordinary products and goes perfect with any side dish.



65 minutes



6 serving

INGREDIENTS:

Chicken fillet	900g
Carrots	300g
Onions	300g
Bulgarian pepper	300g
Soy sauce	50ml
Salt to taste	
Pepper to taste	

- Cut the chicken fillet into small pieces. Put the chicken on the heated pan and cover with water. Stew on medium heat.
- While the chicken is cooking, chop the onion and sweet pepper into slices and grate the carrots. Add all the vegetables to the pan and mix. Cover and cook over medium heat, stirring periodically for 45 minutes. Add a little water when evaporating.
- When all the vegetables and meat are soft, add soy sauce. Stir and cook another 15 minutes.

Energy value per 100 g

calories.....	74.68kcal
proteins	11.96g
fats	0.64g
carbohydrates ...	4.83g



21. CHICKEN BREAST WITH VEGGIES

Breast prepared in this way is delicious, juicy and low-calorie.



INGREDIENTS:

Chicken breasts, skinless	1 lb.
Eggplant, diced	1.2
Zucchini, diced	1
Mushrooms, sliced	5 oz.
Spinach, cut	2 cups
Onion, sliced	1/3
Garlic clove, minced	1
Ghee	1 tbsp.
<i>Marinade:</i>	
Olive oil	3 tbsp.
Garlic minced	2 cloves
Black pepper	1 tsp.
Salt	¼ tsp.
Lemon juice	¼ cup

- Mix the marinade ingredients and add the chicken breasts. Place them in the fridge and marinate for 3 hours.
- In a pan, add 1 tablespoon of oil and add the garlic and onion. Cook for 3 minutes.
- Add the eggplant and cook for 3 minutes.
- Now, add the mushrooms and zucchini and cook for another 3 minutes.
- Add the chicken and cook for 7 minutes while stirring.
- Add the spinach. Cook for 5 minutes.
- Serve and enjoy.

Energy value per 100 g
calories **90kcal**
proteins **13g**

fats **3.7g**
carbohydrates **0.58g**

22. Chicken Pad Thai

CHICKEN PAD THAI is an exotic dish that is cooked rather quickly and is eaten even faster!



30 minutes



3 serving

INGREDIENTS:

Peanuts	1 oz.
Egg	1 large
Zucchini	2 large
Lime	1 large
Soy sauce	2 tbsp.
White onion	1 chopped
Garlic	2 cloves, minced
Chicken thighs	16 oz., boneless and skinless
Olive oil	1 tbsp.
Chili flakes	optional

- Add olive oil and onion over medium heat and cook until onions are translucent. Add the garlic and cook about three minutes or until fragrant.
- Cook the chicken in the pan for 5 to 7 minutes on each side, or until fully cooked). Remove chicken from heat and shred it using a couple of forks.
- Next, scramble the egg in the pan.
- Once the egg is fully cooked, and the zucchini noodles and cook for about 2 minutes.
- Cut the ends off the zucchini and cut into thin noodles. Set zucchini noodles aside.
- Return the shredded chicken to the pan.
- Finally, give it some zing with soy sauce, lime juice, peanuts, and chili flakes.

Energy value per 100 g

calories 230kcal

proteins 30g

fats 12g

carbohydrates **3.5g**



23. Chicken Alfredo



30 minutes



3 serving

INGREDIENTS:

Chicken breast	1 lb.
Spinach, sliced	½ cup
Broccoli	1 cup
Bacon	4 slices
Butter	1 tbsp.
Garlic	1 clove
Heavy cream	½ cup
Onion, chopped	2 tbsp.
Pepper	½ tsp.
Salt	½ tsp.

- Place the broccoli in a bowl and pour boiling water over it. Let the broccoli sit for about 10 minutes.
- On a heated pan, sauté the onion, garlic, and chicken in melted butter for 5 minutes.
- Add bacon. Season with pepper and salt. Cook for 5 more minutes before adding the broccoli and spinach.
- Finally, add the cream.
- Serve warm.

Energy value 1 portion

calories	230kcal
proteins	30g
fats	12g
carbohydrates	3.5g



24. Chicken Legs With Garlic

Juicy chicken legs flavored with garlic and parsley - the perfect keto dinner for any evening!



50 minutes



3 serving

INGREDIENTS:

Chicken legs	8 pcs
Olive oil	2 tbsp.
Garlic	5 – 10 pc.
Lemon juice	1 pc.
Fresh parsley	120 g, finely chopped
Butter	4 tbsp.
Salt and pepper	to taste

- Put the chicken legs in a baking dish, richly greased with butter. Add salt, and pepper, then sprinkle with parsley and chopped garlic. Pour over lemon juice and olive oil.
- Put the dish in the oven at 225 C and bake for 30-40 minutes, or until golden brown. For the last 10 minutes, the temperature can be slightly reduced.

Energy value per 100 g

calories	546kcal
proteins	42g
fats	39g
carbohydrates	7g



25. Chicken Caprese Casserole

Mozzarella cheese, juicy tomatoes, basil... add chicken to this mix along with a tender sauce and a tasty, warming casserole is ready!



30 minutes



3 serving

INGREDIENTS:

Chicken	1 pc, grilled
Cherry tomatoes	200 g
Mozzarella Cheese	225 g
Green Pesto Sauce	2 tbsp.
Fresh Cream, Sour Cream, or Mayonnaise	225 ml
Parmesan Cheese	50 g
Salt and Pepper	to taste
Fresh Basil	to taste

- Crush the chicken with a fork. Then, cut the tomatoes and mozzarella and put everything in a baking dish. Add the pesto, fresh cream, salt and pepper, and half of the parmesan and mix.
- Sprinkle the remaining parmesan on top and put the casserole in the oven preheated to 200 ° C for 20 minutes, or until golden brown.

Energy value 1 portion

calories	552kcal
proteins	31g
fats	47g
carbohydrates	4g



26. Chicken Breast Wrapped in Bacon With Cauliflower Puree

Succulent chicken fillet in crispy bacon and tender, creamy cauliflower puree - the perfect combination of texture and taste!



40 minutes



4 serving

INGREDIENTS:

Chicken breast fillet	500 g
Bacon	275 g
Butter	100 g
Salt and Pepper	to taste
Fresh Spinach	450 g
Garlic	4 pcs, sliced
Cauliflower	325 g
Fatty Cream	75 ml

- Wrap the chicken fillet in one or two slices of bacon and fry in butter until golden brown. Then, put the chicken in the oven at 200 ° C for 15 minutes. Meanwhile, cook the spinach in the pan.
- Chop the garlic and bake it in butter. Then, cut the cauliflower into small florets and boil in a saucepan in salted water until soft.
- Drain almost all the water and put the cabbage in a blender. Add the garlic along with oil from the pan and chop to puree. Add water from the pan until you get your desired texture.
- Put mashed cauliflower puree on a plate followed by the chicken and spinach leaves on top.

Energy value 1 portion

calories	761kcal
proteins	38g
fats	64g
carbohydrates	7g



27. Keto Chicken Kebab

For cooking, you will need small skewers or wooden skewers. They, by the way, need to be pre-soaked in water so that they will not burn in the process of cooking.



20 minutes



4 serving

INGREDIENTS:

Chicken thigh fillet	400 g
Greek yogurt	80 g
Olive oil	1 tbsp.
Wine vinegar	2 tsp
Garlic	2 cloves
Turmeric	1 tsp.
Oregano	1 tsp
Salt and Pepper	to taste

- Cut the chicken thigh fillet into small pieces (2.5 cm) and place them in a bowl.
- Mix yogurt, olive oil, vinegar, turmeric, oregano, and chopped garlic and pour over the chicken. Lightly salt and pepper and mix thoroughly. Leave to marinate for at least an hour.
- Take wooden skewers and spread the chicken pieces.
- Skewers can be cooked in the oven, or on the grill
- Serve chicken with Tzatziki sauce (yogurt, fresh cucumbers, and garlic), fresh vegetables, and feta cheese

Energy value 1 portion

calories	150kcal
proteins	16g
fats	10g
carbohydrates	1g



28. Chicken Fillet With Asparagus and Parmesan

Yes, I have another recipe for chicken from you. In this case, it is Italian notes in the form of Marinara sauce and Parmesan cheese, as well as the form of serving - the fillet will be stuffed with asparagus!



30 minutes



3 serving

INGREDIENTS:

Chicken Fillet	3 pcs
Garlic Powder	1 tsp.
Asparagus	12 pcs
Cream cheese	60 g
Butter	1 tbsp.
Olive Oil	1 tsp.
Marinara Sauce, sugar free	90 ml
Parmesan Cheese	90 g
Salt and Pepper	to taste

- Cut the chicken fillet and open as a book (or butterfly). And put asparagus.
- Rub the chicken with salt, pepper, and garlic powder.
- Divide the cream cheese into three pieces and spread evenly on the inside of the chicken fillet. Stuff the chicken with the asparagus and "close" the chicken, securing it with a toothpick
- Heat the pan and fry the breasts on medium heat for 5-6 minutes on each side.
- Transfer the chicken to a baking sheet, brush with marinara sauce and sprinkle with parmesan cheese.
- Put the baking tray in the oven at 180 ° C for 5 minutes, or until all the cheese has melted and turned into a golden crust!

Energy value 1 portion

calories	611kcal
proteins	61g
fats	36g
carbohydrates	8g



29. Salmon With Rosemary

Salmon is a product that cannot be overestimated as it contains beneficial Omega-3 fats, vitamin D, selenium, and other useful micronutrients.



40 minutes



4 serving

INGREDIENTS:

Salmon (steak)	700 g
Lemon juice	1 tbsp.
Olive oil	1 tbsp.
Dry rosemary	½ tsp.

- Mix all ingredients except salmon in a baking pan. You can add pepper to taste.
- Place the salmon steaks in the pan and turn them over to soak on both sides. Leave to marinate for 15 minutes.
- Wrap each steak in foil and bake in an oven at 180°C for about 20 minutes.

Energy value per 100 g

calories	140kcal
proteins	19.5g
fats	6.76g
carbohydrates	0.37g



30. Salmon in Sesame

I've always wondered how little things could sometimes change the taste of the familiar dishes. You may think that adding sesame to salmon is the same as adding regular breadcrumbs, but if you try them, you will be very surprised.



25 minutes



4 serving

INGREDIENTS:

Salmon Steak	700g
Egg Yolk	1 pc
Wholegrain Flour	3 tbsp.
Sesame Seeds	1 cup
Lemon	1 pc
Salt to taste	

- Sprinkle the fish with lemon juice and add salt before putting it into the fridge for two hours to marinate.
- Roll the fish in flour, then in the egg yolk.
- Then, sprinkle fish with sesame seeds on all sides.
- Grease non-stick pan with olive oil and send the fish to roast. Cover with a lid, but not tightly, so that the crust is especially crispy. After about ten minutes, turn over and fry on the other side.

Energy value per 100 g

calories	214kcal
proteins	18.1g
fats	13.2g
carbohydrates	5.58g



31. Salmon Creamy Kale



35 minutes



3 serving

INGREDIENTS:

Salmon	7 oz.
Kale	4.5 oz.
Coconut Cream	1 tbsp.
Ghee	2 tbsp.
Hollandaise Sauce	to taste
Herbs	1 tbsp.
Salt and Pepper	to taste

- Preheat oven to 400F.
- Wash the salmon and place it in a baking tray. Drizzle and season with 1 tablespoon of ghee, salt, and pepper, and bake for 25 minutes.
- Meanwhile, heat skillet and kale with remaining ghee over medium heat for 5 minutes, adding a little salt.
- Now, add the coconut cream and set aside.
- On the serving plate, add baked salmon with sprinkled herbs, creamed kale, and hollandaise sauce and enjoy.

Energy value per 100 g

calories	102kcal
proteins	8.2g
fats	8.1g
carbohydrates	0.58g

32. Salmon With Orange Sauce

Those who have tried to sprinkle fish with lemon juice know that fish dishes are perfectly combined with citrus. I propose you try an interesting recipe for salmon in orange sauce.



45 minutes



2 serving

INGREDIENTS:

Salmon Steak	450 g
Oranges	2 pcs
Lemon Juice	2 tbsp.
Honey	1 tbsp.
Salt and Pepper to taste	

- Prepare marinade for salmon first by grating the oranges from all sides to remove zest. Then, cut the orange in half and squeeze the juice.
- Add honey and lemon juice to orange juice. It is most convenient to marinate salmon in a plastic bag, so be sure to check the bag is intact to avoid leakage.
- Pour the marinade and put the fish inside the bag. Mash gently for marinade distributing evenly.
- Place everything in the fridge for at least half an hour. Then, take marinated fish out of the bag and add salt and pepper on both sides.
- Place the fish in the center of the foil sheet, put two fresh orange wheels with skin on top. Wrap the fish tightly in foil and send it to the 180°C preheated oven for 30 minutes.
- Take the fish out of the oven and cover with the orange sauce.

Energy value per 100 g

calories	107kcal
proteins	11.8g
fats	3.71g
carbohydrates	5.99g



33. Salmon With Broccoli

At first glance, it is a very unusual recipe for salmon, but it is delicious. Once you try it, you will not remain indifferent.



70 minutes



2 serving

INGREDIENTS:

Salmon Steak	500 g
Broccoli	500 g
Lemon Juice	2 tbsp.
Hard Cheese	100 g
Milk	200 ml
Eggs	4 pcs
Cream	100 ml
Salt and Pepper to taste	

- Cut salmon fillet into slices, and cover with lemon juice, salt, and pepper.
- Leave for 30 minutes, then cover with hot water and cook for 10 minutes over low heat.
- Cover broccoli with hot water and salt and cook for 10 minutes.
- Whip cream with milk, cheese, and eggs. Then, add salt and pepper.
- In the form of layers, spread out the vegetables and fish, then cover them with the cream mixture.
- Bake for 20 minutes at 220°C.

Energy value per 100 g

calories	108kcal
proteins	10.7g
fats	6.12 g
carbohydrates	2.55g



34. Grilled Salmon

Until recent times, grilled salmon with lemon juice has been considered as a dish that can be cooked only in a restaurant. Today, we can easily cook it at home.



INGREDIENTS:

Salmon Steak (or Cod or Sea Bass)	900g
Honey	2 tbsp.
Soy Sauce	2 tbsp.
Lemon	1pc
Vegetable Oil	1 tbsp.
Red Pepper	¼ tsp.
Black Pepper	¼ tsp.

- Cut salmon fillet into portions.
- For the marinade, mix the honey with soy sauce, lemon juice, pepper and vegetable oil.
- Cover fish with the prepared mixture, wrap with foil and cool in a fridge for 30 minutes.
- Place the fish on the grill, skin-side down, and fry until tender.
- Serve decorated with herbs and lemon slices.

Energy value per 100 g

calories	145kcal
proteins	15.8g
fats	5.85g
carbohydrates	6.19g



35. Oily Fish Steak With Pesto Sauce

This oily fish dish contains a lot of protein and it is recommended for physically active people.



20 minutes



4 serving

INGREDIENTS:

Oil Fish Steak	4 pcs
Arugula	50 g
Walnuts	50 g
Garlic	4 cloves
Lemon Juice	2 tbsp.
Olive Oil	4 tbsp.
Salt and Pepper to taste	

- Bake three cloves of garlic in the oven for about 10 minutes at 180°C.
- Peel roasted garlic and chop coarsely.
- For the sauce, combine blitz arugula, nuts, garlic, lemon juice, and olive oil until smooth in a blender.
- Season steaks with salt and pepper and fry in the pan for 3-4 minutes on each side.
- Lay out the fish onto a platter and pour over the sauce.
- Enjoy the taste.

Energy value per 100 g

calories	143kcal
proteins	11.73g
fats	10.6g
carbohydrates	0.65g



36. Boiled Pike - Perch

Pike-perch is an excellent fish from the perch family. It has lean, tender meat and is almost boneless. There are a lot of recipes to make it tasty and useful. I offer you a recipe for a boiled perch. This aromatic dish with excellent taste will not leave you indifferent.



20 minutes



2 serving

INGREDIENTS:

Pike-Perch Fillet with skin (or Carp)	500g
Parsley (root)	1pc
Onion	1pc
Salt and Pepper to taste	

- Boil the pike perch fillet in salted water with the parsley root, roasted onion, and pepper.
- Cool the boiled net in the broth and cut into portions.
- Serve decorated with lime slices and greens on a plate with cooked vegetables.

Energy value per 100 g

calories	77.2kcal
proteins	15.8g
fats	0.61g
carbohydrates	1.93g

37. Nutty Salmon

This walnut crusted salmon is sure to be a hit for dinner. Deliciously seasoned with mustard and dill, it ' s also packed with healthy fats to keep you on your diet.



20 minutes



2 serving

INGREDIENTS:

Dill	1/4 tsp.
Olive Oil	1 tbsp.
Dijon Mustard	1 tbsp
Salmon Fillets	2 (3 oz. each)
Walnuts	1/2 cup
Maple Syrup (sugar-free)	2 tbsp.
Salt and Pepper to taste	

- Preheat your oven to 350 F.
- Dump your sugar, mustard, and walnuts into a blender or food processor, then pulse until you have a paste.
- Heat a stovetop pan on high.
- Once hot, place your salmon skin side down in the pan and sear for about 3 minutes until the skin is crispy.
- While browning the skin side, add the walnut paste to the side facing up.
- Once done searing, transfer to the oven and bake for 7 to 8 minutes.

Energy value

calories	375kcal
proteins	22g
fats	44g
carbohydrates	4g

38. Miso Salmon

Miso salmon is an easy and very aromatic way to add seafood and healthy fats to your diet! For this keto salmon fillet recipe, marinate the fish in sake, white wine, and miso two days before cooking to give the fish a great taste and aroma.



60 minutes



4 serving

INGREDIENTS:

Salmon Fillet (with skin)	500 g
Salt and Pepper to taste	
Sake	3 tbsp.
White wine	2 tbsp.
Miso (best white)	3 tbsp.

- Cut the salmon fillet into pieces (I had two large parts, so I just cut them in half).
- Sprinkle the fish with salt and let it stand for about 30 minutes.
- Soak a paper towel with a tablespoon of sake and carefully remove the salt from the fish with it.
- In a bowl, mix the miso, white wine, and the remaining 2 spoons of sake.
- Pour 1/3 of the marinade on the bottom of the sealed container, put the fish in it and pour the rest of the marinade on top. Close the jar tightly and refrigerate for 1-2 days.
- When salmon is marinated, preheat the oven to 200 C. Use your fingers to remove excess marinade from fish - if it is too much, it can burn, but be careful not to remove it entirely as it will give the fish a pleasant shade.
- Bake the salmon on a baking sheet, covered with baking paper for 25 minutes.

Energy value

calories	215kcal
proteins	28,4g
fats	9,02g

carbohydrates**1.1g**



39. Casserole With Beef and Forest Mushrooms

This is a hearty, juicy, and warming casserole perfect for cool evenings!



30 minutes



3 serving

INGREDIENTS:

Butter	300 g
Forest Mushrooms	1 pc.
White Bow	2 pcs.
Green Sweet Pepper	450 g
Beef Tenderloin, finely chopped	1 PC.
Garlic Head	1 tsp
Italian Herbs	200 g
Provolone Cheese	
Salt and Pepper	4 tbsp.
Marinara Sauce (sugar-free)	4 tbsp.
Olive Oil	4 tbsp.

- Slice the mushrooms, onions, and peppers, then lightly fry them in butter for 2-3 minutes. When done, put them into a bowl.
- In the same pan, fry the beef for five minutes, add the garlic, salt, and pepper.
- Return the vegetables and fry for another 3-5 minutes, and sprinkle with Italian herbs.
- Put everything in a baking dish, sprinkle with grated cheese and put it in a preheated 225 C oven for 15 minutes or until the casserole has a golden crust.
- Remove from the oven, brush with tomato sauce, and lightly drizzle with olive oil.

Energy value

calories	806kcal
proteins	40g
fats	68g
carbohydrates	9g



40. Keto Beef Wellington

Do you want to surprise your friends and family with a fantastic dish for a holiday, but do not know what to cook? This recipe will help you with this!



40 minutes



2 serving

INGREDIENTS:

Beef Steaks (cut in half)	2 pcs.
Salt and pepper to taste	
Butter	1 tbsp.
Shredded Mozzarella Cheese	250 ml
Almond Flour	125 ml
Liver Paste	4 tbsp.

- Season the steaks with salt and pepper.
- Melt butter over medium heat.
- Once the butter has melted, carefully place the meat in the pan.
- Turn steaks every 2-3 minutes, frying them on each side, before removing them from the heat and cooling completely. This is important!
 - While the steaks are cooling, heat the mozzarella in the microwave for 1 minute.
- Quickly mix with the almond flour to form a dough.
- While the dough is warm, place it on parchment paper.
- Then, place another piece of parchment paper on top of the dough and use a rolling pin to roll out the dough.
 - Spread a tablespoon of dough out to accommodate one piece of meat.
 - Cut the dough to wrap it around the meat. Continue this with the remaining meat and dough.
 - Bake at 200 ° C until the dough turns golden brown for about 20-30 minutes.

Energy value

calories	806kcal
proteins	40g
fats	68g
carbohydrates	9g



41. Peppers Stuffed With Bacon and Beef

Stuffed bell peppers are a great way to make some of the usual ingredients but with an entirely new taste!



60 minutes



4 serving

INGREDIENTS:

Ground beef	700 g
Thick Bacon	4 slices
Bulgarian Pepper	4 medium
Olive Oil	3 tbsp.
Soy Sauce	1 tbsp.
Ground Dried Garlic	1 tbsp.
Ketchup (sugar-free)	2 tbsp.
Oregano	2 tsp.
Worcester Sauce	1 ½ tsp.
Spicy sauce	1 tsp.
Liquid smoke	1 tsp.

- Place ground beef in a zip-lock package. Add all the spices and butter, then mix the meat and spices well. Leave in the fridge to marinate for 3 hours.
- When the meat is marinated and you are ready to cook, remove it from the refrigerator. Carefully cut peppers from the core.
- Cut the bacon into strips. Fry bacon until almost ready, but do not bring to a crisp.
- Preheat oven to 175 C. Put the pot on the fire with highly salted water. Put the peppers in the pan so that they are filled with water from the inside and drown.
- Boil the peppers for 3 minutes or until their skin becomes brighter. Remove the peppers from the water and dry on a paper towel.
- While the peppers are cooling, add the fried bacon to the marinated minced meat and mix well together.

- Put the peppers on a foil tray (some juice will flow out of them).
- Fill the peppers with minced meat all the way to the top.
- Put the peppers in a preheated oven for 50 minutes so that the beef cooks to a medium rare.
- As soon as you get the peppers from the oven, they can be sprinkled with grated cheese on top. Let the peppers stand for 5 minutes before serving.

Energy value

calories **603kcal**
proteins **33.7g**
fats **45g**
carbohydrates **8.8g**



42. Beef Stew



60 minutes



4 serving

INGREDIENTS:

Sirloin, chopped into 1-inch pieces	2 lbs.
Ghee	1-2 tbsp.
Bone Broth	2 pouches
Onion	1 pieces
Carrots	3 pieces
Celery Stalks	1 cup.
Frozen Peas	1 cup.
Tomato Paste	3 tbsp.
Black Pepper	1 tbsp.
Bay Leaves	4 pieces
Chopped Parsley	
Salt	1 tsp.

- Heat a soup pot over medium heat and add the ghee.
- Coat the meat with pepper and salt and brown it in batches (depending on the size of the pot).
- Add the spices, tomato paste, veggies, broth, and bay leaves.
- Bring to boil and reduce to simmer. Cook for 45 minutes.
- Garnish with parsley and serve.

Energy value per 100 g

calories	107kcal
proteins	14.2g
fats	5.58g
carbohydrates	3.2g

43. Perfect Pan Seared Ribeye Steaks

Just follow the recipe for searing and combine with your favorite, fatty side dishes for a perfect keto-friendly dinner!

INGREDIENTS:

Bacon Fat 3 tbsp.
Salt and Pepper to taste
Two medium Rib Eye Steaks (about 1.25 lbs.)

- Preheat your oven to 250 F.
- Season the steaks with salt and pepper, then place on wire racks for baking.
- Insert a meat thermometer into the streak.
- Bake until the thermometer shows a temperature of 124 F.
- Now, heat a cast iron skillet on the stove and add your bacon grease. When hot, sear your steaks for about 40 seconds per side.

Energy value per 100 g

calories	425kcal
proteins	32g
fats	31g
carbohydrates	0g

44. Asian Style Short Ribs

Give your standard ribs a delightful twist by throwing in some Asian flavors!

INGREDIENTS:

Ribs and Marinade:

Rice Vinegar	2 tbsp.
Soy Sauce	1/4 cup
Fish Sauce	2 tbsp.
Short Ribs	6 large, flank cut (about 1.5 lbs.)

Asian Spices:

Red Pepper Flakes	1/2 tsp.
Garlic (minced)	1/2 tsp.
Onion Powder	1/2 tsp.
Ginger (ground)	1 tsp.
Sesame Seeds	1/2 tsp.
Salt	1 tbsp.
Cardamom	1/4 tsp.

- For the ribs, mix all of the marinade ingredients and marinate the ribs for at least an hour.
- Mix all of the ingredients for the spice rub.
- Remove the ribs from the marinade and rub with the spices from the previous step.
- Heat your grill, and grill for approximately 5 minutes per side.

Energy value per 100 g

calories	415kcal
proteins	30g
fats	32g
carbohydrates	1g



45. Keto Pizza With Mushrooms and Pesto

Pizza with mushrooms - classic Italian cooking.



25 minutes



2 serving

INGREDIENTS:

Egg	2 pcs.
Mayonnaise	40 g
Almond flour	60 g
Psyllium	1 tbsp.
Baking Powder	1 tsp
Salt and Pepper taste	
Champignon	60 g
Pesto	1 tbsp.
Olive Oil	2 tbsp.
Sour Cream	45 g
Parmesan Cheese	45 g

- Mix eggs and mayonnaise with a mixer. Then add flour, psyllium, baking powder, and salt and mix thoroughly.
- Cover the baking sheet with parchment paper, place the dough on it, and form a circle about 1 cm thick with a spatula.
- Bake the base for 10 minutes in an oven preheated to 180 ° C. Remove from oven and let cool for 3-5 minutes.
- Mix the sliced champignons, pesto, olive oil, and sour cream.
- Put the mixture on the base, sprinkle with parmesan, and return to the oven for another 5-10 minutes.

Energy value

calories	1147kcal
proteins	27g
fats	110g
carbohydrates	7g



46. Keto Pizza

With a crust of mostly egg and cheese, this keto pizza is delicious and customizable with all your favorite toppings!

INGREDIENTS:

Crust:

1/2 tsp. Italian Seasoning
1 tbsp. pPsyllium Husk Powder
2 large Eggs
2 tsp. Frying Oil of choice
2 tbsp. Parmesan Cheese
Salt to taste

Toppings:

3 tbsp. Tomato Sauce
1 tbsp. Basil (chopped)
.5 oz. Mozzarella Cheese

- Combine all of the pizza crust ingredients.
- Heat the oil in a frying pan and add the crust mixture to the pan when hot. Spread the mixture into a circle.
 - Once the edges of the crust begin to brown, flip and cook for an additional 60 seconds.
 - Now, top the crust with the cheese and tomato sauce, and broil for 2 minutes until the cheese begins to bubble.

Energy value

calories **460kcal**
proteins **28g**
fats **36g**
carbohydrates **4g**

47. KETO PIZZA WITH CHICKEN

Looking for a keto pizza recipe without almond or coconut flour? You are welcome! The basis of this keto pizza is... chicken thighs! Pizza topped with thick Buffalo sauce with cheese and celery.



40 minutes



8 serving

INGREDIENTS:

Chicken Thigh Fillet	500g
Mozzarella Cheese (grated)	100 g
Large Egg	1 pc.
Celery	60g
Blue cheese	30 g
Tomato Paste	3 tbsp.
Butter	2 tbsp.
Sour cream	1/2 tbsp.
Chives	12 g
Oregano	1/2 tsp
Black pepper	1/2 tsp
Salt to taste	

- Preheat oven to 200 ° C . Grind the chicken thighs using a food processor, then place in a large, deep bowl.
- Add 50 g of mozzarella, egg, oregano, pepper, and salt.
- Put a sheet of parchment paper on the pizza tray and spread the dough evenly, about 5 mm thick. Bake for 20-25 minutes.
- While the cake is being prepared, melt the butter in a skillet.
- Finely chop the celery into cubes and cook until it is soft and begins to fry.
- In a small bowl, mix the sour cream and tomato paste.
- When the pizza is ready, remove it from the oven.
- Spread the sauce over the entire surface of the cake. Then, sprinkle with roasted celery and the remaining mozzarella and blue cheese.
- Return the pizza tray to the oven for another 7-10 minutes, or until the cheese has melted and begins to brown.
- Finally, take out the pizza and decorate with green onions.

Energy value

calories 172kcal
proteins 13,8g
fats 12,9g
carbohydrates1,1g



48. Chicken Pizza

This recipe for chicken pizza will guide you through the quick and painless process of making your pizza crust, along with some delicious toppings.

INGREDIENTS:

Crust:

1 1/2 tsp. Italian Seasoning
6 tbsp. Parmesan Cheese
3 tbsp. Psyllium Husk Powder
6 large Eggs
Salt and Pepper to taste

Toppings:

1 tbsp. Mayonnaise
4 tbsp. Tomato Sauce
6 oz. Rotisserie Chicken (shredded)
4 oz. Cheddar Cheese

- 1. Preheat your oven to 425 F.
- 2. Combine all ingredients for the crust in a blender and pulse until thick. An immersion blender will serve this purpose as well.
- 3. Now, spread the dough into a circle on a baking sheet or oven stone. Be sure you grease the surface first!
- 4. Bake for 10 minutes.
- 5. Flip the crust over, and pile up your toppings.
- 6. Bake for another 10 minutes.

Energy value

calories 355kcal
proteins 25g
fats 25g
carbohydrates3g

49. Pizza Bombs

INGREDIENTS:

14 Pepperoni Slices

4 oz. full-fat Cream Cheese

2 tbsp. Sundried Tomato Pesto

8 pitted Black Olives

2 tbsp. fresh chopped Basil

Salt and Pepper

- Use a sharp knife to chop your olives and pepperoni into small, diced pieces.
- Add all of your ingredients (salt and pepper to your tastes) into a medium sized mixing bowl and use your hands to mix well.
- Separate the parts into six even sections and roll each section into a ball.

Energy value

calories **110kcal**
proteins **5g**
fats **11g**
carbohydrates **1.3g**

50. KETO PIZZA IN 5 MINUTES

The secret ingredient of this keto pizza recipe is psyllium. Thanks to him, the dough turns porous and "bread." Moreover, it is with him that you can cook yourself a luxurious keto pizza in just five minutes. Please love and respect)



5 minutes



1 serving

INGREDIENTS:

Eggs	2
Parmesan Cheese, grated	2 tbsp.
Psyllium	1 tbsp.
Spices "Provencal herbs"	1 tsp
Salt	to taste
Coconut Oil for frying	2 tsp
Mozzarella Cheese	50 g
Tomato Paste	3 tsp
Basil	to taste

- Mix all the dry ingredients in a bowl that your submersible blender fits comfortably.
- Beat the eggs into the blender for at least 60 seconds so that the psyllium can absorb the moisture.
- Heat the pan to medium temperature. Then, melt the coconut butter and pour the pizza dough.
- As soon as the top starts to set slightly, turn the pizza base upside down and cook for another minute.
- Lay out and smooth the tomato paste in an even layer.
- Sprinkle with cheese and put into a preheated oven 200 C.
- Once the cheese has melted, you can remove and sprinkle with basil.

Energy value

calories	172kcal
proteins	13,8g
fats	12,9g
carbohydrates	1,1g



51. Pizza Dip

Parmesan, Mozzarella, and pizza sauce come together in this excellent pizza dip.

INGREDIENTS:

10 ounces Cream Cheese

one $\frac{1}{4}$ cup Parmesan Cheese

$\frac{1}{4}$ tsp. Parsley

$\frac{1}{2}$ tsp. Oregano

1 $\frac{1}{4}$ cup Pizza Sauce

$\frac{1}{2}$ diced Green Pepper

3 ounces diced Pepperoni

1 tbsp. diced Olives

$\frac{3}{4}$ cup Mozzarella Cheese

- Cook the ingredients on LOW for three hours. Stir well, and serve warm.
- Enjoy!

Chapter 7 - Salad Recipes

01. Indian Salad



Ingredients

- Broccoli Slaw 12 oz.
- Ghee 2 tbsp.
- King Shrimp 4 oz.
- Fresh Ginger 1 tsp.
- Fresh Basil 1 tbsp.
- Fresh Garlic 1 tsp.
- Salt 1/2 tsp.
- Pepper 1/4 tsp.
- Soy Yogurt 1/2 cup
- Mascarpone Cheese 4 oz.
- Roasted Sesame Seeds 2 tsp.

Instructions:

1. In a large skillet, preheat the ghee over medium heat. Add broccoli slaw and king shrimp into the skillet and cook for 6 minutes.

2. Add ginger, garlic, salt and pepper, and mascarpone cheese. Cook for 2 minutes. Remove your skillet from the heat, then add soy yogurt and top with roasted sesame seeds.

3. Before serving, garnish with fresh basil and enjoy.

02. Pork Salad



35 minutes



2 serving

Ingredients

- Pork Steak 12 oz.
- Salad Greens 7 oz.
- Yellow Onion 2 oz.
- Tomatoes 4 oz.
- Bacon 1.6 oz. (4 cooked slices)
- Radishes 2 oz.
- Salt and Pepper to taste

Dressing:

- Mayonnaise 2 oz.
- Soy Sauce 1 tbsp.
- Salt and Pepper to taste

Instructions:

1. Preheat your oven to 350 degrees. Place bacon on a baking sheet and bake for 15 minutes until crispy.

2. Then, bring a grill pan to high heat and season the pork steak with salt and pepper.

3. Grill for 15 minutes, then thinly slice the steak. While the steak is cooking, make a dressing by whisking together the mayonnaise, soy, salt and pepper.

4. To assemble, divide the lettuce, yellow onion, tomatoes, bacon, radish, and sliced steak between the bowls. Drizzle with

dressing just before serving and enjoy.

03. Spring Salad

Ingredients

- Mixed Greens 2 oz.
- Roasted Pine Nuts 1 oz.
- Raspberry Vinaigrette 1 ½ tbsp.
- Parmesan Cheese 1 tbsp.
- Bacon 2 slices
- Ghee 1 tbsp.
- Salt and Pepper to taste

Instructions:

1. Cook bacon until crispy. Measure your greens and set in a container that can be shaken.
2. Crumble bacon, then add the rest of the ingredients to the greens and shake the container with a lid.
3. Add your seasonings and ghee for a better taste and shake once again for proper dressing.
4. Serve and enjoy.

04. Green Salad

Ingredients

- Mixed Greens 2 oz.
- Pine Nuts 1 oz. (roasted)
- Vinaigrette 4 tsp.
- Parmesan Cheese 1 tbsp.
- Mozzarella Cheese 1 oz. (small balls)
- Bacon 2 slices
- Salt and Pepper to taste

Instructions:

1. Cook bacon until crispy. Measure your greens and set in a container that can be shaken.
2. Crumble bacon, then add the rest of the ingredients to the greens and shake the container with a lid.
3. Add your seasonings to your taste and shake once again for proper dressing.
4. Before serving, add mozzarella balls and enjoy.

Chapter 8 - Dessert Recipes

1. Coconut Cake



5 minutes



1 serving

Ingredients

- Coconut Flour 2 tbsp.
- Large Egg 1
- Cocoa Powder 1 tbsp.
- Mocha Powder 1 tbsp.
- Baking Powder 1 tsp.
- Vanilla Sugar 5g
- Stevia 2 tbsp.
- Ghee 1 tbsp.
- Cream 2 tbsp.
- Optional: Almond Flakes

Instructions:

1. Place all your dry ingredients in a mug and mix well.
2. Add the egg, ghee, and stevia, and mix well using a fork.
Place in a microwave on high heat for 90 seconds.
3. Add cream and almonds if desired.
4. Serve and enjoy.

2. Delicious Donuts



15 minutes



5 serving

Ingredients

- Almond Flour ½ cup
- Flaxseed Flour ¼ cup
- Sweetener 1/8 cup
- Pineapple Extract 1 tsp.
- Baking Powder 1 tsp.
- Large Eggs 2
- Ghee 2 tbsp.
- Coconut Milk 1.5 fl. oz.
- Chocolate 2 tsp.
- Food Color 10 drops
- Crushed Brazilian Nuts 2 tbsp.
- Salt to taste

Instructions:

1. Combine almond flour, flaxseed flour, sweetener, baking powder, and a pinch of salt. Mix well.

2. Combine eggs, pineapple extract, ghee, and coconut milk to make a smooth dough.

3. Add chocolate to the dough, berry extract, crushed nuts and food coloring.

4. Stir well until the dough is even. Connect the donut maker, place the dough into the hot donut maker, then close for 5 minutes before you turn.

5. Turn it around, cook for 2 minutes, and enjoy the hot, colored donuts.

3. Raspberry Ice Cream

Ingredients

- Heavy Cream 8.2 oz.
- Erythritol 2 oz.
- Raspberries 6 oz.
- Protein Powder 2 oz.
- Large Egg Yolks 3
- Vanilla Extract 1/2 tsp.
- Xanthan Gum 1/8 tsp.
- Vodka 1 tbsp. (optional)

Instructions:

1. Place a pan over simmer medium heat and add heavy cream and erythritol. Bring to simmer (do NOT boil) and wait until the erythritol is gently dissolved.

2. Meanwhile, put raspberries in a mixer (it should be little chunky). When the ice cream looks a bit thicker, add the chunky raspberries and mix gently, but don't over mix.

3. Meanwhile, add egg yolks to a mixing bowl and beat using a hand mixer until they've doubled in size.

4. Gently add the hot cream mixture into the egg mixture and mix. Add vanilla extract, protein powder, and xanthan gum, and mix well.

5. If desired, add vodka and place your bowl in the freezer for at least 2 hours minimum. Don't forget to stir occasionally!

6. Chill the ice cream for another 4 hours or overnight.

4. Mug Red Velvet Cake

We upgraded an excellent recipe for the cake in a mug - "red velvet" a delicious, juicy, and incredibly beautiful treat!



2 minutes



4 serving

INGREDIENTS:

Flax Flour	1 tbsp.
Coconut Flour	2 tbsp.
Cocoa Powder	1 tbsp.
Salt	to taste
Baking Powder	1/2 tsp.
Cream	50 ml
Eggs	2
Vanilla Extract	to taste
Liquid Stevia	1 tsp.
Red Food Coloring	1-2 g
Butter	4 tbsp.
Cream	3 tbsp.
Erythritol	4 tbsp.

- Mix flour, cocoa powder, salt, and baking powder.
- Add the cream, eggs, vanilla, stevia, and mix thoroughly. Add dye to produce the desired color.
- Pour the batter into a microwavable cup and cook for 1 1/2 minutes at a time. You can also bake it in the oven preheated to 180 ° C for 15 minutes.
- Beat the butter, cream, and erythritol until smooth. Put the finished cupcake on a plate and decorate with cream.
- Bon Appetit!

Energy value per serving:

calories 251 kcal
protein4 g
fats..... 24 g

carbohydrates **4 g**



5. Chocolate Donuts

An updated version of the favorite chocolate donut recipe.



INGREDIENTS:

Coconut Flour	40 g
Erythritol	60 g
Cocoa Powder	3 tbsp.
Baking Powder	1 tsp.
Salt	to taste
Egg s	4
Butter, melted	60 g
Vanilla Extract	to taste
Instant Coffee	2 tsp.

- Mix coconut flour, erythritol, cocoa powder, baking powder, and salt. Add eggs, melted butter, vanilla, and coffee, and mix thoroughly.
- Pour the dough into a donut pan and bake for 16-20 minutes in an oven preheated to 170 ° C. Cool for 10 minutes, then transfer to a cooling rack for complete cooling.
- Bon Appetit!

Energy value per serving:

calories 123 kcal
protein4.4 g
fats..... 9.2 g
carbohydrates 4.7 g



6. Delicate Chocolate Cake

French chocolate cake - rich chocolate taste with hints of almond and a smooth cream ... tenderness itself!



INGREDIENTS:

Almond Flour	25 g
Cocoa Powder	3 tsp.
Erythritol	5 tsp.
Instant Coffee	1/4 tsp.
Butter	2 tsp.
Milk	80 ml
Avocado	50 g
Vanilla Extract	to taste
Salt	to taste

- Fry the almond flour lightly in a dry frying pan until it is completely golden and fragrant. Put the flour in a small bowl and mix with 2 tsp. cocoa powder, 2 tsp. erythritol, coffee, and salt. Add melted butter and mix thoroughly. Form the dough with a diameter of 12 cm, smooth it around the edges, and put it in the fridge.
- Mix 80 ml of milk, the remaining cocoa powder and erythritol, avocado, vanilla, and salt in a blender.
- Put the cream in the base and refrigerate for at least 15 minutes.
- Bon Appetit!

Energy value per serving:

calories	394 kcal
protein	9 g
fats.....	37 g
carbohydrates	13 g



7. Milk Chocolate Recipe

I'm constantly asked: Where can I buy chocolate without sugar?? Here is the answer – cook – and then eat! After all, it turns out incredible!

 60 minutes  6 serving

INGREDIENTS:

Cocoa Butter	40 g
Fatty Cream	60 ml
Cocoa Powder	1.5 Art. spoons
Erythritol	1 tbsp.

- Heat the cream in a scoop until bubbles form. Reduce heat and stir regularly to prevent it from burning.
- Boil until the volume is halved - the cream will be thick and slightly yellow. Then, pour into a bowl and set aside.
- Melt the cocoa butter in a frying pan, then add cocoa powder and erythritol. Mix thoroughly. Remove from heat and cool slightly.
- As soon as the cream and cocoa mixture are both slightly lukewarm, mix them, and pour the new mixture into the mold and put in the fridge to set.
- Bon Appetit!

Energy value per serving:

calories **100 kcal**
protein**0.5 g**
fats..... **10.9 g**
carbohydrates **1 g**



8. Condensed Milk Recipe

Where did our childhoods go, and why did it take condensed milk with it?!



30 minutes



10 serving

INGREDIENTS:

Fatty Cream	400 ml
Erythritol	120g
Butter	40g
Vanilla Extract	to taste

- Put all the ingredients in a saucepan on medium heat and mix. Bring to a boil, turn down the heat and boil for 25-35 minutes, or until the liquid has evaporated and the volume is reduced 1 1/2 times.
- Pour the condensed milk into a container and refrigerate. Note: it thickens when cooled.
- Bon Appetit!

Energy value per serving:

calories	160 kcal
protein	0.8 g
fats.....	18.2 g
carbohydrates	1.1 g



9. Strawberry Ice Cream

This is, perhaps, one of the most delicious variations on keto ice cream.

 120 minutes  6 serving

INGREDIENTS:

Cream	250 ml
Erythritol	50 g
Egg Yolk	3 pcs.
Vanilla Extract	to taste
Xanthan Gum	1/8 tsp.
Vodka	1 tbsp.
Strawberry	150g

- Put the cream in a pot on low heat and add erythritol. Without boiling, keep over low heat until erythritol is dissolved.
- Beat the egg yolks. Continue whisking and start adding a mixture of cream in a tablespoon to prevent yolks from boiling. As soon as the egg mixture becomes warm, gently pour in the remaining cream and stir. Add the vanilla, gum, and vodka and mix with a mixer. Place the bowl in the freezer for 1-2 hours stirring occasionally.
- While the ice cream freezes, wash and finely chop fresh strawberries. Put the strawberries in the ice cream, mix and put in the freezer for another couple of hours. Let the ice cream stand at room temperature for 10 minutes before serving.
- Bon Appetit!

Energy value per serving:

calories 176 kcal
protein2.6 g
fats..... 16.6 g
carbohydrates 4.3 g



10. Coffee Ice Cream

Do you like coffee and ice cream? Of course! So why not combine these luxurious tastes?



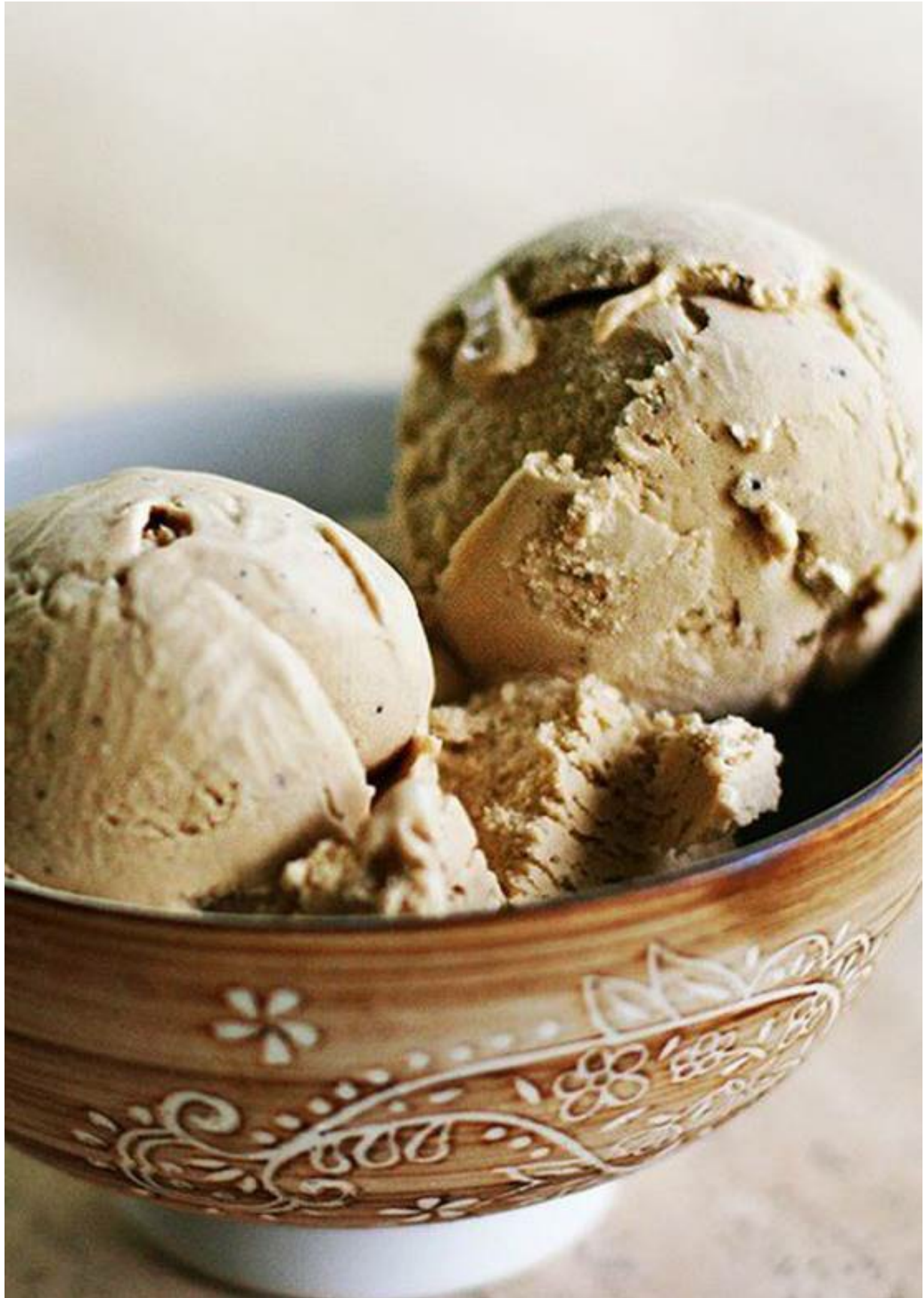
INGREDIENTS:

Almond Milk	250 ml
Fatty Cream	350 ml
Erythritol	50 g
Coconut Oil	1 tbsp.
Xanthan Gum	1/4 tsp.
Instant Coffee	2 tbsp.
Vanilla Extract	to taste

- Mix almond milk and 250 ml of cream in a saucepan over medium heat.
- Bring to a boil, then reduce the heat and simmer, often stirring, until the mixture is reduced by half - about an hour.
- Remove the dough from the heat, add erythritol and coconut oil, mix thoroughly. Then add xanthan gum, coffee, and vanilla. Stir.
- Cool the mixture to room temperature. Beat the remaining cream until hard peaks and add to the cooled mixture. Stir and place in the freezer for a couple of hours. Let the ice cream stand at room temperature for 10 minutes before serving.
- Bon Appetit!

Energy value per serving:

calories	150 kcal
protein	1 g
fats.....	16 g
carbohydrates	3 g



11. Keto Tiramisu

This is an incredibly delicious, tender, and romantic dessert. There is even a tradition: make an offer to the lady of your heart by putting the ring on the bottom of the bowl with Tiramisu!



INGREDIENTS:

Almond Flour	50 g
Erythritol	2 - 3 tsp.
Butter	20 g
Cinnamon	to taste
Salt	to taste
Coffee	30 ml
Brandy	15 ml
Mascarpone Cheese	75 g
Cream	50 g
Dry White Wine	15 ml
Cocoa	to taste

- Fry the almond flour lightly in a dry frying pan over medium heat until golden brown to enhance the taste. Mix the flour well, 2 tsp. erythritol, melted butter, cinnamon, salt, coffee, and brandy. Put on the bottom of two glasses and put in the refrigerator.
- Whip the cream until light peaks form. Mix cream, mascarpone, wine, and 3 tsp. erythritol. Spread on chilled bases, sprinkle cocoa on top, and refrigerate for a couple of hours.
- Bon Appetit!

Energy value per serving:

calories	477 kcal
protein	8 g
fats.....	45 g
carbohydrates	6.2 g



12. Chocolate Fondant

Perhaps one of the most popular desserts, this has a rich chocolate flavor and tender, melting filling.



INGREDIENTS:

Dark Chocolate without sugar	55 g
Almond Flour	1 tbsp.
Butter	50 g
Eggs	2
Erythritol	2 tbsp.

- Melt the chocolate and butter and mix thoroughly. Beat the eggs with a mixer.
- Add the eggs, almond flour, and sweetener to the chocolate mixture and blend until smooth.
- Pour the dough into the molds and place in the oven preheated to 180 ° C for 9 minutes, or until the top of the cake is set. Do not overdo it - the center should remain liquid.
- Bon Appetit!

Energy value per serving:

calories 460 kcal
protein11 g
fats..... 43 g
carbohydrates 3,4 g



13. Lemon Keto Cupcakes

Delicate, juicy, moderately sweet, and slightly sour - what more could you want from a cake? Oh, and without the extra carbohydrates! For some reason, absolutely everyone loves this recipe!



INGREDIENTS:

Eggs	4 pcs
Sour Cream	120 g
Lemon Juice	4 tbsp.
Lemon Zest	1 pc.
Almond Flour	200 g
Baking Powder	2 tsp.
Erythritol	40 g

- Beat the eggs, then add the softened butter and sour cream.
- Add the lemon juice, zest, and sugar substitute.
- Add flour and baking powder.
- Cover the baking sheet with parchment and pour the dough into it.
- Bake for 35-40 minutes in an oven preheated to 180 ° C. Cool and sprinkle with erythritol powder before serving.
- Bon Appetit!

Energy value per serving:

calories	336 kcal
protein	10.4 g
fats.....	30.8 g
carbohydrates	3.6 g



14. Perfect Thin Keto Pancakes

How many copies were broken about thin pancakes - they were torn, they were not at all thin. Finally did! Perfect thin pancakes on almond flour!



INGREDIENTS:

Eggs	4 large
Almond Milk	1/4 cup
Almond Flour	3/4 cup
Butter	2 tbsp.
Erythritol	1 tsp.
Salt	to taste

- Crack the eggs into a bowl, then add the almond milk and beat for about 1 minute until a light foam forms.
- Gently add the flour, sweetener, and salt. Stir well and allow to stand for 5 minutes.
- Fry pancakes in a well-heated pancake pan in butter.
- Bon Appetit!

Energy value per serving:

calories **100 kcal**
protein **5 g**
fats..... **8 g**
carbohydrates **3 g**



15. Microwave Keto Cheesecake

What to do when you want to treat yourself to a dessert, but too lazy to cook a whole cake? Of course, to do a mini-sweetness in the microwave!



INGREDIENTS:

Cream Cheese	60 g	
Erythritol		1 tbsp.
Vanilla Extract		¼ tsp.
Fatty Cream		2 tbsp.
Egg		1

- Smooth the cream cheese in the microwave for 15 seconds, then mix well.
- Add the sweetener and vanilla, then mix again. Then, add the cream and egg, then continue to stir until a homogeneous consistency.
- Pour the dough into a microwavable dish. Cook for 1 minute, then two more times for 30 seconds. Cool at room temperature and store in the refrigerator for 1 hour. If you do not cool the cheesecake, the taste can be very eggy.
- Bon Appetit!

Energy value per serving:

calories **381 kcal**
protein**11 g**
fats..... **35 g**
carbohydrates **4 g**



16. Keto Easter Cake

For the basis of take Italian Christmas bread.

 120 minutes  7 serving

INGREDIENTS:

Dry Yeast	1 tbsp.
Honey	1 tbsp.
Warm Water	125 ml
Sour Cream	60 g
Almond Flour	170 g
Flax Flour	80 g
Whey Protein	35 g
Psyllium	18g
Erythritol	7 tbsp.
Xanthan Gum	2 tsp.
Tipple	2 tsp.
Salt	to taste
Egg	3 pcs.
Apple Cider Vinegar	1 tbsp.
Orange Zest	1 tbsp.
Butter	55 g

- Mix warm water, honey, and sour cream. Pour the mixture with yeast and set aside for 7 minutes. Then, mix all the dry ingredients.
- Once the yeast is ready, add the eggs, vinegar, and beat with a mixer for a couple of minutes. Then, add the dry mix in three steps, alternating with adding the soft butter. Mix thoroughly. Put the dough in molds, cover with a towel, and put in a warm place for 2-3 hours, until the dough almost doubles.
- Bake in a preheated oven for 10 minutes at 200 ° C, then another 10 minutes at 190 ° C, and another 5-7 at 180 ° C. Kulichi should be dark brown.
- Allow to cool on a baking sheet for 20 minutes, then transfer to a stand to cool completely. Keep in mind that they continue cooking while

cooling, so do not cut it until it's completely cool.

- Bon Appetit!

Energy value per serving:

calories **312 kcal**

protein**10 g**

fats..... **26 g**

carbohydrates **11 g**



17. Cookie with Cinnamon

Incredibly delicious and, perhaps, the easiest cookie recipe!



30 minutes



24 serving

INGREDIENTS:

Almond Flour	120 g
Coconut Flour	15 g
Xanthan Kamel	½ tsp..
Soda	½ tsp.
Cream of Tartar	½ tsp.
Salt	to taste
Butter	120 g
Erythritol	4 + 1 tbsp.
Vanilla Extract	1 1/2 tsp.
Egg	1
Cinnamon	2 tsp.

Preheat oven to 190 ° C and cover a baking sheet with parchment. Mix almond and coconut flour, gum, soda, cream of tartar, and salt. Mix butter with mixer for 1-2 minutes. Add 4 tbsp. of erythritol and continue to beat another 6-8 minutes. Add vanilla extract and egg and mix thoroughly. Add dry mix in two steps.

Mix 1 tbsp. erythritol and cinnamon. Scoop the dough with a tablespoon, roll into a ball, then roll in the "sugar" mixture. Finally, put it on a baking sheet and flatten it slightly. Bon Appetit!

Energy value per serving:

calories	68 kcal
protein	1.4 g
fats.....	6.5 g
carbohydrates	1.5 g



18. Waffle Cone

Ice cream recipes we have already laid out a lot, but for ice cream without the cone? Waffle cones change everything!

 35 minutes  4 serving

INGREDIENTS:

Almond Flour	30 g
Salt	to taste
Xanthan Gum	1/8 tsp.
Butter	30g
Erythritol	45 g
Protein	1 pc.
Vanilla Extract	1/2 tsp.

- Mix almond flour, salt, and xanthan gum. In a separate bowl, mix the protein, melted (but not hot!) butter, erythritol and vanilla. Add dry ingredients and mix thoroughly. Let the dough stand for 10 minutes.
- Preheat oven to 180 ° C. Cover the baking sheet with parchment and brush with butter. Put two tablespoons of dough and roll a circle 10-12 cm in diameter. On the baking sheet is usually placed two circles. Bake 7-9 minutes, remove from the oven, and wait for 1 minute and turn over very carefully. Return to the oven and bake for another 2-3 minutes, or until golden brown.
- Remove the baking tray from the oven and gently shape the waffles to a cone shape and allow to cool completely.
- Bon Appetit!

Energy value per serving:

calories 102 kcal
protein2.2 g
fats..... 10 g
carbohydrates 1.7 g



19. Chocolate Cake

Here is a simple, quick, and unusually tasty chocolate cake recipe with few carbohydrates.



INGREDIENTS:

Almond Flour	120 g
Coconut Chips	70 g
Egg	1
Coconut Cream (or regular)	200 ml
Coconut Oil	50 g
Erythritol	2 tbsp.
Cocoa Powder	2 tbsp.
Vanilla Extract	to taste
Salt	to taste
Nuts	100 g

- Preheat oven to 180 C. Mix coconut, almond flour, and egg with a blender to form a thick dough. Put the dough on a baking tray with parchment and smooth it out, making the sides a couple tall. Bake the base for 20 minutes until golden brown. Remove and cool.
- Now, make the chocolate ganache. Melt the coconut oil and add cream, cocoa powder, vanilla, a pinch of salt, and erythritol.
- Pour into the chilled baking tray and refrigerate for about 2 hours.
- Fry your favorite nuts in a frying pan and sprinkle the cake with them before serving.
- Bon Appetit!

Energy value per serving:

calories	314 kcal
protein	7.5 g
fats.....	26.3 g
carbohydrates	4.8 g



20. Blueberry Pancakes

With this excellent keto recipe, you can start the day with pancakes! I am sure that you will make these often, because they are incredibly lush, tender, and tasty!



INGREDIENTS:

Almond Flour	50 g
Eggs	3
Coconut Flour	2 tbsp.
Milk	25 ml
Cinnamon	1 tsp.
Baking Powder	½ tsp.
Erythritol	to taste
Blueberries (frozen, preferred)	25 g

- Put all the ingredients (except blueberries) in a blender and blend at high speed until it's a good consistency.
- Put the dough in a bowl and gently add the blueberries. Let the dough stand for 10 minutes at room temperature.
- Heat a non-stick pan to medium temperature, then lay out the dough and immediately cover with a lid. After 3 minutes, flip the pancakes and repeat the process.
- Bon Appetit!

Energy value per serving:

calories	132 kcal
protein	7 g
fat.....	7 g
carbohydrates	4.1 g



21. Keto Cake Honey

A classic honey cake all good! In addition to flour, sugar and honey, we replaced these ingredients and was born a keto masterpiece.

 60 minutes  12 serving

INGREDIENTS:

Erythritol	180 g
Butter	100 g
Honey Substitute	45 ml
Eggs	3
Almond Flour	250 g
Coconut Flour	50 g
Baking Powder	1 tsp.
Cream Cheese	250 g
Sour Cream	200 g
Whipped Cream	100 g

- Melt the butter and beat with erythritol and honey substitute. Beat the eggs and add the honey mixture, flour, and baking powder. Divide the dough into 8 - 10 parts, roll out the cakes, and cut /shape them with a diameter of 18 cm. Bake at 190 C for 5 minutes, cool slightly, and cut the edges with a shape of 16 cm.
- For the cream, mix cream cheese, sour cream, erythritol, and whipped cream.
- Cut the cake, covering each piece with cream. Grind pieces in a blender and decorate the cake. Let stand for a couple of hours so that the cakes are soaked.
- Bon Appetit!

Energy value per serving:

calories 324 kcal
protein8 g
fats..... 28 g
carbohydrates 12 g



22. Keto Brownie Muffins

The best start to the day are definitely sweets - especially when you are on the Keto diet and want to pamper yourself! This recipe for muffins is just what you need: delicious, juicy, and hearty ... a fairy tale!



INGREDIENTS:

Flax Flour	90 g
Pumpkin Puree	50 g
Cocoa Powder	25 g
Caramel Syrup, sugar-free	25 g
Egg	1 large
Coconut Oil	2 tbsp.
Apple Cider Vinegar	½ tsp.
Cinnamon	1.5 tsp..
Baking powder	half tsp..
Almond	to taste
Vanilla Extract	to taste
Salt	to taste

- Mix all the dry ingredients in a large bowl.
- In another bowl, mix and lightly whisk all the liquid ingredients.
- Pour the liquid into the dry ingredients and mix thoroughly.
- Preheat oven to 170-180 ° C. Put the dough in a muffin tin. You should have 6.
- Sprinkle almonds over them and press lightly.
- Bake for about 15 minutes. Muffins should rise and darken slightly.
- Bon Appetit!

Energy value per serving:

calories	301 kcal
protein	18.5 g
fat.....	23.5 g
carbohydrates	3.8 g



23. Pumpkin Waffles

Pumpkin waffles are categorically good. It has a unique taste, a delicate texture, and a nice crisp - everything is there!



INGREDIENTS:

Almond Flour	50 g
Egg	2 large
Coconut milk	30 ml
Pumpkin Puree	25 g
Erythritol	3 tbsp.
Flax Seeds	2 tbsp.
Baking Powder	½ tbsp.
Vanilla Extract	to taste

- In a large bowl, mix all the liquid ingredients.
- Put all the dry ingredients in a sifter. I strongly recommend sifting flour, because this greatly affects the texture of the dough.
- Sift all dry ingredients into the liquid mixture.
- Stir until the dough becomes the consistency of liquid sour cream.
- Heat the waffle iron and grease with coconut oil. I only use it for frying, because it does not emit carcinogens at high temperatures.
- Waffles are usually cooked for 5-6 minutes, but the time may vary depending on your waffle iron, so for the first three minutes do not open the lid, and then check readiness.
- Cover the waffles with a low-calorie maple syrup and garnish with pecans.
- Bon Appetit!

Energy value per serving:

calories	296 kcal
protein	14.2 g
fat.....	21.9 g
carbohydrates	13.4 g



24. Keto Donuts

One day, I planned to bake muffins, but accidentally opened a drawer and found a waffle iron... that looked like donuts!

 25 minutes  36 serving

INGREDIENTS:

Cream Cheese	90 g
Egg	3 large.
Almond Flour	3 tbsp.
Coconut Flour	1.5 tbsp
Baking Powder	1/2 art. spoons
Vanilla Extract	to taste
Erythritol	4 tbsp.
Liquid Stevia	2 ml

- Put all the ingredients in a bowl and mix.
- Take an immersion blender and carefully “ punch ” the dough until you get a uniform consistency. You need to work with a blender for at least a minute and a half, otherwise lumps may remain.
- Heat the waffle iron and grease with coconut oil. I use only it for frying as it does not emit carcinogens at high temperatures.
- My donuts were baked for 6 minutes, but the time may vary slightly depending on your waffle iron. So, for the first three minutes, do not open the lid, and then check that it does not burn.
- Bon Appetit!

Energy value per serving:

calories	32 kcal
protein	1.4 g
fat.....	2.7 g
carbohydrates	0.8 g



25. Blueberry and Ricotta Pancakes

We offer a keto recipe for delicious pancakes with blueberries and ricotta, which can be prepared for breakfast in just a couple of minutes. These hearty pancakes are filled with blueberry flavor and they will become your favorite delicacy.



15 minutes



5 serving

INGREDIENTS:

Eggs	3
Ricotta	70g
Vanilla Extract	1/2 tsp.
Almond Milk	25 g
Almond Flour	250 ml
Flax Flour	45 g
Salt	1/4 tsp.
Baking Powder	1 tsp.
Stevia Powder	1/4 tsp.
Blueberries	25 g

- Preheat the pan over medium heat.
- Mix the eggs, ricotta, vanilla, and unsweetened almond milk.
- Mix the almond and flax flour, salt, baking powder and stevia in a separate bowl.
- Slowly add the dry ingredients to the blender and mix until a smooth dough is obtained.
- Add blueberries to the mixture.
- Put the butter on the pre-heated pan and let it melt.
- Pour 2 tablespoons of dough in the pan, to get the desired size Pancake. Fry until golden brown on both sides.
- Bon Appetit!

Energy value per serving:

calories	311 kcal
protein	15.2 g
fat.....	22.6 g

carbohydrates **10.8 g**



26. Lemon Poppyseed Muffins

If you like the taste of lemon and poppyseeds, then you will become a real fan of these muffins.



INGREDIENTS:

Almond flour	125 g
Flax flour	25 g
Baking powder	1 tsp.
Erythritol	3 tbsp.
Mac	1 tbsp.
Butter	25g
Cream	25 g
Eggs	3
Lemon Zest	2
Lemon Juice	3 tbsp.
Vanilla Extract	1 tsp.
Liquid Stevia	1 tsp.

- Preheat oven to 170 ° C.
- In a bowl, combine almond and flax flour, erythritol and poppyseeds. Mix thoroughly with a fork.
- Add the melted butter, eggs, and cream. Stir until the dough is smooth, and without lumps.
- Add baking powder, stevia, vanilla, lemon zest and lemon juice to the dough.
- Spread the dough evenly between 12 molds. It is better to use silicone as they are easier to remove.
- Bake muffins for 18-20 minutes, or until they are lightly browned.
- Remove them and cool for 10 minutes.
- Cut, add the butter, and enjoy!
- Bon Appetit!

Energy value per serving:

calories **130 kcal**
protein**4.0 g**
fat..... **11.7 g**
carbohydrates **3.4 g**



27. Chocolate Chip Cookies

A simple and incredibly delicious cookie recipe should always be on hand!

 20 minutes  12 serving

INGREDIENTS:

Almond Flour	170 g
Butter	100 g
Erythritol	130 g
Vanilla Extract	1 tsp.
Egg	1 pc.
Baking Powder	1/2 tsp.
Salt	to taste
Chocolate	90 g

- Melt the butter and whip with erythritol. Add vanilla extract, egg, baking powder, salt, and almond flour. Stir well and add the chocolate.
- Form 12 cookies, put them on a baking sheet, and bake in the oven preheated to 180 ° C for 10-12 minutes.
- Bon Appetit!

Energy value per serving:

calories 168 kcal
protein4 g
fats..... 17.3 g
carbohydrates 2.3 g



28. "New York" Cheesecake

Another variation on the theme of our favorite treats)

 90 minutes  12 serving

INGREDIENTS:

Almond Flour	200 g
Coconut Flour	40 g
Butter	180 g
Baking powder	1 tsp.
Salt	to taste
Erythritol	130 g
Cream Cheese	400 g
Sour cream	150 g
Eggs	3 pcs
Vanilla Extract	1 tbsp.
Lemon Zest	1 tsp.

- Mix almond and coconut flour, baking powder, 2 tbsp., erythritol, and salt. Melt the butter and add to the dry mixture. Cover the bottom of a 2 cm baking sheet with parchment and lay out the dough. Bake for 15 minutes in a preheated oven to 160 ° C, then let cool.
- Mix the cream cheese, sour cream, vanilla extract, lemon zest, and the remaining erythritol. Add eggs one by one and mix thoroughly. Pour the filling onto the base.
- Wrap the bottom of the mold with foil, put it on a baking sheet with water and cook for 50 minutes at 160 C. Turn off the oven, open the door, and hold the cake for another 30 minutes.
- Cool the cheesecake to room temperature and store in the refrigerator for at least 4 hours or overnight.
- Bon Appetit!

Energy value per serving:
calories **384 kcal**

protein**9 g**
fat..... **36.5 g**
carbohydrates **7 g**



29. Chocolate Cupcakes

This is probably one of the best recipes for chocolate keto cupcakes that we have ever made!



INGREDIENTS:

Eggs	3
Almond Milk	120 ml
Vanilla Extract	1 tsp.
Almond Flour	90 g
Coconut Flour	30 g
Cocoa Powder	30g
Erythritol	3 tbsp.
Baking Powder	1 tsp.
Olive Oil	40 ml

- Mix eggs, milk and vanilla extract.
- Add the almond, coconut flour, cocoa, erythritol, baking powder, and salt. Mix until smooth. Add oil and mix thoroughly.
- Preheat oven to 175 ° C. Distribute the dough evenly in 9in cake pan and bake for 22-25 minutes. Remove from oven and cool.
- Bon Appetit!

Energy value per serving:

calories **204 kcal**
protein**6.3 g**
fat..... **17.2 g**
carbohydrates **9.6 g**



30. Thin Pancakes

Having tried a couple of dozens of pancakes recipes, we did find the most tender.



INGREDIENTS:

Cream Cheese	60 g
Eggs	2
Erythritol	1 tbsp.
Salt	to taste

- Melt the cream cheese in the microwave.
- Mix cheese, eggs, erythritol, and salt. Beat until smooth.
- Cook in a well-heated pancake pan for 1.5-2 minutes on each side.
- Bon Appetit!

Energy value per serving:

calories **56 kcal**
protein**2.5 g**
fat..... **5 g**
carbohydrates **0.5 g**



31. Keto Pancakes

Here's a great recipe for pancakes... keto-style!

 20 minutes  6 serving

INGREDIENTS:

Eggs	4
Almond Flour	60 g
Milk	80 ml
Erythritol	1 tbsp.
Salt	to taste

- Mix eggs and milk. Whisk about a minute until light foam. Then, add flour, erythritol, and salt. Mix thoroughly.
- Cook pancakes in a well-heated pancake pan with olive oil.
- Bon Appetit!

Energy value per serving:

calories **100 kcal**
protein **5 g**
fat..... **8 g**
carbohydrates **3 g**



32. "Chocolate Kiss" Keto Cookies

Gentle cookies with peanut butter and a chocolate "kiss".



INGREDIENTS:

Peanut Flour	120 g
Almond Flour	90 g
Coconut Flour	3 tbsp.
Baking Powder	1 tsp.
Salt	to taste
Peanut Butter	150 g
Butter	120 g
Erythritol	160g
Eggs	2
Vanilla Extract	1 tsp.
Dark Chocolate	120 g
Butter	2 tbsp.

- Preheat oven to 175 ° C and cover several large baking sheets with parchment paper. In a bowl, mix the peanut flour, almond flour, coconut flour, baking powder, and salt.
- In a large bowl, beat the peanut butter and cream until creamy. Add erythritol, and then beat in eggs and vanilla. Mix thoroughly. Combine the mixture and mix until smooth.
- Form the dough into balls with a diameter of 2-3 cm and place on a baking tray. Wrap the bottom of the glass in plastic wrap and press each ball. Use your thumb to make a groove to each cookie. Bake for about 15 minutes. Allow to cool for 5–10 minutes, then transfer to a wire rack and cool completely.
- For chocolate "kisses," melt butter and chocolate. Allow to cool slightly and pour into grooves. Put in the fridge for 1 hour.
- Bon Appetit!

Energy value per serving:

calories **82 kcal**
protein**2.3 g**
fat..... **7.1 g**
carbohydrates **3.2 g**



33. Peanut Butter Cupcake in a Cup

Minimum carbohydrates, no sugar, and just a couple of minutes to cook!



5 minutes



6 serving

INGREDIENTS:

Peanut Paste	60 g
Butter	40 g
Almond Flour	60 g
Erythritol	6 tbsp.
Baking Powder	2 tsp.
Eggs	2 pcs.
Vanilla extract	½ tsp.
Water	60 ml
Dark chocolate	3 tbsp.

- Melt the peanut butter and butter together in a microwave and blend into a smooth mass. In a separate bowl, mix the almond flour, erythritol, and baking powder. Add eggs, vanilla extract, melted butter, and water. Mix well and add chocolate.
- Pour the dough into 6 mugs and cook in the microwave for 1 minute.
- Bon Appetit!

Energy value per serving:

calories	210 kcal
protein	6.4 g
fat.....	17.8 g
carbohydrates	6.7 g



34. Keto Cranberry Biscotti Cookies

Chocolate crispy biscuits made from almond flour with pecans - a gastronomic revelation!

 55 minutes  15 serving

INGREDIENTS:

Almond Flour	2 cups
Erythritol	½ cups
Baking Powder	1 tsp.
Coconut Flour	1 tbsp.
Orange Peel	1 tbsp.
Butter, melted	¼ mugs
Eggs	1
Vanilla Extract	½ tsp.
Pecans chopped	1/4 cup
Dried Cranberries	¼ cup
Dark Chocolate	90 g
Coconut Oil	1 tbsp.

- Preheat oven to 175 ° C and cover the baking sheet with parchment paper. In a large bowl, mix the almond flour, erythritol, baking powder, coconut flour, and orange zest.
- Add butter, egg, and vanilla extract. Add pecans and dried cranberries and mix thoroughly.
- Put the dough on a baking sheet and form a 25 x 10 cm bar. Bake for 25 minutes, or until browned and firm to the touch. Remove from oven, let cool for 30 minutes. Reduce the oven temperature to 125 ° C. With a sharp knife, carefully cut the bar into 15 even slices. Put the pieces back on the baking sheet and bake for 15 minutes, then turn each slice over and continue to cook for another 15 minutes.
- Turn off the oven and let them cool.
- In a microwave or water bath, melt the chocolate until smooth and mix with coconut oil. Dip the biscotti tips and place on a baking sheet. Put it in the fridge until the icing hardens.

- Bon Appetit!

Energy value per serving:

calories **242 kcal**
protein **4 g**
fat..... **23.2 g**
carbohydrates **6.4 g**



35. Pistachio Macaroons

Gentle, melting in the mouth ... unearthly pleasure.

 30 minutes  16 serving

INGREDIENTS:

Almond Flour	70 g
Eggs	2
Erythritol	45 g
Salt	to taste
Xanthan Gum	½ tsp.
Lemon Juice	½ tsp.
Matcha Tea Powder	½ tsp.
Ground Pistachios	35 g
Erythritol	1 tsp.
Butter	65 g
Vanilla Extract	½ tsp.

- Beat the eggs with a pinch of salt and lemon juice to form a white foam. Then, gradually add 15 g of erythritol and beat until the peaks are resistant. Add gum and matcha powder and beat for one more minute or until the foam is dense.
- Put almond flour and 30 g of erythritol in a blender. Grind on the "pulse" mode long enough to make the mixture homogeneous. Sift the mixture into the eggs and begin to mix. Note: blend gently upwards about 50 times.
- Put the dough in a pastry bag and drop 32 cookies on 2 baking sheets covered with parchment paper. Let them sit for 30 minutes to clear the surface.
- Put the trays in an oven preheated to 150 ° C for 17-20 minutes. Remove pans and allow to cool to room temperature.
- Crush pistachios with erythritol. Mix the softened butter. Add a mixture of pistachios and vanilla extract. Stir, then transfer to a pastry bag and squeeze onto half the cookies.
- Place the other halves on top and press lightly. Send in the refrigerator

for a couple of hours, or over night.

- Bon Appetit!

Energy value per serving:

calories **75 kcal**

protein**2.1 g**

fat..... **6.6 g**

carbohydrates **2.1 g**



36. Classic New York Cheesecake

This rich, creamy New York cheesecake is the perfect keto dessert.



90 minutes



12 serving

INGREDIENTS:

Cream Cheese	650 g
Butter	5 tbsp.
Erythritol	1 cup
Eggs	3
Sour cream	100 g
Lemon Zest	2 tsp.
Vanilla Extract	½ tsp.

- Grease a 22 cm baking dish and wrap it in two layers of foil.
- In a large bowl, beat the cream cheese and butter until smooth, then add erythritol and blend until smooth.
- Add eggs one at a time, beating after each. Add the sour cream, lemon zest, and vanilla extract and beat until the dough has a smooth texture. Pour into prepared baking dish.
- Preheat the oven to 175 ° C. Place the cheesecake mold inside a deep pan and place it in the oven. Carefully pour boiling water into it, halfway through the wall of the baking dish. Bake for 70 to 90 minutes until the cheesecake grabs but is still slightly liquid in the center. Turn off the oven and remove the form from the water bath. Allow cooling to room temperature. Take a sharp knife on the edges of the cake to separate it from the structure. Refrigerate for at least 4 hours.
- Bon Appetit!

Energy value per serving:

calories	287 kcal
protein	5 g
fat.....	25 g
carbohydrates	3 g



37. Blueberry Cupcakes

This is ideal for breakfast or for tea time – plus, it has few carbohydrates and a maximum of taste.

 50 minutes  12 serving

INGREDIENTS:

Eggs	5
Almond Flour	180 g
Coconut Flour	2 tbsp.
Blueberries	½ mugs
Baking Powder	½ tsp.
Cream (for beating)	3 tbsp.
Erythritol	½ cups
Butter	3 tbsp.
Vanilla Extract	to taste

- Preheat oven to 180 ° C. Grease a baking dish (20 x 10 cm) with butter or cover with parchment. In a bowl, break the eggs, add sweetener and flavoring. Beat with a mixer for 2-3 minutes. Add thick whipped cream and mix again.
- Mix all the dry ingredients in another bowl. Add dry ingredients to the egg mixture and mix thoroughly with a mixer. Add the oil and mix again.
- Add the blueberries and pour the dough into a baking dish.
- Bake for about 45-50 minutes or until done (check with a toothpick). Let cool and enjoy!
- Bon Appetit!

Energy value per serving:

calories	174 kcal
protein	6 g
fat.....	15 g
carbohydrates	5 g



38. Cheesecake with Peanut Paste

This cheesecake is not only beautiful, it is also incredibly tasty.

 45 minutes  16 serving

INGREDIENTS:

Cream Cheese	90 g
Egg	1
Almond Flour	140 g
Erythritol	4 tbsp.
Cocoa Powder	2 tbsp.
Cream cheese	500 g
Sour Cream	250 ml
Egg	3 pcs.
Erythritol	100 g
Vanilla Extract	½ tsp.
Peanut Butter	100 g
Dark Chocolate, sugar free	60 g
Coconut Oil	1 tbsp.

- Preheat oven to 150 ° C. Melt the butter and mix with all the other ingredients for the base in a medium-sized bowl. Spread the mixture over the bottom of the 23 cm form. Bake for 10 minutes, remove from the oven, and allow to cool at room temperature.
- Increase the oven temperature to 200 ° C. Mix the cream cheese (softened at room temperature), sour cream, and eggs until smooth. Add sweetener, vanilla extract, and peanut butter, and mix thoroughly.
- Pour the mixture into the base and gently tap the dish on the table to get rid of air bubbles. Bake cheesecake for 10 minutes lower the temperature to 100 ° C and continue to bake for another 25 minutes.
- Turn off the oven and leave with the door ajar for 2 hours.
- Melt dark chocolate and coconut oil in the microwave or in a water bath. Mix thoroughly. Pour the mixture over the cheesecake and refrigerate for at least two hours so that the cheesecake and chocolate are completely frozen.

- If your oven does not have a convection mode, you can either raise the temperature by 10-15 ° C, or keep the cake a little longer.
- Bon Appetit!

Energy value per serving:

calories **376 kcal**
protein**9 g**
fat..... **36 g**
carbohydrates **5 g**



39. Chocolate Cupcake in a Mug

Delicate chocolate cake - the perfect treat



5 minutes



2 serving

INGREDIENTS:

Almond Flour	2 tbsp.
Cocoa	1 tbsp.
Erythritol	1 tbsp.
Baking Powder	½ tsp.
Vanilla Extract	¼ h. Spoons
Salt	to taste
Egg	1
Chocolate, sugar free	15 g
Coconut oil	½ tsp.

- Mix dry ingredients in a small bowl. Add the egg and melted butter and mix until smooth.
- Add coarsely chopped chocolate and pour into two well-oiled coffee mugs.
- Cook in the microwave at maximum power for 1½ – 2 minutes (700 W).
- Remove and allow to cool for a minute. Serve with a spoon of whipped coconut cream or sour cream.
- Keep in mind that when cooking in a microwave, the muffin first swells, doubling in size, and then settles, so fill the mug a maximum of two-thirds.
- If you want to use the oven, preheat the oven to 175 ° C. Prepare the dough according to the instructions above, pour into the mold and bake for about 15-18 minutes.
- Bon Appetit!

Energy value per serving:

calories	230 kcal
protein	6 g
fat.....	21 g

carbohydrates **4 g**



40. Chocolate Cupcake in Mug

Making the perfect keto cheesecake is a lot easier than you think.

 60 minutes  12 serving

INGREDIENTS:

Almond Flour	90 g
Butter	60 g
Erythritol	2 tbsp.
Vanilla extract	½ tsp.
Cream Cheese	500 g
Whipping Cream	125 ml
Eggs	2
Yolk	1
Erythritol	1 tbsp.
Lemon Zest	1 teaspoon
Vanilla Extract	½ tsp.
Fresh Blueberries	60 g

- Preheat oven to 175 ° C. Grease a 22 cm pan with butter and cover the base with parchment paper. Melt coconut oil and cook until it has a nutty aroma. This will give a taste similar to toffee. Remove from heat and add almond flour, sweetener, and vanilla.
- Mix thoroughly and pour the mixture on the bottom of the mold, tightly pressing. Bake for 8 minutes or until the crust becomes slightly golden. Remove from the oven and let cool while you are preparing the filling.
- Combine the cream cheese, cream, eggs, lemon zest, vanilla, and sweetener.
- Pour the mixture onto the bottom cake. Increase heat to 200 ° C and bake for 15 minutes. Then reduce the heat to 110 ° C and cook for another 45-60 minutes. Turn off the heat and let cool in the oven.
- Remove the cake when it has cooled completely and placed it in the refrigerator overnight. Serve with fresh blueberries.
- Bon Appetit!

Energy value per serving:

calories **335 kcal**

protein **7 g**

fat..... **33 g**

carbohydrates **4 g**



41. Chocolate Cake

This Keto chocolate cake never disappoints. With a delicate, rich, and creamy taste, it will please anyone!



INGREDIENTS:

Dark Chocolate min. 70% cocoa, sugar-free	250 g
Butter	150 g
Egg	5 pcs.
Salt	to taste
Vanilla Extract	1 tsp.

- Melt chocolate and butter in a microwave (or in a water bath). Mix thoroughly and leave at room temperature.
- Separate the egg whites and whisk until they form resistant peaks. Add vanilla to the yolks and mix to a smooth consistency.
- Add the chocolate mixture to the yolks first, mix, then carefully add the protein.
- Pour the dough in the form of 20-22 cm and send to the preheated to 160 C oven for 15 minutes.
- Bon Appetit!

Energy value per serving:

calories	241 kcal
protein	4 g
fat.....	21 g
carbohydrates	7 g



42. Classic Cheesecake

Another variation of cheesecake. Painfully, I love them, so do not blame me.



INGREDIENTS:

Almond Flour	150 g
Butter	85 g
Mascarpone Cheese	600 g
Erythritol	150 g
Eggs	3
Egg yolks	3
Lemon Juice	Art. spoons
Vanilla Extract	to taste

- In a blender, mix butter and flour, then put on the bottom of 22 cm dish. Bake in the oven preheated to 180 ° C for 12 minutes.
- Meanwhile, lightly whip cream cheese in a bowl.
- Add the erythritol, eggs, yolks, lemon juice, flavor, and mix thoroughly.
- Remove dish from the oven. Then, slightly crisp and wrap tightly with foil. Pour the mixture into the dish.
- Note: the cheesecake should be cooked in a "water bath." To do this, pour hot water into a deep pan. Then, put a dish in it, then put it in the oven for 50 minutes.
- When the cheesecake is ready, cool it completely at room temperature, then refrigerate for a couple of hours.
- Before serving, it is more convenient to cut the cake with a hot knife. To do this, put the knife in hot water, wipe it dry, and chop.
- Bon Appetit!

Energy value per serving:

calories	520 kcal
protein	12 g
fat.....	49 g
carbohydrates	8 g



43. Chocolate Muffin in a Mug

A delicate chocolate muffin in the mug - my favorite evening ritual!



5 minutes



2 serving

INGREDIENTS:

Coconut Flour	2 tbsp.
Cocoa Powder	2 tbsp.
Erythritol	2 tbsp.
Eggs	2
Butter, melted	2 tbsp.
Milk	2 tbsp.
Baking Powder	¼ tsp.

- Mix all the dry ingredients in a bowl.
- Add the eggs, butter, and milk.
- Mix thoroughly and pour the mixture into a mug.
- Microwave for 2 minutes. Time may vary slightly depending on the power of the microwave.
- Remove the mug and let it stand for a couple of minutes. Then, take out the muffin and serve.
- Bon Appetit!

Energy value per serving:

calories	219 kcal
protein	7 g
fat.....	19 g
carbohydrates	8 g



44. Lush Waffles

The secret to these most delicate waffles is whipped whites. The texture is incredible and it tastes good too.



INGREDIENTS:

Almond Flour	180 g
Coconut Milk	125 ml
Eggs	2
Cashew Butter	5 tbsp.
Coconut Oil	4 tbsp.
Baking Powder	1 tsp.
Erythritol	to taste
Salt	to taste

- Heat the waffle iron and lightly coat the surface with coconut oil.
- In a bowl, mix the flour, baking powder, sweetener, and salt. Set aside.
- Separate the egg whites from the yolks and whip the whites until they form resistant peaks.
- In a separate bowl, mix the yolks, coconut oil, cashew oil, and milk. Combine the dry ingredients with the mixture with the yolks, mix thoroughly. Then, gently fold in the whipped whites.
- Pour some of the mixture into the waffle iron and cook for 6-7 minutes.
- Bon Appetit!

Energy value per serving:

calories	594 kcal
protein	19 g
fat.....	55 g
carbohydrates	19 g



45. Chocolate Donuts

Chocolate donuts seem to send us to the romantic world of a small French town.



INGREDIENTS:

Eggs	4
Greek Yogurt	60 g
Coconut Milk	60 ml
Erythritol	to taste
Coconut Flour	50 g
Cocoa Powder	50 g
Baking Powder	1 tsp.
Dark Chocolate, sugar free	40 g
Coconut Oil	1 tbsp.

- Dough for donuts: Put the eggs, yogurt, milk, coconut flour, cocoa powder, sugar substitute, and baking powder in a blender. Blend to get a smooth consistency.
- Pour the dough into nine donut trays and bake for 15 minutes in the oven preheated to 180 ° C.
- Remove the donuts and let them cool for 5-10 minutes (without removing from the dish).
- Once cooled, carefully put the donuts on a plate or board.
- Frosting: Melt chocolate and coconut oil in a microwave or a water bath. Stir and glaze the donuts, then put them in the fridge for about 15-20 minutes.
- Bon Appetit!

Energy value per serving:

calories	152 kcal
protein	5 g
fat.....	12 g
carbohydrates	6 g



46. Cinnamon Cupcake in 2 Minutes

The main things that I pay attention in the recipes in the microwave are texture, taste, aroma, and juiciness. This cinnamon cupcake gets a 10 out of 10 in all respects.



2 minutes



1 serving

INGREDIENTS:

Butter	2 tbsp.
Coconut flour	1 tbsp.
Flax flour	2 tbsp.
Egg	1
Cinnamon	h1/2 tsp.
Baking powder	quarter-spoon
Erythritol	to taste
Salt	to taste

- Melt the butter in the microwave. Pour into a mug and add all other ingredients.
- Mix thoroughly.
- Pour the dough into a mug and bake in the microwave for 60 - 90 seconds.
- Bon Appetit!

Energy value per serving:

calories 375 kcal
protein10 g
fat..... 35 g
carbohydrates 7 g



47. Chocolate Cake

This is a very simple recipe for keto chocolate cake! It's also the perfect texture, has a rich chocolate taste, and delicate butter cream. Such a cake will quench any chocolate thirst.



INGREDIENTS:

Coconut Flour	100 g
Erythritol	150 g
Cocoa Powder	100g
Baking Powder	2 tsp.
Eggs	6
Whipping Cream	350 g
Butter, melted	100 g
Vanilla Extract	to taste

- Put the coconut flour, 100 g. of erythritol, 50 g. of cocoa, baking powder, eggs, 150 g. cream, and butter in a bowl and mix thoroughly with a mixer.
- Pour the mixture into a dish and bake in the oven preheated to 180 ° C for 25 minutes.
- Remove the cake from the oven and cool until it reaches room temperature.
- Beat 200 g. of cream. Then, add 50 g. of erythritol, 50 g. of cocoa and vanilla.
- Continue to beat until the mixture is smooth.
- Put the cream on the cooled cake and refrigerate for at least 30 minutes.
- Bon Appetit!

Energy value per serving:

calories 358 kcal
protein8 g
fat..... 33 g
carbohydrates 11 g



48. Mini Cheesecake

Meet the delicious Mini Cheesecake!

 10 minutes  12 serving

INGREDIENTS:

Cream Cheese	150 g
Butter	50 g
Erythritol	3 tbsp.
Vanilla Extract	to taste
Coconut Oil	180 ml
Cocoa Powder	1 tbsp.

- Melt the butter (either in the microwave or in a water bath) and mix it with the cream cheese in a bowl using a mixer until smooth.
- Add 60 g of melted coconut oil, one tablespoon of erythritol, and vanilla. Mix thoroughly.
- Spread the mixture into 12 molds and refrigerate for 20 minutes.
- Mix 120 g. of melted coconut oil, cocoa and 2tablespoons of erythritol.
- Take the cheesecakes out of the refrigerator, pour the remaining mixture, and put back into the refrigerator for at least 4 hours.
- Bon Appetit!

Energy value per serving:

calories **312 kcal**
protein**3 g**
fat..... **32 g**
carbohydrates **1 g**



49. **Homemade Nutella**

Have you ever eaten a spoon Nutella right from the jar? Remember this unforgettable feeling? Well, let's refresh it in our memories! This keto Nutella is not inferior to the original.



INGREDIENTS:

Hazelnuts	400 g
Cocoa Powder	50 g
Erythritol	4 tbsp.
Avocado Oil	1 tbsp.
Salt	to taste

- Heat the oven to 180 C and put the hazelnuts on a baking sheet. Bake them for 10 minutes.
- Remove the nuts and cool completely.
- Peel the hazelnut husks, then put them into a blender and chop to a consistency that is close to a paste. Note: it's better use the pulse mode to keep the blender knives from overheating.
- Add the rest of the ingredients to the blender and grind to a smooth consistency.
- Put the mixture in a jar and refrigerate for at least two hours.
- Bon Appetit!

Energy value per serving:

calories	86 kcal
protein	2 g
fat.....	8 g
carbohydrates	3 g



50. Gingerbread Cookies

The colder the evenings become, the more often you will want to get warm with fragrant hot tea... and what is tea without cookies?



INGREDIENTS:

Almond Flour	3 cups
Erythritol	1 cup
Ginger Powder	1/2 tsp.
Cinnamon	1/2 tsp.
Nutmeg	1/4 tbsp.
Baking Powder	1/2 tsp.
Salt	to taste
Coconut oil	1/3 cups
Butter	1/2 cup
Eggs	2
Vanilla Extract	to taste

- Mix all dry ingredients.
- In a separate bowl, combine the butter and coconut oil, then add the eggs and vanilla, and mix thoroughly.
- Pour the liquid ingredients into the dry ingredients. Mix until it becomes a dough.
- Form balls, put them on a baking sheet, and press with a fork, giving the cookies an interesting shape.
- Bake in the oven preheated to 180 ° C for 15-18 minutes.
- Bon Appetit!

Energy value per serving:

calories	153 kcal
protein	3.5 g
fat.....	14.7 g
carbohydrates	10.8 g



51. Vanilla Cupcakes

I struggled with this recipe for a long time and finally came up with the perfect proportions.

 60 minutes  12 serving

INGREDIENTS:

Almond Flour	1 1/2 cups
Coconut Flour	1/4 cup
Vanilla Protein	30 g
Baking Powder	1 tsp.
Salt	to taste
Eggs	3
Vanilla Extract	to taste
Sour Cream	1/4 cup
Milk	1 cup
Butter, melted	1/4 cup

- In a large bowl, mix all the dry ingredients.
- Crack the eggs into a separate bowl. Then, add the vanilla and mix for 1 minute.
- Add the sour cream to the eggs, butter, and milk and beat another 30 seconds.
- Add dry ingredients for 2 - 3 rounds and mix thoroughly.
- Pour the mixture into a baking dish and put into an oven preheated to 180 ° C for 50 minutes.
- Bon Appetit!

Energy value per serving:

calories	175 kcal
protein	7 g
fat.....	15 g
carbohydrates	5 g



52. Lemon-Blueberry Cake

A simple and quick recipe with notes of lemon that only takes 5 ingredients and a maximum of 40 minutes to prepare.



INGREDIENTS:

Eggs	4
Erythritol	1/2 cup
Lemon Zest	2 tsp.
Almond Flour	1/2 cup
Blueberries	1/2 cup

- In a large bowl, beat the egg yolks with the sweetener for 2-3 minutes.
- Add the almond flour and lemon zest, mixing thoroughly.
- In a separate bowl, beat the eggs until they form resistant peaks. Carefully add to the mixture in four stages.
- Add blueberries, but leave a little for decor.
- Pour the mixture into a baking dish and send to the oven preheated to 180 ° C for 30 minutes.
- When the cake is ready, remove it from the oven and let it stand for 15 minutes at room temperature.
- Sprinkle with blueberries before serving.
- Bon Appetit!

Energy value per serving:

calories	103 kcal
protein	4 g
fat.....	8 g
carbohydrates	9 g



53. Crispy Keto Waffles

Lush, tender and hearty waffles - the perfect dessert, which is suitable for breakfast and dinner!



5 minutes



1 serving

INGREDIENTS:

Coconut Flour	4 tbsp.
Eggs	4
Milk (soy, almond, etc.)	25 ml
Apple or Pumpkin Puree	1 tbsp.
Coconut Oil	1 tbsp.
Cinnamon	1/4 tsp.
Baking powder	1/4 tsp.
Erythritol	to taste
Salt	to taste
Vanilla Extract	to taste
Low Calorie Syrup	to taste

- Mix all dry ingredients in a separate bowl and set aside.
- Stir liquid ingredients thoroughly, then add dry ingredients.
- Let the mixture stand for at least 10-15 minutes.
- Meanwhile, heat the waffle iron and cook for 4-6 minutes.
- You can immediately serve waffles, or, you can put them in the fridge and then put them in the toaster for a minute before serving.
- Bon Appetit!

Energy value per serving:

calories **242 kcal**
protein **8 g**
fat..... **12 g**
carbohydrates **19 g**



Chapter 9 - Smoothie Recipes

01. Tropical Smoothie

Ingredients

- Ice cubes 7
- Coconut Milk 185g
- Sour Cream 60g
- Golden Flaxseed Meal 28g
- Coconut Oil 14g
- Liquid Stevia 20 drops
- Mango Extract 3g
- Blueberry Extract 3g
- Banana Extract 3g

Instructions:

1. In a blender, place all ingredients and blend on medium speed or until smooth.
2. Pour into serving glass and enjoy.

02. Peanut Butter Smoothie

Ingredients

- Ice Cubes 7
- Coconut Milk 245g
- Peanut Butter 28g
- Caramel 28g
- Xanthan Gum 2g
- Coconut Oil 14g

Instructions:

1. In a blender, place all ingredients and blend on medium speed or until smooth.
2. Pour into serving glass and enjoy.

Conclusion

If you want to improve your health, lose or maintain your weight, and get in shape faster, then the keto diet is definitely for you. Now that you've read all about the amazing benefits that this diet brings, remember that you should always be careful when starting since it is a low carb diet.

Start slow and be patient as change doesn't happen overnight, especially when you change your lifestyle and diet. Remember that when starting a new diet plan, you are changing your lifestyle too, and thanks to this book, it will be a lot easier for you. Now, you have everything you need to know as a beginner regarding the food that is allowed, the nutritional profiles for the most commonly consumed food in keto, and a 14-day meal plan with all recipes included.

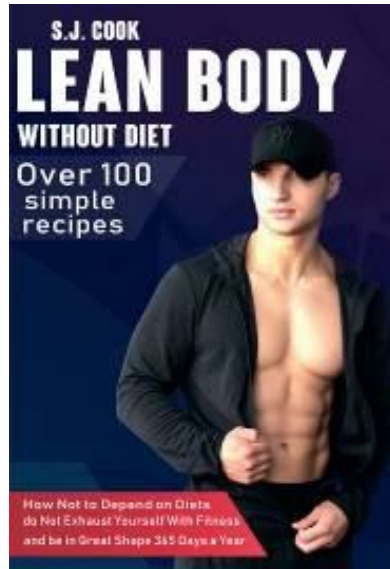
These recipes are designed for everyone, even beginners, to make them perfectly; they are also great opportunities to impress your family and friends with your new cooking skills.

Keep going and don't give up. Results will only be visible if you stay strong. After a week, it will definitely be more comfortable and more fun when experimenting with meals.

Check Out My Other Books

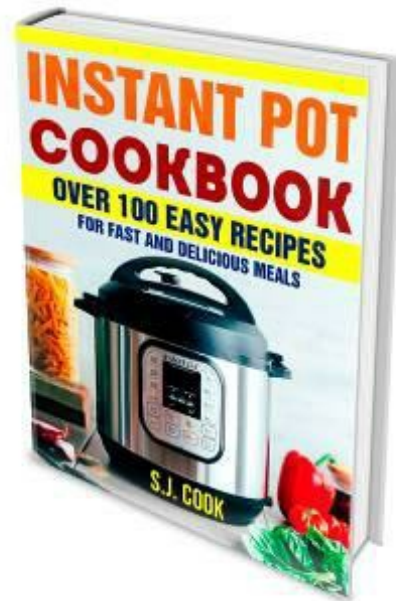
1. *LEAN BODY WITHOUT DIET*

[HTTPS://WWW.AMAZON.COM/DP/B07MYBJ6RB](https://www.amazon.com/dp/B07MYBJ6RB)



2. **Instant Pot Cookbook**

<https://www.amazon.com/dp/B07D943CM1>



I want to sincerely thank you!

And it's not in the book itself ...

I say “thank you” so much for caring for your body and for the fact that you want to change the quality of your life. Because you believe in yourself and strive to be better.

My primary goal is to help, as many people as possible, to get into shape, and to be much more energetic.

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Your trainer,

S.J. Cook