

# 108 KETO RECIPES

Claudia Caldwell

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## TABLE OF CONTENTS

<u>108 KETO RECIPES .....</u>	<u>1</u>
<u>1.Sautéed Beef Pepper with Cheese and Parsley Topping .....</u>	<u>9</u>
<u>2.Spicy Beef Tender with Healthy Cucumber .....</u>	<u>10</u>
<u>3.Beef Broccoli Crunchy Nugget.....</u>	<u>11</u>
<u>4.Warm Oxtail Soup with Nutmeg and Cloves .....</u>	<u>12</u>
<u>5.Spiced Pork Shoulder with Goat Cheese and Tender Veggies .....</u>	<u>13</u>
<u>6.Paprika and Cayenne Pulled Pork Butt with Roasted Asparagus .....</u>	<u>15</u>
<u>7.Stuffed Pork Black Pepper Jalapeno with Carrots .....</u>	<u>17</u>
<u>8.Spicy Pork with Kale Garlic .....</u>	<u>18</u>
<u>9.Pork Coconut Curry in Lettuce Blanket .....</u>	<u>20</u>
<u>10.Baked Lamb Ribs Rosemary .....</u>	<u>22</u>
<u>11.Oven Baked Lamb Ribs Macadamia with Tomato Salsa .....</u>	<u>23</u>
<u>12.Grilled Lamb Shoulder with Creamy Mint Sauce .....</u>	<u>25</u>
<u>13.Crunchy Crusted Pecan Of Goat.....</u>	<u>26</u>
<u>14.Spicy Turmeric Goat Satay.....</u>	<u>27</u>
<u>15.Coconut Creamy Goat Fritters with Sautéed Eggplant.....</u>	<u>28</u>
<u>16.Gingery Baked Goat Curry with Cauliflower.....</u>	<u>30</u>
<u>17.Minty Goat Roll with Roasted Broccoli and Carrots.....</u>	<u>32</u>
<u>18.Coconut Creamy Chicken Cheese .....</u>	<u>34</u>
<u>19.Crispy Chicken Oregano with Coconut Coating .....</u>	<u>35</u>
<u>20.Chicken Tomato Soup with Mushroom.....</u>	<u>36</u>
<u>21.Chicken Cheese Balls with Coconut Crumbles .....</u>	<u>37</u>
<u>22.Grilled Chicken Satay with Spicy Cashew Sauces .....</u>	<u>38</u>
<u>23.Cheesy Chicken Loaf with Broccoli and Carrot.....</u>	<u>39</u>
<u>24.Crispy Almond Chicken with Tomato Onion Sauce .....</u>	<u>41</u>

<a href="#"><u>25. Marinated Chicken Lemon Jalapeno .....</u></a>	<a href="#"><u>43</u></a>
<a href="#"><u>26. Tomato Chicken Stew with Baby Spinach .....</u></a>	<a href="#"><u>44</u></a>
<a href="#"><u>27. Grilled Chicken Thighs Rosemary .....</u></a>	<a href="#"><u>46</u></a>
<a href="#"><u>28. Cheesy Chicken Zucchini in Savory Coconut Gravy .....</u></a>	<a href="#"><u>47</u></a>
<a href="#"><u>29. Garlicky Chicken Asparagus .....</u></a>	<a href="#"><u>49</u></a>
<a href="#"><u>30. Crispy Chicken with Cheese Sauce .....</u></a>	<a href="#"><u>50</u></a>
<a href="#"><u>31. Sticky Chicken with Spicy Sauce .....</u></a>	<a href="#"><u>51</u></a>
<a href="#"><u>32. Broken Fried Duck with Green Chili Topping and Fried Cabbage .....</u></a>	<a href="#"><u>53</u></a>
<a href="#"><u>33. Spicy Duck with Steamed Green Collard .....</u></a>	<a href="#"><u>55</u></a>
<a href="#"><u>34. Tomato Chili Chicken Tender with Fresh Basils.....</u></a>	<a href="#"><u>57</u></a>
<a href="#"><u>35. Chicken Avocado Creamy Salad .....</u></a>	<a href="#"><u>58</u></a>
<a href="#"><u>36. Grilled Salmon Garlic with Tahini Sauce.....</u></a>	<a href="#"><u>60</u></a>
<a href="#"><u>37. Lemon Mint Grilled Prawns .....</u></a>	<a href="#"><u>62</u></a>
<a href="#"><u>38. Tuna Garlic Salad with Jalapeno Coleslaw .....</u></a>	<a href="#"><u>64</u></a>
<a href="#"><u>39. Calamari Mayo with Cauliflower Broccoli Salad.....</u></a>	<a href="#"><u>66</u></a>
<a href="#"><u>40. Fried Crab Garlic with Zucchini Pickles .....</u></a>	<a href="#"><u>68</u></a>
<a href="#"><u>41. Spinach Salmon Nugget.....</u></a>	<a href="#"><u>69</u></a>
<a href="#"><u>42. Savory Fried Prawn with Red Chili Sauce and Steamed Collard Green .....</u></a>	<a href="#"><u>71</u></a>
<a href="#"><u>43. Tuna Cheese Steak with Asparagus Lemon Salad.....</u></a>	<a href="#"><u>72</u></a>
<a href="#"><u>44. Stir Fry Crab in Creamy Chili.....</u></a>	<a href="#"><u>73</u></a>
<a href="#"><u>45. Yellow Squid Curry with Chopped Cabbage.....</u></a>	<a href="#"><u>74</u></a>
<a href="#"><u>46. Baked Juicy Salmon with Sautéed Leek and Asparagus .....</u></a>	<a href="#"><u>75</u></a>
<a href="#"><u>47. Crispy Prawn with Almond Cheesy Sauce .....</u></a>	<a href="#"><u>77</u></a>
<a href="#"><u>48. Oyster Stew Creamy Kale.....</u></a>	<a href="#"><u>79</u></a>
<a href="#"><u>49. Tuna Balls in Garlic Tomato Gravy .....</u></a>	<a href="#"><u>80</u></a>
<a href="#"><u>50. Tasty Asparagus Crab Soup.....</u></a>	<a href="#"><u>82</u></a>

<a href="#">51. Green Chili Squid Black Pepper .....</a>	<a href="#">83</a>
<a href="#">52. Healthy Pan Seared Salmon with Mushroom and Spinach .....</a>	<a href="#">84</a>
<a href="#">53. Steamed Prawns with Green Basils and Light Spinach Soup.....</a>	<a href="#">85</a>
<a href="#">54. Mixed Tuna Soup in Green Coconut Gravy .....</a>	<a href="#">87</a>
<a href="#">55. Fish Balls with Chives and Lemon Garlic Creamy Sauce.....</a>	<a href="#">88</a>
<a href="#">56.Spicy Crispy Squids with Onion.....</a>	<a href="#">90</a>
<a href="#">57. Salmon Lemon Black Pepper with Roasted Kale Garlic .....</a>	<a href="#">91</a>
<a href="#">58. Steamed Prawn and Veggie Bags .....</a>	<a href="#">92</a>
<a href="#">59. Carrot and Leek in Spicy Tuna Fritter .....</a>	<a href="#">94</a>
<a href="#">60. Baked Calamari with Avocado Lemon Salsa .....</a>	<a href="#">95</a>
<a href="#">61. Zucchini Salmon Clear Soup .....</a>	<a href="#">97</a>
<a href="#">62. Green Spaghetti with Cheesy White Prawn Sauce .....</a>	<a href="#">98</a>
<a href="#">63. Tomato Creamy Tuna with Sautéed Broccoli and Cauliflower.....</a>	<a href="#">98</a>
<a href="#">64. Coconut Crab Cakes with Green Leaves .....</a>	<a href="#">100</a>
<a href="#">65. Squid Tomato Soup with Oregano.....</a>	<a href="#">101</a>
<a href="#">66. Pork with Olives .....</a>	<a href="#">103</a>
<a href="#">67. Herbed Pork Roast.....</a>	<a href="#">104</a>
<a href="#">68. Mediterranean Pork Chops .....</a>	<a href="#">105</a>
<a href="#">69. Herb Crusted Pork Tenderloin.....</a>	<a href="#">106</a>
<a href="#">70. Grilled Pork Roast .....</a>	<a href="#">107</a>
<a href="#">71. Grilled Lamb Kebabs.....</a>	<a href="#">108</a>
<a href="#">72. Greek Gyros.....</a>	<a href="#">109</a>
<a href="#">73. Tasty Lamb Skewers.....</a>	<a href="#">110</a>
<a href="#">74.Grilled Lamb Chops .....</a>	<a href="#">111</a>
<a href="#">75. Lamb Sun-dried Tomato Meatloaf .....</a>	<a href="#">112</a>
<a href="#">76.Greek Lamb Chops .....</a>	<a href="#">113</a>

<a href="#">77. Turkey Breasts with Salsa.....</a>	<a href="#">114</a>
<a href="#">78. Quick Turkey Bowl .....</a>	<a href="#">115</a>
<a href="#">79. Mediterranean Turkey Breasts.....</a>	<a href="#">116</a>
<a href="#">80. Turkey Meatloaf .....</a>	<a href="#">117</a>
<a href="#">81. Peppers Stuffed with Artichoke &amp; Spinach.....</a>	<a href="#">118</a>
<a href="#">82. Grilled Zucchini Bread and Cheese Sandwich .....</a>	<a href="#">119</a>
<a href="#">83. Three-Cheese Stuffed Peppers.....</a>	<a href="#">120</a>
<a href="#">84. Dill, Havarti &amp; Asparagus Frittata.....</a>	<a href="#">121</a>
<a href="#">85. Breakfast Egg-Artichoke Casserole.....</a>	<a href="#">122</a>
<a href="#">86. Coconut Flour Porridge with Blueberry .....</a>	<a href="#">123</a>
<a href="#">87. Chive and Cream Cheese Filled Coconut Flour Tortilla .....</a>	<a href="#">124</a>
<a href="#">88. Breakfast Egg on Avocado .....</a>	<a href="#">126</a>
<a href="#">89. Keto-Approved Egg Muffin Sandwich.....</a>	<a href="#">127</a>
<a href="#">90. Fresh Berries with Cream .....</a>	<a href="#">129</a>
<a href="#">91. Protein Breakfast Shake.....</a>	<a href="#">130</a>
<a href="#">92. Healthy Breakfast Granola.....</a>	<a href="#">131</a>
<a href="#">93. Keto Chocolate Cream.....</a>	<a href="#">132</a>
<a href="#">94. Zucchini Grits Pie .....</a>	<a href="#">133</a>
<a href="#">95. Yummy cherry.....</a>	<a href="#">134</a>
<a href="#">96. Keto Coffee.....</a>	<a href="#">135</a>
<a href="#">97. Panna Cotta.....</a>	<a href="#">136</a>
<a href="#">98. Macrobiotic Blueberry Pie.....</a>	<a href="#">137</a>
<a href="#">99. Chocolate Cookies .....</a>	<a href="#">138</a>
<a href="#">100. Homemade Cherry Jam .....</a>	<a href="#">139</a>
<a href="#">Easy Keto-Vegetarian Lunch.....</a>	<a href="#">140</a>
<a href="#">101. Salad Greens with Grilled Halloumi Cheese .....</a>	<a href="#">140</a>
<a href="#">102. Roasted and Curried Cauliflower .....</a>	<a href="#">141</a>

<a href="#"><u>103. over-The-Top Fried Cauliflower Rice .....</u></a>	<a href="#"><u>142</u></a>
<a href="#"><u>104. Cheese and Broccoli Balls .....</u></a>	<a href="#"><u>143</u></a>
<a href="#"><u>105. Collard Green Wrap Greek Style.....</u></a>	<a href="#"><u>144</u></a>
<a href="#"><u>106. Parmesan Covered Cauliflower Steak .....</u></a>	<a href="#"><u>146</u></a>
<a href="#"><u>107. Asian Peanut Sauce over Noodle Salad.....</u></a>	<a href="#"><u>147</u></a>
<a href="#"><u>108. Zoodles with Four Cheese Pesto Sauce .....</u></a>	<a href="#"><u>148</u></a>

# Disclaimer

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The methods describe within this book are the author's personal thoughts. They are not intended to be a definitive set of instructions for this project. You may discover there are other methods and materials to accomplish the same end result.

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# **1. Sautéed Beef Pepper with Cheese and Parsley Topping**

Serves: 6

Preparation time: 8 minutes

Cooking time: 22 minutes

## **Ingredients:**

- 1 lb. beef rib eye steak
- 3 tablespoons extra virgin olive oil
- ¼ cup chopped onion
- ½ teaspoon pepper
- ¼ cup goat cheese
- 2 teaspoons minced parsley
- ½ teaspoon grated garlic
- ½ teaspoon thyme

## **Method**

1. Cut the beef rib eye steak into thin slices then set aside.
2. Preheat a skillet over medium heat then pour olive oil.
3. Stir in chopped onion and sauté until aromatic.
4. Next, add sliced beef to the skillet then season with pepper. Cook until done.
5. Transfer the sautéed beef to a serving dish then set aside.
6. Quickly combine goat cheese with minced parsley, grated garlic, and thyme then mix until incorporated and smooth.
7. Serve the sautéed beef with the cheese mixture and enjoy immediately.

## **Nutritional value**

Per Serving: Net Carbs: 1g; Calories: 383; Total Fat: 32.5g; Saturated Fat: 11.3g  
Protein: 20.9g; Carbs: 1.6g; Fiber: 0.6g; Sugar: 0.4g Fat 76% Protein 23% Carbs  
1%

## **2. Spicy Beef Tender with Healthy Cucumber**

Serves: 4

Preparation time: 9 minutes

Cooking time: 23 minutes

### **Ingredients:**

- 1 lb. beef rib eye
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 2 teaspoons sliced shallot
- 2 tablespoons red chili flakes
- 1-cup water
- 1 cup chopped cucumber

### **Method**

1. Cut the beef rib eye into thin slices then set aside.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into it.
3. Stir in minced garlic and sliced shallot to the skillet then sauté until lightly golden brown and aromatic.
4. Add sliced beef to the skillet then stir until just wilted.
5. After that, pour water over the beef then bring to boil.
6. Once it is boiled, reduce the heat and cook until the water is completely absorbed into the beef and the beef is tender.
7. Next, stir in red chili flakes and chopped cucumber to the skillet then sauté and cook until wilted.
8. Once it is done, remove the cooked beef from the heat and transfer to a serving dish.
9. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 3.2g; Calories: 386; Total Fat: 32.1g; Saturated Fat: 11g  
Protein: 20.7g; Carbs: 3.7g; Fiber: 0.5g; Sugar: 1.6g Fat 75% Protein 22% Carbs  
3%

### **3. Beef Broccoli Crunchy Nugget**

Serves: 6

Preparation time: 12 minutes

Cooking time: 23 minutes

#### **Ingredients:**

- 1 lb. ground beef 3 eggs
- 2 tablespoons coconut flour
- 1/2 teaspoon pepper
- 2 teaspoons minced garlic
- 2 cups chopped broccoli
- 1 cup grated coconut

#### **Method**

1. Preheat a steamer over medium heat and line a baking pan with aluminum foil. Set aside.
2. Combine ground beef with 2 eggs, coconut flour, pepper, minced garlic, and chopped broccoli in a food processor then process until smooth.
3. Transfer the mixture to the prepared baking pan then spread evenly.
4. Place the baking pan in the steamer then steam the nugget for approximately 20 minutes or until set.
5. Remove the baking pan from the steamer and let it cool.
6. When the nugget is already cool, take it out of the baking pan then cut into thick slices.
7. Crack the remaining egg then place in a bowl. Stir the egg until just incorporated.
8. Dip nugget into the egg then roll in the grated coconut.
9. Refrigerate the beef nugget for at least 2 hours.
10. Remove the beef nugget from the refrigerator and fry.
11. Serve and enjoy.

#### **Nutritional value**

Per Serving: Net Carbs: 5.3g; Calories: 496; Total Fat: 39.1g; Saturated Fat: 18.9g  
Protein: 25.2g; Carbs: 10.9g; Fiber: 5.6g; Sugar: 2.8g Fat 71% Protein 25% Carbs  
4%

## **4. Warm Oxtail Soup with Nutmeg and Cloves**

Serves: 4

Preparation time: 3 minutes

Cooking time: 44 minutes

### **Ingredients:**

- 1-1/4 lbs. beef rib eye
- 2 tablespoons sliced shallots
- 3/4 teaspoon nutmeg 3 cloves
- 3/4 teaspoon pepper
- 5 cups water
- 1/2 cup sliced carrots
- 1/2 cup cauliflower florets
- 1/4 cup chopped leek
- 2 tablespoons celeries

### **Method**

1. Cut the beef into medium pieces then place in a pot.
2. Pour water into a pot then bring t boil.
3. Once it is boiled, reduce the heat and season the beef with sliced shallots, nutmeg, clove, and pepper. Cook until the beef is tender.
4. Next, add sliced carrots, leek, and cauliflower florets to the pot then stir well. Cook until the vegetables are wilted but not too soft.
5. When the soup is done, remove from heat and transfer to a serving bowl.
6. Sprinkle chopped celeries on top and serve warm.
7. Enjoy immediately.

### **Nutritional values**

Per Serving: Net Carbs: 3.5g; Calories: 409; Total Fat: 31.6g; Saturated Fat: 12.6g  
Protein: 25.7g; Carbs: 4.7g; Fiber: 1.2g; Sugar: 1.5g Fat 70% Protein 27% Carbs  
3%

## **5. Spiced Pork Shoulder with Goat Cheese and Tender Veggies**

Serves: 7

Preparation time: 9 minutes

Cooking time: 19 minutes

### **Ingredients:**

- 2 lb. pork shoulder
- 2 tablespoons olive oil
- $\frac{3}{4}$  teaspoon pepper
- 1 teaspoons thyme
- $\frac{1}{4}$  teaspoon grated lemon zest
- 1 cup goat cheese
- 2 tablespoons almond butter
- 1 cup green beans
- 1 cup carrots
- 1 cup chicken broth
- 2 tablespoon lemon juice

### **Method**

1. Combine goat cheese with almond butter, grated lemon zest, thyme, and  $\frac{1}{4}$  teaspoon of pepper then mix until incorporated. Set aside.
2. Preheat a pan over medium heat then pour extra virgin olive oil into it.
3. Once the oil is hot, sprinkle the  $\frac{1}{4}$  teaspoon of pepper over the pork then place them on the pan.
4. Cook the pork for approximately 4 minutes then flip it.
5. Cook until both sides are lightly golden brown and the pork is completely cooked.
6. Once it is done, remove the cooked pork from the pan and place on a serving dish.
7. Next, add green beans and carrots to the pan then pour chicken broth into the pan. Season the vegetables with the remaining pepper then bring to boil.
8. Once it is boiled, reduce the heat and cook until the vegetables are tender.

9. Remove the tender vegetables from the heat and drizzle lemon juice over the vegetables. Place the vegetables next to the cooked pork.
10. Top the pork with goat cheese mixture then serve.
11. Enjoy warm.

**Nutritional value**

Per Serving: Net Carbs: 3.1g; Calories: 423; Total Fat: 35.1g; Saturated Fat: 9.7g  
Protein: 22g; Carbs: 5.4g; Fiber: 2.3g; Sugar: 1.6g Fat 75% Protein 22% Carbs  
3%

## **6. Paprika and Cayenne Pulled Pork Butt with Roasted Asparagus**

Serves: 8

Preparation time: 2 hours

Cooking time: 2 hours 34 minutes

### **Ingredients:**

- 2 lb. pork butt
- 2 teaspoons cayenne pepper
- 2 teaspoons paprika
- 2-<sup>1</sup>/<sub>2</sub> teaspoons pepper
- 2 tablespoons mustard
- 1 bunch asparagus spears
- 2-<sup>1</sup>/<sub>2</sub> tablespoons extra virgin olive oil
- <sup>1</sup>/<sub>2</sub> teaspoon minced garlic
- 1 tablespoon lemon juice

### **Method**

1. Rub the pork butt with cayenne pepper, paprika, pepper, and mustard then marinate for at least 2 hours or more. Store in the fridge to keep it fresh.
2. After 2 hours, remove the pork butt from the fridge and thaw at room temperature.
3. Preheat an oven to 350°F and line a baking tray with aluminum foil.
4. Once the oven is ready, place the marinated pork butt on the prepared baking tray and cover with aluminum foil.
5. Bake the pork butt until tender then remove from the oven. Let it rest for a few minutes.
6. In the meantime, cut and trim the asparagus then toss with extra virgin olive oil, minced garlic, and lemon juice.
7. Cover a baking tray with aluminum foil then spread the seasoned asparagus .
8. Bake the asparagus until tender.
9. Once it is done, remove the asparagus from the oven and let it rest.
10. Slowly unwrap the pork butt then using a fork shred the cooked pork.
11. Place the pulled pork on a serving dish then serve with roasted asparagus.
12. Serve and enjoy.



## **Nutritional value**

Per Serving: Net Carbs: 2.6g; Calories: 353; Total Fat: 29g; Saturated Fat: 9.2g  
Protein: 20.4g; Carbs: 4.9g; Fiber: 2.3g; Sugar: 1.1g Fat 74% Protein 23% Carbs  
3%

## **7. Stuffed Pork Black Pepper Jalapeno with Carrots**

Serves: 8

Preparation time: 14 minutes

Cooking time: 18 minutes

### **Ingredients:**

- 1 lb. green jalapenos
- 1 lb. ground pork
- 1/2 cup goat cheese
- 2 tablespoons diced onion
- 4 tablespoons grated carrots
- 1/2 teaspoon black pepper
- 4 eggs
- 2 tablespoons extra virgin olive oil

### **Method**

1. Cut the green jalapenos into halves lengthwise then remove the seeds. Set aside.
2. Crack the eggs then place the eggs in a bowl.
3. Pour extra virgin olive oil into the eggs then season with black pepper. Stir until incorporated.
4. Combine ground pork with goat cheese, diced onion, and grated carrot in a bowl then pour the egg mixture over the pork. Mix well.
5. Preheat a steamer over medium heat then wait until it is ready.
6. Fill each halved jalapeno with the pork mixture then arrange in the steamer.
7. Steam the filled jalapenos for approximately 20 minutes or until set.
8. Once it is done, remove the stuffed jalapenos from the steamer and arrange on a serving dish.
9. If you like, you can bake the steamed jalapenos until lightly golden brown.
10. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 5.1g; Calories: 343; Total Fat: 27.2g; Saturated Fat: 8.2g  
Protein: 17.8g; Carbs: 5.4g; Fiber: 0.3g; Sugar: 0.6g Fat 71% Protein 23% Carbs  
6%

## **8. Spicy Pork with Kale Garlic**

Serves: 6

Preparation time: 16 minutes

Cooking time: 19 minutes

### **Ingredients:**

- 1 lb. pork shoulder
- ¼ lb. pork rind
- 5 teaspoons minced garlic
- 2 shallots
- ¼ cup red chilies
- 2 lemon grasses
- 2 lime leaves
- 1 bay leaf
- 2 cups water
- ½ cup coconut milk
- 2 cups chopped kale
- 2 tablespoons extra virgin olive oil

### **Method**

1. Place red chilies in a pan then pour water to cover. Bring to boil.
2. Reduce the heat and cook until the red chilies are wilted.
3. Remove the red chilies from heat and strain the water.
4. Transfer the red chilies to a food processor then add 3 teaspoons minced garlic and shallots then process until smooth. Set aside.
5. Cut the pork shoulder and pork rind into cubes then place in a skillet.
6. Add the spice mixture to the skillet then pour water over the pork.
7. Season the pork with lemon grasses, kaffir lime leaves, and bay leaf then bring to boil.
8. Once it is boiled, reduce the heat and cook the pork until tender. The gravy will be reduced into half.
9. In the meantime, preheat another skillet and pour extra virgin olive oil into it.
10. Stir in minced garlic to the skillet then sauté until aromatic and wilted.

11. Next, add chopped kale to the skillet then sauté until wilted.
12. Remove the sautéed kale from heat then set aside.
13. When the pork is tender, pour coconut milk over the pork then bring to a simmer.
14. Transfer the cooked pork to a serving dish then serve with sautéed kale.
15. Enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 7g; Calories: 454; Total Fat: 37.5g; Saturated Fat: 15.5g  
Protein: 21.7g; Carbs: 8.3g; Fiber: 1.3g; Sugar: 1g Fat 74% Protein 20% Carbs 6%

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## **9. Pork Coconut Curry in Lettuce Blanket**

Serves: 6

Preparation time: 16 minutes

Cooking time: 21 minutes

### **Ingredients:**

- 1 lb. boneless pork shoulder
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 2 teaspoons sliced shallot
- 1-teaspoon curry powder
- ½ teaspoon turmeric
- 1-teaspoon pepper
- 2 cups water
- ½ cup coconut milk
- 1 handful of fresh lettuce

### **Method**

1. Cut the boneless pork shoulder into small dices then set aside.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
3. Once it is hot, stir in minced garlic and sliced shallot to the skillet and sauté until wilted and aromatic.
4. Add diced pork to the skillet then cook until the pork is just wilted.
5. Season the pork with curry powder, turmeric, and pepper then pour water over the pork bring to boil.
6. Once it is boiled, reduce the heat and cook until the pork is tender and the water is completely absorbed into the pork.
7. Next, drizzle coconut milk over the pork and bring to a simmer.
8. Occasionally stir the pork and cook until there is no more liquid in the skillet.
9. Remove the pork from heat and let it cool.
10. Take a large lettuce and place on a flat surface.
11. Put about 2 tablespoons of cooked pork on the lettuce then wrap it tightly. Place on a serving dish.
12. Repeat with the remaining lettuce and pork then serve.
13. Enjoy!

## **Nutritional value**

Per Serving: Net Carbs: 2.9g; Calories: 369; Total Fat: 31.5g; Saturated Fat: 13.4g  
Protein: 16.2g; Carbs: 5.2g; Fiber: 2.1g; Sugar: 2g Fat 77% Protein 20% Carbs  
3%

## 10. Baked Lamb Ribs Rosemary

Serves: 4

Preparation time: 9 minutes

Cooking time: 19 minutes

### **Nutritional value**

- 1-lb. lamb leg
- 3 tablespoons minced garlic
- 3 tablespoons extra virgin olive oil
- ¼ cup chopped rosemary
- ½ tablespoon pepper

### **Method**

1. Preheat an oven to 375°F and line a baking tray with aluminum foil.
2. Rub the lamb leg with minced garlic and olive oil then sprinkle pepper over the lamb leg.
3. Place the seasoned lamb leg on the prepared baking tray and sprinkle chopped rosemary over the lamb leg.
4. Once the oven is ready, place the baking tray in the oven and bake the lamb leg for approximately 20 minutes or until the lamb leg is tender and cooked through.
5. When the baked lamb leg is done, take it out from the oven and arrange on a serving dish
6. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 3g; Calories: 413; Total Fat: 35.1g; Saturated Fat: 11.8g  
Protein: 20.7g; Carbs: 4.9g; Fiber: 1.9g; Sugar: 0.1g Fat 76% Protein 21% Carbs  
3%



## **11. Oven Baked Lamb Ribs Macadamia with Tomato Salsa**

Serves: 4

Preparation time: 16 minutes

Cooking time: 21 minutes

### **Ingredients:**

- ¾ lb. lamb ribs
- ½ cup macadamia
- 1 teaspoon minced garlic
- ½ cup fresh parsley
- 4 tablespoons extra virgin olive oil
- ½ teaspoon pepper
- 1-cup cherry tomatoes
- 1-tablespoon macadamia oil
- 1-tablespoon balsamic vinegar

### **Method**

1. Preheat an oven to 204°C and line a baking tray with aluminum foil. Set aside.
2. Cut the lamb ribs into medium pieces then set aside.
3. Place the macadamia in a food processor then add minced garlic, fresh parsley, olive oil, and pepper to the food processor. Process until smooth.
4. Coat the lamb ribs with the macadamia mixture then arrange on the prepared baking tray.
5. Place the coated lamb ribs in the oven and bake the lamb is completely cooked.
6. In the meantime, cut the cherry tomatoes into halves then place in a disposable aluminum cup.
7. Drizzle macadamia oil over the tomatoes then toss to combine. Set aside.
8. Once the lamb is done, remove from the oven and arrange on a serving dish.
9. Next, place the tomatoes in the oven and bake for approximately 5 minutes.
10. Remove the tomatoes from the oven and drizzle balsamic vinegar over the tomatoes. Stir well.
11. Top the baked lamb with tomato salsa then serve.
12. Enjoy warm.

## **Nutritional value**

Per Serving: Net Carbs: 3.1g; Calories: 486; Total Fat: 44.2g; Saturated Fat: 8.2g  
Protein: 19.9g; Carbs: 6.1g; Fiber: 3g; Sugar: 2.4g Fat 82% Protein 15% Carbs 3%

## **12. Grilled Lamb Shoulder with Creamy Mint Sauce**

Serves: 6

Preparation time: 2 hours

Cooking time: 22 minutes

### **Ingredients:**

1 lb. lamb shoulder

- 4 tablespoons extra virgin olive oil
- 1/2 teaspoon oregano
- 2 tablespoons wine
- 1-teaspoon rosemary
- 3 tablespoons chopped fresh dill
- 1/4 cup chopped fresh mint leaves
- 1 tablespoon lemon juice
- 1/4 cup coconut cream

### **Method**

1. Rub the lamb shoulder with olive oil, oregano, wine, and rosemary then marinate for at least 2 hours. Store in the fridge to keep it fresh.
2. In the meantime, place fresh dill, mint leaves, lemon juice and coconut cream process until smooth.
3. Transfer the creamy sauce to a container with a lid and store in the refrigerator.
4. After 2 hours, take the lamb shoulder out of the fridge and thaw at room temperature.
5. Preheat a grill over medium heat then arrange the marinated lamb shoulder on it.
6. Grill the lamb until the lamb is completely cooked.
7. Once it is done, remove the grilled lamb shoulder from the grill and place on a serving dish.
8. Top with creamy mint sauce then serve immediately.
9. Enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 1.9g; Calories: 342; Total Fat: 26.8g; Saturated Fat: 8.3g  
Protein: 23.1g; Carbs: 3.2g; Fiber: 1.3g; Sugar: 0.7g Fat 70% Protein 28% Carbs  
2%

### **13. Crunchy Crusted Pecan Of Goat**

Serves: 4

Preparation time: 9 minutes

Cooking time: 44 minutes

#### **Ingredients:**

- 1 lb. goat leg
- 1/2 teaspoon pepper
- 3 tablespoons extra virgin olive oil
- 1 chopped onion
- 1/2 teaspoon lemon zest
- 1-cup ground pecans
- 1-tablespoon mustard

#### **Method**

1. Preheat an oven to 400°F and line a baking tray with aluminum foil.
2. Score the goat leg at several places then sprinkle pepper over the goat leg.
3. Wait until the oven is ready then oven the goat leg for approximately 10 minutes.
4. In the meantime, preheat a saucepan over medium heat then pour extra virgin olive oil into it.
5. Once the oil is hot, stir in chopped onion and sauté until wilted and aromatic.
6. After that, add ground pecans and grated lemon zest to the saucepan then stir well.
7. Take the goat leg from the oven and coat with mustard.
8. Top the goat leg with the pecan mixture then return to the oven and bake for approximately 35 minutes or until the goat leg is tender.
9. Remove the cooked goat leg from the oven and transfer to a serving dish.
10. Serve and enjoy.

#### **Nutritional value**

Per Serving: Net Carbs: 2.4g; Calories: 460; Total Fat: 40.1g; Saturated Fat: 11.9g  
Protein: 21.5g; Carbs: 3.8g; Fiber: 1.4g; Sugar: 0.8g Fat 78% Protein 20% Carbs  
2%

## 14. **Spicy Turmeric Goat Satay**

Serves: 6

Preparation time: 9 minutes

Cooking time: 29 minutes

### **Ingredients:**

- 1 lb. ground goat meat
- 1/2 cup diced onion
- 2 teaspoons grated garlic
- 1-teaspoon turmeric
- 2 teaspoons red chili flakes
- 1 egg

### **Method**

1. Preheat a steamer over medium heat and wait until it is ready.
2. Season the ground goat meat with diced onion, grated garlic, turmeric, and red chili flakes then mix well.
3. Crack the egg then add to the seasoned goat meat mixture then mix until combined.
4. Take half of a handful of the mixture then mold the meat mixture around a wooden skewer. Repeat with the remaining goat meat.
5. Arrange the satay in the steamer and steam for approximately 20 minutes or until set.
6. Once the satay is done, remove from the steamer and let it rest for a few minutes.
7. Next, preheat a grill over medium heat and once it is done, arrange the satay on the grill and grill for about 3 minutes each side or until both sides of the satay are lightly golden brown.
8. Arrange the grilled satay on a serving dish then serve.
9. Enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 3.4g; Calories: 355; Total Fat: 28.3g; Saturated Fat: 12.4g  
Protein: 21.1g; Carbs: 4.2g; Fiber: 0.8g; Sugar: 1.9g Fat 77% Protein 19% Carbs  
4%

## **15.Coconut Creamy Goat Fritters with Sautéed Eggplant**

Serves: 7

Preparation time: 19 minutes

Cooking time: 14 minutes

### **Ingredients:**

- 1 lb. ground goat meat
- 1/2 cup chopped leek
- 2 teaspoons minced garlic
- 1 egg
- 4 tablespoons extra virgin olive oil
- 1/2 teaspoon pepper
- 1 cup cubed eggplant
- 1/4 cup coconut milk
- 1/2 tablespoon coconut flour
- 1 tablespoons lemon

### **Method**

1. Season the ground goat meat with minced garlic and pepper then combine with egg. Mix well.
2. Add chopped leek to the meat and mix until just combined.
3. Shape the meat mixture into medium fritters then set aside.
4. Next, preheat a saucepan over medium heat then pour extra virgin olive oil into it.
5. Once the oil is hot, put the fritters on the saucepan. Don't be too close.
6. Cook the fritters for approximately 3 minutes each side or until the fritters are lightly golden brown and cooked through.
7. Remove the fritters from the pan and arrange on a serving dish.
8. After that, put the cubed eggplant into the pan and sauté with the remaining olive oil until just wilted.
9. Remove the eggplant from heat and place next to the fritters.

10. Keep the saucepan over medium heat then pour the coconut flour and coconut mixture into the saucepan. Bring to a simmer.
11. Once it is done, remove from heat and add lemon to the sauce.
12. Drizzle the coconut sauce over the fritters and eggplants then serve.
13. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 3.8g; Calories: 513; Total Fat: 46g; Saturated Fat: 17.8g  
Protein: 21.5g; Carbs: 5.5g; Fiber: 1.7g; Sugar: 1.8g Fat 81% Protein 16% Carbs  
3%

## **16. Gingery Baked Goat Curry with Cauliflower**

Serves: 4

Preparation time: 12 minutes

Cooking time: 44 minutes

### **Ingredients:**

- ¾ lb. goat meat
- 4 tablespoons extra virgin olive oil
- 1-teaspoon ginger
- ½ teaspoon cumin
- 1-teaspoon cilantro
- ¾ teaspoon turmeric
- 1 cup chopped onion
- 2 cups cauliflower florets
- ½ teaspoon pepper
- ¾ cup coconut milk
- 1-tablespoon curry

### **Method**

1. Preheat an oven to 350°F (177°C) and prepare a disposable aluminum pan. Set aside.
2. Place ginger, cumin, cilantro, and turmeric in a bowl then pour olive oil over the spices. Stir until incorporated.
3. Cut the goat meat into cubes then rub with the olive oil mixture.
4. Place the seasoned goat meat in the prepared aluminum pan then sprinkle chopped onion over the goat meat.
5. Bake the goat meat for approximately 30 minutes or until tender.
6. In the meantime, combine coconut milk, curry, and pepper in a saucepan then bring to a simmer. Remove from heat.
7. After 30 minutes, take the aluminum pan out of the oven and sprinkle cauliflower florets over the goat meat.
8. Drizzle coconut sauce on top then cover the aluminum pan with aluminum foil.



9. Return the aluminum pan to the oven and bake for about 15 minutes.
10. Once it is done, remove the aluminum pan from the oven and let it rest for a few minutes.
11. Discard the cover then transfer the cooked goat meat to a serving dish together with the cauliflower.
12. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 6g; Calories: 339; Total Fat: 26.9g; Saturated Fat: 12.1g  
Protein: 18.4g; Carbs: 9.6g; Fiber: 3.6g; Sugar: 4g Fat 71% Protein 22% Carbs  
7%

## **17.Minty Goat Roll with Roasted Broccoli and Carrots**

Serves: 4

Preparation time: 12 minutes

Cooking time: 38 minutes

### **Ingredients:**

- 3/4 lb. goat meat
- 1-teaspoon pepper
- 1-teaspoon thyme
- 1-teaspoon sage
- 1-teaspoon rosemary
- 3 teaspoons minced garlic
- 1/2 teaspoon grated lemon zest
- 1/2 cup extra olive oil
- 1/2 cup mint leaves
- 1/4 cup parsley
- 1 tablespoon lemon juice
- 1-cup broccoli florets
- 1 cup carrots
- 1/2 cup onion

### **Method**

1. Preheat an oven to 350°F and prepare a disposable aluminum pan. Set aside.
2. Combine 1/4 cup of olive oil with pepper, thyme, sage, rosemary, minced garlic, and grated lemon zest then stir until incorporated.
3. Cut the goat meat into thin slices then rub with the spice mixture. Let it rest for a few minutes.
4. Next, combine chopped mint leaves with parsley then pour the remaining olive oil and lemon juice over the greens. Mix well.

5. Arrange the sliced meat on a flat surface then put the mint leaves mixture on top.
6. Roll the goat meat and tightly bind with string.
7. Spread broccoli florets, chopped carrots, and diced onion in the prepared aluminum pan then place the rolled goat meat on it.
8. Place the aluminum pan in the oven and bake for approximately 40 minutes or until the goat meat is tender and cooked through.
9. Remove the aluminum pan from the oven let it rest for a few minutes.
10. Take the rolled goat meat out of the aluminum pan and place on a flat surface.
11. Cut the rolled goat meat into thick slices and arrange on a serving dish.
12. Top with the roasted vegetables then serve.
13. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 5.4g; Calories: 337; Total Fat: 27.3g; Saturated Fat: 4.2g  
Protein: 17.6g; Carbs: 8.4g; Fiber: 3g; Sugar: 2.5g Fat 72% Protein 22% Carbs  
6%

## **18.Coconut Creamy Chicken Cheese**

Serves: 4

Preparation time: 12 minutes

Cooking time: 14 minutes

### **Ingredients:**

- 3/4 lb. boneless chicken thighs
- 2-1/2 tablespoons extra virgin olive oil
- 1/4 cup coconut milk
- 3/4 cup chicken broth
- 2 teaspoons minced garlic
- 1 1/2 teaspoons Italian seasoning
- 1/2 cup grated Parmesan cheese
- 1 1/2 cup chopped spinach
- 1/2 cup halved cherry tomatoes

### **Method**

1. Cut the boneless chicken thighs into medium pieces then set aside.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into it.
3. Once the oil is hot, stir in minced garlic then sauté until lightly golden and aromatic.
4. Add the boneless chicken thighs to the skillet then stir until wilted.
5. Pour chicken broth over the chicken then bring to boil.
6. Cook until the chicken is completely done.
7. Pour coconut milk over the chicken and season with Italian seasoning.
8. Add chopped spinach and cherry tomatoes to the skillet. Stir until just wilted.
9. Transfer the cooked chicken together with the gravy and vegetables to a serving dish then quickly sprinkle grated Parmesan cheese on top. Stir well.
10. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 3.5g; Calories: 432; Total Fat: 42.7g; Saturated Fat: 20.6g  
Protein: 10.6g; Carbs: 4.1g; Fiber: 0.6g; Sugar: 3.2g Fat 72% Protein 25% Carbs  
3%

## **19.Crispy Chicken Oregano with Coconut Coating**

Serves: 8

Preparation time: 8 minutes

Cooking time: 14 minutes

### **Ingredients:**

- 1 lb. boneless chicken thigh
- 2 eggs
- 1/2 teaspoon oregano
- 1/2 teaspoon pepper
- 1/4 cup almond flour
- 1 cup grated coconut
- 1-cup extra virgin olive oil, to fry

### **Method**

1. Cut the chicken thigh into slices then set aside.
2. Crack the eggs then place the eggs in a bowl.
3. Season the eggs with pepper and oregano then stir well.
4. Next, add almond flour to the seasoned eggs then mix until combined.
5. Dip the sliced chicken into the egg mixture then roll in the grated coconut. Make sure that the chicken is completely coated with the grated coconut.
6. Preheat a frying pan over medium heat then pour extra virgin olive oil into it.
7. Put the coated chicken into the frying pan then fry until cooked.
8. Once it is done, remove the chicken from the frying pan strain the oil.
9. Arrange on a serving dish and serve the chicken warm.
10. Enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 1.5g; Calories: 464; Total Fat: 45.5g; Saturated Fat: 13.1g  
Protein: 13.5g; Carbs: 3.4g; Fiber: 1.9g; Sugar: 1.4g Fat 88% Protein 19% Carbs  
1%

## **20.Chicken Tomato Soup with Mushroom**

Serves: 6

Preparation time: 6 minutes

Cooking time: 22 minutes

### **Ingredients:**

- ¾ lb. boneless chicken thigh
- 2 tablespoons extra virgin olive oil
- ½ cup chopped onion
- 2 cups water
- ½ cup tomato puree
- ½ teaspoon pepper
- ¼ teaspoon nutmeg
- ½ cup chopped mushroom
- 2 tablespoons chopped celeries

### **Method**

1. Cut the boneless chicken thigh into small pieces then set aside.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into it.
3. Once the oil is hot, stir in chopped onion and sauté until aromatic and lightly golden brown.
4. Add chicken to the skillet then sauté until just wilted.
5. Pour water over the chicken then season the soup with pepper and nutmeg. Stir well then bring to boil.
6. Once it is boiled, reduce the heat and cook the soup until the chicken is completely seasoned.
7. Pour tomato puree over the chicken and add chopped mushroom to the soup. Bring to a simmer.
8. Once it is done, transfer the chicken soup to a serving bowl then sprinkle chopped celeries on top.
9. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 3.4g; Calories: 202; Total Fat: 15.6g; Saturated Fat: 3.5g  
Protein: 11g; Carbs: 4.5g; Fiber: 1.1g; Sugar: 2.4g Fat 70% Protein 23% Carbs 7%

## **21.Chicken Cheese Balls with Coconut Crumbles**

Serves: 4

Preparation time: 4 minutes

Cooking time: 26 minutes

### **Ingredients:**

- 1 lb. boneless chicken thigh
- 1/2 cup grated cheddar cheese
- 2 eggs
- 2 tablespoons almond flour
- 1/4 teaspoon pepper
- 1 cup grated coconut
- 1/2 cup extra virgin olive oil, to fry

### **Method**

1. Cut the boneless chicken thigh then Process until smooth.
2. Transfer the chicken to a mixing bowl then add almond flour to the chicken.
3. Crack an egg and drop in the bowl and after that, mix the chicken with the almond flour and egg until combined.
4. Shape the chicken mixture into small balls then set aside.
5. Crack the remaining egg and place in a bowl.
6. Season the egg with pepper then mix well.
7. Dip chicken ball in the egg mixture then roll in the grated coconut. Make sure that the cheese balls are completely coated with grated coconut.
8. After that, preheat a frying pan over medium heat then pour olive oil into it.
9. Once the oil is hot, carefully put the chicken cheese balls in the skillet and fry until all sides are lightly golden brown and crispy.
10. Remove the fried chicken cheese balls from the frying pan then strain the oil.
11. Arrange the cheese balls on a serving dish and serve.
12. Enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 1.3g; Calories: 592; Total Fat: 53.9g; Saturated Fat: 16.7g  
Protein: 25.4g; Carbs: 3.6g; Fiber: 1.9g; Sugar: 1.5g Fat 82% Protein 17% Carbs 1%

## **22.Grilled Chicken Satay with Spicy Cashew Sauces**

Serves: 8

Preparation time: 4 minutes

Cooking time: 19 minutes

### **Ingredients:**

- 2 lbs. boneless chicken thighs
- 1/2 teaspoon pepper
- 3 tablespoons extra virgin olive oil
- 1/4 cup roasted cashews
- 2 tablespoons red chili flakes
- 1/4 cup water
- 2 tablespoons coconut aminos
- 1 teaspoon minced garlic
- 1 kaffir lime leaf

### **Method**

1. Cut the boneless chicken thighs into cubes then season with pepper. Let the chicken rest
2. Place roasted cashews in a blender then add red chili flakes and minced garlic to the blender.
3. Pour water into over the cashews then blend.
4. Transfer the cashew mixture to a saucepan then add kaffir lime leaf to it. Bring to a simmer.
5. Once it is done, remove the cashew sauce from heat then drizzle coconut aminos over the sauce. Stir well then let it cool.
6. Next, preheat a grill over medium heat then wait until it is ready.
7. In the meantime, using a wooden skewer prick the chicken cubes then brush with extra virgin olive oil.
8. Once the grill is ready, place the chicken satay on it and grill until done. Don't forget to flip the chicken satay and make sure that both sides of the chicken satay are completely cooked.
9. Arrange the cooked chicken satay on a serving dish then drizzle cashew sauce on top.
10. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 4.3g; Calories: 451; Total Fat: 33.2g; Saturated Fat: 8.8g  
Protein: 32.1g; Carbs: 5g; Fiber: 0.7g; Sugar: 1.7g Fat 73% Protein 23% Carbs 4%





**Which food is better  
on a *KETO* diet?**

**A: Avocado**

**B: Broccoli**

## **23.Cheesy Chicken Loaf with Broccoli and Carrot**

Serves: 4

Preparation time: 9 minutes

Cooking time: 19 minutes

### **Ingredients:**

- 1-1/4 lbs. boneless chicken thighs
- 2 eggs
- 3 tablespoons extra virgin olive oil
- 1/2 cup chopped onion
- 1/2 teaspoon pepper
- 1/2 cup chopped broccoli
- 1/2 lb. carrots
- 1-cup cheddar cheese cubes

### **Method**

1. Preheat a steamer and prepare a loaf pan. Coat with cooking spray and set aside.
2. Peel the carrots and cut into small dices. Set aside.
3. Cut the boneless chicken thigh into cubes then place in a food processor. Process until smooth then set aside.
4. Next, preheat a saucepan over medium heat then pour olive oil into it.
5. Stir in chopped onion and sauté until wilted and aromatic. Remove from heat.
6. Combine the chicken with eggs then season with pepper.
7. Add sautéed onion, chopped broccoli, carrots, and cheese cubes to the chicken mixture then mix well.
8. Transfer the chicken mixture to the prepared loaf pan then spread evenly.
9. Place the loaf pan in the steamer and steam the chicken loaf for approximately 20 minutes.
10. Once the chicken loaf is done, remove from the steamer and let it cool for a few minutes.
11. Take the chicken loaf out of the pan then let it cool for about 10 minutes.
12. Cut the chicken loaf into thick slices then arrange on a serving dish.
13. Serve and enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 6.2g; Calories: 433; Total Fat: 33.8g; Saturated Fat: 11.6g  
Protein: 24.4g; Carbs: 8.3g; Fiber: 2.1g; Sugar: 3.8g Fat 70% Protein 24% Carbs  
6%

## **24.Crispy Almond Chicken with Tomato Onion Sauce**

Serves: 4

Preparation time: 11 minutes

Cooking time: 21 minutes

### **Ingredients:**

- ¾ lb. boneless chicken thighs
- 1 egg
- ¼ cup almond flour
- ½ cup extra virgin olive oil, to fry
- 1 cup chopped onion
- ½ cup tomato puree
- ¼ teaspoon pepper

### **Method**

1. Cut the boneless chicken thighs into thin slices then set aside.
2. Crack the egg then place in a bowl. Beat until incorporated.
3. Dip the sliced chicken in the beaten egg then roll in the almond flour. Repeat with the remaining chicken and almond flour.
4. After that, preheat a pan over medium heat then pour olive oil into it.
5. Once the oil is hot, put the coated chicken into the pan then fry lightly golden brown and the chicken is cooked through.
6. Discard the excessive oil.
7. Arrange the fried chicken on a serving dish then set aside.
8. Take 2 tablespoons of oil then pour into a saucepan.
9. Stir in chopped onion then sauté until lightly golden brown and aromatic.
10. Next, add tomato puree to the saucepan then season with pepper. Stir well and bring to a simmer.
11. Once it is done, remove the sauce from heat then drizzle the tomato sauce over the chicken.
12. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 2.8g; Calories: 433; Total Fat: 40g; Saturated Fat: 7.8g  
Protein: 17.2g; Carbs: 3.7g; Fiber: 0.9g; Sugar: 1.4g Fat 83% Protein 14% Carbs  
3%

## **25. Marinated Chicken Lemon Jalapeno**

Serves: 4

Preparation time: 11 minutes

Cooking time: 2 hours 19 minutes

### **Ingredients:**

- 1-1/2 lbs. chicken thighs
- 4 tablespoons extra virgin olive oil
- 2 cups chopped onion
- 2 tablespoons minced garlic
  
- 3 tablespoons chopped jalapeno
- 3 tablespoons lemon juice
- 2 teaspoons thyme
- 1-teaspoon cinnamon
- 

### **Method**

1. Combine extra virgin olive oil with lemon juice then season with onion, jalapeno, minced garlic, thyme, and cinnamon. Stir well.
2. Store in the fridge to keep it fresh.
3. After 2 hours, remove the marinated chicken from the fridge and thaw at room temperature.
4. In the meantime, preheat a grill over medium heat then wait until it is ready.
5. Place the marinated chicken thighs on the grill until cooked through. Occasionally, brush the chicken thighs with the remaining marinade.
6. Remove the grilled chicken thighs from the grill and arrange on a serving dish.
7. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 6g; Calories: 396; Total Fat: 31.3g; Saturated Fat: 7.1g Protein: 21.1g; Carbs: 8g; Fiber: 2g; Sugar: 2.9g Fat 71% Protein 23% Carbs 6%

## **26. Tomato Chicken Stew with Baby Spinach**

Serves: 4

Preparation time: 9 minutes

Cooking time: 41 minutes

### **Ingredients:**

- 1 lb. chopped boneless chicken thighs
- 3 tablespoons olive oil
- 2 tablespoons garlic
- 1/2 teaspoon oregano
- 1/2 teaspoon pepper
- 1/2 cup halved cherry tomatoes
- 1-cup water
- 1/2 cup coconut milk
- 1 cup chopped baby spinach

### **Method**

1. Preheat a skillet over medium heat then pour extra virgin olive oil into it.
2. Once it is hot, stir in minced garlic then sauté until lightly golden and aromatic.
3. Next, add chopped boneless chicken thighs to the skillet and sauté until the chicken is no longer pink.
4. Season the chicken with oregano and pepper then pour water over the chicken. Bring to boil.
5. Once it is boiled, reduce the heat and cook until the chicken is tender and the water is completely absorbed into the chicken.
6. Pour coconut milk into the skillet and add halved cherry tomatoes to the stew. Bring to a simmer.
7. Once it is done, add chopped baby spinach to the skillet and stir well.
8. Remove the chicken stew from heat and transfer to a serving dish.
9. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 2.8g; Calories: 410; Total Fat: 34.8g; Saturated Fat: 12.9g

Protein: 21.3g; Carbs: 4g; Fiber: 1.2g; Sugar: 1.1g Fat 76% Protein 21% Carbs  
3%



## **27. Grilled Chicken Thighs Rosemary**

Serves: 4

Preparation time: 11 minutes

Cooking time: 39 minutes

### **Ingredients:**

- 1-1/2 lbs. chicken thighs
- 3 tablespoons balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 3 tablespoons minced garlic
- 1-1/2 teaspoons thyme
- 2 teaspoons chopped rosemary
- 1/2 teaspoon pepper

### **Method**

1. Combine balsamic vinegar with extra virgin olive oil then season with minced garlic, thyme, pepper, and chopped rosemary.
2. Rub the chicken thighs with the spice mixture then let it rest for approximately 15 minutes.
3. In the meantime, preheat a grill over medium heat then wait until it is ready.
4. Place the seasoned chicken thighs on the grill then grill until all sides of the chicken are golden brown and cooked through. Brush the chicken thighs with the marinade once every 5 minutes.
5. Once it is done, remove the chicken from the grill and transfer to a serving dish.
6. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 2.3g; Calories: 465; Total Fat: 36.2g; Saturated Fat: 9.1g  
Protein: 30.5g; Carbs: 2.9g; Fiber: 0.6g; Sugar: 0.1g Fat 70% Protein 28% Carbs  
2%

## **28.Cheesy Chicken Zucchini in Savory Coconut Gravy**

Serves: 4

Preparation time: 11 minutes

Cooking time: 34 minutes

### **Ingredients:**

- 1 lb. boneless chicken thighs
- 2 tablespoons extra virgin olive oil
- 2 tablespoons minced garlic
- ½ teaspoon black pepper
- 1 teaspoon Italian seasoning
- ½ cup coconut milk
- 1 cup sliced zucchini
- ¾ cup grated cheddar cheese
- ¼ cup chopped parsley

### **Method**

1. Cut the boneless chicken thighs into cubes then set aside.
2. Next, preheat a skillet over medium heat then pour extra virgin olive oil into it.
3. Once the oil is hot, add chicken cubes to the skillet and sauté until wilted. Cook until the chicken is done.
4. Remove the cooked chicken from the skillet and place on a plate.
5. Next, stir in minced garlic to the skillet then sauté until lightly golden brown and aromatic.
6. After that, pour coconut milk into the skillet and season with black pepper and Italian seasoning. Bring to a simmer.
7. Once it is done, put the cooked chicken and sliced zucchini to the skillet and stir until the chicken is completely coated with the seasoned coconut milk.
8. Transfer the cooked chicken and the gravy to a serving dish then sprinkle grated cheddar cheese on top.
9. Garnish with fresh parsley and serve.
10. Enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 3.5g; Calories: 471; Total Fat: 38.6g; Saturated Fat: 16.9g

Protein: 26.7g; Carbs: 4.8g; Fiber: 1.3g; Sugar: 1.8g Fat 74% Protein 23%  
Carbs 3%

## **29.Garlicky Chicken Asparagus**

Serves: 4

Preparation time: 11 minutes

Cooking time: 39 minutes

### **Ingredients:**

- 1-1/2 lbs. boneless chicken thighs
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 3 tablespoons minced garlic
- 3/4 teaspoon oregano
- 1/2 teaspoon black pepper
- 1/2 lb. chopped asparagus
- 1 fresh lemon

### **Method**

1. Preheat an oven to 250°F and line a baking tray with parchment paper.
2. Next, cut the boneless chicken thighs into medium cubes then set aside.
3. Combine extra virgin olive oil with lemon juice, minced garlic, oregano, and black pepper then mix well.
4. Rub the boneless chicken thighs with the spice mixture then spread on the prepared baking tray.
5. Sprinkle asparagus over the chicken then arrange sliced lemon on top.
6. Bake the chicken for approximately 25 minutes or until the chicken is cooked through.
7. Remove the cooked chicken from the oven and transfer to a serving dish.
8. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 3.5g; Calories: 470; Total Fat: 36.2g; Saturated Fat:

9.1g

Protein: 31.1g; Carbs: 4.6g; Fiber: 1.1g; Sugar: 0.9g Fat 70% Protein 27% Carbs

3%

## **30.Crispy Chicken with Cheese Sauce**

Serves: 4

Preparation time: 9 minutes

Cooking time: 41 minutes

### **Ingredients:**

- 1 lb. boneless chicken thigh
- 1/2 teaspoon black pepper
- 1 cup almond flour
- 1 egg
- 1/2 cup extra virgin olive oil, to fry
- 1 cup almond yogurt
- 1 cup grated cheddar cheese
- 2 teaspoons mustard

### **Method**

1. Cut the boneless chicken thigh into slices then set aside.
2. Crack the egg then place in a bowl.
3. Season the egg with black pepper then stir until incorporated.
4. Dip the sliced chicken in the beaten egg then roll in the almond flour. Make sure that the chicken is completely coated with almond flour.
5. Preheat a frying pan over medium heat then pour olive oil into the pan.
6. Once the oil is hot, put the chicken in the frying pan and fry until both sides of the chicken are lightly golden brown and the chicken is completely cooked.
7. Place the crispy chicken on a serving dish.
8. In the meantime, place almond yogurt, grated cheddar cheese, and mustard in a saucepan then bring to a simmer over very low heat.
9. Stir the sauce until incorporated then remove from heat.
10. Drizzle the cheese sauce over the chicken then serve.
11. Enjoy warm!

### **Nutritional value**

Per Serving: Net Carbs: 4.5g; Calories: 439; Total Fat: 42.2g; Saturated Fat:

10.7g

Protein: 12.7g; Carbs: 5.6g; Fiber: 1.1g; Sugar: 3.4g Fat 87% Protein 9% Carbs

4%

## **31. Sticky Chicken with Spicy Sauce**

Serves: 4

Preparation time: 12 minutes

Cooking time: 29 minutes

### **Ingredients:**

- 1-1/2 lbs. boneless chicken thighs
- 2 tablespoons lemon juice
- 4 tablespoons extra virgin olive oil
- 1/2 cup chopped onion
- 2 tablespoons diced green chili
- 1-tablespoon chili powder
- 1-tablespoon sweet paprika
- 1-teaspoon cumin
- 1/2 teaspoon oregano
- 3 tablespoons tomato puree

### **Method**

1. Preheat an oven to 250°F and line a baking tray with aluminum foil. Set aside.
2. Cut the boneless chicken thighs into slices then rub with olive oil and lemon juice.
3. Spread chicken on the prepared baking tray then set aside.
4. Preheat a saucepan over medium heat then pour the remaining olive oil into it.
5. Stir in chopped onion and sauté until aromatic and lightly golden brown.
6. After that, add tomato puree into the saucepan then season with diced green chili, chili powder, sweet paprika, cumin, and oregano. Stir well.
7. Drizzle the sauce over the chicken then cover with aluminum foil.
8. Place the baking tray in the preheated oven and bake the chicken for approximately 30 minutes or until the chicken is cooked through.
9. Once it is done, remove the cooked chicken from the oven and let it rest for a few minutes.
10. Unwrap the cooked chicken and transfer to a serving dish.
11. Drizzle the remaining liquid over the chicken then serve.

### **Nutritional value**

Per Serving: Net Carbs: 3.2g; Calories: 386; Total Fat: 31.7g; Saturated Fat: 7.1g  
Protein: 21g; Carbs: 5.2g; Fiber: 2g; Sugar: 1.8g Fat 74% Protein 23% Carbs  
3%

## **32. Broken Fried Duck with Green Chili Topping and Fried Cabbage**

Serves: 4

Preparation time: 14 minutes

Cooking time: 34 minutes

### **Ingredients:**

- 1 1/2 lbs. bone-in duck thighs
- 3 tablespoons lemon juice
- 4 tablespoons minced garlic
- 1-teaspoon ginger
- 2 lemon grasses
- 1 bay leaf
- 2 cups water
- 2 cups chopped cabbage
- 1/2 cup extra virgin olive oil, to fry
- 2 tablespoons chopped green chili

### **Method**

1. Rub the duck with lemon juice then let it rest for approximately 10 minutes.
2. After 10 minutes, place the duck in a skillet then season with 3 tablespoons of minced garlic, ginger, lemon grasses, and bay leaf.
3. Pour water over the duck then bring to boil.
4. Once it is boiled, reduce the heat and cook until the water is completely absorbed into the duck.
5. Remove the duck from heat and set aside.
6. Preheat a frying pan over medium heat and pour olive oil into the pan.
7. Once the oil is hot, put the cooked duck in the frying pan and fry until both sides of the duck are lightly golden brown.



8. Remove the fried duck from the frying pan and discard the excessive oil.
9. Place the fried duck on a mortar then press until broken.
10. Arrange the fried duck on a serving dish then set aside.
11. Next, quickly fry the chopped cabbage then place next to the fried duck.
12. After that, place green chili, the remaining minced garlic, and a teaspoon of olive oil in a food processor then process until smooth.
13. Top the duck with green chili mixture then serve.
14. Enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 5.4g; Calories: 436; Total Fat: 39g; Saturated Fat: 18.2g Protein: 16.8g; Carbs: 6.6g; Fiber: 1.2g; Sugar: 1.7g Fat 81% Protein 14% Carbs 5%

### **33.Spicy Duck with Steamed Green Collard**

Serves: 4

Preparation time: 16 minutes

Cooking time: 41 minutes

#### **Ingredients:**

- 1 1/2 lbs. bone-in duck thighs
- 2 tablespoons extra virgin olive oil
- 2 tablespoons minced garlic
- 2 teaspoons sliced shallots
- 1-teaspoon turmeric
- 3 tablespoons red chili flakes
- 1 kaffir lime leaf
- 2 cups water
- 1/2 cup coconut milk
- 1 cup chopped collard green

#### **Method**

1. Preheat a steamer over medium heat then steam the collard green until just tender.
2. Remove the steamed collard green from heat then set aside.
3. Preheat a skillet over medium heat then pour olive oil into it.
4. Once the oil is hot, stir in minced garlic and sliced shallots then sauté until wilted and aromatic.
5. Next, add the duck to the skillet and season with turmeric, red chili flakes, and kaffir lime leaves.
6. After that, pour water over the duck then bring to boil.
7. Once it is boiled, reduce the heat and cook until the duck is tender and cooked through.
8. Pour coconut milk into the skillet then bring to a simmer. Occasionally stir the gravy until incorporated.
9. When it is done, remove the cooked duck and the gravy to a serving bowl serve with steamed collard green.
10. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 6.7g; Calories: 353; Total Fat: 28.2g; Saturated Fat: 12g  
Protein: 17.9g; Carbs: 8.9g; Fiber: 2.2g; Sugar: 3.1g Fat 72% Protein 20%  
Carbs 8%

## **34. Tomato Chili Chicken Tender with Fresh Basils**

Serves: 5

Preparation time: 14 minutes

Cooking time: 31 minutes

### **Ingredients:**

- 2 lbs. boneless chicken thighs
- 2 tablespoons minced garlic
- 2 lemon grasses 2 cups water
- 1/4 cup diced red tomatoes
- 2 tablespoons red chili flakes
- 3 tablespoons extra virgin olive oil
- 1/2 cup fresh basils

### **Method**

1. Cut the boneless chicken thighs into medium cubes then place in a skillet.
2. Season the chicken with minced garlic and lemon grasses then pour water over the chicken. Bring to boil.
3. Once it is boiled, reduce the heat and cook until the water is completely absorbed into the chicken.
4. Remove the cooked chicken from heat then set aside.
5. Next, preheat a saucepan over medium heat then pour olive oil into it.
6. Stir in the chicken and cook until lightly brown.
7. Add red tomatoes, red chili flakes, and fresh basils to the saucepan then stir until wilted and the chicken is completely seasoned.
8. Transfer the chicken to a serving dish then serve.
9. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 3.9g; Calories: 410; Total Fat: 31.9g; Saturated Fat: 7.8g  
Protein: 25.9g; Carbs: 4.5g; Fiber: 0.6g; Sugar: 1.5g Fat 70% Protein 26% Carbs  
4%

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## **35.Chicken Avocado Creamy Salad**

Serves: 4

Preparation time: 11 minutes

Cooking time: 29 minutes

### **Ingredients:**

- 1 lb. boneless chicken thighs
- 1/2 cup almond milk
- 1-teaspoon oregano
- 2 tablespoons lemon juice
- 3 tablespoons extra virgin olive oil
- 1 ripe avocado
- 2 tablespoons chopped celeries
- 2 tablespoons cilantro
- 1/4 cup diced onion
- 1/4 teaspoon pepper

### **Method**

1. Add oregano to the almond milk then stir well.
2. Cut the boneless chicken thighs into slices then rub with almond milk mixture. Let it rest for approximately 10 minutes.
3. In the meantime, preheat an oven to 250°F and line a baking tray with aluminum foil.
4. Spread the seasoned chicken on the prepared baking tray and bake until the chicken is done.
5. While waiting for the chicken, cut the avocado into halves then remove the seed.
6. Peel the avocado then cut into cubes.
7. Place the avocado cubes in a salad bowl then drizzle lemon juice and extra virgin olive oil over the avocado.
8. Add chopped celeries, cilantro, onion, and pepper to the salad bowl then toss to combine.
9. Once the chicken is done, remove from the oven and transfer to a serving dish.
10. Top the chicken with avocado salad then serve immediately.
11. Enjoy right away.

### **Nutritional value**

Per Serving: Net Carbs: 2.8g; Calories: 448; Total Fat: 40.3g; Saturated Fat:  
13.7g

Protein: 16.9g; Carbs: 7.3g; Fiber: 4.5g; Sugar: 1.8g Fat 81% Protein 16% Carbs  
3%

## **36. Grilled Salmon Garlic with Tahini Sauce**

Serves: 4

Preparation time: 14 minutes

Cooking time: 12 minutes

### **Ingredients:**

- 1 1/2 lbs. salmon
- 1 fresh lime
- 10 cloves garlic
- 1/4 cup extra virgin olive oil
- 1-teaspoon cumin
- 3/4 teaspoon coriander
- 1 1/2 teaspoons paprika
- 1/2 teaspoon black pepper
- 3 tablespoons tahini paste
- 1/4 cup water
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 3/4 cup chopped parsley

### **Method**

1. Cut the lime into halves then squeeze the juice over the salmon. Let the salmon rest for approximately 10 minutes.
2. In the meantime, place garlic cloves in a food processor then add extra virgin olive oil, cumin, coriander, paprika, and black pepper to the food processor. Process until smooth.
3. Wash and rinse the salmon then pat it dry.
4. Rub the salmon with the garlic mixture then set aside.
5. Next, prepare a grill and preheat it to medium heat.
6. Once the grill is ready, place the seasoned salmon directly on the grill and grill for approximately 5 minutes each side.
7. Once it is done, remove the grilled salmon from the grill and transfer to a serving dish.
8. Place tahini paste and garlic powder in a food processor then pour water and lemon juice over the paste. Process until smooth.
9. Transfer the tahini sauce to a serving bowl then add chopped parsley to the sauce. Mix well.



10. Serve the grilled salmon with tahini sauce and enjoy warm.

**Nutritional value**

Per Serving: Net Carbs: 5.9g; Calories: 298; Total Fat: 24.5g; Saturated Fat: 3.7g  
Protein: 15.1g; Carbs: 8.4g; Fiber: 2.5g; Sugar: 0.7g Fat 74% Protein 18% Carbs  
8%

## **37. Lemon Mint Grilled Prawns**

Serves: 4

Preparation time: 16 minutes

Cooking time: 12 minutes

### **Ingredients:**

- 2 lb. fresh prawn
- 2 tablespoons chopped mint leaves
- ¼ teaspoon thyme
- 2 tablespoons chopped parsley
- 4 teaspoons minced garlic
- ¼ cup extra virgin olive oil
- 2 tablespoons lemon juice
- ¼ cup carrot stick
- ¼ cup chopped lettuce
- ½ cup grated cheddar cheese
- 

### **Method**

1. Place mint leaves, thyme, chopped parsley, minced garlic, lemon juice, and extra virgin olive oil in a blender then blend until incorporated.
2. Drizzle the spice mixture over the prawns then toss until the prawn is completely seasoned.
3. Preheat a grill over medium heat then wait until it is ready.
4. In the meantime, preheat a steamer and steam the carrot until tender. Set aside.
5. Once the grill is ready, place the prawns on it. Grill for a few minutes until the prawns are completely cooked and brush with the spices once in a while.
6. When the prawn is done, remove from grill and place on a serving dish.
7. Garnish with lettuce and steamed carrots then sprinkle grated cheddar cheese on top.
8. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 1.4g; Calories: 238; Total Fat: 19.6g; Saturated Fat: 5.6g  
Protein: 14.3g; Carbs: 1.8g; Fiber: 0.4g; Sugar: 0.3g Fat 74% Protein 14% Carbs  
2%

## **38. Tuna Garlic Salad with Jalapeno Coleslaw**

Serves: 6

Preparation time: 14 minutes

Cooking time: 14 minutes

### **Ingredients:**

- 1 lb. tuna fillet
- 2 tablespoons lemon juice
- 2 tablespoons minced garlic
- A pinch of black pepper
- 2 tablespoons butter
- 1 fresh apple
- 1 medium carrot
- 2 cups shredded cabbage
- 1 green jalapeno
- 3 tablespoons mayonnaise
- 1 ½ tablespoons extra virgin olive oil

### **Method**

1. Drizzle lemon juice over the tuna fillet then let it rest for approximately 10 minutes.
2. In the meantime, cut the apple then place in a bowl.
3. Quickly peel the carrot and shred it into pieces.
4. Next, cut the green jalapeno into slices then combine with apple dices, shredded carrots, and shredded cabbage.
5. Drizzle extra virgin olive oil over the coleslaw then toss to combine. Set aside.
6. After 10 minutes, rub the tuna fillet with minced garlic and pepper then set aside.
7. In the meantime, preheat a grill over medium heat then wait until it reaches the desired temperature.
8. Once the grill is ready, brush the tuna fillet with butter then place directly on the grill.
9. Grill the tuna until the tuna fillet is cooked through.
10. Remove the tuna from the grill then serve with jalapeno coleslaw and mayonnaise.

### **Nutritional value**

Per Serving: Net Carbs: 5.9g; Calories: 352; Total Fat: 30.2g; Saturated Fat: 3g  
Protein: 14.2g; Carbs: 7.3g; Fiber: 1.4g; Sugar: 2.6g Fat 77% Protein 16% Carbs  
7%

## **39. Calamari Mayo with Cauliflower Broccoli Salad**

Serves: 4

Preparation time: 16 minutes

Cooking time: 13 minutes

### **Ingredients:**

- ¾ lb. fresh squids
- 1 egg
- ¼ teaspoon pepper
- 1 cup almond flour
- ½ cup extra virgin olive oil, to fry
- 1-cup broccoli florets
- 1-cup cauliflower florets
- ¼ cup diced cheddar cheese
- 2 tablespoons diced onion
- ¼ cup mayonnaise
- ¼ cup sour cream
- 1-tablespoon lemon juice

### **Method**

1. Preheat a steamer over medium heat then steam broccoli and cauliflower florets until tender. Set aside.
2. Remove the squid ink and cut the squids into rings.
3. Crack the egg then place in a bowl.
4. Season the egg with pepper and stir until incorporated.
5. Dip the squids in the beaten egg then roll in the almond flour. Set aside.
6. Preheat a frying pan over medium heat then pour extra virgin olive oil into it.
7. Once the oil is hot, put the rolled squids into the frying pan until lightly golden brown.
8. Discard the excessive oil.
9. Next, combine mayonnaise with sour cream and lemon juice then mix well.
10. To serve, place the fried calamari on a serving dish then arrange the steamed broccoli and cauliflower florets on the same serving dish.
11. Drizzle mayonnaise mixture over the salad then sprinkle diced cheddar cheese on to.
12. Serve and enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 6g; Calories: 452; Total Fat: 39.3g; Saturated Fat: 7.5g  
Protein: 19.3g; Carbs: 8.2g; Fiber: 2g; Sugar: 2g Fat 78% Protein 17% Carbs 5%

## **40. Fried Crab Garlic with Zucchini Pickles**

Serves: 4

Preparation time: 11 minutes

Cooking time: 26 minutes

### **Ingredients:**

- 4 soft shell crabs
- 4 tablespoons minced garlic
- 1/2 cup extra virgin olive oil
- 1 medium zucchini
- 1/2 cup chopped onion
- 2 teaspoons celery seeds
- 1-teaspoon turmeric
- 1-cup apple cider vinegar

### **Method**

1. Cut the zucchini into thin slices then place in a jar with a lid.
2. Add chopped onion, celery seeds, and turmeric to the jar then pour apple cider vinegar to the jar.
3. Cover the jar with the lid and shake for a few seconds. Store the pickles in the refrigerator.
4. Place the crabs in the pot then pour water to cover.
5. Season with minced garlic then bring to boil.
6. Once it is boiled, turn the stove off and cover the pot with the lid. Let it rest for approximately 5 minutes.
7. After 5 minutes, open the pot and take the crabs out of the pot.
8. Preheat a frying pan over medium heat then pour extra virgin olive oil into it.
9. Once it is hot, put the crabs into the frying pan then fry until crispy.
10. Once it is done, remove from the frying pan and transfer to a serving dish.
11. Serve with zucchini pickles.

### **Nutritional value**

Per Serving: Net Carbs: 5.8g; Calories: 385; Total Fat: 29.4g; Saturated Fat: 4.1g Protein: 21.5g; Carbs: 7.1g; Fiber: 1.3g; Sugar: 1.8g Fat 70% Protein 24% Carbs 6%



## **41. Spinach Salmon Nugget**

Serves: 4

Preparation time: 11 minutes

Cooking time: 21 minutes

### **Ingredients:**

- 1/2 lb. salmon fillet
- 1/2 teaspoon pepper
- 3 teaspoons minced garlic
- 1 egg
- 1 cup chopped spinach
- 1/2 cup extra virgin olive oil, to fry

### **Method**

1. Preheat a steamer over medium heat then steam the spinach for a few minutes or until just wilted. Remove from the steamer.
2. Cut the salmon fillet into cubes then place in a food processor then add minced garlic and pepper to the food processor. Process until smooth.
3. Crack the egg and add to the salmon mixture.
4. Add chopped steamed spinach to the mixture then mix until just combined.
5. Preheat a steamer again then prepare a baking pan. Line the baking pan with aluminum foil.
6. Place the salmon mixture in the steamer then steam for approximately 10 minutes or until set.
7. Once it is done, remove from the steamer and let it cool for a few minutes.
8. Take the salmon nugget out of the baking pan and cut into thick slices.
9. Next, preheat a frying pan and pour extra virgin olive oil into it.
10. Put the sliced salmon nugget in the frying pan and fry until both sides are lightly golden brown.
11. Take the fried salmon nugget out of the frying pan and strain the excessive oil.
12. Arrange the fried salmon nuggets on a serving dish and serve.
13. Enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 2.7g; Calories: 445; Total Fat: 37.8g; Saturated Fat: 6g  
Protein: 25.2g; Carbs: 5.6g; Fiber: 2.9g; Sugar: 0.6g Fat 76% Protein 22% Carbs  
2%

## **42.Savory Fried Prawn with Red Chili Sauce and Steamed Collard Green**

Serves: 4

Preparation time: 9 minutes

Cooking time: 11 minutes

### **Ingredients:**

- 1/2 lb. fresh prawns
- 3 tablespoons minced garlic
- 2 teaspoons coriander
- 1/2 cup extra virgin olive oil, to fry
- 3 shallots
- 1/4 cup red chili
- 1 medium red tomatoes
- 2 cups collard green

### **Method**

1. Season the prawn with minced garlic and coriander then let it rest for approximately 10 minutes.
2. In the meantime, preheat a steamer over medium heat then steam the collard green.
3. Preheat a frying pan over medium heat then pour extra virgin olive oil into it.
4. Once the oil is hot, put the prawns in the frying pan and fry for a few minutes or until the prawns turn into pink.
5. Remove the fried prawns from the frying pan and place on a serving dish.
6. Stir in red chili, shallots, and red tomatoes to the frying pan then fry for a few minutes or until wilted.
7. Transfer the fried chili, shallots, and tomatoes process until smooth.
8. To serve, place the steamed collard green and red chili sauce next to the fried prawn and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 4.6g; Calories: 353; Total Fat: 28.3g; Saturated Fat: 4g Protein: 21g; Carbs: 5.8g; Fiber: 1.2g; Sugar: 0.8g Fat 72% Protein 23% Carbs 5%

## **43.Tuna Cheese Steak with Asparagus Lemon Salad**

Serves: 4

Preparation time: 12 minutes

Cooking time: 19 minutes

### **Ingredients:**

- 1 lb. tuna fillet
- 3 tablespoons olive oil
- 1/2 teaspoon pepper
- 1/2 handful asparagus
- 2 tablespoons lemon juice
- 1/2 teaspoon grated lemon zest
- 1/4 cup mayonnaise
- 1/2 cup grated cheddar cheese

### **Method**

1. Preheat a saucepan over medium heat then pour olive oil into it.
2. Sprinkle pepper over the tuna and place the tuna in the saucepan.
3. Cook the tuna for approximately 4 minutes or until opaque then flip it.
4. Continue cooking the tuna for another 4 minutes or until the tuna is lightly golden brown and cooked through.
5. Remove the tuna from the saucepan then place on a serving dish.
6. Next, cut and trim the asparagus then sauté with the remaining olive oil.
7. Once it is done, place the asparagus next to the tuna then set aside.
8. Quickly combine mayonnaise with lemon juice and grated lemon zest then stir well.
9. Drizzle the lemon mayonnaise over the tuna and asparagus then sprinkle grated cheese on top.
10. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 0.7g; Calories: 656; Total Fat: 59.7g; Saturated Fat: 5.4g  
Protein: 29.9g; Carbs: 0.9g; Fiber: 0.2g; Sugar: 0.5g Fat 82% Protein 17%  
Carbs 1%

## **44. Stir Fry Crab in Creamy Chili**

Serves: 4

Preparation time: 11 minutes

Cooking time: 21 minutes

### **Ingredients:**

- 4 whole crabs
- 4 tablespoons minced garlic
- ¼ cup olive oil
- ½ cup onion
- 2 teaspoons green chili
- ¾ cup coconut milk
- 2 kaffir lime leaves
- 1-cup fresh basil
- 2 tablespoons lemon juice

### **Method**

1. Cut the crabs into halves then set aside.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
3. Once the oil is hot, stir in minced garlic then sauté until wilted and aromatic.
4. Add halved crabs to the skillet then stir until cooked and crispy.
5. Remove the crabs from heat then place on a plate.
6. Stir in chopped onion and green chili to the skillet then sauté with the remaining olive oil.
7. Pour coconut milk over the onion then season with kaffir lime leaves. Bring to a simmer.
8. Add fresh basil to the skillet then return the crabs to the skillet. Cook for approximately 2 minutes.
9. Once it is done, remove from heat then drizzle lemon juice over the crabs.
10. Transfer the crabs to a serving dish then enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 7g; Calories: 320; Total Fat: 25.9g; Saturated Fat: 12.6g Protein: 2g; Carbs: 8.6g; Fiber: 1.6g; Sugar: 3.3g Fat 73% Protein 18% Carbs 9%

## **45. Yellow Squid Curry with Chopped Cabbage**

Serves: 4

Preparation time: 9 minutes

Cooking time: 12 minutes

### **Ingredients:**

- 1 lb. fresh squids
- 2 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 2 teaspoons sliced shallots
- 1/2 teaspoon turmeric
- 1-teaspoon curry powder
- 1 bay leaf 1 lemon grass
- 1-inch galangal
- 1 kaffir lime leaf
- 1-cup coconut milk
- 1/2 cup chopped cabbage

### **Method**

1. Discard the squid ink then wash and rinse the squids.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into it.
3. Once the oil is hot, stir in minced garlic and sliced shallots then sauté until aromatic and wilted.
4. Stir in the squids then season with turmeric, curry powder, bay leaf, lemon grass, galangal, and kaffir lime leaf then sauté until wilted and completely seasoned.
5. Pour coconut milk over the squids then bring to boil.
6. Remove from heat and transfer to a serving dish.
7. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 6.9g; Calories: 288; Total Fat: 22.6g; Saturated Fat: 14g Protein: 14.9g; Carbs: 8.6g; Fiber: 1.7g; Sugar: 2.1g Fat 71% Protein 19% Carbs 10%

## **46. Baked Juicy Salmon with Sautéed Leek and Asparagus**

Serves: 4

Preparation time: 11 minutes

Cooking time: 26 minutes

### **Ingredients:**

- 1 lb. salmon fillet
- 6 tablespoons extra virgin olive
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- ½ cup chopped leek
- ½ cup chopped asparagus
- ½ teaspoon pepper
- ½ teaspoon ginger
- 

### **Method**

1. Preheat an oven to 400°F (204°C) and prepare a baking tray. Set aside.
2. Drizzle lemon juice over the salmon fillet then brush with extra virgin olive oil.
3. Wrap the salmon fillet with aluminum foil then place on the baking tray.
4. Place the baking tray in the oven and bake for approximately 10 minutes.
5. After 10 minutes, take the baking tray out of the oven and unwrap the aluminum foil.
6. Return the salmon back to the oven and bake again for another 10 minutes or until the salmon is lightly golden brown.
7. In the meantime, preheat a saucepan over medium heat and pour olive oil into the saucepan.
8. Once the oil is hot, stir in minced garlic then sauté until lightly golden brown.
9. Next, add chopped leek and asparagus to the saucepan then season with pepper and ginger. Stir occasionally and cook until the vegetables are wilted.
10. Transfer the sautéed vegetables to a serving dish then wait until the baked salmon is ready.
11. When the salmon is done, take it out of the oven and place on the top of the vegetables.

12. Serve and enjoy!

**Nutritional value**

Per Serving: Net Carbs: 2.5g; Calories: 413; Total Fat: 32.4g; Saturated Fat: 5g  
Protein: 27.7g; Carbs: 3.2g; Fiber: 0.7g; Sugar: 0.9g Fat 71% Protein 27%  
Carbs 2%



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## **47. Crispy Prawn with Almond Cheesy Sauce**

Serves: 4

Preparation time: 11 minutes

Cooking time: 16 minutes

### **Ingredients:**

- 1/2 lb. fresh prawns
- 1 egg
- 1/2 teaspoon pepper
- 1 cup almond flour
- 1/4 cup extra virgin olive oil, to fry
- 1/4 cup chopped onion
- 1/4 cup water
- 1/2 cup grated cheese

### **Method**

1. Peel the prawns and remove the head.
2. Crack the egg then place in a bowl.
3. Season the egg with pepper then stir until incorporated.
4. Dip the prawns in the egg then roll into the almond flour. Set aside.
5. Preheat a frying pan over medium heat then pour extra virgin olive oil into it.
6. Put the prawns in the frying pan and fry until the prawns are lightly golden brown.
7. Remove the fried prawns from the frying pan and strain the excessive oil. Arrange on a serving dish.
8. Take about 2 tablespoons of extra virgin olive oil then pour into a saucepan. Preheat it over medium heat.
9. When the oil is hot, stir in chopped onion and sauté until wilted and aromatic.
10. Pour water into the saucepan then add grated cheese to the saucepan.
11. Stir in almond flour and stir until thick.
12. Drizzle the cheese sauce over the fried prawns' then serve.
13. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 2.4g; Calories: 291; Total Fat: 22.8g; Saturated Fat: 5.7g

Protein: 19.4g; Carbs: 3.3g; Fiber: 0.9g; Sugar: 0.7g Fat 71% Protein 26%  
Carbs 3%

## **48. Oyster Stew Creamy Kale**

Serves: 6

Preparation time: 9 minutes

Cooking time: 19 minutes

### **Ingredients:**

- 1 lb. oyster
- 2 tablespoons extra virgin olive oil
- 2 teaspoons sliced shallots
- 2 tablespoons chopped celeries
- 1-cup coconut milk
- 1-teaspoon thyme
- 1/2 teaspoon pepper
- 2 cups chopped kale

### **Method**

1. Place the oyster in a pot then bring to boil.
2. Once it is boiled, reduce the heat and cook for approximately 10 minutes.
3. Strain the oysters then discard the water. Set aside.
4. Next, preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
5. Stir in sliced shallots and sauté until wilted and aromatic.
6. Pour coconut milk into the skillet then bring to boil.
7. Once it is boiled, season with thyme and pepper then stir in chopped kale. Bring to a simmer.
8. Transfer to a serving dish then serve.
9. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 5.2g; Calories: 207; Total Fat: 18.9g; Saturated Fat: 10.8g Protein: 19.4g; Carbs: 6.7g; Fiber: 1.5g; Sugar: 1.9g Fat 82% Protein 8% Carbs 10%

## **49. Tuna Balls in Garlic Tomato Gravy**

Serves: 4

Preparation time: 14 minutes

Cooking time: 23 minutes

### **Ingredients:**

- ¾ lb. tuna fillet
- 1-tablespoon coconut flour
- 2 tablespoons chopped leek
- 2 tablespoons extra virgin olive oil
- 3 teaspoons minced garlic
- 4 cups water
- ½ teaspoon pepper
- ½ cup chopped tomato
- ¼ cup chopped celeries

### **Method**

1. Cut the tuna fillet into cubes then place in a food processor.
2. Add coconut flour into the food processor then process until smooth.
3. Transfer the tuna mixture to a bowl then add chopped leek to the bowl. Mix until just combined.
4. Shape the tuna mixture into small balls form then set aside.
5. Pour 2 cups of water into a pot then bring to boil.
6. Once the water is boiled, slowly put the small tuna balls then cook until they are floating.
7. In the meantime, preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
8. Once the oil is hot, stir in minced garlic then sauté until aromatic.
9. Pour the remaining water into the skillet then bring to boil.
10. Once it is boiled, season the gravy with pepper then add chopped tomatoes and celeries to the gravy.
11. When the tuna balls are floating, take them out of the pot and transfer to the gravy. Bring to a simmer.
12. Transfer to a serving bowl then serve warm.
13. Enjoy immediately.

## **Nutritional value**

Per Serving: Net Carbs: 2.5g; Calories: 449; Total Fat: 38.6g; Saturated Fat:  
1.5g

Protein: 21.9g; Carbs: 4.3g; Fiber: 1.8g; Sugar: 1.1g Fat 77% Protein 21% Carbs  
2%

## **50. Tasty Asparagus Crab Soup**

Serves: 8

Preparation time: 7 minutes

Cooking time: 22 minutes

### **Ingredients:**

- 1 lb. crabmeat
- 1/2 lb. chopped asparagus
- 2 tablespoons extra virgin olive oil
- 1/2 cup chopped onion
- 2 teaspoons minced garlic
- 1/2 cup cauliflower florets
- 2 cups water
- 2 tablespoons parsley
- 1/2 teaspoon pepper
- 2 eggs

### **Method**

1. Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
2. Once the oil is hot, stir in chopped onion and minced garlic then sauté until wilted and aromatic.
3. Pour water into the skillet over the spice and bring to boil.
4. Once it is boiled, season the soup with pepper then stir in crabmeat, asparagus, and cauliflower florets.
5. Cook the soup for approximately 10 minutes or until the asparagus is tender.
6. Crack the eggs over boiled gravy and quickly stir well.
7. Transfer the soup to a serving bowl then garnish with chopped parsley.
8. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 2.5g; Calories: 118; Total Fat: 9.5g; Saturated Fat: 1.7g Protein: 5.3g; Carbs: 3.5g; Fiber: 1g; Sugar: 1.3g Fat 72% Protein 20% Carbs 8%

## **51. Green Chili Squid Black Pepper**

Serves: 4

Preparation time: 4 minutes

Cooking time: 16 minutes

### **Ingredients:**

- 1/2 lb. fresh squids
- 3 tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 2 teaspoons sliced shallots
- 1/4 cup chopped green chili
- 1/2 cup coconut milk
- 1-teaspoon coconut aminos
- 1-teaspoon black pepper

### **Method**

1. Remove the squid ink and cut the squids into rings.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
3. Once the oil is hot, stir in minced garlic and sliced shallots then sauté until wilted and aromatic.
4. Next, add the squid to the skillet and sauté until just wilted.
5. Pour coconut milk over the squids then cook until the liquid is completely absorbed into the squids.
6. Add chopped green chili, coconut aminos, and black pepper to the skillet then stir until the squids are completely seasoned and cooked through.
7. Remove the squids from heat and transfer to a serving dish.
8. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 5.4g; Calories: 235; Total Fat: 18.7g; Saturated Fat: 8.1g  
Protein: 11.9g; Carbs: 6.2g; Fiber: 0.8g; Sugar: 1.1g Fat 72% Protein 19% Carbs  
9%



## **52. Healthy Pan Seared Salmon with Mushroom and Spinach**

Serves: 4

Preparation time: 4 minutes

Cooking time: 16 minutes

### **Ingredients:**

- 1 lb. salmon fillet
- 3 tablespoons extra virgin olive oil
- 1 cup chopped mushroom
- 2 cups chopped spinach
- ¼ cup chopped tomatoes
- ½ teaspoon pepper
- 1-tablespoon balsamic vinegar

### **Method**

1. Sprinkle pepper over the salmon fillet then set aside.
2. Preheat a pan over medium heat then pour olive oil into it.
3. Once it is hot, put the salmon in the pan and sear it for approximately 4 minutes then flip it.
4. Sear the other side of the salmon and cook until it is completely done and both sides of the salmon are cooked.
5. Remove the cooked salmon from the pan and place on a plate.
6. Next, stir in mushroom then sauté with the remaining olive oil.
7. Once the mushroom is wilted, stir in chopped spinach and tomatoes then toss with balsamic vinegar.
8. Transfer the vegetables to a serving dish then put the cooked salmon on top.
9. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 0.9g; Calories: 275; Total Fat: 21.6g; Saturated Fat:

3.3g

Protein: 19.1g; Carbs: 1.6g; Fiber: 0.7g; Sugar: 0.7g Fat 71% Protein 27% Carbs 2%

## **53. Steamed Prawns with Green Basils and Light Spinach Soup**

Serves: 4

Preparation time: 6 minutes

Cooking time: 14 minutes

### **Ingredients:**

- 1 lb. fresh prawns
- 2 teaspoons minced garlic
- 1/4 cup red chili flakes
- 1/2 cup chopped tomatoes
- 2 lemongrasses
- 1-cup fresh basils
- 1/2 cup grated coconut
- 1-cup coconut milk
- 2 cups chopped spinach
- 2 teaspoons sliced shallots
- 1-1/2 cups water

### **Method**

1. Season the coconut milk with red chili flakes and minced garlic then stir well. Set aside.
2. Preheat a steamer over medium heat then prepare a disposable aluminum pan.
3. Combine the prawn with chopped tomatoes, lemon grasses, fresh basils, and grated coconut then stir well.
4. Place the mixture in the prepared aluminum pan then spread evenly.
5. Pour the coconut milk over the mixture then steam for approximately 15 minutes.
6. In the meantime, pour water into a pot then bring to boil.
7. Once it is boiled, stir in chopped spinach and season with sliced shallots. Stir well and remove from heat.
8. When the steamed prawn is done, remove from the steamer and transfer to a serving dish.
9. Serve with spinach soup.
10. Enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 3.3g; Calories: 231; Total Fat: 17.8g; Saturated Fat:  
15.7g  
Protein: 12.6g; Carbs: 7.7g; Fiber: 3g; Sugar: 3.6g Fat 70% Protein 24% Carbs  
6%

## **54. Mixed Tuna Soup in Green Coconut Gravy**

Serves: 6

Preparation time: 4 minutes

Cooking time: 16 minutes

### **Ingredients:**

- 1/2 lb. tuna fillet
- 2 tablespoons extra virgin olive oil
- 2 teaspoons sliced garlic
- 2 teaspoons sliced shallots
- 2 teaspoons green chili
- 1/2 cup fresh basil
- 1 bay leaf
- 1-inch galangal
- 1-cup coconut milk
- 1-cup water
- 1/2 cup chopped eggplant
- 1/2 cup chopped kale
- 1/2 cup chopped spinach

### **Method**

1. Place garlic, shallots, and green chili in the food processor then process until smooth.
2. Preheat a skillet over medium heat then pour extra virgin olive into it.
3. Once it is hot, stir in the spice mixture then sauté until aromatic.
4. Pour water over the spice then bring to boil.
5. Once it is boiled, add tuna, eggplant, kale, and spinach then season with fresh basil, bay leaf, and galangal.
6. Pour coconut milk into the skillet then bring to boil.
7. Once it is boiled, remove the soup from heat and transfer to a serving dish.
8. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 2.4g; Calories: 302; Total Fat: 26.5g; Saturated Fat: 1.1g Protein: 13.9g; Carbs: 3.1g; Fiber: 0.7g; Sugar: 0.5g Fat 79% Protein 18% Carbs 3%

## **55. Fish Balls with Chives and Lemon Garlic Creamy Sauce**

Serves: 4

Preparation time: 6 minutes

Cooking time: 24 minutes

### **Ingredients:**

- 1/2 lb. fish fillet
- 4 tablespoons extra virgin olive oil
- 1/2 cup chopped onion
- 4 teaspoons minced garlic
- 1/2 cup chives
- 1 egg
- 2-tablespoon coconut flour
- 2 tablespoons lemon juice
- 1 1/2 cups coconut milk

### **Method**

1. Preheat a skillet over medium heat then pour 2 tablespoons of extra virgin olive oil into it.
2. Once it is hot, stir in chopped onion and sauté until wilted and aromatic. Remove from heat.
3. Preheat an oven to 350°F and line a baking tray with aluminum foil. Set aside.
4. Cut the fish fillet into cubes then place in a food processor.
5. Add sautéed onion, 1/4 cup chives, egg, and a tablespoon of coconut flour to the food processor then process until tender.
6. Shape the mixture then arrange on the prepared baking tray.
7. Place the baking tray in the oven and bake the fish balls for approximately 20 minutes or until the fish balls are set.
8. In the meantime, preheat a saucepan over medium heat then pour the remaining extra virgin olive oil into it.

9. Once it is hot, stir in minced garlic to the saucepan and sauté until wilted and aromatic.
10. Combine the remaining coconut flour into coconut milk then stir until incorporated.
11. Pour into the saucepan then bring to a simmer.
12. Once it is done, remove from heat and drizzle lemon juice on top. Stir well.
13. When the fish balls are cooked, place in a serving dish.
14. Drizzle the sauce over the fish balls then serve.
15. Enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 6.8g; Calories: 476; Total Fat: 37.7g; Saturated Fat:

22.4g

Protein: 25g; Carbs: 11.8g; Fiber: 5g; Sugar: 4.5g Fat 71% Protein 23% Carbs 6%

## **56.Spicy Crispy Squids with Onion**

Serves: 4

Preparation time: 4 minutes

Cooking time: 14 minutes

### **Ingredients:**

- 1/2 lb. fresh squids
- 1 big onion
- 1-cup almond flour
- 1/2 teaspoon pepper
- 1 egg
- 3/4 cup water
- 1/2 cup olive oil
- 1/4 cup chopped red chili
- 2 teaspoon garlic

### **Method**

1. Cut the squids and onion into rings then set aside.
2. Place almond flour in a bowl then season with pepper.
3. Crack the egg and add to the almond flour then pour water over the almond flour. Stir until incorporated. Set aside.
4. Preheat a frying pan over medium heat then pour olive oil into it.
5. Dip the onion ring in the almond flour mixture then fry.
6. Once the onion is done, do the same thing to the squids.
7. Next, take about 2 tablespoons of olive oil then pour into a pan.
8. Stir in minced garlic and chopped red chili then sauté until wilted and aromatic.
9. Add fried onion and squid rings to the pan then stir until the rings are completely seasoned.
10. Remove from heat and transfer then crispy squids to a serving dish.
11. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 6.5g; Calories: 358; Total Fat: 30.9g; Saturated Fat: 4.5g Protein: 14.6g; Carbs: 8.6g; Fiber: 2.1g; Sugar: 2.6g Fat 78% Protein 15% Carbs 7%

## **57. Salmon Lemon Black Pepper with Roasted Kale Garlic**

Serves: 4

Preparation time: 6 minutes

Cooking time: 41 minutes

### **Ingredients:**

- ¾ lb. salmon fillet
- 6 tablespoons extra virgin olive
- 1-teaspoon black pepper
- 2 fresh lemons
- 3 cups chopped kale
- 3 teaspoons minced garlic

### **Method**

1. Preheat an oven to 400°F (204°C) and prepare 2 disposable aluminum pans.
2. Cut the lemons into thin slices then arrange a half of the salmon slices on the bottom of the prepared aluminum pan.
3. Brush the salmon fillet with olive oil then place on the lemon slices in the aluminum pan.
4. Sprinkle black pepper over the salmon then cover the salmon with the remaining lemon slices.
5. Place the salmon in the oven and bake for approximately 30 minutes or until the salmon is opaque and cooked through.
6. In the meantime, place the chopped kale in another aluminum pan then add the remaining olive oil over the kale.
7. Season the kale with minced garlic and toss to combine.
8. Once the salmon is done, remove it from the oven and put kale in it.
9. Roast the kale for approximately 7 minutes or until done.
10. Remove the kale from the oven and transfer to a serving dish together with the salmon.
11. Serve and enjoy.

### **Nutritional value**

Per Serving: Net Carbs: 5.7g; Calories: 479; Total Fat: 37.6g; Saturated Fat: 6g Protein: 31.5g; Carbs: 7.2g; Fiber: 1.5g; Sugar: 0.8g Fat 71% Protein 24% Carbs 5%



## **58. Steamed Prawn and Veggie Bags**

Serves: 4

Preparation time: 6 minutes

Cooking time: 41 minutes

### **Ingredients:**

- 2 lbs. fresh shrimps
- 1/4 cup diced carrot
- 1/4 cup chopped leek
- 1/2 cup diced onion
- 4 tablespoons extra virgin olive oil
- 1/4 cup coconut milk
- 2 eggs
- 1/4 cup grated cheddar cheese
- 1 cup almond flour
- 1/2 cup water

### **Method**

1. Combine almond flour with water then add an egg into the mixture. Stir until mixture.
2. Make several omelets with this mixture then set aside.
3. Peel the prawns and remove the head.
4. Place the prawns in the food processor then process until smooth. Set aside.
5. Next, preheat a skillet over medium heat then pour 2 tablespoons of olive oil into it.
6. Once it is hot, stir in chopped onion and sauté until lightly golden brown and aromatic.
7. Add carrot and leek to the skillet then pour coconut milk over the veggies. Cook until the coconut milk is completely absorbed into the veggies.
8. Place the smooth prawn, sautéed veggies, and the remaining eggs in a bowl then mix until combined.

9. Place an omelet on a flat surface then drop a tablespoon of prawn mixture on it.
10. Fold like an envelope then set aside. Repeat with the remaining omelets and prawn mixture.
11. Next, preheat a saucepan over medium heat then pour the remaining olive oil into it.
12. Once the oil is hot, slowly put the prawn envelopes in the saucepan and cook for approximately 2 minutes.
13. Flip them and cook for another 2 minutes or until both sides are lightly golden brown.
14. Remove from the saucepan and arrange on a serving dish.
15. Serve and enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 3.7g; Calories: 315; Total Fat: 26g; Saturated Fat: 7.8g  
Protein: 16.8g; Carbs: 5.4g; Fiber: 1.7g; Sugar: 2.1g Fat 74% Protein 21% Carbs  
5%

## **59. Carrot and Leek in Spicy Tuna Fritter**

Serves: 4

Preparation time: 16 minutes

Cooking time: 6 minutes

### **Ingredients:**

- 1 lb. tuna fillet
- 2 teaspoons red chili flakes
- 2 teaspoons minced garlic
- 1/2 cup chopped leek
- 1/4 cup grated carrots
- 2 eggs
- 1/2 cup extra virgin olive oil, to fry

### **Method**

1. Cut the tuna fillet into cubes then place in a food processor.
2. Add red chili flakes, minced garlic, and eggs then process until smooth.
3. Add chopped leek and grated carrots to the mixture then mix until just combined.
4. Shape the tuna mixture into small fritter forms then set aside.
5. Next, preheat a frying pan over medium heat then pour olive oil into it.
6. Once the oil is hot, put the tuna fritters into the frying pan and fry for approximately 3 minutes.
7. Flip the tuna fritters then fry for another 3 minutes or until both sides of the tuna fritters are lightly golden brown.
8. Remove the fried tuna fritters from the frying pan and strain the excessive oil.
9. Arrange the fried tuna on a serving dish then serve.
10. Enjoy warm.

### **Nutritional value**

Per Serving: Net Carbs: 2.6g; Calories: 351; Total Fat: 35.2g; Saturated Fat: 4.3g  
Protein: 8.4g; Carbs: 3g; Fiber: 0.4g; Sugar: 1g Fat 90% Protein 7% Carbs 3%

## **60. Baked Calamari with Avocado Lemon Salsa**

Serves: 4

Preparation time: 12 minutes

Cooking time: 11 minutes

### **Ingredients:**

- 1 lb. fresh squid
- 1 cup almond flour
- 1 egg
- 4 tablespoons extra virgin olive oil
- 1 ripe avocado
- 2 tablespoons mayonnaise
- ¼ teaspoon pepper
- 1-teaspoon tomato puree 1 teaspoon lemon juice

### **Method**

1. Crack the egg then place in a bowl.
2. Pour extra virgin olive oil into the bowl then mix until incorporated.
3. Remove the squid ink and put the squid in the egg mixture. Soak for a few minutes.
4. Preheat an oven to 400°F and line a baking tray with aluminum foil.
5. Once the oven is ready, take the squids out of the marinade and transfer to the almond flour.
6. Shake the squids several times until the squids are completely coated with flour.
7. Transfer the coated squids to the prepared baking tray and spread evenly.
8. Bake the squids for approximately 10 minutes then flip all of the squids.
9. Bake again for another 10 minutes or until the squids is crispy and lightly golden brown.
10. Remove the squids from the oven and transfer to a serving dish.
11. Cut the avocado into halves then discard the seed.
12. Scoop out the avocado flesh and mash until smooth and creamy.
13. Add mayonnaise, pepper, tomato puree, and lemon juice to the avocado then mix until combined.
14. Serve the baked squids with avocado lemon salsa.
15. Enjoy!

## **Nutritional value**

Per Serving: Net Carbs: 5.4g; Calories: 390; Total Fat: 30.7g; Saturated Fat:  
5.2g  
Protein: 21.5g; Carbs: 9.6g; Fiber: 4.2g; Sugar: 0.6g Fat 71% Protein 23%  
Carbs 6%

## **61. Zucchini Salmon Clear Soup**

Serves: 4

Preparation time: 6 minutes

Cooking time: 11 minutes

### **Ingredients:**

- 1 lb. salmon fillet
- 3 tablespoons extra virgin olive oil
- 1-teaspoon minced garlic
- 3 cups water
- 1/2 teaspoon pepper
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon ginger
- 1 cup chopped zucchini

### **Method**

1. Cut the salmon fillet into cubes then set aside.
2. Preheat a skillet over medium heat then pour extra virgin olive oil into it.
3. Once the oil is hot, put the salmon cubes into the skillet then fry for a few minutes or until the salmon is lightly golden brown.
4. Remove the salmon from the skillet then set aside.
5. Stir in minced garlic and sauté until aromatic.
6. Next, pour water into the skillet then season with pepper, basil, oregano, and ginger. Bring to boil.
7. Once it is boiled, add chopped zucchini and fried salmon to the gravy and cook for approximately 2 minutes.
8. Transfer the soup to a serving bowl then serve warm.
9. Enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 0.8g; Calories: 276 Total Fat: 21.6g; Saturated Fat: 3.5g Protein: 20.3g; Carbs: 1.2 g; Fiber: 0.4g; Sugar: 0.3g Fat 70% Protein 29% Carbs 1%

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## **62. Green Spaghetti with Cheesy White Prawn Sauce**

Serves: 4

Preparation time: 4 minutes

Cooking time: 16 minutes

### **Ingredients:**

- 1/2 lb. fresh prawns
- 2 tablespoons extra virgin olive oil
- 3/4 cup diced onion
- 1 cup almond milk
- 1 cup diced cheddar cheese
- 1 tablespoon almond flour
- 3 medium zucchinis
- 2 tablespoons lemon juice
- 1/4 teaspoon pepper

### **Method**

1. Peel the zucchinis then discard the seeds.
2. Using a julienne peeler cut the zucchinis into noodle form then place in a bowl.
3. Drizzle lemon juice and sprinkle pepper over the zucchini noodles then set aside.
4. Next, preheat a saucepan over medium heat then pour olive oil into it.
5. Once it is hot, stir in diced onion and sauté until wilted and aromatic.
6. Add prawn to the saucepan and cook for a few minutes or until the prawns turn to pink.
7. Combine almond flour with almond milk then pour into the saucepan.
8. Stir in cheddar cheese and cook for a few minutes. Remove from heat.
9. Drizzle the cheese prawn sauce over the zucchini noodles then mix well.
10. Serve and enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 6.5g; Calories: 407; Total Fat: 31.9g; Saturated Fat: 20g  
Protein: 22.5g; Carbs: 9.9g; Fiber: 3.4g; Sugar: 4.7g Fat 71% Protein 23% Carbs 6%

## **63. Tomato Creamy Tuna with Sautéed Broccoli and Cauliflower**

Serves: 4



Preparation time: 3 minutes

Cooking time: 13 minutes

### **Ingredients:**

- 1/2 lb. tuna fillet
- 3 tablespoons extra virgin olive oil
- 1/2 cup chopped onion
- 1-cup tomato puree
- 1/2 teaspoon pepper
- 1/2 teaspoon oregano
- 1-cup broccoli florets
- 1-cup cauliflower florets
- 2 tablespoons almond butter

### **Method**

1. Preheat a skillet over medium heat then pour olive oil into it.
2. Once the oil is hot, put the tuna into the skillet and fry until the tuna is lightly golden brown.
3. Remove the tuna from the skillet then set aside.
4. Next, stir in chopped onion and sauté until lightly golden brown and aromatic.
5. After that, pour tomato puree into the skillet and season with pepper and oregano.
6. Bring to a simmer then add fried tuna to the skillet.
7. In the meantime, preheat a saucepan over medium heat then add almond butter to the saucepan.
8. Stir in broccoli florets and cauliflower florets to the saucepan then sauté until aromatic. Cook until the vegetables are tender but still crunchy.
9. Transfer the tuna to a serving dish together with the gravy and serve with sautéed broccoli and cauliflower.
10. Enjoy!

### **Nutritional value**

Per Serving: Net Carbs: 4.4g; Calories: 392 Total Fat: 34.5g; Saturated Fat: 1.9g Protein: 16.5g; Carbs: 7g; Fiber: 2.6g; Sugar: 2g Fat 79% Protein 83% Carbs 4%

## **64. Coconut Crab Cakes with Green Leaves**

Serves: 4

Preparation time: 11 minutes

Cooking time: 16 minutes

### **Ingredients:**

- 1/4 lb. crabmeat
- 1/2 teaspoon pepper
- 3 teaspoons minced garlic
- 1/2 cup coconut flakes
- 2 eggs
- 1 cup chopped spinach
- 1/4 cup chopped leek
- 1/2 cup extra virgin olive oil, to fry

### **Method**

1. Combine crabmeat with coconut flakes, eggs, chopped spinach, and chopped leek then season with pepper and minced garlic. Mix well.
2. Shape the mixture into medium fritter forms then set aside.
3. Next, preheat a frying pan over medium heat then pour extra virgin olive oil into the frying pan.
4. Once the oil is done, put the crab fritter into the frying pan and fry for approximately 3 minutes.
5. Flip the fritters then fry for another 3 minutes or until set and both sides of the fritters are lightly golden brown.
6. Remove from the frying pan and strain the excessive oil.
7. Once it is done, arrange the crab cakes on a serving dish then enjoy with sautéed veggie, as you desired.

### **Nutritional value**

Per Serving: Net Carbs: 2.1g; Calories: 313; Total Fat: 31.3g; Saturated Fat: 7.2g  
Protein: 6.9g; Carbs: 3.3g; Fiber: 1.2g; Sugar: 1g Fat 90% Protein 7% Carbs 3%

## **65. Squid Tomato Soup with Oregano**

Serves: 4

Preparation time: 4 minutes

Cooking time: 22 minutes

### **Ingredients:**

- ¾ lb. fresh squid
- 2 tablespoons extra virgin olive oil
- ½ lb. red tomatoes
- 2 cups water
- ½ cup coconut milk
- ½ cup chopped onion
- 2 teaspoons minced garlic
- 1-tablespoon lemon juice
- 1-teaspoon oregano
- 2 cups chopped collard green

### **Method**

1. Place the red tomatoes in a blender then pour water into it. Blend until smooth then set aside.
2. Remove the squid ink then cut into rings. Set aside.
3. Preheat a skillet over medium heat then pour extra virgin olive oil into the skillet.
4. Once the oil is hot, stir in chopped onion and minced garlic then sauté until wilted and aromatic.
5. Next, add squids to the skillet then sauté until just wilted.
6. After that, pour the tomato mixture to the skillet then season with oregano. Bring to boil.
7. Once it is boiled, stir in collard green and pour coconut milk into the skillet. Bring to a simmer.
8. Once it is done, remove from heat and transfer to a serving bowl.
9. Drizzle lemon juice over the soup then serve warm.
10. Enjoy immediately.

### **Nutritional value**

Per Serving: Net Carbs: 7g; Calories: 283; Total Fat: 22.6g; Saturated Fat: 11.3g  
Protein: 13.3g; Carbs: 9.8g; Fiber: 2.8g; Sugar: 3.5g Fat 72% Protein 18%  
Carbs 10%

## **66. Pork with Olives**

Total Time: 40 minutes

Serves: 6

### **Ingredients:**

- 6 pork chops, boneless and cut into thick slices
- 1/8 teaspoon ground cinnamon
- 1/2 cup olives, pitted and sliced
- 8 ounce ragu
- 1/4 cup beef broth
- 2 garlic cloves, chopped
- 1 large onion, sliced
- 1 tablespoon olive oil

### **Method**

1. Heat olive oil in a pan over medium-high heat.
2. Place pork chops in a pan and cook until lightly brown and set aside.
3. Cook garlic and onion in the same pan over medium heat, until onion is softened.
4. Add broth and bring to boil.
5. Return pork to pan and stir in ragu and remaining ingredients.
6. Cover and simmer for 20 minutes.
7. Serve and enjoy.

### **Nutritional Value**

Calories 321; Fat 23.5 g; Carbohydrates 7.2 g; Sugar 1.1 g; Protein 19 g;  
Cholesterol 69 mg; Fiber 4.7 g; Net carbs 2.5 g

## **67. Herbed Pork Roast**

Total Time: 1 hour 45 minutes

Serves: 6

### **Ingredients:**

- 3 lbs pork roast, boneless
- 1 rosemary sprig
- 2 fresh oregano sprigs
- 2 fresh thyme sprigs
- 1 cup water
- 1 onion, chopped
- 3 garlic cloves, chopped
- 1 tablespoon black pepper
- 1 tablespoon olive oil
- 1 tablespoon kosher salt

### **Method**

1. Preheat the oven to 350 F.
2. Season pork roast with pepper and salt.
3. Heat olive oil in a stockpot and sear pork roast on each side.
4. Add onion and garlic. Pour in the water, oregano, and thyme and bring to boil for a minute.
5. Cover pot and roast.
6. Serve and enjoy.

### **Nutritional value**

Calories 502; Fat 23.8 g; Carbohydrates 2.9 g; Sugar 0.8 g; Protein 65.1 g;  
Cholesterol 195 mg; Fiber 0.7 g; Net carbs 2.2 g

## **68. Mediterranean Pork Chops**

Total Time: 40 minutes

Serves: 4

### **Ingredients:**

- 4 pork loin chops, boneless
- 3 garlic cloves, minced
- 1 tablespoon fresh rosemary, chopped
- 1/4 teaspoon black pepper
- 1/2 teaspoon kosher salt

### **Method**

1. Season pork chops with pepper and salt.
2. In a bowl, mix together garlic and rosemary.
3. Rub garlic and rosemary mixture on each pork chops.
4. Place pork chops on a roasting pan and roast in a oven for 10 minutes at 425 F/.
5. Reduce temperature to 350 F and continue roasting for about 25 minutes.
6. Serve and enjoy.

### **Nutritional value**

Calories 262; Fat 20 g; Carbohydrates 1.4 g; Sugar 0 g; Protein 18.2 g; Cholesterol 69 mg; Fiber 0.4 g; Net carbs 1 g

## **69. Herb Crusted Pork Tenderloin**

Total Time: 35 minutes

Serves: 4

### **Ingredients:**

- 1 lb pork tenderloin
- 3 tablespoon feta cheese, crumbled
- 3 tablespoon olive tapenade
- 3/4 teaspoon lemon pepper
- 2 teaspoon dried oregano
- 1 tablespoon olive oil

### **Method**

1. Add pork, oil, lemon pepper, and oregano in a zip-lock bag and rub well and place in a refrigerator for 2 hours.
2. Remove pork from zip-lock bag and make lengthwise cut through the center of the tenderloin.
3. Spread olive tapenade on half tenderloin and sprinkle with crumbled cheese.
4. Fold another half of meat over to the original shape of tenderloin.
5. Tie close pork tenderloin with twine at 2-inch intervals.
6. Grill pork tenderloin on a hot grill for 20 minutes. Turn tenderloin once during grilling.
7. Cut into slices and serve.

### **Nutritional value**

Calories 214; Fat 9.1 g; Carbohydrates 1 g; Sugar 0.3 g; Protein 30.8 g;  
Cholesterol 89 mg; Fiber 0.4 g; Net carbs 0.6 g



## **70. Grilled Pork Roast**

Total Time: 1hour 20 minutes

Serves: 6

### **Ingredients:**

- 4 lbs pork loin roast, boneless
- 1/4 cup fresh sage leaves
- 1/3 cup fresh rosemary leaves
- 5 garlic cloves, peeled
- 2 lemon juice
- 1 tablespoon salt

### **Method**

1. Add sage, rosemary, garlic, lemon juice, and salt into the blender and blend until smooth.
2. Rub herb paste all over roast and place on hot grill.
3. Close grill hood and grill for 1 hour.
4. Sliced and serve.

### **Nutritional value**

Calories 654; Fat 29.9 g; Carbohydrates 4 g; Sugar 0.4 g; Protein 87.1 g;  
Cholesterol 245 mg; Fiber 2 g; Net carbs 2 g

## **71. Grilled Lamb Kebabs**

Total Time: 2 hours 25 minutes

Serves: 6

### **Ingredients:**

- 1 1/2 lbs lamb
- 5 tablespoon olive oil
- 1/8 teaspoon red pepper flakes
- 1 lemon zest
- 1/2 teaspoon black pepper
- 5 garlic cloves, minced
- 2 teaspoon oregano, chopped
- 1 1/2 tablespoon parsley, chopped
- 1 1/2 tablespoon mint, chopped
- 1 1/2 tablespoon rosemary, chopped
- 1 teaspoon kosher salt

### **Method**

1. In a mixing bowl, combine together olive oil, red pepper flakes, lemon zest, pepper, salt, garlic, oregano, parsley, mint, and rosemary.
2. Now add lamb pieces into the bowl and mix well and place in refrigerator for 2 hours.
3. Preheat the grill medium-high heat.
4. Thread the lamb chunks onto skewers and grill for 10 minutes. Turn once.
5. Serve and enjoy.

### **Nutritional value**

Calories 320; Fat 20.2 g; Carbohydrates 2 g; Sugar 0.1 g; Protein 32.2 g;  
Cholesterol 102 mg; Fiber 0.8 g; Net carbs 1.2 g

## **72. Greek Gyros**

Total Time: 20 minutes

Serves: 4

### **Ingredients:**

- 1/2 lb ground lamb
- 1/4 cup onions, grated
- 1/4 teaspoon allspice powder
- 4 garlic cloves, grated
- 1/2 lb ground beef
- 1/2 teaspoon black pepper
- 1 1/4 teaspoon salt

### **Method**

1. In a mixing bowl, combine together ground beef, lamb, onions, allspice powder, garlic, pepper, and salt.
2. Make 12 small patties from the mixture and set aside.
3. Heat 1 tablespoon of oil in a pan over medium heat.
4. Fry patties in a hot pan for 3-4 minutes or until they are cooked.
5. Serve warm and enjoy.

### **Nutritional value**

Calories 219; Fat 7.7 g; Carbohydrates 1.8 g; Sugar 0.3 g; Protein 33.4 g;  
Cholesterol 102 mg; Fiber 0.3 g; Net carbs 1.5 g

## **73. Tasty Lamb Skewers**

Total Time: 25 minutes

Serves: 4

### **Ingredients:**

- 1 lb ground lamb
- 1/8 teaspoon ground cloves
- 1/4 teaspoon allspice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground pepper
- 1/4 cup parsley, chopped
- 1 garlic cloves, minced
- 1 medium onion, minced
- 1/2 teaspoon salt

### **Method**

1. Preheat the grill over medium-high heat.
2. In a bowl, add all ingredients and mix until well combined.
3. Divide mixture into four portions and shape each portion into sausage shape and thread onto a skewer.
4. Grill over hot grill for 10 minutes. Turn every 2-3 minutes.
5. Serve and enjoy.

### **Nutritional value**

Calories 226; Fat 8.4 g; Carbohydrates 3.4 g; Sugar 1.2 g; Protein 32.3 g;  
Cholesterol 102 mg; Fiber 0.9 g; Net carbs 2.5 g

## **74.Grilled Lamb Chops**

Total Time: 20 minutes

Serves: 4

### **Ingredients:**

- 1 lb lamb chops
- 2 tablespoon butter
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1 tablespoon fresh basil, chopped
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil

### **Method**

- Season pork chops with garlic powder and drizzle with oil.
- Heat grill over medium-high heat.
- Grill pork chops on hot grill for 4-5 minutes per side.
- In a small bowl, mix together butter, mustard, and basil.
- Spread butter mixture on each pork chops and serves.

### **Nutritional value**

Calories 295; Fat 17.6 g; Carbohydrates 0.6 g; Sugar 0.1 g; Protein 32.1 g;  
Cholesterol 117 mg; Fiber 0.1 g; Net carbs 0.5 g

## **75. Lamb Sun-dried Tomato Meatloaf**

Total Time: 1 hour 5 minutes

Serves: 6

### **Ingredients:**

- 1 1/2 lbs ground lamb
- 1 tablespoon fresh rosemary
- 1/2 cup sun-dried tomatoes
- 2 large shallots
- 4 garlic cloves
- 2 tablespoon balsamic vinegar
- 2 large eggs
- Pepper
- Salt

### **Method**

1. Preheat the oven 375 F/ 190 C.
2. Spray a loaf pan with cooking spray and set aside.
3. In a bowl, whisk together eggs, salt, pepper, and vinegar.
4. Add rosemary, sun-dried tomatoes, shallots, and garlic and mix well.
5. Add lamb and mix just until combined.
6. Pour meatloaf mixture into the prepared pan and bake in preheated oven for 40-45 minutes.
7. Slice and serve.

### **Nutritional value**

Calories 253; Fat 10.1 g; Carbohydrates 4 g; Sugar 1.1 g; Protein 34.6 g;  
Cholesterol 164 mg; Fiber 0.6 g; Net carbs 3.4 g

## **76.Greek Lamb Chops**

Total Time: 20 minutes

Serves: 4

### **Ingredients:**

- 1 1/2 lbs lamb chops
- 2 teaspoon oregano
- 4 garlic cloves, chopped
- 1 lemon juice
- 1/4 cup olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

### **Method**

1. Marinate the lamb chops in the mixture of garlic, lemon, olive oil, pepper, and salt. Cover and place in the fridge overnight.
2. Cook marinated pork chops over a hot grill for 3-5 minutes per side.
3. Serve and enjoy.

### **Nutritional value**

Calories 434; Fat 25.3 g; Carbohydrates 1.8 g; Sugar 0.3 g; Protein 48.1 g;  
Cholesterol 153 mg; Fiber 0.5 g; Net carbs 1.3 g

## **77. Turkey Breasts with Salsa**

Total Time: 40 minutes

Serves: 6

### **Ingredients:**

- 4 turkey breasts, skinless and boneless
- 2 tablespoon black peppercorns, crushed
- 1 tablespoon olive oil
- Salt
- For salsa:
- 2 garlic cloves, chopped
- 1 tablespoon basil, chopped
- 4.5 ounce olives, pitted and chopped
- 1 onion, diced
- 6 tomatoes, chopped
- Pepper
- Salt

### **Method**

- Brush turkey breasts with olive oil and season with crushed peppercorns and salt. Set aside for 20 minutes.
- Heat grill over high heat.
- Grill turkey breasts for 10 minutes. Turn once during cooking.
- In a bowl, mix together all salsa ingredients.
- Place salsa on a serving plate and top with chicken breasts.
- Serve and enjoy.

### **Nutritional value**

Calories 148; Fat 5.3 g; Carbohydrates 9.6 g; Sugar 4 g; Protein 17.8 g;  
Cholesterol 0 mg; Fiber 3.2 g; Net carbs 6.4 g





Which food is better  
on a **KETO** diet?

**A: Avocado**

**B: Broccoli**

## **78. Quick Turkey Bowl**

Total Time: 10 minutes

Serves: 2

### **Ingredients:**

- 4 ounce turkey, cooked and diced
- 1 tablespoon pesto
- 1 artichoke hearts, diced
- 4 olives, diced
- Pepper
- Salt

### **Method**

1. Add all ingredients into the microwave safe bowl and mix well.
2. Place bowl in microwave and heat until warm.
3. Serve and enjoy.

### **Nutritional value**

Calories 170; Fat 6.4 g; Carbohydrates 9.1 g; Sugar 1.3 g; Protein 20 g; Cholesterol 45 mg; Fiber 4.6 g; Net carbs 4.5 g

## **79. Mediterranean Turkey Breasts**

Total Time: 1 hour 10 minutes

Serves: 6

### **Ingredients:**

- 1 lb turkey breasts
- 1 tablespoon dried oregano
- 2 tablespoons yellow mustard
- 2 garlic cloves, minced
- 1/2 cup olive oil
- 1 cup lemon juice

### **Method**

1. Preheat the oven to 350 F.
2. In a medium bowl, whisk together oregano, mustard, garlic, oil, and lemon juice.
3. Place turkey into the zip-lock bag and pour marinade over turkey.
4. Place marinated turkey in the refrigerator for overnight.
5. Bake in preheated oven for 60 minutes.
6. Serve and enjoy.

### **Nutritional value**

Calories 240; Fat 18.7 g; Carbohydrates 5.1 g; Sugar 3.6 g; Protein 13.6 g;  
Cholesterol 33 mg; Fiber 1.1 g; Net carbs 4 g

## **80. Turkey Meatloaf**

Total Time: 55 minutes

Serves: 6

### **Ingredients:**

- 1 lb ground turkey
- 1 cup water
- 2 tablespoon tomato paste
- 1/4 cup feta cheese, crumbled
- 1/2 cup sun-dried tomatoes, chopped
- 1 lemon zest
- 1/2 teaspoon dried dill
- 1 cup spinach, chopped
- 1 large egg
- 1/2 cup onion, grated
- 1/2 teaspoon black pepper
- 1/2 teaspoon kosher salt

### **Method**

1. Preheat the oven to 375 F/ 190 C.
2. Spray meatloaf pan with cooking spray and set aside.
3. In a mixing bowl, add all ingredients and mix until well combined.
4. Transfer bowl mixture into the prepared loaf pan and bake in preheated oven for 40 minutes.
5. Slice and serve.

### **Nutritional value**

Calories 189; Fat 10.6 g; Carbohydrates 3.1 g; Sugar 1.8 g; Protein 23.3 g;  
Cholesterol 114 mg; Fiber 0.8 g; Net carbs 2.3 g

## **81. Peppers Stuffed with Artichoke & Spinach**

**Servings per Recipe: 4**

**Cooking Time: 40 minutes**

**Ingredients:**

- 1 package frozen spinach, thawed, well-drained, and chopped
- 1 can artichoke hearts, drained and chopped
- 1 1/2 cups shredded mozzarella, divided
- 1/2 cup grated Parmesan
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 cloves garlic minced
- 2 cup shredded rotisserie chicken
- 4 assorted bell peppers, halved and seeded
- 6-oz. cream cheese softened
- Chopped fresh parsley
- Extra-virgin olive oil, for drizzling
- Freshly ground black pepper
- kosher salt

**Directions for Cooking:**

- 1) Lightly grease a baking pan and preheat oven to 400°F.
- 2) With cut side up, place bell peppers on prepared pan. Season with pepper and salt. Drizzle olive oil on top of peppers.
- 3) Mix well garlic, mayo, sour cream, parmesan, 1/2 cup mozzarella, cream cheese, spinach, artichoke hearts, and chicken in a large bowl. Season with pepper and salt. Mix well. Evenly divide mixture into bell pepper cavities.
- 4) Evenly top each pepper with remaining mozzarella and pop in the oven.
- 5) Bake for 25 minutes or until peppers are tender and cheese has melted.
- 6) To serve, garnish with chopped parsley.

**Nutrition Information:**

Calories per serving: 521; Protein: 39.8g; Carbs: 21.5g; Sugar: 5.2g; Fat: 32.6g

## **82. Grilled Zucchini Bread and Cheese Sandwich**

**Servings per Recipe: 6**

**Cooking Time: 40 minutes**

### **Ingredients:**

- 1 large egg
- 1/2 cup freshly grated Parmesan
- 1/4 cup almond flour
- 2 cup grated zucchini
- 2 cup shredded Cheddar
- 2 green onions thinly sliced
- Freshly ground black pepper
- kosher salt
- Vegetable oil, for cooking

### **Directions for Cooking:**

1) With paper towel, squeeze dry the zucchinis and place in a bowl. Add almond flour, green onions, Parmesan, and egg. Season with pepper and salt. Whisk well to combine.

2) Place a large nonstick pan on medium fire and add oil to cover pan. Once hot, add 1/4 cup of zucchini mixture and shape into a square like a bread. Add another batch as many as you can put in the pan. If needed, cook in batches. Cook for four minutes per side and place on a paper towel lined plate.

3) Once done cooking zucchinis, wipe off oil from the pan. Place one zucchini piece on pan, spread 1/2 of shredded cheese, and then top with another piece of zucchini. Grill for two minutes per side. Repeat process to make 2 sandwiches.

4) Serve and enjoy.

### **Nutrition Information:**

Calories per serving: 667; Protein: 41.5g; Carbs: 14.4g; Sugar: 1.6g; Fat: 49.9g

## **83. Three-Cheese Stuffed Peppers**

**Servings per Recipe: 6**

**Cooking Time: 40 minutes**

**Ingredients:**

- 1cup baby spinach leaves
- 1/4 teaspoon dried parsley
- 1/2 cup grated Parmesan cheese
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella
- 1 teaspoon garlic powder
- 2 medium bell peppers, sliced in half and seeds removed
- 2 tablespoons Parmesan cheese, to garnish
- 4 large eggs

**Directions for Cooking:**

- 1) Lightly grease a baking pan with cooking spray and preheat oven to 375°F.
- 2) Add parsley, garlic powder, eggs, and three cheeses in a food processor until well combined.
- 3) Evenly divide egg mixture into pepper cavity. Add spinach leaves on top and push down with a fork.
- 4) Place peppers on prepared baking pan and cover with foil.
- 5) Pop in the oven and bake until eggs are set, around 40 minutes.
- 6) Remove from oven, serve and enjoy. Warning, filling is very hot.

**Nutrition Information:**

Calories per serving: 460; Protein: 38.6g; Carbs: 16.2g; Sugar: 6.0g; Fat: 26.3g

## **84. Dill, Havarti & Asparagus Frittata**

**Servings per Recipe: 4**

**Cooking Time: 20 minutes**

**Ingredients:**

- 1 teaspoon dried dill weed or 2 tsp minced fresh dill
- 4 ounce Havarti cheese cut into small cubes
- 6 eggs, beaten well
- Pepper and salt to taste
- 1 stalk green onions sliced for garnish
- 3 teaspoon. olive oil
- 2/3 cup diced cherry tomatoes
- 8 ounce fresh asparagus

**Directions for Cooking:**

- 1) On medium high fire, place a large cast-iron pan and add oil. Once oil is hot, stir fry asparagus for 4 minutes.
- 2) Add dill weed and tomatoes. Cook for two minutes.
- 3) Meanwhile, season eggs with pepper and salt. Beat well.
- 4) Pour eggs over the tomatoes.
- 5) Evenly spread cheese on top.
- 6) Preheat broiler.
- 7) Lower fire to low, cover pan, and let it cook for 10 minutes until the cheese on top has melted.
- 8) Turn off fire and transfer pan in oven and broil for 2 minutes or until tops are browned.
- 9) Remove from oven, sprinkle sliced green onions, serve, and enjoy.

**Nutrition Information:**

Calories per serving: 242; Protein: 16.0g; Carbs: 3.7g; Sugar: 2.1g; Fat: 18.3g



## **85. Breakfast Egg-Artichoke Casserole**

**Servings per Recipe: 8**

**Cooking Time: 35 minutes**

**Ingredients:**

- 16 large eggs
- 14 ounce can artichoke hearts, drained
- 10-ounce box frozen chopped spinach, thawed and drained well
- 1 cup shredded white cheddar
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/2 cup parmesan cheese
- 1/2 cup ricotta cheese
- 1/2 teaspoon dried thyme
- 1/2 teaspoon crushed red pepper
- 1/4 cup milk
- 1/4 cup shaved onion

**Directions for Cooking:**

- 1) Lightly grease a 9x13-inch baking dish with cooking spray and preheat oven to 350°F.
- 2) In a large mixing bowl, add eggs and milk. Mix thoroughly.
- 3) With paper towel, squeeze out the excess moisture from the spinach leaves and add to bowl of eggs.
- 4) Into small pieces, break the artichoke hearts and separate the leaves. Add to bowl of eggs.
- 5) Except for the ricotta cheese, add remaining ingredients in bowl of eggs and mix thoroughly.
- 6) Pour egg mixture into prepared dish.
- 7) Evenly add dollops of ricotta cheese on top of the eggs and then pop in the oven.
- 8) Bake until eggs are set and doesn't jiggle when shook, around 35 minutes.
- 9) Remove from oven and evenly divide into suggested servings. Enjoy.

**Nutrition Information:**

Calories per serving: 298; Protein: 22.6g; Carbs: 10.8g; Sugar: 1.9g; Fat: 18.7g

## **86.Coconut Flour Porridge with Blueberry**

**Servings per Recipe: 5**

**Cooking Time: 5 minutes Porridge Ingredients:**

- 2 cup almond milk
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 10 drops liquid stevia
- 1 pinch salt
- 1/4 cup ground flaxseed
- 1/4 cup coconut flour

### **Topping Ingredients:**

- 1 ounce shaved coconut
- 2 tablespoon butter
- 2 tablespoon pumpkin seeds
- 60 grams blueberries

### **Directions for Cooking:**

- 1) On low fire, place a small pot and heat almond milk.
- 2) Stir in salt, cinnamon, coconut flour, and flaxseed.
- 3) With a whisk mix well and break up clumps.
- 4) Continue cooking until simmering and stir in vanilla extract and stevia.
- 5) Mix well. Continue cooking until desired thickness is achieved.
- 6) Evenly divide into two bowls.
- 7) Top evenly with the topping ingredients and enjoy.

### **Nutrition Information:**

Calories per serving: 405; Protein: 10.0g; Carbs: 10.0g; Sugar: 2.0g; Fat: 34.0g

## **87. Chive and Cream Cheese Filled Coconut Flour Tortilla**

**Servings per Recipe: 4**

**Cooking Time: 15 minutes**

**Coconut Flour Tortilla Ingredients:**

- 6 large egg whites
- cooking spray
- 1/2 cup water
- 1/4 cup coconut flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon sea salt

**Chive & Cream Cheese Filling**

- 1 teaspoon lemon juice
- 3 tablespoon fresh chopped chives
- 4 Coconut Flour Tortillas
- 4 teaspoon olive oil
- 6 tablespoon cream cheese

**Directions for Cooking:**

- 1) Make the Coconut Flour Tortillas: In a large bowl, whisk well coconut flour, water, and egg whites.
- 2) Stir in salt, garlic powder, and baking powder. Mix well.
- 3) On medium low fire, place a nonstick medium pan. Once hot, lightly grease with cooking spray and add 1/4 cup of batter. Tilt pan to evenly spread the batter.
- 4) Cook one side until browned, around 2 to 3 minutes. Flip over and cook the other side for a minute or to desired brownness. Transfer to a plate. This recipe makes 6 tortillas but you will only use 4.
- 5) In a bowl, whisk well cream cheese until light and fluffy.
- 6) Stir in lemon juice and chives.
- 7) On a flat surface, lay four tortillas and evenly divide stuffing on each tortilla. Spread and fold tortilla in half.

- 8) On medium high fire, place a nonstick pan and lightly grease with 1 tsp of oil. Cook tortilla until browned, around a minute. Flip and cook for another minute. Repeat process for remaining tortilla.
- 9) Serve and enjoy.

**Nutrition Information:**

Calories per serving: 585; Protein: 17.0g; Carbs: 11.0g; Sugar: 3.0g; Fat: 53.0g

## **88. Breakfast Egg on Avocado**

**Servings per Recipe: 6**

**Cooking Time: 15 minutes**

**Ingredients:**

- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 cup Parmesan cheese
- 1/4 teaspoon black pepper
- 3 medium avocados
- 6 medium eggs

**Directions for Cooking:**

- 1) Prepare muffin tins and preheat oven to 350°F.
- 2) To ensure that the egg would fit inside the cavity of the avocado, lightly scrape off 1/3 of the meat.
- 3) Place avocado on muffin tin to ensure that it faces with the top up.
- 4) Evenly season each avocado with pepper, salt, and garlic powder.
- 5) Add one egg on each avocado cavity and garnish tops with cheese.
- 6) Pop in the oven and bake until the egg white is set, around 15 minutes.
- 7) Serve and enjoy.

**Nutrition Information:**

Calories per serving: 261; Protein: 14.0g; Carbs: 4.0g; Sugar: 1.0g; Fat: 20.0g

## **89. Keto-Approved Egg Muffin Sandwich**

**Servings per Recipe: 2**

**Cooking Time: 10 minutes**

**Muffin Ingredients:**

- 1 large egg, free-range or organic
- 1/4 cup almond flour
- 1/4 cup flax meal
- 1/4 cup grated cheddar cheese
- 1/4 teaspoon baking soda
- 2 tablespoon heavy whipping cream or coconut milk
- 2 tablespoon water
- pinch salt

**Filling Ingredients:**

- 1 tablespoon butter
- 1 tablespoon ghee
- 1 teaspoon Dijon mustard
- 2 large eggs, free range or organic
- 2 slices cheddar cheese or other hard type cheese
- Optional: 1 cup greens
- salt and pepper to taste

**Directions for Cooking:**

- 1) Make the Muffin: In a small mixing bowl, mix well almond flour, flax meal, baking soda, and salt. Stir in water, cream, and eggs. Mix thoroughly.
- 2) Fold in cheese and evenly divide in two single-serve ramekins.
- 3) Pop in the microwave and cook for 75 seconds.
- 4) Make the Filling: on medium fire, place a small nonstick pan, heat ghee and cook the eggs to desired doneness. Season with pepper and salt.
- 5) To make the muffin sandwiches, slice the muffins in half. Spread cream cheese on one side and mustard on the other side.
- 6) Add egg and greens. Top with the other half of sliced muffin.

7) Serve and enjoy.

**Nutrition Information:**

Calories per serving: 626; Protein: 26.5g; Carbs: 10.4g; Sugar: 3.9g; Fat: 54.6g

## **90. Fresh Berries with Cream**

**Cooking Time: 10 minutes**

**Servings per Recipe: 4**

### **Ingredients:**

- 1 cup coconut cream
- 1 ounce strawberries
- 1 ounce raspberries
- 1/4 teaspoon vanilla extract

### **Directions for Cooking:**

- 1) Add all ingredients into the blender and blend until smooth.
- 2) Pour in serving bowl and top with fresh berries.
- 3) Serve and enjoy.

### **Nutrition Information:**

Calories 303; Fat 28.9 g; Carbohydrates 12 g; Sugar 6.8 g; Protein 3.3 g;  
Cholesterol 0 mg;



## **91. Protein Breakfast Shake**

**Cooking Time: 10 minutes**

**Servings per Recipe: 2**

### **Ingredients:**

- 1 cup coconut milk, unsweetened
- 1 scoop protein powder
- 7 ounce firm tofu
- 15 drops liquid stevia
- 2 tablespoon hemp hearts

### **Directions for Cooking:**

- 1) Add all ingredients into the blender and blend until you get a thick consistency.
- 2) Serve and enjoy.

### **Nutrition Information:**

Calories 243; Fat 13 g; Carbohydrates 11 g; Sugar 1.4 g; Protein 21.2 g; Cholesterol 23 mg;

## **92. Healthy Breakfast Granola**

**Cooking Time: 15 minutes**

Servings per Recipe: 5

### **Ingredients:**

- 1 cup walnuts, diced
- 1 cup unsweetened coconut flakes
- 2 tablespoon coconut oil, melted
- 4 packets Splenda
- 2 teaspoon cinnamon

### **Directions for Cooking:**

- 1) Preheat the oven to 375 F/ 190 C.
- 2) Spray a baking tray with cooking spray and set aside.
- 3) Add all ingredients into the medium bowl and toss well.
- 4) Spread bowl mixture on a prepared baking tray and bake in preheated oven for 10 minutes.
- 5) Serve and enjoy.

### **Nutrition Information:**

Calories 458; Fat 42.5 g; Carbohydrates 13.7 g; Sugar 2.7 g; Protein 11.7 g;  
Cholesterol 0 mg;

### **93. Keto Chocolate Cream**

**Cooking Time: 20 minutes**

**Servings per Recipe: 3**

#### **Ingredients:**

- 2 cup of sweet cream
- 2 ounce of chocolate
- 2 tablespoon. of cacao in powder
- 2 ounce of coconut oil
- 4 ounce of ground nuts

#### **Directions for Cooking:**

- 1) Melt sweet cream combined with coconut oil at medium heat.
- 2) When it boils, remove from the heat and add chocolate and cacao. Stir until everything melts.
- 3) Add ground nuts and pour final cream into jars.
- 4) Let cream cool and then serve!

#### **Nutrition Information:**

Calories:162 Carbs:2 gFat:25gProtein: 11 g

## **94. Zucchini Grits Pie**

**Cooking Time: 1hr 10 minutes**

**Servings per Recipe: 3**

### **Ingredients:**

- 2 pounds of zucchini
- 5 eggs
- 1 pound of cheese
- 3 oz. of butter
- 3 oz. of grits

### **Directions for Cooking:**

- 1) Wash zucchini. Dry and grate into thick pieces. Cover them with salt and let them release the water.
- 2) In one bowl, whisk eggs. Add cheese and grits.
- 3) Put butter in a casserole dish and let it melt at medium heat.
- 4) Then, add zucchini and cover with cheese mixture.
- 5) Bake 40 minutes and then enjoy!

### **Nutrition Information:**

Calories 162 Carbs:7 gFat:31g Protein: 22 g

# GREAT NEWS!

## You have been selected

Test this new revolutionary weight loss tea!

Before you eat breakfast today, **drink 1 cup of THIS** (before 11am) and boost your metabolism by over 737%!

Here it is:

**==> 1 Cup Boosts Metabolism By 737% (Slow Metabolism Loophole)**

Skeptical?

I was too, but then I saw the shocking proof for myself.

Within weeks folks have dropped an average of 25.3 lbs, waists have shrunk by 7.2 inches.

***CLICK HERE***

## **95. Yummy cherry**

**Cooking Time: 15 minutes**

**Servings per Recipe: 4**

### **Ingredients:**

- 10 ounce. of sweet cheese
- 1 cup of sweet cream
- 1 tablespoon of gelatin in powder
- 1 teaspoon of vanilla aroma
- 4 ounce of cherries

### **Directions for Cooking:**

- Blend cheese with cream. Add stevia to taste and vanilla aroma.
- Dissolve gelatin in 4 tbsp. of cold water and let it sit for 10 minutes.
- Add gelatin to the cheese and cream mixture.
- Pile in cups. We use this order:

*i. 1 layer of cheese/cream mixture*

*ii. 1 layer of cherries*

*iii. Another layer of cheese/cream*

*iv. Cherries on top*

### **Nutrition Information:**

Calories:82 Carbs:9 gFat:18gProtein: 22 g

## **96. Keto Coffee**

**Cooking Time: 20 minutes**

**Servings per Recipe: 4**

### **Ingredients:**

- 2 cup of black coffee (brewed)
- 2 tbsp. of butter
- 1 tbsp. of coconut oil
- 1 teaspoon of cinnamon

### **Directions for Cooking:**

- 1) Brew black coffee.
- 2) In a blender, combine coconut oil, coffee, and butter.
- 3) Blend well. Add cinnamon or stevia and serve!

### **Nutrition Information:**

Calories: 260 Carbs: 0 g Fat: 26g Protein: 1 g

## **97. Panna Cotta**

**Cooking Time: 20 minutes**

**Servings per Recipe: 5**

### **Ingredients:**

- 4 cup of milk
- 1 cup of water
- 10 gelatins leaves
- 1 teaspoons of cinnamon
- Vanilla aroma

### **Directions for Cooking:**

- 1) Melt gelatin in cold water for 10 minutes.
- 2) Put all ingredients in a cooking pot. Heat and let boil!
- 3) Keep in the fridge at least 3 hours before serving. Enjoy!

### **Nutrition Information:**

Calories: 88 Carbs:9 gFat:33 g Protein: 11 g



## **98. Macrobiotic Blueberry Pie**

**Cooking Time: 1hr 20 minutes**

**Servings per Recipe: 4**

### **Ingredients:**

- 1 cup of almond flour
- 1 cup of blueberries
- ½ cup of ground nuts
- 1cup of apple juice
- 1 teaspoon of baking powder

### **Directions for Cooking:**

- 1) In dry frying pan, sauté flour shortly.
- 2) Then, combine fried flour with nuts and baking powder.
- 3) Add apple juice and blueberries while stirring. Let the dough sit for 60 minutes!
- 4) Pour mixture into an oiled baking tray and cook at medium temperature for 50 minutes.

### **Nutrition Information:**

Calories: 202 Carbs:7 gFat:18gProtein: 22 g

## **99. Chocolate Cookies**

**Cooking Time: 25 minutes**

**Servings per Recipe: 6**

### **Ingredients:**

- 1/2 cup of coconut oil
- 1/2 cup of cacao in powder
- 2 eggs
- 1/2 cup of coconut flour
- Stevia to taste

### **Directions for Cooking:**

- 1) Melt coconut oil with cacao. Use a cooking pot.
- 2) Separate egg yolks from whites. Blend whites into thick cream with pinch of salt. Add yolks to the whites and add them to the cacao. Mix well.
- 3) Add stevia and coconut flour.
- 4) With a spoon, form cookies from the mixture to bake. Bake 15 minutes at 350 F.

### **Nutrition Information:**

Calories: 132 Carbs:4 gFat:24gProtein: 12 g

## **100. Homemade Cherry Jam**

**Cooking Time: 30 minutes**

**Servings per Recipe: 6**

### **Ingredients:**

- 2 cups of frozen cherries
- Stevia to taste
- 3 tbsp. of chia seeds

### **Directions for Cooking:**

- 1) Cook cherries for 15 minutes on low heat.
- 2) Crush them with a wooden spoon.
- 3) Remove them from the heat and combine with chia seeds.
- 4) Pour jam into the jars and keep in a fridge!
- 5) Enjoy with keto bread!

### **Nutrition Information:**

Calories:183 Carbs:9 gFat:31gProtein: 22 g

## **Easy Keto-Vegetarian Lunch**

### **101. Salad Greens with Grilled Halloumi Cheese**

**Servings per Recipe: 4**

**Cooking Time: 10 minutes**

**Ingredients:**

- 1 ounce chopped walnuts
- 2 handful baby arugula
- 2 Persian cucumber, sliced into circles around 1/2-inch thick
- 3 ounce halloumi cheese
- 5 grape tomatoes, sliced in half
- balsamic vinegar
- olive oil
- salt

**Directions for Cooking:**

- 1) Into 1/3 slices, cut the cheese. For 5 minutes each side, grill the cheeses until you can see grill marks.
- 2) In a salad bowl, add arugula, cucumber, and tomatoes. Drizzle with olive oil and balsamic vinegar. Season with salt and toss well coat.
- 3) Sprinkle walnuts and add grilled halloumi.
- 4) Serve and enjoy.

**Nutrition Information:**

Calories per serving: 560; Protein: 21.0g; Carbs: 9.0g; Sugar: 2.0g; Fat: 47.0g

## **102. Roasted and Curried Cauliflower**

**Servings per Recipe: 6**

**Cooking Time: 50 minutes**

### **Ingredients:**

- 1 lime
- 1 medium head of cauliflower
- 1 teaspoon cayenne pepper
- 1 teaspoon sea salt
- 1 teaspoon smoked paprika
- 1 1/2 cups full fat Greek yogurt
- 1/2 teaspoon black pepper
- 2 tablespoon yellow curry powder
- 2 teaspoon lime zest

### **Topping Ingredients:**

- 1 clove garlic
- 1 t cilantro
- 1/2 cup pine nuts
- 1/4 cup olive oil
- 1/4 cup sun-dried tomatoes
- 2 tablespoon feta cheese

### **Directions for Cooking:**

- 1) Line a baking sheet with parchment paper and preheat oven to 375°F.
- 2) Mix well lime zest, curry, black pepper, yogurt, paprika, sea salt, and lime in a bowl. Rub all over the cauliflower.
- 3) Place cauliflower on prepared pan and po in the oven. Bake until crispy and golden, around 45 minutes.
- 4) Meanwhile, make the topping ingredients by pulsing sun dried tomatoes, half of pine nits, and garlic in a food processor. Process until chunky.
- 5) Transfer mixture in a bowl and fold in remaining topping ingredients.
- 6) One cauliflower is done, remove from oven and let it cool enough to handle. Break into bite sized pieces and drizzle topping ingredients over it.
- 7) Serve and enjoy.

### **Nutrition Information:**

Calories per serving: 384; Protein: 15.0g; Carbs: 13.5g; Sugar: 3.0g; Fat: 30.0g

## **103. over-The-Top Fried Cauliflower Rice**

**Servings per Recipe: 5**

**Cooking Time: 20 minutes**

**Ingredients:**

- garlic powder, salt, and pepper
- 2 eggs
- 2 tablespoon extra-virgin olive oil
- 4 ounce mushrooms, sliced
- 1 small handful baby spinach
- 1 green onion chopped
- 1 avocado
- 1 lemon
- 2 cups cauliflower rice

**Directions for Cooking:**

- 1) In small bowl, mash and mix pepper, salt, garlic powder, lemon juice, and avocado.
- 2) In another small bowl, whisk eggs. Season with pepper and salt and then whisk well.
- 3) On medium fire, place a medium nonstick pan and heat a drizzle of oil. Add mushrooms and sauté until liquid has evaporated. Season with pepper, salt, and garlic powder. Continue cooking until golden brown. Transfer to a bowl.
- 4) In same pan, increase fire to medium high and add another drizzle of oil. Add cauliflower in pan and continue cooking until cauliflower is golden brown, around 5 minutes. Season with pepper, salt, and garlic powder. Mix well and transfer to a bowl.
- 5) In same pan, lower fire to medium and return mushrooms. Add baby spinach and green onions and sauté for a minute.
- 6) Pour in eggs and scramble. Once cooked to desired doneness, place on top of cauliflower. Top with avocado salsa and enjoy.

**Nutrition Information:**

Calories per serving: 490; Protein: 26.3g; Carbs: 41.0g; Sugar: 10.7g; Fat: 29.7g

## **104. Cheese and Broccoli Balls**

**Servings per Recipe: 4**

**Cooking Time: 5 minutes**

**Ingredients:**

- 3/4 cup almond flour
- 2 large eggs
- 2 teaspoons baking powder
- 4 ounces fresh broccoli
- 4 ounces mozzarella cheese
- 7 tablespoons flaxseed meal
- Salt and Pepper to taste

**Sauce Ingredients:**

- 1/4 cup fresh chopped dill
- 1/4 cup mayonnaise
- 1/2 tablespoon lemon juice
- Salt and pepper to taste

**Directions for Cooking:**

- 1) To make the cheese and broccoli balls: Place broccoli in food processor and pulse into small pieces. Transfer to a bowl.
- 2) Add baking powder, 1/4 cup flaxseed meal, almond flour, and cheese. Season with pepper and salt. Mix well. Place remaining flaxseed meal in a small bowl.
- 3) Add eggs and combine thoroughly. Roll the batter into 1-inch balls. And then roll in flaxseed meal to coat the balls.
- 4) Cook balls in a 375°F deep fryer until golden brown. Transfer cooked balls on to a paper towel lined plate.
- 5) Meanwhile, make the sauce by combining all ingredients in a medium bowl.
- 6) Serve cheese and broccoli balls with the dipping sauce on the side.

**Nutrition Information:**

Calories per serving: 312; Protein: 18.4g; Carbs: 9.6g; Sugar: 2.0g; Fat: 23.2g

## **105. Collard Green Wrap Greek Style**

**Servings per Recipe: 4**

**Cooking Time: 0 minutes**

**Wrap Ingredients:**

- 1/2 block feta, cut into 4 (1-inch thick) strips (4-oz)
- 1/2 cup purple onion, diced
- 1/2 medium red bell pepper, julienned
- 1 medium cucumber, julienned
- 4 large cherry tomatoes, halved
- 4 large collard green leaves, washed
- 8 whole kalamata olives, halved

### **Tzatziki Sauce Ingredients;**

- 1 cup full-fat plain Greek yogurt
- 1 tablespoon white vinegar
- 1 teaspoon garlic powder
- 2 tablespoons minced fresh dill
- 2 tablespoons olive oil
- 2.5-ounces cucumber, seeded and grated (1/4-whole)
- Salt and pepper to taste

### **Directions for Cooking:**

1) Make the Tzatziki sauce first: make sure to squeeze out all the excess liquid from the cucumber after grating. In a small bowl, mix all sauce ingredients thoroughly and refrigerate.

2) Prepare and slice all wrap ingredients.

3) On a flat surface, spread one collard green leaf. Spread 2 tablespoons of Tzatziki sauce on middle of the leaf.



- 4) Layer  $\frac{1}{4}$  of each of the tomatoes, feta, olives, onion, pepper, and cucumber. Place them on the center of the leaf, like piling them high instead of spreading them.
- 5) Fold the leaf like you would a burrito. Repeat process for remaining ingredients. Serve and enjoy.

**Nutrition Information:**

Calories per serving: 165.3; Protein: 7.0g; Carbs: 9.9g; Sugar: 2.5g; Fat: 11.2g

## **106. Parmesan Covered Cauliflower Steak**

**Servings per Recipe: 6**

**Cooking Time: 25 minutes**

**Ingredients:**

- 2 large head cauliflower
- 1 cup parmesan cheese
- 2 tablespoon Urban Accents Manchego and Roasted Garlic seasoning blend
- 4 tablespoon butter
- Salt and pepper to taste

**Directions for Cooking:**

- 1) Line a baking sheet with foil and lightly grease with cooking spray. Preheat oven to 400°F.
- 2) Discard any leaf off the cauliflower and slice into 1-inch thick slices.
- 3) On microwave safe bowl, melt butter in microwave. Stir in seasoning blend and make a paste. Brush this paste all over the cauliflower steaks. Season steaks with pepper and salt.
- 4) On medium fire, place a nonstick pan and pan-fry steaks until lightly browned, around 3 minutes per side.
- 5) Transfer steaks on to prepared pan and bake until tender and golden brown, around 18 minutes.
- 6) Before serving, sprinkle with cheese and enjoy.

**Nutrition Information:**

Calories per serving: 302; Protein: 6.9g; Carbs: 11.2g; Sugar: 2.6g; Fat: 27.0g

## **107. Asian Peanut Sauce over Noodle Salad**

**Servings per Recipe: 4**

**Cooking Time: 0 minutes**

**Ingredients:**

- 1 cup shredded green cabbage
- 1 cup shredded red cabbage
- 1/4 cup chopped cilantro
- 1/4 cup chopped peanuts
- 1/4 cup chopped scallions
- 4 cups shiitake noodles

### **Asian Peanut Sauce Ingredients:**

- 1/4 cup sugar free peanut butter
- 1/4 teaspoon cayenne pepper
- 1/2 cup filtered water
- 1/2 teaspoon kosher salt
- 1 tablespoon fish sauce
- 1 tablespoon granulated erythritol sweetener
- 1 tablespoon lime juice
- 1 tablespoon toasted sesame oil
- 1 tablespoon wheat-free soy sauce
- 1 teaspoon minced garlic
- 2 tablespoons minced ginger

### **Directions for Cooking:**

- 1) In a large salad bowl, combine all noodle salad ingredients and toss well to mix.
- 2) In a blender, mix all sauce ingredients and pulse until smooth and creamy.
- 3) Pour sauce over the salad and toss well to coat.
- 4) Evenly divide into four equal servings and enjoy.

### **Nutrition Information:**

Calories per serving: 212; Protein: 7.0g; Carbs: 12.0g; Sugar: 3.0g; Fat: 16.0g

## **108. Zoodles with Four Cheese Pesto Sauce**

**Servings per Recipe: 4**

**Cooking Time: 15 minutes**

**Ingredients:**

- 8 ounces Mascarpone cheese
- 8 cups raw zucchini noodles
- 1 cup grated mozzarella cheese
- 1/2 teaspoon kosher salt
- 1/4 cup grated parmesan cheese
- 1/4 cup grated Romano cheese
- 1/4 teaspoon ground black pepper
- 1/4 cup basil pesto
- 1/8 teaspoon ground nutmeg

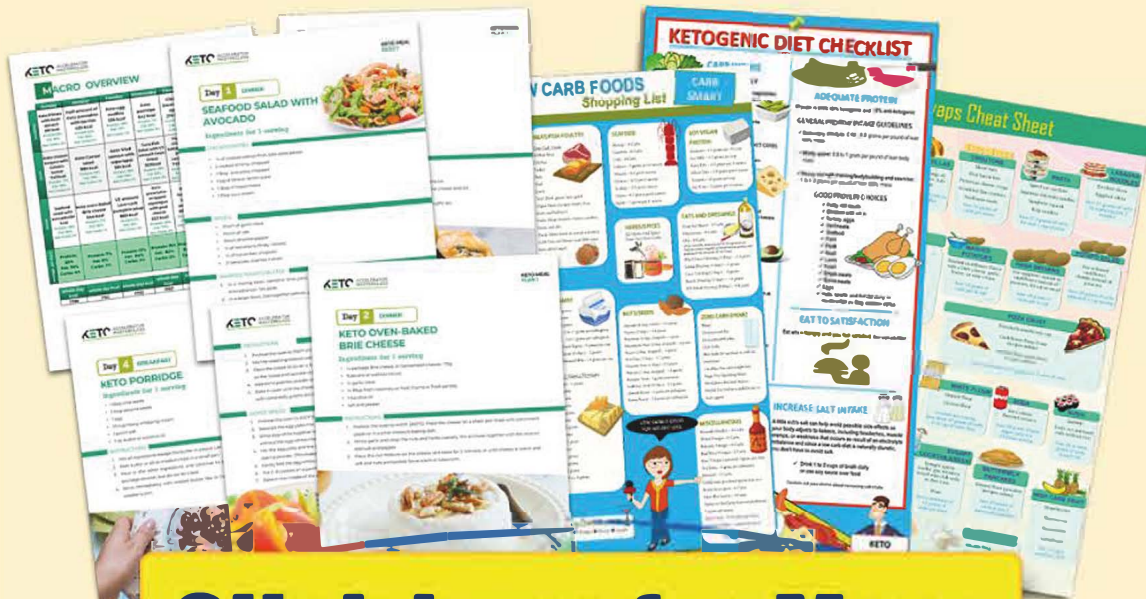
**Directions for Cooking:**

- 1) Lightly grease casserole dish with cooking spray and preheat oven to 400°F.
- 2) On a microwave safe bowl, place zucchini noodles and microwave for 3 minutes on high while uncovered. Transfer to a colander and squeeze out excess moisture.
- 3) In another microwave safe bowl mix well nutmeg, pepper, salt, Romano cheese, parmesan cheese, and mascarpone cheese. Microwave for a minute and mix well. Microwave again for half a minute. Mix well.
- 4) Stir in mozzarella cheese and pesto in bowl of cheese and mix well.
- 5) Stir in noodles and toss well to coat.
- 6) Transfer pesto noodles in prepared dish and bake until cheeses are bubbly, around 10 minutes. Remove from oven, serve and enjoy.

**Nutrition Information:**

Calories per serving: 475; Protein: 13.0g; Carbs: 12.0g; Sugar: 4.0g; Fat: 43.0g

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