

21 Free Keto Recipes

by Claudia J. Caldwell

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Home Doctor: Practical Medicine for Every Household:

This is an eBook and physical book that was created by many health researchers and doctors, including Dr. Maybell Nieves, Dr. Rodrigo Alterio, and Claude Davis. The trio wanted to create “a practical guide for when there is no doctor, pharmacy or hospital available.”

Across the 304 pages of Home Doctor, readers will discover alternative treatment plans, natural natural wellness solutions, and beneficial herbs and plants found in nature. Putting garlic in your ear before bed, for example, could relieve specific ear issues, and learning to recognize the signs of a heart attack before they can save your life.

Home Doctor isn't designed to replace medical treatment. It's specifically designed for people who do not have access to medical treatment – like those living in conflict zones, remote areas, or any place with limited medical infrastructure.

Written and certified by medical doctors

Designed to help people in times of needs

Practical methods you can apply at home

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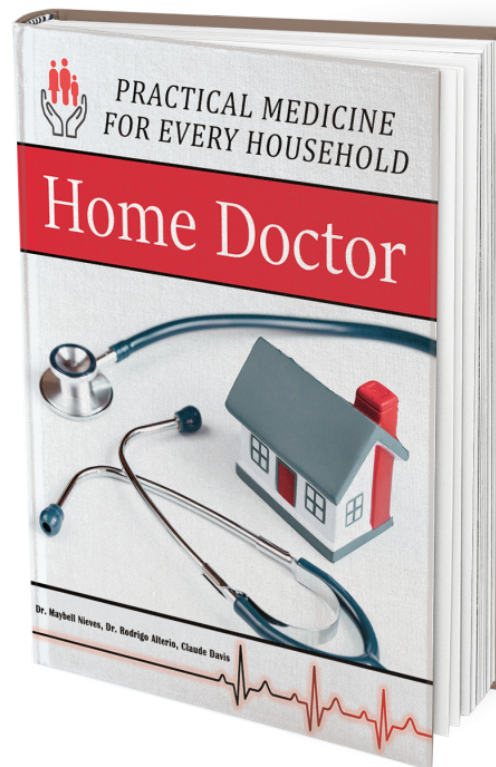


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Hot & Wholesome Bacon & Cabbage Salad

Ingredients:

- 10 oz halloumi (sliced).
- 1 aubergine (halved lengthwise and chopped).
- 3 oz butter.
- 10 olives (pitted and halved).
- 1 tsp paprika.

Instructions:

- Heat half of the butter in a large frying pan. Place the cheese in one half and aubergine in the other.
- Season with paprika and fry 7-8 minutes, turning halloumi after 4 minutes to ensure golden brown on both sides.
- For the last minute, sprinkle in olives and serve.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 73g
Carbohydrates: 10g
Protein: 33g
Calories: 831

what is Meticore:

Weight Loss Pills Based On Natural Ingredients To Grow Your Metabolism:

What if there was a product that helped speed up weight loss without those tedious exercises or living on cabbage soup for days? Meet Meticore, the perfect solution for busy people who don't want to spend hours in the gym sweating it out but also want to keep a tight watch over their waistline. What makes Meticore so good is that it not only increases your metabolic rate by 8% (so far), but it also helps balance blood sugar levels while boosting mental clarity and mood thanks to its formula of 6 powerful nutrients. People all around say they never felt more energized and fit since they started taking it!

What many people don't know about Meticore - one of the leading fat burning pills on the market- is that it's not a magical remedy. That means while it may do some damage control with regards to your metabolism, you're still going to need to take care of yourself in other ways too; just popping the pill alone won't cut it. One thing we are here for though: offer advice. Whether you're looking for tricks for staying motivated or trying out some new recipes, we've got loads of helpful tips for life after Meticore! For all of you struggling to combat obesity, it doesn't seem easy. It might feel like no matter what you do or eat, the fat always remains. But just as we're all different individuals so are our lifestyles and weights; they're heavily dependent on certain aspects such as age, gender, height, etc.

And while there's a wide variety of products out there - supplements, workout routines, diet plans - all promising quick results (quite rarely do these really happen), the one thing that can make all the difference is regulating your internal temperature. That's right! Studies have shown us time and time again how lowering one's body temperature could lead to losing weight easily without even working out or staying at least moderately healthy with meals or supplements- just by regulating thermostat so every day consistently from morning until night falls under normal parameters.

A properly regulated body temperature can,

- Regain your youthful flexibility
- Improve your sleep duration
- Improve your mood
- Fight off colds
- improve your hair and skin healthier
- Decrease your body inflammation
- Enjoy the feeling of tight, tense muscles relaxing

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Hot & Wholesome Bacon & Cabbage Salad

Ingredients:

- 8 oz brussel sprouts (washed and thinly sliced).
- 6 bacon slices.
- 2 cups red cabbage (thinly sliced).
- ¼ cup walnuts (chopped).
- 2 garlic cloves (crushed).
- 2 tbsp oliveoil.
- 1 tsp mustard (grainy).

Instructions:

- In a large frying pan, fry the bacon until crispy and chop into bite sized pieces; remove from pan.
- Using the same pan, fry garlic for 1 minute and add cabbage and brussels.
- Fry 2-3 minutes until slightly tender. Turn off heat.
- In a bowl, mix together olive oil and mustard; pour mixture into the pan and stir well.
- Add in bacon and walnuts; stir until well combined. Serve warm.

Nutritional Information:

Total servings - 6

Per serving:

Fat: 7g
Carbohydrates: 5g
Protein: 8g
Calories: 193

Tangy Tuna Tastebud Tantaliser

Ingredients:

- 4 oz tuna (in olive oil, drained).
- 4 eggs.
- 2 oz Iceberg lettuce (chopped).
- 2 oz cherrytomatoes.
- ½ cup celery (chopped).
- ½ cup mayonnaise.
- ½ red onion (diced).
- ½ lemon (juiced and zest).
- 2 tbsp oliveoil.
- 2 tbsp capers.
- 1 tbsp Dijon mustard.
- 2 tsp white wine vinegar.
- Salt and pepper.

Instructions:

- In a large bowl, mix together tuna, celery. Mayonnaise, onion, lemon juice and zest, olive oil, capers and mustard.
- In a large saucepan, bring water to boil; add a tsp salt and white wine vinegar. Crack in the eggs and allow to simmer for 3-4 minutes.
- Place lettuce and tomatoes on a serving plate, place eggs on top and tuna mix to side.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 70g
Carbohydrates: 6g
Protein: 30g
Calories: 767

Sonus Complete:

Sonus Complete is a health supplement that contains natural ingredients and is used to silence and prevent tinnitus symptoms. This supplement is the United States of America based product that helps you with the unbearable sound from the ear by reducing the cochlear nerve inflammation and at the same time strengthening the brain cells. Sonus Complete is a product that contained herbs and natural elements that give required nutrients to your body, complying with its nutritional needs and treating this complication from the roots, which provides you with permanent relief.

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Chicken & Bacon One-Pot Heaven

Ingredients:

- 1 chicken breast (cut into slices).
- 10 oz bacon (chopped).
- 16 oz cabbage (chopped).
- 3 oz butter.
- Salt and pepper.

Instructions:

- Heat half of the butter in a large frying pan and fry chicken until nearly cooked through and slightly browned.
- Add the bacon to the pan and fry until crispy; move all meat to one side of the pan.
- Add remaining butter and fry cabbage until soft.
- Season with salt and pepper.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 82g
Carbohydrates: 9g
Protein: 56g
Calories: 1020

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Steel Bite Pro:

Steel Bite Pro is a dental supplement that reduces the risk of oral infections, breaks existing plaque and tartar, tightens loose gums, heal wounds, and cements the teeth roots. Steel Bite Pro is a dietary supplement that delivers promising oral and dental health results in as fast as days. Gum problems are a real problem among adults. This is since people are immersed in high sugar and unhealthy diet nowadays. With the rise of fast food and decadence to sweet things, our teeth take the beating while we neglect their overall condition. This is because we think they're strong enough to withstand blow after blow. Steel Bite Pro gives people the edge they need to combat pesky oral and dental diseases such as Gingivitis, Periodontitis, and plaque and tartar build-up. This supplement is the ultimate answer to falling teeth, bleeding gums, and debilitating pain that doesn't permit you to sleep at night – or is it?

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Coriander & Chickpea Curry

Ingredients:

- 7 oz canned chickpeas (rinsed).
- 1 ½ cups chopped tomatoes (no added sugar).
- 1 red onion (chopped).
- 1 red pepper (chopped).
- 4 garlic cloves.
- 6 tbsp canola oil.
- 2 tsp coriander (ground).
- 2 tsp ginger (ground).
- 2 tsp garam masala.
- 2 tsp cumin (ground).
- ¾ tsp salt.
- ½ tsp turmeric (ground).

Instructions:

- In a blender, add pepper, garlic and ginger; blend until minced and add the onion, blend until chopped.
- Heat the oil in a large saucepan, add onion mixture and cook until softened. Add turmeric, cumin and coriander and cook for an additional 2-3 minutes.
- Blend the tomatoes until finely chopped, add salt and add to saucepan. Simmer 4-5 minutes.
- Add the chickpeas and garam masala; simmer for 6-7 minutes.

Nutritional Information:

Total servings - 6

Per serving:

Fat: 16g
Carbohydrates: 14g
Protein: 6g
Calories: 279

Mediterranean Creamy Garlic Chicken

Ingredients:

- 24 oz chicken breast (skinless and sliced).
- 1 cup spinach (fresh, chopped).
- 1 cup thick cream.
- ½ cup chicken broth.
- ½ cup sun-dried tomatoes.
- ½ cup parmesan (grated).
- 2 tbsp olive oil.
- 1 tsp Italian seasoning.
- 1 tsp garlic powder.

Instructions:

- Add olive oil to a large frying pan and fry chicken until completely cooked through and browned. Set chicken aside on a plate.
- Add chicken broth, thick cream, Italian seasoning, garlic powder and parmesan to the pan; whisk gently until sauce begins to thicken.
- Add spinach and tomatoes to the sauce and simmer until spinach begins to wilt; add chicken back to pan.

Nutritional Information:

Total servings - 6

Per serving:

Fat: 26g
Carbohydrates: 7g
Protein: 29g
Calories: 369

Crunchy, Crispy, Cheese Coated Cod

Ingredients:

- 4 cod fillets.
- 1 cup parmesan (grated).
- 1 tbsp parsley (fresh, chopped).
- 1 tbsp olive oil.
- 2 tsp paprika.
- ¼ tsp salt.

Instructions:

- Preheat oven at 200 degrees.
- In a mixing bowl, add parmesan, paprika. Parsley and salt; mix together until well combined.
- Line a baking tray with greaseproof paper.
- Rub the cod fillets with olive oil on both sides. Press both sides of cod into the parmesan mixture and transfer to baking tray. Sprinkle over any leftover parmesan mixture.
- Bake 15-20 minutes, until browned and fish is easy to flake.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 8g
Carbohydrates: 2g
Protein: 11g
Calories: 116

Garlic Shrimp & Zucchini Noodles

Ingredients:

- 2 medium sized zucchini.
- 1 lemon (juice and zest).
- 12 oz shrimp (peeled and deveined).
- 4 garlic cloves (crushed).
- 1 tbsp olive oil.
- Sprinkle of chilli flakes.
- Salt and pepper.

Instructions:

- Slice zucchini in half lengthwise; take a fork and rake zucchini to create noodles.
- In a large frying pan, add oil, lemon juice and zest. When pan is warm add shrimp and cook 1 minute each side.
- Add garlic and chilli flakes; cook for an additional 1 minute, stirring continuously.
- Add noodles and toss for 2-3 minutes until lightly cooked and warmed through.
- Season with salt and pepper before serving.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 11g
Carbohydrates: 8g
Protein: 37g
Calories: 277

Perfect Pizza Perfection

Ingredients:

- 3 large eggs.
- 5 black olives (pitted and halved).
- 5 pepperoni (slices).
- ½ cup tomato puree.
- ⅓ cup cheddar cheese (grated).
- 1 tbsp butter.
- 1 tbsp water.
- ½ red onion (diced).
- ½ green pepper (diced).
- ½ tsp garlic powder.
- ½ tsp Italian seasoning.

Instructions:

- Preheat oven at 175 degrees.
- In a large bowl, whisk eggs with water.
- Heat butter in a large frying pan, add egg mixture and cook 2-3 minutes; flip and repeat cooking until all mixture is firm on both sides.
- Remove cooked egg from pan and place on a large oven proof tray.
- Mix tomato puree with garlic and Italian seasoning; spread over cooked egg.
- Sprinkle on cheese, onion, olives, green pepper and top with pepperoni.
- Bake for 7-8 minutes until cheese has completely melted.

Nutritional Information:

Total servings - 1

Per serving:

Fat: 25g
Carbohydrates: 10g
Protein: 13g
Calories: 290

Keto Kick- of- Heat Chicken Wraps

Ingredients:

- 32 oz chicken breast (skinless, cut into slices).
- 4 celery stalks(diced).
- 2 spring onions (finely diced).
- 1 Iceberg lettuce head.
- ½ cup goats cheese (crumbled).
- ½ red pepper (diced).
- ½ green pepper (diced).
- 2 tbsp butter.
- 2 tsp onion powder.
- 1 tsp chilli flakes.
- 1 tsp garlic powder.

Instructions:

- Heat butter in a large frying pan; add peppers and celery, fry for 5-6 minutes until just tender.
- Add chicken, garlic powder, chilli flakes and onion powder; stir continuously until chicken is cooked through and slightly browned.
- Remove pan from heat and stir in crumbled cheese and spring onions.
- Take 8 lettuce leaves and fill each with mixture.

Nutritional Information:

Total servings - 8

Per serving: (2 filled leaves).

Fat: 36g
Carbohydrates: 3g
Protein: 48g
Calories: 546

Hearty Steak & Egg Plate

Ingredients:

- 4 oz sirloin steak (cut into chunks).
- 3 large eggs.
- ¼ avocado (sliced).
- 1 tbsp butter
- Salt and pepper.

Instructions:

- Heat ½ of butter in a large frying pan; crack in eggs and fry to desired taste.
- Heat remaining butter in an additional pan and fry steak to desired taste.
- Place steak strips and eggs on a serving plate and add avocado to the side.

Nutritional Information:

Total servings - 1

Per serving:

Fat: 37g
Carbohydrates: 3g
Protein: 45g
Calories: 512

Hot & Spicy Chicken

Ingredients:

- 6 chicken drumsticks.
- ½ cup hot sauce.
- 2 tbsp butter.
- ½ tsp chilli flakes.
- ½ tsp cayenne pepper.
- ½ tsp garlic powder.
- ½ tsp paprika.
- Salt and pepper.

Instructions:

- Place chicken drumsticks in a large bowl and drizzle a little hot sauce over; sprinkle with salt and pepper..
- Line a grill pan with foil and grill chicken on high heat for 8-10 minutes until they begin to colour.
- In a saucepan, melt the butter and stir in all other ingredients; remove from heat.
- Take drumsticks from grill, turn over and grill for an additional 8-10 minutes.
- When drumsticks are browned and cooked through, place into a large bowl.
- Pour over the spicy butter sauce and coat drumsticks evenly.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 47g
Carbohydrates: 1g
Protein: 49g
Calories: 631

Complete Cheesy Chicken Casserole

Ingredients:

- 2 cups chicken (cooked and cubed).
- 1 bacon slice (crisped and crumbled).
- $\frac{3}{4}$ cup mozzarella (grated).
- $\frac{1}{2}$ cup parmesan (grated).
- $\frac{1}{2}$ cup marinara sauce.
- $\frac{1}{2}$ tsp basil (dried).
- $\frac{1}{4}$ tsp chilli flakes.

Instructions:

- Preheat oven at 175 degrees.
- In a large baking dish, place the chicken and pour over marinara sauce.
- Stir in remaining ingredients and bake for 25-30 minutes.

Nutritional Information:

Total servings - 3

Per serving:

Fat: 19g
Carbohydrates: 4g
Protein: 38g
Calories: 337

Beefy Mid-Week Chilli

Ingredients:

- 18 oz beef (minced).
- 1 ½ cups canned chopped tomatoes.
- 3 ½ oz cheddar (grated).
- 2 garlic cloves (crushed).
- 1 onion (diced).
- ½ red pepper (diced).
- ½ green pepper (diced).
- 2 tsp tomato puree.
- 2 tsp coriander (ground).
- 2 tsp cumin (ground).
- 1 tsp chilli powder.
- Salt and pepper.

Instructions:

- Preheat oven at 180 degrees.
- In a large frying pan, fry onions and garlic until soft. Add beef and cook until browned and cooked through.
- Add all other ingredients (except cheese) and fry 4-5 minutes.
- Pour into a large ovenproof dish and sprinkle with cheese.
- Bake for 20-25 minutes.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 41g
Carbohydrates: 8g
Protein: 33g
Calories: 532

Creamy Bacon & Mushroom Chops

Ingredients:

- 32 oz pork chops (boneless).
- 8 oz mushrooms (sliced).
- 6 bacon slices (chopped into bite size pieces).
- 2 garlic cloves (crushed).
- ½ cup thick cream.
- ⅔ cup chicken broth.
- 1 tbsp olive oil.
- Salt and pepper.

Instructions:

- Heat the oil in a large frying pan, fry the bacon until crispy. Remove from pan but leave bacon fat in.
- Season chops with salt and pepper; fry 4-5 minutes on each side until browned and cooked through. Remove chops from pan.
- Add mushrooms and garlic to the pan, fry for 4-5 minutes until browned and tender.
- Turn up the heat and stir in chicken broth; bring to boil and stir in thick cream, reduce heat.
- Return bacon and chops back to the pan for 4-5 minutes.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 44g
Carbohydrates: 6g
Protein: 57g
Calories: 655

Parmesan Chicken & Avocado Dip

Ingredients:

- 16 oz chicken breast (skinless and cubed).
- 4 bacon slices (cooked).
- 1 large egg.
- ½ avocado.
- ½ cup parmesan (grated).
- ½ cup almond flour.
- ⅓ cup sour cream
- 2 tbsp ranch sauce.
- 1 tbsp Italian seasoning.
- Cooking spray.
- Salt and pepper.

Instructions:

- Preheat oven at 200 degrees.
- In a blender, add cooked bacon, parmesan and almond flour; blend for 1 minute and add to a large bowl.
- Add Italian seasoning, salt and pepper and mix well.
- In a separate bowl, whisk the egg.
- Line a large baking tray with greaseproof paper.
- Dip each chicken cube into the egg mixture first and then into bacon mixture; place on baking tray.
- Spray chicken with cooking spray and bake for 20-25 minutes until thoroughly cooked.
- While chicken is cooking, in a bowl, mash avocado and add ranch sauce and sour cream; mix well.
- Serve chicken on a serving plate with avocado dipping sauce.

Nutritional Information:

Total servings - 5

Per serving:

Fat: 20g
Carbohydrates: 3g
Protein: 25g
Calories: 225

Fiery Salmon Pouches

Ingredients:

- 4 salmon fillets.
- 3 tbsp chilli sauce.
- 2 tbsp red onion (chopped).
- 1 tbsp sesame oil.
- 1 tbsp lime juice (fresh).
- 1 garlic clove (crushed).
- 1 tsp mustard seeds.
- 1 tsp lime zest.
- ½ tsp sesame seeds.
- ½ tsp mint (fresh).

Instructions:

- Preheat oven at 200 degrees.
- Place each salmon fillet onto a piece of foil (enough to wrap the salmon in).
- Sprinkle with onions.
- Mix together, chilli sauce, sesame oil, lime juice, garlic, sesame seeds and mustard seeds. Spoon sauce over salmon fillets.
- Wrap salmon in the foil and bake for 20-25 minutes until salmon easily flakes.
- Serve with lime zest and mint.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 19g
Carbohydrates: 5g
Protein: 30g
Calories: 321

Chicken & Pepper Medley

Ingredients:

- 2 chicken breasts (skinless and halved lengthwise).
- 1 onion (finely diced).
- ½ green pepper (sliced).
- ½ red pepper (sliced).
- ¼ cup salsa.
- 1 tbsp lime juice (fresh).
- 4 tsp canola oil.
- 2 tsp Italian seasoning.

Instructions:

- Heat the oil in a large frying pan. Season chicken with Italian seasoning and fry for 5-6 minutes on each side until thoroughly cooked. Set aside.
- Saute peppers and onions until slightly tender; add salsa and lime juice.
- Spoon over chicken and serve.

Nutritional Information:

Total servings - 2

Per serving:

Fat: 16g
Carbohydrates: 4g
Protein: 23g
Calories: 241

Super Spicy Stuffed Peppers

Ingredients:

- 16 oz minced beef.
- 4 bell peppers (halved and deseeded).
- 1 cup water.
- ½ cup mushrooms (chopped).
- 1 tbsp tomato puree.
- 1 tbsp chilli powder.
- 1 tbsp onion powder.
- 1 tbsp cumin (ground).
- ¼ tsp salt.

Instructions:

- Preheat oven at 200 degrees.
- In a large frying pan, fry the beef until completely cooked through and browned.
- Drain off fat and add the tomato puree, chilli, onion powder, cumin and salt; pour in water and bring to boil.
- Bring to simmer and cook off excess water. Stir in mushrooms, simmer for 2 minutes.
- Carefully push mixture into the hollowed peppers.
- Line a baking tray with greaseproof paper and bake peppers for 15-20 minutes.

Nutritional Information:

Total servings - 4

Per serving:

Fat: 29g
Carbohydrates: 5g
Protein: 20g
Calories: 347

Beefy Cheese Burger with Spicy Sauce

Ingredients:

- 24 oz minced beef.
- 6 bacon slices.
- 4 onion slices.
- 4 cheddar cheese slices.
- 2 jalapenos (sliced).
- ¼ cup mayonnaise.
- 1 tbsp hot sauce.
- 1 tsp erythritol (granulated).
- 1 tsp salt.
- ½ tsp Worcestershire sauce.
- ½ tsp garlic powder.
- ¼ tsp black pepper.

Instructions:

- Preheat the oven at 200 degrees.
- In a bowl, mix together beef, salt, pepper and garlic. Mix, using hands and form four balls; flatten into burgers.
- Place the burgers in a large ovenproof dish; add jalapenos, onion and bacon to the same dish and bake 18-20 minutes until cooked through.
- In a bowl, mix together mayonnaise, hot sauce, Worcestershire sauce and erythritol until well combined. Place in the fridge.
- Take burgers from the oven and place a slice of cheese on each one; place under the grill for 2-3 minutes until the cheese melts.
- On a plate, place a burger, 3 slices of bacon, 1 onion slice, a sprinkle of jalapenos and drizzle with spicy sauce

Nutritional Information:

per serving (1 burger, 3 bacon slices, 1 onion slice, jalapenos and spicy sauce)

total servings = 4

Fat: 49g
Carbohydrates: 5g
Protein: 38g
Calories: 615