

6 Ingredient Ketogenic Cookbook

100 Recipes,
Made in
20 Minutes

Keren
Frazier



*6 Ingredient
Ketogenic
Cookbook*

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- Keren Frazier -

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Introduction

In this era, a well-shaped body is highly admired as it is considered to be a sign of a healthy body with a healthy mind, though it requires a certain percentage of sacrifice and strong will power. People always look for shortcuts to lose weight. Expensive and risky surgery is the only way out. If you desire not even a pound of flesh extra and be healthy in a natural way, there is a way out. The “Ketogenic Diet” is one of the most effective weight loss diets.

We are seeing lots of indulgence in

Ketogenic Diet for weight loss and management.

We need to change the age old habit of cooking and eating carbohydrates. With the help of the Ketogenic diet we don't have to worry about the consumption of fat but rather focus more on low carbohydrate consumption. The Ketogenic diet is being considered as the most sought after diet these days. In this total calorie consumption goes unrestricted; you count carbohydrate grams rather than calories.

This seems to be a revolutionary change in eating. Very low-carb dieters have comparatively less trouble with hunger

pangs. There is always something for them to eat. These diets are easy to follow with a bit less regimentation than calorie restricted plans.

I help you here to stay in ketosis through this toothsome quick and easy cookbook.

For people who love burning fat on a Ketogenic Diet but at the same time lack time to make mouth watering food, this book comes as a rescue for them.

80 sumptuous recipes all with 6 ingredients or less, in or less than 20 minutes to prepare. I help you here to stay in ketosis through this toothsome

quick and easy cookbook.

It will just turn into a lifestyle.

Learn more while you hop on board:

- **Quick and Easy** – Finger licking quick meals.
- **6 Ingredients or Less** – For the people on the go.
- **Hassle free Ingredients** – Ingredients which are super easy to find in a supermarket. No more hunting.
- **Less is More** – No compromise on flavor.

You will admire the array of amazing

recipes inside. The recipes are quick and easy for the people on the go. These recipes cater all food varieties and segments of the day:

- Breakfast
- Main Meals
 - Red Meat
 - White Meat
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Overview – What is the Ketogenic Diet?

The Ketogenic diet has been in existence for the past 90 years and was designed by Dr. Russell Wilder in 1924, at the Mayo Clinic.

The literal meaning of Ketogenic is that it creates ketones which are produced by our bodies from fat when carbohydrates become scarce. With great carbohydrate restriction and high fat intake, dieters experience rapid weight loss and

maximum results.

To trigger ketosis carbohydrate intake has to be restricted to a very low level:

- Carbohydrates - less than 20 gms/day.
- Protein – 0.6-1 gms per pound of body weight
- Fat – remaining calories from (good/healthy) fats

The combination does the magic.

As our body converts protein to glucose, it is important to strictly control the intake of protein. Too much protein will prevent ketosis, but too little will lead to malnutrition.

The Ketogenic Diet:

- The diet is high in fat.
- Supplies adequate protein.
- Is low in carbohydrates.

Effects of Ketogenic Diet:

- Lowers glucose levels.
- Improves insulin resistance.
- Reduction in the occurrence of epileptic seizures.

The Benefits:

- Maximum weight loss – low-carb diets rid excess water from the body.
- Feel satiated – You feel full longer, no more fighting the cravings.
- Fat Loss – Quick and Easy weight

loss.

- Utilizes Fat – Ketosis increases the body's ability to utilize fat for fuel, which gets very lazy on a high carbohydrate diet.

• Recipe Notes

In this 6 ingredient cookbook I have segregated few items as essentials and ingredients. Essentials are those items that are commonly available in the kitchen shelf like salt, sugar, water etc. and at the same time can be varied as per individual taste buds.

Some may take this as cheating as technically they are ingredients but this has permitted me to create much flavorsome and taste tickling recipes. I have customized the recipes to fit to your preferences.

These recipes are:

- Finger licking quick meals
- Appetizing
- Conveniently Easy
- Easily available ingredients

As there are not a one-size fits all recipes consider the recipes as a guide length which you then can tailor to your own taste and also as per the availability in the kitchen shelf.

Quick Glance:

- All the degrees are in Fahrenheit.
- All the recipes serve a standard portion for 2.

Variations can be made:

- If seas salt is unavailable, normal salt can be used.
- If you prefer firm eggs, cook them for a slightly more time.
- If you prefer your beef, pork and lamb a bit redder, then cook for a longer while.
- If you want to cook for 4, simply double the recipe.

I have built these few variations, the rest only you know what your likings are.

Twist, jump and play around with flexible recipes and ingredients to create your own bouquet of plate with lots of comfort sans guilt traps.

Splurge more now and pamper yourself.

- Breakfast -

Creamy Shrimp and Bacon Skillet

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 slices bacon

$\frac{1}{2}$ cup mushrooms (sliced)

2 oz salmon (smoked)

2 oz raw shelled shrimp

$\frac{1}{2}$ cup coconut cream OR heavy

whipping cream if not dairy sensitive

Essentials

1 pinch sea salt or plain salt
freshly ground black pepper

Instructions

1. Start with the bacon. Cut into pieces (1 inch pieces advised).
2. On the side put a cast iron skillet for heating. When the bacon is cut, put in the skillet on medium flame. Cook for 4-5 minutes.
3. As the bacon cooks, add the mushrooms and then cook further for 5 minutes.
4. After this, add the smoked salmon and cook for 2-3 minutes.
5. Now add the shrimp and saute' for 2 minutes.

- Finally, add the cream and cook till you get the desired thickness.
- Serve hot immediately.

Nutritional Information (per serving)

Calories: 320

Fat: 28 gms

Protein: 18 gms

Fiber: 1 gm

Net Carbs: 3.6 gms

Cream Cheese Pancakes

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

1 oz cream cheese

1 egg

1 teaspoon granulated sugar

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

Instructions

1. Collect all the ingredients and mix

them in a bowl.

2. Put the mixture in a blender and blend until smooth. Let the mixture rest for about a minute so that the bubbles settle.
3. Now we get on to cooking. Pour half the batter into a hot greased pan (butter advised). Cook it till golden and then flip and cook for a minute.
4. Now, repeat the same procedure for the next pancake.
5. Serve hot immediately.

Nutritional Information (per serving)

Calories: 344

Fat: 29 gms

Protein: 17 gms

Fiber: 1 gm

Net Carbs: 2.5 gms

French Toast

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 egg

$\frac{1}{2}$ cup milk

4 slices of Soul bread (low carb)

1 teaspoon vanilla

A pinch of cinnamon

A syrup of your choice (for topping)

Instructions

1. Start with heating a pan on medium flame and grease it with butter (advised) or any other cooking oil you prefer.
2. Till the pan heats, mix the egg, milk, vanilla and the cinnamon in a bowl.
3. Cut the soul bread (low carb) into desired shape. Then dip it into the mixture in the bowl.
4. Quickly place the bread on the heated pan. Cook till golden brown (both sides).
5. Repeat the procedure for rest of the servings.
6. Serve hot immediately and top with syrup.

Nutritional Information (per serving)

Calories: 299

Fat: 14 gms

Protein: 11 gms

Net Carbs: 2.5 gms

Fishermen's Eggs

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

4 eggs

1 cup arugula

2 tablespoons of artichokes

100 gms of sardines

Essentials

1 pinch sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by pre heating the oven to 375 F.
2. Take the required ovenproof utensil and bottom it with the sardines.
3. Crack open the eggs on top of the sardines.
4. Now, add the arugula and the artichokes on the top.
5. Sprinkle the salt and pepper.
6. Finally, bake the dish for about 10 minutes.
7. Serve hot immediately.

Nutritional Information (per serving)

Calories: 315

Fat: 20.63 gms

Protein: 28 gms

Net Carbs: 3.5 gms

Low Carb Waffles

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

4 egg whites

2 whole eggs

½ teaspoon baking powder

4 tablespoons milk

4 tablespoons of coconut flour

Essentials

Sugar or sweetener to taste

Instructions

1. Start by whipping the egg whites to a stiff peak.
2. When the stiff peaks are attained, add the coconut flour, milk, baking powder and the whole eggs, and mix.
3. Start heating your waffle iron to the required temperature. Grease it and pour in the batter. Cook till brown.
4. Serve hot and top with your choice.

Nutritional Information (per serving)

Calories: 170

Fat: 12 gms

Protein: 20 gms

Net Carbs: 2.5 gms

Spinach & Goat Cheese Omelet

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

4 eggs

½ tablespoon butter

2 oz goat cheese (crumbled)

2 cups baby spinach leaves

Essentials

Pinch of sea salt or plain salt

1 tablespoon water

Instructions

1. Start by beating the eggs and water in a bowl.
2. Now, heat a pan and melt the butter in it.
3. Add the egg batter to the pan. Then add the spinach and goat cheese to one half of the batter that is cooking in the pan.
4. Cook it till it is slightly firm. Then fold the empty side over the filling side to give a semi-circle shape.
5. Take out of the pan and serve hot.

Nutritional Information (per serving)

Calories: 210

Fat: 24 gms

Protein: 20 gms

Net Carbs: 3 gms

Bacon Pancakes

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

4 slices of bacon

$\frac{1}{4}$ cup coconut flour

1 tablespoon gelatin

2 egg whites

2 tablespoons chives(chopped)

2 tablespoons butter

Essentials

$\frac{1}{2}$ cup water

Instructions

1. Cook the bacon in the pan with butter on medium heat. Then, crumble the bacon that is made.
2. Whip the egg whites till soft peaks are formed.
3. Now, mix the coconut flour, gelatin, chives, butter and bacon along with the water. Slowly fold in the egg whites to this mixture.
4. Cook this mixture in this pan while making it into small pancake shapes. Cook for about 3-4 minutes on each side.
5. Serve hot.

Nutritional Information (per serving)

Calories: 276

Fat: 23 gms

Protein: 19 gms

Net Carbs: 2.7 gms

Chia Pudding

Preparation Time: 1 minute

Cooking Time: 19 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ cup chia seeds

2 cups milk

1 tablespoon honey

Instructions

1. Combine and properly mix the chia seeds, milk and honey in a bowl.
2. Put the mixture in the freezer and let

it set.

3. Take the pudding out of the freezer only when you see that the pudding has thickened.
4. Serve chilled.

Nutritional Information (per serving)

Calories: 206

Fat: 15 gms

Protein: 9 gms

Net Carbs: 2.6 gms

Smoked Salmon Egg Stuffed Avocados

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

4 eggs

2 avocados

2 oz smoked salmon (strips)

Fresh dill

Chili flakes

Essentials

Salt to taste

Black pepper to taste

Instructions

1. Start by preheating to 425F.
2. Half the avocados and line then with smoked salmon strips.
3. Now, crack the eggs open into a separate bowl and spoon the egg yolks and the egg whites into the avocados.
4. Add the pepper and salt as per your taste on top of the stuffed avocados.
5. Bake for 15-18 minutes or till done.
6. Serve hot with fresh dill and chili flakes.

Nutritional Information (per serving)

Calories: 290

Fat: 28 gms

Protein: 18 gms

Net Carbs: 3.2 gms

Sausage Patty

Preparation Time: 8 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{1}{4}$ pound pork (ground)

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

$\frac{1}{4}$ teaspoon sweet paprika (smoked)

$\frac{1}{4}$ teaspoon hot paprika (smoked)

Essentials

Salt to taste

Black pepper to taste

Instructions

1. Start by combining all the spices (including salt and pepper) in a bowl.
2. Then, add this mixture to the pork till all is mixed well. Form into 2 patties.
3. Cook the patties in medium flame on a skillet.
4. Cook till they burn brown and appear cooked through.
5. Serve hot.

Nutritional Information (per serving)

Calories: 268

Fat: 25 gms

Protein: 20 gms

Net Carbs: 3.4 gms

Baked Nut & Seed Granola

Preparation Time: 2 minutes

Cooking Time: 8 minutes

Serves: 2

Ingredients

20 almonds (whole)

20 cashews

$\frac{1}{4}$ cup pumpkin seeds

2 teaspoons chia seeds

1 tablespoon coconut flakes

1 tablespoon cacao nibs

Instructions

1. Start by combining all the ingredients in a bowl.
2. Put them in an ovenproof utensil and bake them for about 6-8 minutes or till golden brown.
3. Serve it in two separate bowls and enjoy.

Nutritional Information (per serving)

Calories: 180

Fat: 13 gms

Protein: 16 gms

Net Carbs: 2.8 gms

Almond Cereal

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

4 tablespoons almonds

4 tablespoons pumpkin seeds

2 tablespoons cia seeds

1 cup milk

$\frac{1}{2}$ banana

Essentials

$\frac{1}{2}$ cup water

Sweetener of your choice and to taste

Instructions

1. Start by putting chia seeds into the milk and wait for it to thicken.
2. Blend the almonds and pumpkin seeds to the level of crunchiness you would prefer.
3. Then, add the blended mixture to the milk.
4. Top it with banana or any fruit of your choice.

Nutritional Information (per serving)

Calories: 215

Fat: 15 gms

Protein: 19 gms

Net Carbs: 3 gms

Breakfast Porridge

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 cup almonds (ground)

1 cup cream

2 teaspoon cinnamon

Dash of nutmeg

Dash of cloves

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by heating the cream in a pan or a saucepan till it gets liquid.
2. Now, add the almonds and the sweetener of your preference to the liquid cream.
3. Lower the flame and keep stirring till it thickens.
4. Finally, add the spices and mix well.
5. Serve hot.

Nutritional Information (per serving)

Calories: 200

Fat: 12 gms

Protein: 16 gms

Net Carbs: 2.5 gms

Crustless Mini Quiche

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 bacon (slices)

2 eggs

2 cherry tomatoes

$\frac{1}{4}$ cup cheese (grated)

Essentials

Salt to taste

Instructions

1. Start by lining the cupcake cases with bacon.
2. Then, crack egg into each cupcake case with the lined bacon.
3. Then, top it with cherry tomato. Sprinkle salt and pepper as per taste.
4. Bake the mixture at 350 F for about 12-15 minutes.
5. Serve hot.

Nutritional Information (per serving)

Calories: 195

Fat: 15.3 gms

Protein: 13.2 gms

Net Carbs: 1.2 gms

Pesto Scrambled Eggs

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

5 eggs

2 tablespoons butter

2 tablespoons pesto

4 tablespoons milk (creamed)

Essentials

Salt to taste

Pepper to taste

Instructions

1. Start by cracking the eggs open in a bowl and add salt and pepper as per your taste.
2. Then, heat a pan and add the butter, then the eggs, stirring it continuously.
3. While stirring continuously add the pesto.
4. Turn off the heat and quickly add the creamed milk and mix it well with eggs.
5. Serve hot.

Nutritional Information (per serving)

Calories: 460

Fat: 41.3 gms

Protein: 20.4 gms

Net Carbs: 3.3 gms

- Main Meals -

(Red Meat Beef)

Pan Roasted Beef Steak

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 beef steaks (trimmed)

1 tablespoon butter

1 tablespoon olive oil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by seasoning the beef with salt and pepper.
2. Then, heat a pan, add olive oil and butter, and sear the beef for about 3 minutes then flip and sear for about 1 minute.
3. Now, place the beef in a baking dish at 450 F for about 5-6 minutes or until done.
4. Finally, dust the chicken with almond flour and set it to bake at 375 F for about 18-25 minutes or until chicken is done.
5. Serve warm.

Nutritional Information (per serving)

Calories: 522

Fat: 43 gms

Protein: 38.94 gms

Net Carbs: 5.2 gms

Beef Stir Fry

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 pound beef (ground)

2 green bell peppers (diced)

3 tomatoes (diced)

1 teaspoon hot sauce

2 tablespoons olive oil

$\frac{1}{2}$ onion (diced)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating a skillet with olive oil and add the ground beef and cook for about 5 minutes or until no longer red, and then keep aside.
2. Then, in the same skillet add the bell peppers, tomatoes and onions and cook for about 5 minutes.
3. Now, add the beef back in the skillet and cook till the onions turn translucent or golden brown.
4. Finally, add the hot sauce, salt and pepper, and stir well
5. Serve the beef warm.

Nutritional Information (per serving)

Calories: 480

Fat: 25 gms

Protein: 31 gms

Net Carbs: 4 gms

Zucchini Beef Sauté with Garlic

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

5 oz beef (strips)

1 zucchini (strips)

3 garlic cloves (diced)

2 tablespoons tamari sauce

2 tablespoons olive oil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating a skillet with olive oil and add the beef (strips) and cook until golden brown
2. Then, add zucchini and keep on sautéing.
3. Now, when the zucchini gets soft add in the tamari sauce and garlic.
4. Finally, sauté for a few more minutes or till it is done.
5. Serve the beef warm.

Nutritional Information (per serving)

Calories: 220

Fat: 27 gms

Protein: 35 gms

Net Carbs: 5 gms

Beef Satay Skewers

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ pound beef steak (ground)

$\frac{1}{2}$ tablespoon lemon juice

$\frac{1}{2}$ tablespoon ginger (grated)

$\frac{1}{2}$ tablespoon soy sauce

$\frac{1}{4}$ tablespoon chili paste

$\frac{1}{4}$ teaspoon fish sauce

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by whisking the lemon juice, ginger, soy sauce, chili paste and fish sauce in a bowl.
2. Then, add the beef steak (strips) into the bowl and toss well to form a coating on the beef and marinade for a while.
3. Now, place the beef strips in the skewers and grill for 3-4 minutes on each side or until done.
4. Serve the beef warm.

Nutritional Information (per serving)

Calories: 128

Fat: 6.6 gms

Protein: 12.5 gms

Net Carbs: 4.5 gms

Beef Jalapeno Patty

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 pounds beef (ground)

1 jalapeno pepper (chopped)

$\frac{1}{4}$ onion(chopped)

$\frac{1}{2}$ teaspoon cumin (ground)

$\frac{1}{2}$ teaspoon garlic (ground)

$\frac{1}{2}$ teaspoon red pepper (roasted)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing the beef, jalapeno, onion, cumin, garlic, red pepper, salt and pepper in a bowl.
2. Then, shape the mixture into desired number of patties and grill for about 6-8 minutes on each side or until it is done.
3. Serve the beef warm.

Nutritional Information (per serving)

Calories: 280

Fat: 28 gms

Protein: 26 gms

Net Carbs: 4.8 gms

Hamburger Green Bean

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

½ pound hamburger meat

4 oz green beans (cut)

2 tablespoons olive oil

1 clove garlic (minced)

Soy sauce to taste

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating a skillet with olive oil and add the garlic and meat. Cook till the meat is browned.
2. Then, add the green beans and cook for another 2 minutes.
3. Now, sprinkle the soy sauce as per your taste and cook for a while or until cooked through.
4. Serve warm.

Nutritional Information (per serving)

Calories: 244

Fat: 10.9 gms

Protein: 31 gms

Net Carbs: 2 gms

- Main Meals -

(Red Meat Pork)

Pork Rind Tortillas

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

2 oz pork rinds (hot & spicy)

½ cup cream cheese

4 eggs

½ tablespoon garlic (minced)

½ tablespoon cumin (ground)

1 tablespoon olive oil

Essentials

sea salt or plain salt

freshly ground black pepper

$\frac{1}{4}$ cup water

Instructions

1. Start by blending the pork rinds in a blender (until powdered) and then add the rest of the ingredients (pulse until smooth batter is formed).
2. Then, heat a pan with olive oil and spread some of the batter to the pan and cook for 2 minutes or till golden brown.
3. Now, flip the tortilla and cook for another 40 seconds. Repeat this procedure for more tortillas.

4. Serve.

Nutritional Information (per serving)

Calories: 272

Fat: 17 gms

Protein: 27 gms

Net Carbs: 2 gms

Pork with Noodles

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 pound pork tenderloin (sliced)

$\frac{1}{2}$ tablespoon olive oil

1 garlic clove (minced)

6 oz noodles (Kelp noodles preferred)

1 tablespoon rice vinegar

$\frac{1}{4}$ teaspoon ginger (minced)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating a skillet with olive oil and then add the pork and garlic (cook till brown).
2. Then, stir in the noodles and cook for further 2-3 minutes.
3. Now, season it with ginger, vinegar, salt and pepper and cook for another 5-7 minutes or until done.
4. Finally, serve warm.

Nutritional Information (per serving)

Calories: 223

Fat: 7.2 gms

Protein: 34.1 gms

Net Carbs: 4.7 gms

Cauliflower Ham Casserole

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ pound ham

5 oz cauliflower

$\frac{1}{2}$ cup cheddar cheese

$\frac{1}{2}$ egg

$\frac{1}{2}$ tablespoon onion (minced)

$\frac{1}{4}$ teaspoon garlic (minced)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by microwaving the cauliflower for 5 minutes or until tender.
2. Then, mix the ham and cauliflower in a baking casserole dish.
3. Now, in a separate bowl whisk the eggs with milk, cheese, onion and garlic. Then add this mixture into the ham and cauliflower casserole.
4. Finally, bake the dish at 325 F for about 18-22 minutes or until done.
5. Serve warm.

Nutritional Information (per serving)

Calories: 327

Fat: 21.9 gms

Protein: 24.6 gms

Net Carbs: 3 gms

Grilled Pork Chops

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

2 pork chops

$\frac{1}{2}$ teaspoon garlic (minced)

$\frac{1}{2}$ teaspoon cumin (ground)

2 tablespoons olive oil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by seasoning the pork chops with garlic, cumin, salt and pepper and drizzle with olive oil.
2. Then, heat a grill and cook the pork chops on each side for about 2-3 minutes or until desired doneness.
3. Now, remove from the grill.
4. Finally, serve warm.

Nutritional Information (per serving)

Calories: 355

Fat: 28 gms

Protein: 23 gms

Net Carbs: 1 gm

Honey Pecan Pork Chops

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 pound pork loin (boneless)

$\frac{1}{4}$ cup honey

2 tablespoons butter

$\frac{1}{4}$ cup pecans (chopped)

$\frac{1}{4}$ cup almond flour

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing almond flour, salt and pepper in a bowl. Coat the pork loin (pounded) with this mixture.
2. Then, heat butter in a skillet and add the pork loin and cook on both sides for about 3-4 minutes or until cooked through. Take out the pork and set aside.
3. Now, in the same skillet add honey and pecans and stir for a while.
4. Finally, pour this sauce over the pork loins.

5. Serve warm.

Nutritional Information (per serving)

Calories: 285

Fat: 12.8 gms

Protein: 25 gms

Net Carbs: 3.4 gms

Blazed Pork Chops with Gravy

Preparation Time: 5 minutes

Cooking Time: 12 minutes

Serves: 2

Ingredients

2 pork chops

$\frac{1}{2}$ tablespoon olive oil

1 tablespoon mustard

$\frac{1}{2}$ teaspoon garlic (minced)

1 tablespoon butter

$\frac{1}{2}$ teaspoon Worcestershire sauce

Essentials

sea salt or plain salt

freshly ground black pepper

$\frac{1}{4}$ cup water

Instructions

1. Start by seasoning the pork chops with mustard, garlic, salt and pepper.
2. Then, heat the olive oil and butter in a skillet and cook the pork chops on each side for about 2-3 minutes or until done and set aside.
3. Now, deglaze the skillet used for the chops with water or dry wine. Add the Worcestershire sauce and cook the mixture for 2-3 minutes

or until thick consistency.

4. Finally, pour the sauce over the pork chops.
5. Serve warm.

Nutritional Information (per serving)

Calories: 348

Fat: 27 gms

Protein: 24 gms

Net Carbs: 2 gms

- Main Meals -

(Red Meat Lamb)

Lamb Stir-Fry

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 pound lamb steak (sliced)

4 mushrooms (sliced)

1 bunch of spring onions (chopped)

2 tablespoon olive oil

½ tablespoon basil

½ cup peas (blanched)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating olive oil in a skillet and add the lamb steak (slices). Cook them for about 3-4 minutes on each side.
2. Then, add and stir the mushrooms, peas, onions, basil, salt and pepper.
3. Now, cook them for about 5 minutes or until done.
4. Serve warm.

Nutritional Information (per serving)

Calories: 390

Fat: 32 gms

Protein: 25 gms

Net Carbs: 2 gms

Lamb Burgers

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ pound lamb (ground)

$\frac{1}{2}$ pound beef (ground)

$\frac{1}{2}$ tablespoon rosemary (chopped)

$\frac{1}{2}$ teaspoon garlic (minced)

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

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

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing the lamb, beef, rosemary, garlic, oregano, thyme, salt and pepper in a bowl.
2. Then, refrigerate so that the mixture for a few minutes.
3. Then, shape the mixture into desired number of patties and grill for about 6-8 minutes on each side or until it is done.
4. Serve warm.

Nutritional Information (per serving)

Calories: 440

Fat: 38 gms

Protein: 23 gms

Net Carbs: 3 gms

Pan Grilled Lamb Chops

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 lamb chops

2 tablespoons olive oil

$\frac{1}{2}$ tablespoon rosemary (chopped)

2 cloves garlic (minced)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by seasoning the lamb chops with oil, rosemary, garlic, salt and pepper and keep aside for a while.
2. Then, heat olive oil in a skillet and cook the lamb chops on both sides for about 4-5 minutes or until done.
3. Finally, serve warm.

Nutritional Information (per serving)

Calories: 360

Fat: 35 gms

Protein: 18 gms

Net Carbs: 2.4 gms

Lamb Chops with Tomatoes & Olives

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 pound lamb chops

2 tablespoons olive oil

$\frac{1}{4}$ cup olives (pitted)

2 tomatoes (quartered)

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

2 shallots (halved)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by seasoning the lamb chops with paprika, salt and pepper and the cook in a skillet with olive oil for about 2-3 minutes on each side.
2. Then, transfer the lamb chops into a baking dish and add the shallots.
3. Now, bake the lambs at 400 F for about 6-8 minutes or until done and transfer to the serving plate.
4. Finally, add the tomatoes and olives and toss to combine with the shallots.

5. Serve warm.

Nutritional Information (per serving)

Calories: 188

Fat: 18 gms

Protein: 15 gms

Net Carbs: 5 gms

Cumin Crusted Lamb Chops

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 pound lamb chops

$\frac{1}{2}$ cup cumin powder

1 teaspoon chili (powder)

2 tablespoons paprika

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by combining the cumin powder, paprika, chili powder, salt and pepper into a bowl.
2. Then, dip each lamb chop into this mixture.
3. Now, heat a grill and place the lamb chops on it and keep cooking and turning the sides after 2-3 minutes till it is done.
4. Finally, serve warm.

Nutritional Information (per serving)

Calories: 210

Fat: 17 gms

Protein: 23 gms

Net Carbs: 3.2 gms

Lamb with Cauliflower Rice

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

8 oz lamb (ground)

1 egg

2 cups cauliflower rice

2 tablespoons olive oil

$\frac{1}{4}$ cup green onion

Seasonings to your taste

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by heating a skillet and add the garlic and lamb and cook for a while till almost cooked through.
2. Then, add all the seasonings to your taste (garlic powder, salt and pepper, ginger etc.) and cook additional for 1-2 minutes.
3. Now, toss in the cauliflower rice and cook again for 2-3 minutes.
4. Finally, toss in the eggs and cook till the eggs are done mixing them well in the mixture. Season additional to your taste.

5. Serve warm.

Nutritional Information (per serving)

Calories: 516

Fat: 34 gms

Protein: 33 gms

Net Carbs: 3 gms

- Main Meals -

(White Meat)

Baked Mustard Chicken

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

2 chicken breasts

2 tablespoons mustard (of your choice)

2 tablespoons olive oil

3 tablespoons Almond Flour

Essentials

pinch sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by flattening the chicken breasts with a rolling pin.
2. Then, grease the bottom of a baking dish with olive oil.
3. Now, transfer the chicken in the baking dish and brush it with mustard and olive oil.
4. Finally, dust the chicken with almond flour and set it to bake at 375 F for about 18-25 minutes or until chicken is done.
5. Cut into slices and serve warm.

Nutritional Information (per serving)

Calories: 462

Fat: 39 gms

Protein: 41 gms

Net Carbs: 7.4 gms

Chicken Butterfly (Parmesan-Mayo)

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Serves: 2

Ingredients

2 chicken breasts

1 teaspoon fresh oregano (chopped)

$\frac{1}{4}$ cup parmesan cheese (grated)

$\frac{1}{4}$ cup mayonnaise

2 tablespoons hazelnut flour
(preferred)

Essentials

pinch sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by flattening the chicken breasts with a rolling pin.
2. Then, mix the chopped oregano and parmesan cheese with mayonnaise in a bowl and keep aside.
3. Now, butterfly your chicken breasts, so as to make thin sheets and then season them with salt and pepper.
4. Now, place the chicken on a baking tray and then spread the mayonnaise mixture evenly on the chicken breasts.
5. Finally, dust the chicken with

hazelnut flour (preferred) and set it to bake at 450 F for about 12 minutes or until chicken is done.

5. Serve warm.

Nutritional Information (per serving)

Calories: 497

Fat: 38 gms

Protein: 35 gms

Net Carbs: 0.8 gms

Pan-Fried Lemon Chicken

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 chicken breasts

1 lemon (zest and juice)

2 tablespoons olive oil

Essentials

pinch sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by flattening the chicken breasts with a rolling pin.
2. Then, in a plastic bag (reusable) combine the chicken breasts, lemon (zest and juice), olive oil, salt and pepper.
3. Keep for marinating for about 10-40 minutes as per time available.
4. Heat olive oil in a skillet, and add the marinated chicken.
5. Cook the chicken for about 5 minutes on each side or until it is cooked through.
6. Finally, cut into slices and serve warm.

Nutritional Information (per serving)

Calories: 420

Fat: 35 gms

Protein: 41 gms

Net Carbs: 5 gms

Crispy Garlic Curry Chicken Drumsticks

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

6 chicken drumsticks

2 tablespoons curry powder

2 tablespoons garlic powder

2 tablespoons olive oil

Essentials

pinch sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing the curry powder, garlic powder, olive oil, salt and pepper in a bowl.
2. Now, grease a baking dish with olive oil and place the drumsticks in it.
3. Finally, coat the drumsticks with the mixture prepared and set it to bake at 450 F for about 15-20 minutes or until chicken is done.
4. Serve warm.

Nutritional Information (per serving)

Calories: 450

Fat: 35 gms

Protein: 42 gms

Net Carbs: 8 gms

Mediterranean Chicken

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 chicken breasts (boneless)

$\frac{3}{4}$ teaspoon fresh oregano

$\frac{3}{4}$ teaspoon paprika (smoked)

3 small bell peppers (assorted colors,
chopped)

2 tomatoes (diced)

1 lemon (juice)

Essentials

pinch sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by mixing the oregano, paprika, lemon juice, salt and pepper in a bowl and sprinkle it on the chicken on both sides.
2. Then, grease a baking dish and place the chicken in it and add the vegetables (bell peppers and tomatoes) around it.
3. Now, bake the chicken at 375 F for 15-20 minutes or till golden brown and cooked.
4. Finally, cut slices and serve warm

with vegetables on the side.

Nutritional Information (per serving)

Calories: 293

Fat: 18 gms

Protein: 42 gms

Net Carbs: 9 gms

Coconut Chicken Tenders

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ pound chicken tender (boneless)

1 egg

$\frac{1}{4}$ cashew flour

$\frac{1}{2}$ cup coconut (shredded)

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

Cinnamon to taste

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by beating the egg in a bowl and then set aside.
2. Then, in a separate bowl mix the cashew flour, coconut, garlic powder, salt and pepper.
3. Now, dip the chicken tenders into the egg mixture first and then in the cashew flour batter.
4. Finally, bake the chicken on a baking sheet at 375 F for about 15-20 minutes or until golden brown.
5. Serve warm.

Nutritional Information (per serving)

Calories: 276

Fat: 18.2 gms

Protein: 27 gms

Net Carbs: 4.8 gms

Grilled Chicken Lettuce Wraps

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

- 2 chicken breasts (boneless, cubed)
- $\frac{1}{2}$ cup hot sauce
- 10 lettuce cups
- $\frac{1}{4}$ cup green onions (sliced)
- $\frac{1}{4}$ cup cherry tomatoes (halved)
- $\frac{1}{2}$ avocado (diced)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by mixing the chicken cubes and red hot sauce in a bowl and set aside in the fridge for a few minutes.
2. Then, transfer the marinated chicken cubes into a grill basket and grill at 400 F for about 8-10 minutes
3. Now, arrange the lettuce cups and add the grilled chicken cubes, diced avocados, halved cherry tomatoes, and a pinch of green onions in them.

4. Serve.

Nutritional Information (per serving)

Calories: 265

Fat: 15 gms

Protein: 25 gms

Net Carbs: 2 gms

Chicken Avocado Casserole

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

4 chicken thighs (boneless, cooked)

2 avocados (thin slices)

$\frac{1}{2}$ onion (sliced)

$\frac{1}{2}$ pepper (sliced)

4 oz sour cream

4 oz cheddar cheese

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by greasing a baking dish and line the bottom with the avocado slices.
2. Then, heat a pan and add the onion and pepper sliced and cook till golden brown.
3. Now, add the chicken into a bowl with other ingredients and mix well along with the browned onions and peppers.
4. Finally, spoon the mixture over the avocado slices and bake at 350 F

for about 15- 20 minutes or until done.

5. Serve warm.

Nutritional Information (per serving)

Calories: 549

Fat: 40 gms

Protein: 39 gms

Net Carbs: 6 gms

Chili Roasted Chicken

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 pound chicken thighs (boneless)

$\frac{1}{2}$ tablespoon olive oil

$\frac{1}{2}$ tablespoon chili powder

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by placing the chicken in a baking dish.
2. Then, drizzle the chicken with olive oil and rub with chili powder, salt and pepper.
3. Now, roast the chicken at 375 F for about 15-20 minutes or until cooked through.
4. Serve warm.

Nutritional Information (per serving)

Calories: 305

Fat: 28.4 gms

Protein: 32.7 gms

Net Carbs: 5.2 gm

Chicken Fajitas

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

4 pounds chicken breasts (thinly sliced)

4 tablespoons lime juice

2 teaspoon garlic powder

2 onions (chopped)

2 assorted bell peppers (sliced)

4 tablespoons coconut oil

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by marinating the chicken with lime juice, garlic powder, chili powder, salt and pepper. Keep aside in the refrigerator for a few minutes or you can cook right away.
2. Then, heat coconut oil in a skillet and cook the chicken for about 2-3 minutes on each side. Take the chicken out and place in a bowl.
3. Now, again heat coconut oil and add the onions and bell peppers and cook for a while or until done.

4. Finally, add the chicken cook for a while and mix well.
5. Serve warm.

Nutritional Information (per serving)

Calories: 391

Fat: 41 gms

Protein: 39.2 gms

Net Carbs: 6.4 gms

- Fish/Seafood -

Baked Shrimp

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 pound shrimp (peeled and deveined)

2 tablespoons olive oil

2 bell peppers (chopped)

6 cloves garlic (minced)

½ tablespoon lemon juice

4-5 mushrooms

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing the olive oil, garlic, salt and pepper in a bowl and divide this mixture into two.
2. Then, coat or dip the shrimps in one half of the mixture and put them on the skewers along with the bell peppers and the mushrooms.
3. Now, place the skewers in a baking tray and cook at 400 F for about 5 minutes on each side or until done.
4. Finally, serve warm with the left mixture.

Nutritional Information (per serving)

Calories: 400

Fat: 17 gms

Protein: 43 gms

Net Carbs: 7 gms

Chili Salmon with Spinach

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{3}{4}$ pound salmon (pieces)

2 tablespoons olive oil

6 tablespoons mayonnaise

$\frac{1}{2}$ teaspoon chili paste

2 tablespoons parmesan cheese
(grated)

8 cups spinach

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by rubbing the salmon with salt and pepper and place it on a greased baking dish.
2. Then, mix mayonnaise, parmesan cheese and chili paste well and layer or spread over the salmon.
3. Now, heat olive oil in a pan and sauté the spinach till it shrinks and add salt and pepper to it.
4. Now, bake the fish at 400 F for about 15-18 minutes or until it is done.

5. Finally, serve warm with spinach.

Nutritional Information (per serving)

Calories: 180

Fat: 41.5 gms

Protein: 32 gms

Net Carbs: 2 gms

Fish Nuggets

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{3}{4}$ pound fish fillets (your choice)

3 tablespoons milk

1 tablespoon lemon juice

1 egg

2 tablespoons mustard

2 tablespoons yogurt

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by cutting the fish into nugget size pieces and mix with lemon juice, salt and pepper.
2. Then, mix the egg, milk, mustard, yogurt, salt and pepper in a bowl, and dip the fish in this mixture to cover with it.
3. Now, give the final coating with breadcrumbs and place them on a baking tray.
4. Bake the fish for about 10-12 minutes at 395 F or until golden brown.
5. Finally, serve the fish warm with

salsa or dip.

Nutritional Information (per serving)

Calories: 270

Fat: 23 gms

Protein: 33 gms

Net Carbs: 3.2 gms

Tuna-Stuffed Tomatoes

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

4 tomatoes

2 oz packed tuna (drained)

5 olives (minced)

$\frac{1}{4}$ teaspoon thyme (minced)

2 tablespoons parsley (minced)

$\frac{1}{2}$ tablespoon olive oil

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by slicing the top of the tomatoes and scoop out the seeds and pulp, leaving the shell intact.
2. Then, mix the tuna, olives, thyme, parsley, olive oil, salt and pepper breaking large chunks into small.
3. Finally, spoon the tuna mixture into the tomatoes and serve.

Nutritional Information (per serving)

Calories: 169

Fat: 10 gms

Protein: 13 gms

Net Carbs: 6 gms

Garlic Parmesan Roasted Shrimp

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{1}{4}$ pound shrimp (peeled and deveined)

1 tablespoon olive oil

2 garlic cloves (minced)

$\frac{1}{4}$ oregano (dried)

$\frac{1}{4}$ basil (dried)

$\frac{1}{4}$ cup parmesan (grated)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing all the ingredients except the shrimps in a bowl (mix well).
2. Then, add the shrimps to the mixture in the bowl and toss well.
3. Now, grease a baking dish and layer (single) the shrimps carefully in the dish.
4. Roast the shrimps for about 5-7 minutes at 400 F or until pink, firm and cooked through.
5. Finally, serve the shrimps warm.

Nutritional Information (per serving)

Calories: 204

Fat: 9.8 gms

Protein: 25.6 gms

Net Carbs: 2.2 gms

Sardine Fritters

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

6 oz sardines (small pieces)

$\frac{1}{4}$ cup psyllium powder

2 eggs (beaten)

2 tablespoons coconut oil

1 cup cilantro (finely chopped)

$\frac{1}{4}$ cup coconut flour

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by breaking the sardines into small pieces and then add the psyllium, beaten eggs and salt (mix well). Set aside for a few minutes.
2. Then, add the chopped cilantro and mix till soft dough is formed.
3. Now, form patties of this mixture and coat them slightly with coconut flour.
4. Finally, heat coconut oil in a skillet then add the patties and cook for about 3-4 minutes on each or until cooked through.

5. Serve warm.

Nutritional Information (per serving)

Calories: 269

Fat: 23 gms

Protein: 16 gms

Net Carbs: 1.8 gm

Lime Honey Garlic Shrimp

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

5 oz shrimp (peeled)

2 tablespoons butter

2 tablespoon cilantro (chopped)

2 garlic cloves (minced)

2 tablespoons honey

½ tablespoon soy sauce

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by heating butter in a skillet and add garlic and shrimp and cook on each side till cooked through.
2. Then, in a bowl mix the cilantro, honey, soy sauce, salt and pepper.
3. Now, add this mixture on the shrimp in the skillet and cook for a few more minutes till the sauce reduces.
4. Serve warm.

Nutritional Information (per serving)

Calories: 227

Fat: 16.4 gms

Protein: 18 gms

Net Carbs: 2 gms

- Vegetarian -

Zucchini Radish Quiche

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ zucchini (blanched and cut)

2 tablespoons olive oil

4 eggs

1 clove garlic (sliced)

$\frac{1}{4}$ cup coconut cream

$\frac{1}{4}$ pound radish (cubed)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by heating the olive oil in a skillet and sauté garlic in it.
2. Then, add the zucchini and cook for about 5 minutes or until done.
3. Now, in a separate bowl whisk the egg, coconut cream, salt and pepper.
4. Finally, grease a baking dish and line it with the zucchinis and radish, and cover with egg mixture. Bake the dish at 325 F for about 18-20 minutes or until browned.

5. Serve.

Nutritional Information (per serving)

Calories: 248

Fat: 19.4 gms

Protein: 13.3 gms

Net Carbs: 1 gm

Garlic Parmesan Fried Eggplant

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 eggplant (thin slices)

1 cup almond flour

1 cup parmesan cheese

1 egg

1 teaspoon garlic (powder)

2 tablespoons butter

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by whisking the almond flour, parmesan, garlic powder, salt and pepper in a bowl.
2. Then, in a separate bowl whisk the eggs.
3. Meanwhile, heat the butter in a skillet.
4. Now, dip the eggplants in the egg mixture and then drench with the almond flour mixture. Then, place the slices in the skillet and fry until brown and done.

5. Finally, serve warm.

Nutritional Information (per serving)

Calories: 271

Fat: 22 gms

Protein: 12 gms

Net Carbs: 6 gms

Spinach Cheese Pie

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

5 oz spinach

2 eggs (beaten)

1 cup cheese

½ teaspoon onion (minced)

¼ teaspoon garlic (powder)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing all the ingredients in a bowl properly.
2. Then, grease a pie dish and add the mixture into this dish.
3. Now, bake this dish at 375 F for about 18-22 minutes or until sides start to get brown.
4. Finally, serve.

Nutritional Information (per serving)

Calories: 190

Fat: 14.6 gms

Protein: 13.3 gms

Net Carbs: 1.5 gms

Cauliflower Mac & Cheese

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

1 ½ cup cauliflower (florets)

2 oz cheddar cheese (shredded)

2 tablespoons heavy cream

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by microwaving the cauliflower for a minute.
2. Then, cut the cauliflower into pieces and add the shredded cheese.
3. Now, microwave the mixture for another 30 seconds and then stir in the heavy cream until it thickens.
4. Finally, serve warm.

Nutritional Information (per serving)

Calories: 191

Fat: 14.9 gms

Protein: 9.4 gms

Net Carbs: 2.8 gms

Baked Portobello Mushrooms

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

½ pound Portobello mushrooms
(sliced)

2 tablespoons olive oil (onion and
garlic flavored)

1 can tomatoes

1 cup parmesan cheese

½ teaspoon oregano

1 tablespoon basil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating the olive oil in a pan and add the mushrooms, salt and pepper. Cook for about 2 minutes.
2. Then, transfer the mushrooms into a baking dish
3. Now, in a separate bowl mix the tomatoes, basil, salt and pepper, and layer it on the mushrooms.
Top it with parmesan cheese.
4. Finally, bake the dish at 400 F for

about 18-22 minutes or until done.

5. Serve warm.

Nutritional Information (per serving)

Calories: 232

Fat: 15.9 gms

Protein: 14.3 gms

Net Carbs: 5.2 gms

Coconut Flour Pizza Crust

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 oz cream cheese

3 eggs

6 tablespoons coconut flour

2 garlic cloves (minced)

Essentials

sea salt or plain salt

freshly ground black pepper

$\frac{1}{4}$ cup water

Instructions

1. Start by mixing the cream cheese, garlic, coconut flour, salt and pepper in a bowl.
2. Then, crack the eggs in the bowl and keep mixing till thoroughly incorporated.
3. Now, add the water and again mix thoroughly and transfer in a silicon baking mat.
4. Finally, bake the dish at 375 F for about 15-20 minutes or until done.
5. Top with your desired veggies and serve warm.

Nutritional Information (per serving)

Calories: 275

Fat: 15.8 gms

Protein: 15.5 gms

Net Carbs: 5 gm

Pumpkin Cheddar Risotto

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

3 oz cheddar cheese (shredded)

2 tablespoons paprika

2 tablespoons butter

12 oz cauliflower rice

½ cup pumpkin (puree)

½ onion (diced)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating the butter in a saucepan and add the onion, paprika, salt and pepper and sauté till brown.
2. Then, stir in the pumpkin puree and cauliflower rice and combine properly.
3. Now, simmer the mixture for about 15-18 minutes and keep stirring occasionally.
4. Finally, stir in the cheddar cheese.
5. Serve warm.

Nutritional Information (per serving)

Calories: 223

Fat: 16.3 gms

Protein: 9.4 gms

Net Carbs: 3.1 gm

Fried Rice

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 cups cauliflower rice

1 tablespoon sesame oil

$\frac{1}{2}$ cup veggies (assorted)

1 tablespoon aminos

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

2 eggs

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating oil in a skillet and add the cauliflower rice, spinach, veggies, aminos, garlic, salt and pepper and cook for a while.
2. Then, make a well in between the mixture and crack open the eggs in the center. Scramble the eggs in the center and then stir in with the rest of the mixture.
3. Now, cook until the veggies and eggs are done.
4. Serve warm.

Nutritional Information (per serving)

Calories: 150

Fat: 8.5 gms

Protein: 6 gms

Net Carbs: 2 gms

Vegan Sausage Patties

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

½ cup chickpeas

½ cup pecans (chopped)

1 tablespoon of sausage spice blend
(of your choice)

2 tablespoons olive oil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

4. Start by blending the chickpeas and pecans in a blender until paste forms.
5. Then, mix the chickpea mixture, sausage spice blend, salt and pepper in a bowl.
6. Now, shape the mixture into desired number of patties and set in fridge till set.
7. Finally, grill for about 4-6 minutes on each side or until it is done.
8. Serve the patty warm.

Nutritional Information (per serving)

Calories: 238

Fat: 18 gms

Protein: 5 gms

Net Carbs: 2 gms

Broccoli Cheese Soup

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

2 cups broccoli (chopped)

½ onion (diced)

½ cup heavy cream

1 cup vegetable stock

½ teaspoon garlic (minced)

1 ½ cups cheddar cheese (shredded)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by heating a saucepan and add broccoli, vegetable stock, onion and garlic for about 5 minutes or till it boils. Simmer for about 10 minutes.
2. Then, stir in the heavy cream and cook for additional 3-5 minutes.
3. Now, stir in the cheese, salt and pepper and mix until smooth.
4. Serve warm.

Nutritional Information (per serving)

Calories: 561

Fat: 52.30 gms

Protein: 23.85 gms

Net Carbs: 7.10 gm

- Drinks -

Cucumber Celery Lime Smoothie

Preparation Time: 5 minutes

Serves: 2

Ingredients

8 stalks of celery (chopped)

1 lemon juice

2 cucumbers (peeled and chopped)

$\frac{1}{2}$ cup ice

Sweetener of your choice

Essentials

1 cup water

Instructions

1. Start by adding all the ingredients in the blender.
2. Blend then well till smooth and frothy.
3. Serve chilled.

Nutritional Information (per serving)

Calories: 90

Fat: 8 gms

Protein: 0 gms

Net Carbs: 0 gms

Cranberry Spice Tea

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

1 ounce cranberries

$\frac{1}{2}$ lemon (juice and zest)

1 cinnamon stick

2 teabags

$\frac{1}{2}$ inch ginger (peeled and grated)

Honey to taste

Essentials

3 cups water

Instructions

1. Start by adding all the ingredients except raw honey into a pot or saucepan.
2. Boil them and then simmer for about 12-15 minutes.
3. Strain and serve the tea. Add honey or any other sweetener of your preference.

Nutritional Information (per serving)

Calories: 135

Fat: 4 gms

Protein: 0 gms

Net Carbs: 0 gms

Paleo Coffee

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

1 tablespoon ghee

1 tablespoon coconut oil

2 cups of coffee (your preference)

2 tablespoons milk

Instructions

1. Start by putting all the ingredients into the blender.
2. Blend them for a minute or till you

reach desired creamy and foamy texture.

3. Serve and enjoy.

Nutritional Information (per serving)

Calories: 150

Fat: 15 gms

Protein: 0 gms

Net Carbs: 0 gms

Strawberry Smoothie

Preparation Time: 2 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

2 cups milk

8-10 strawberries

2 tablespoons chia seeds

3-4 dates

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by combining all the ingredients in a bowl.
2. Then, add this mixture into a blender and blend well till all the ingredients are properly combined.
3. Pour into glasses and serve.

Nutritional Information (per serving)

Calories: 172

Fat: 17 gms

Protein: 8 gms

Net Carbs: 2.1 gms

Red Velvet Smoothie

Preparation Time: 4 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

2 cups of milk

$\frac{1}{2}$ avocado

$\frac{1}{2}$ beetroot (small)

3 tablespoons cocoa powder

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

2 cups of ice cubes

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by combining all the ingredients in a bowl.
2. Then, add this mixture into a blender and blend well till all the ingredients are properly combined.
3. Pour into glasses and serve.

Nutritional Information (per serving)

Calories: 132

Fat: 11 gms

Protein: 0 gms

Net Carbs: 0 gms

Green Smoothie

Preparation Time: 2 minutes

Cooking Time: 4 minutes

Serves: 2

Ingredients

4 cups of spinach

20 almonds (raw)

2 cups milk

2 scoops of whey protein

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by blending spinach, almonds and milk in a blender.
2. Blend until puree is formed.
3. Then, add the rest of the ingredients and blend well.
4. Pour into glasses and serve.

Nutritional Information (per serving)

Calories: 350

Fat: 25 gms

Protein: 10 gms

Net Carbs: 2 gms

Egg Cream Smoothie

Preparation Time: 2 minutes

Cooking Time: 4 minutes

Serves: 2

Ingredients

4 eggs

$\frac{1}{2}$ cup heavy cream

4 tablespoons cream cheese

2 tablespoons vanilla syrup

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by combining all the ingredients in a bowl.
2. Then, add this mixture into a blender and blend well till all the ingredients are properly combined.
3. Pour into glasses and serve.

Nutritional Information (per serving)

Calories: 289

Fat: 20 gms

Protein: 16 gms

Net Carbs: 3.5 gms

Frappuccino

Preparation Time: 5 minutes

Cooking Time: 4 minutes

Serves: 2

Ingredients

2 cups of coffee

$\frac{1}{2}$ cup heavy cream

10 ice cubes

2 teaspoons vanilla syrup

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by combining all the ingredients in a bowl.
2. Then, add this mixture into a blender and blend well till all the ingredients are properly combined.
3. Serve immediately and chilled.

Nutritional Information (per serving)

Calories: 242

Fat: 19 gms

Protein: 14 gms

Net Carbs: 2 gms

Peppermint Patty

Preparation Time: 2 minutes

Cooking Time: 4 minutes

Serves: 2

Ingredients

2 cups milk

2 cups whey protein (chocolate)

$\frac{1}{2}$ teaspoon mint extract

$\frac{1}{2}$ cup spinach

5-8 ice cubes

Essentials

Sweetener of your choice and to taste

Instructions

1. Start by combining all the ingredients in a bowl.
2. Then, add this mixture into a blender and blend well till all the ingredients are properly combined.
3. Pour into glasses and serve.

Nutritional Information (per serving)

Calories: 197

Fat: 18 gms

Protein: 20 gms

Net Carbs: 5 gms

Peanut Butter Cup Smoothie

Preparation Time: 2 minutes

Cooking Time: 4 minutes

Serves: 2

Ingredients

2 cups whey protein (chocolate)

½ cup heavy cream

4 tablespoons peanut butter

5-8 ice cubes

Essentials

Sweetener of your choice and to taste

2 cups of water

Instructions

1. Start by combining all the ingredients in a bowl.
2. Then, add this mixture into a blender and blend well till all the ingredients are properly combined.
3. Pour into glasses and serve.

Nutritional Information (per serving)

Calories: 225

Fat: 19 gms

Protein: 20 gms

Net Carbs: 5 gms

- Side Dishes -

Creamed Spinach

Preparation Time: 2 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

8 oz spinach (cooked)

2 tablespoons parmesan cheese

2 oz cream cheese

2 tablespoons sour cream

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

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

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating a pan and then add cream cheese, spinach and seasoning and stir until the cheese melts.
2. Then, add the sour cream and parmesan until the creamed spinach thickens.
3. Serve warm.

Nutritional Information (per serving)

Calories: 157

Fat: 13.3 gms

Protein: 2 gms

Net Carbs: 5.7 gms

Fried Kale Sprouts

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

½ bag Kale Sprouts

2 tablespoons parmesan cheese

1 tablespoon olive oil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating olive oil in a fryer and then add the sprouts in a single layer.
2. Then, fry the sprouts until they are browned on the edges.
3. Now, remove from the fryer and drain any excess oil.
4. Season and serve.

Nutritional Information (per serving)

Calories: 108.5

Fat: 8.5 gms

Protein: 4 gms

Net Carbs: 1.5 gms

Prosciutto Wrapped Shrimp

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

5 oz shrimp (cooked)

$\frac{1}{4}$ cup Red Wine

2 tablespoons olive oil

$\frac{1}{4}$ cup blackberries (ground)

$\frac{1}{2}$ tablespoon mint leaves

5 prosciutto (slices)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by wrapping shrimps with the prosciutto.
2. Then, grease a baking sheet and transfer the shrimps into it. Sprinkle the shrimps with olive oil and bake at 425 F for 12-15 minutes.
3. Now, grind the blackberries in a grinder and add to a pan with mint leaves, cook for 2-3 minutes.
4. Finally, add the wine and stir, allow it to reduce as shrimp cook.
5. Serve warm.

Nutritional Information (per serving)

Calories: 247.3

Fat: 12.8 gms

Protein: 13.8 gms

Net Carbs: 1 gm

Country Gravy

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 oz sausage

$\frac{1}{2}$ cup cream (heavy)

1 tablespoon butter

$\frac{1}{2}$ teaspoon Guar Gum

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by cooking the sausage on all sides or until brown in a pan.
2. Then, add the butter and cream to the pan and keep stirring till bubbles are formed.
3. Now, add the guar gum to the pan and stir till thickened.
4. Finally, add the sausage back to the pan and stir.
5. Serve warm.

Nutritional Information (per serving)

Calories: 345.5

Fat: 38 gms

Protein: 4 gms

Net Carbs: 1.5 gms

Spinach Almond Stir-fry

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 oz spinach

1 tablespoon coconut oil

3 tablespoons almond (slices)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating a pan with oil and add spinach and let it cook.
2. Then, as the spinach is cooked add in the salt and pepper.
3. Finally, in the end add in the almond slices.
4. Serve warm.

Nutritional Information (per serving)

Calories: 150

Fat: 11 gms

Protein: 8 gms

Net Carbs: 2 gms

Brussels Sprouts with Melted Leeks and Prosciutto

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{1}{4}$ cup leeks

$\frac{1}{2}$ cup Brussels sprouts

1 tablespoon coconut oil

$\frac{1}{4}$ cup Prosciutto

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by heating a saucepan with the oil and add the leeks and sprouts. Cook until the leeks turn brown.
2. Then, add the prosciutto to the pan and simmer for about 10-12 minutes.
3. Now, mix the ingredients once again.
4. Serve warm.

Nutritional Information (per serving)

Calories: 122

Fat: 10.21 gms

Protein: 3.68 gms

Net Carbs: 3.68 gms

Mashed Cauliflower with Parmesan

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ oz cauliflower (florets)

1 tablespoon butter

$\frac{1}{2}$ cup Parmesan cheese

$\frac{1}{4}$ teaspoon truffle oil

$\frac{1}{2}$ tablespoon parsley

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by steaming the cauliflower until tender.
2. Then, transfer the cauliflower into a food processor and add parmesan cheese, butter, salt and pepper. Blend the mixture until smooth.
3. Now, add the truffle oil and parsley and again blend.
4. Finally, check the seasonings and add if necessary.
5. Serve.

Nutritional Information (per serving)

Calories: 11

Fat: 7.4 gms

Protein: 6.6 gms

Net Carbs: 2.6 gms

Pesto Crackers

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ cup almond flour

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

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

$\frac{1}{2}$ garlic clove (pressed)

1 tablespoon basil pesto

2 tablespoons butter

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by combining almond flour, baking powder, salt and pepper and whisk them until smooth.
2. Then, add basil and garlic, stir until combined.
3. Now, add the pesto and combine to form coarse crumbs. Cut the butter into the mixture until the dough forms into a ball
4. Finally, transfer the dough in a baking sheet, layer it and bake at 325 F for about 14-16 minutes or until golden brown.
5. Cut into crackers and serve.

Nutritional Information (per serving)

Calories: 209.83

Fat: 19.83 gms

Protein: 5.3 gms

Net Carbs: 3 gms

Broccoli Salad

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

3 oz broccoli slaw

$\frac{1}{2}$ tablespoon coconut aminos

1 tablespoon coconut oil

$\frac{1}{2}$ teaspoon ginger (grated)

$\frac{1}{4}$ cup yogurt

$\frac{1}{4}$ tablespoon sesame seeds

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by heating oil in a skillet and then add the broccoli slaw and cook for about 5-7 minutes.
2. Then, stir in the coconut aminos, ginger, salt and pepper and cook for a few minutes.
3. Now, remove from heat stir in the yogurt and then top with sesame seeds.
4. Serve.

Nutritional Information (per serving)

Calories: 62.63

Fat: 4.44 gms

Protein: 1.78 gms

Net Carbs: 2.71 gms

Irish Colcannon

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 cup cauliflower (florets)

$\frac{1}{2}$ cup spinach

$\frac{1}{2}$ tablespoons cream

$\frac{1}{4}$ avocado

2 tablespoons butter

$\frac{1}{4}$ cup sour cream

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by steaming the cauliflower until tender.
2. Then, transfer the cauliflower into a food processor and add cream, butter, avocado, sour cream and seasonings. Blend the mixture until smooth.
3. Finally, check the seasonings and add if necessary.
4. Serve.

Nutritional Information (per serving)

Calories: 190.29

Fat: 18.32 gms

Protein: 3.39 gms

Net Carbs: 2.99 gms

Fried Green Beans

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ pound green beans (trimmed)

$\frac{1}{2}$ egg

2 tablespoons olive oil

$1\frac{1}{4}$ tablespoons almond flour

$1\frac{1}{4}$ tablespoons parmesan cheese

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

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by beating the egg and olive oil in a bowl.
2. Then, mix the remaining ingredients in a separate bowl and set aside.
3. Now, dip the green beans in the egg mixture and then coat with the dry mixture.
4. Finally, grease a baking pan, then transfer the beans in the pan and bake at 425 F for about 12-15 minutes or until crisp.
5. Serve warm.

Nutritional Information (per serving)

Calories: 146

Fat: 11.6 gms

Protein: 5.2 gms

Net Carbs: 4.6 gm

Portobello Mushroom Chips

Preparation Time: 2 minutes

Cooking Time: 18 minutes

Serves: 2

Ingredients

5 oz Portobello mushrooms

2 tablespoons ghee (preferred)

Garlic powder (optional)

Chili powder (optional)

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by layering the mushrooms on a baking tray (lined with baking sheet) and brush each mushroom with ghee.
2. Then, sprinkle salt and freshly ground black pepper on the mushrooms. For a spicier taste you can sprinkle garlic powder and chili powder.
3. Now, bake the mushrooms in an oven at 325 F for about 18-22 minutes or until golden brown.
4. Serve warm.

Nutritional Information (per serving)

Calories: 169

Fat: 15.5 gms

Protein: 3.2 gms

Net Carbs: 3.9 gm

Deviled Eggs with Salsa

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

4 eggs (hard boiled)

1 tablespoon salsa

1 tablespoon sour cream

1 green onion (chopped)

Taco seasoning to taste

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by cutting the eggs in half (lengthwise) and scoop out the egg yolks in a bowl.
2. Then, add the salsa, sour cream and onion to the egg yolks and mix until properly combined.
3. Now, put this yolk mixture in the center of the egg whites and sprinkle with taco seasoning, salt and pepper.
4. Finally, chill the eggs in the fridge until ready to serve.
5. Serve.

Nutritional Information (per serving)

Calories: 192

Fat: 28 gms

Protein: 16.7 gms

Net Carbs: 2 gm

Caprese Skewers

Preparation Time: 10 minutes

Cooking Time: 2 minutes

Serves: 2

Ingredients

2 cups cherry tomatoes

2 cups mozzarella cheese (balls)

2 tablespoons red pesto

½ cup mixed olives

2 tablespoons basil

Essentials

sea salt or plain salt

freshly ground black pepper

Instructions

1. Start by mixing the mozzarella cheese (balls) with the pesto. Mix until properly layered.
2. Then, assemble the skewers and pierce in the cherry tomatoes, pesto mozzarella and olives
3. Now, garnish it with fresh basil.
4. Serve.

Nutritional Information (per serving)

Calories: 384

Fat: 27.4 gms

Protein: 24.5 gms

Net Carbs: 7.1 gm

Grilled Vegetable Salad with Feta

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ eggplant (thinly sliced)

$\frac{1}{2}$ zucchini (thinly sliced)

$\frac{1}{2}$ red bell pepper (strips)

2 tablespoons olive oil

$\frac{1}{4}$ cup feta (crumbled)

1 garlic clove (minced)

Essentials

sea salt or plain salt
freshly ground black pepper

Instructions

1. Start by grilling all the vegetables on a grill for about 3-4 minutes on each side or till charred on the edges and transfer them in a bowl.
2. Then, add the garlic, olive oil, salt and pepper and toss vegetables until coated.
3. Now, sprinkle feta cheese and toss again till properly combined.
4. Serve.

Nutritional Information (per serving)

Calories: 186

Fat: 14 gms

Protein: 12 gms

Net Carbs: 8 gm

- Desserts -

Brownie

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 egg

2 tablespoons butter

$\frac{1}{2}$ tablespoon cocoa

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

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

1 $\frac{1}{2}$ tablespoon cream (softened)

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing all the ingredients in a bowl and pulse with a hand blender till smooth.
2. Then, grease the bottom of a baking dish and pour the mixture into this.
3. Finally, bake the mixture at 350 F for about 15-20 minutes or until it is done.
4. Cut into slices and serve warm.

Nutritional Information (per serving)

Calories: 178

Fat: 17 gms

Protein: 4.5 gms

Net Carbs: 3.5 gms

Chocolate Peanut Butter Cake

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

2 eggs

2 tablespoons cream (heavy)

2 tablespoons peanut butter

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

$\frac{1}{2}$ teaspoon vanilla extract

3 tablespoons cocoa (powder)

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by whisking cocoa powder, baking powder and sweetener in a bowl.
2. Then, in a separate bowl whisk the eggs, cream and vanilla extract.
3. Now, mix both the mixtures and combine them well (to avoid lumps).
4. Finally, in a greased baking dish, add the combined mixture and microwave for about 1 minute 30 seconds or until done.
5. Drizzle the peanut butter (softened)

over the cake and serve.

Nutritional Information (per serving)

Calories: 246

Fat: 19 gms

Protein: 10 gms

Net Carbs: 5 gms

Vanilla Ice-cream

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 eggs (separated)

2 tablespoons

$\frac{1}{2}$ cup cream (heavy)

1 teaspoon vanilla

$\frac{1}{4}$ teaspoon cream of tartar

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by whisking the egg whites, add cream of tartar and then add the sweetener until soft peaks are created.
2. Then, whisk the cream in another bowl.
3. Now, in another bowl mix the egg yolks and the vanilla extract.
4. Carefully, fold in the egg whites mixture into the whipped cream and then fold in the egg yolk mixture.
5. Finally, freeze the mixture in a rectangular loaf pan (preferred).
6. Serve chilled.

Nutritional Information (per serving)

Calories: 238

Fat: 22.2 gms

Protein: 5.1 gms

Net Carbs: 2.3 gms

Blueberry Cheesecake

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

2 eggs

$\frac{1}{2}$ tablespoons butter

1 oz cream cheese (cubes)

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

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

$\frac{1}{4}$ cup blueberries

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing all the ingredients in a bowl and pulse with a hand blender till smooth.
2. Then, grease the bottom of a baking dish and pour the mixture into this and gently top the mixture with blueberries.
3. Now, bake the mixture at 320 F for about 15-20 minutes or until it is done.
4. Finally, chill the cheesecake in a freezer for a while.
5. Cut into slices and serve.

Nutritional Information (per serving)

Calories: 220

Fat: 21.5 gms

Protein: 4.8 gms

Net Carbs: 2.5 gms

Mascarpone Cheese Mousse

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

2 ounce mascarpone cheese

$\frac{1}{4}$ cup cream

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

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by whisking together the mascarpone cheese, cream and sweetener in a bowl until stiff peaks form.
2. Now, add the vanilla extract and mix well.
3. Finally, pour the mixture into cups (or any other utensil you want to serve in) and let it set in a freezer.
4. Serve chilled.

Nutritional Information (per serving)

Calories: 153

Fat: 15.8 gms

Protein: 1.7 gms

Net Carbs: 0.9 gms

Chocolate Fat Bombs

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 tablespoon coconut oil

1 tablespoon cocoa butter

$\frac{1}{4}$ teaspoon vanilla stevia

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by melting the coconut oil and cocoa butter.
2. Then, add the vanilla stevia.
3. Now, pour the mixture into desired moulds and let it set in the freezer (till hardened).
4. Serve chilled.

Nutritional Information (per serving)

Calories: 125

Fat: 10 gms

Protein: 0 gms

Net Carbs: 0 gms

Peanut Butter Fudge

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2

Ingredients

$\frac{1}{4}$ cup peanut butter

$\frac{1}{2}$ tablespoons coconut oil

$\frac{1}{2}$ tablespoon milk (vanilla almond)

3 tablespoons Almond Flour

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing all the ingredients in a bowl and pulse with a hand blender till smooth.
2. Then, pour the mixture into a loaf pan (preferred).
3. Now, put the loaf pan in the freezer and let the mixture set in.
4. Cut into slices and serve warm or chilled as desired.

Nutritional Information (per serving)

Calories: 287

Fat: 29.7 gms

Protein: 5.4 gms

Net Carbs: 4 gms

Caramel Macchiato Cheesecake

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 ounce cream cheese

$\frac{1}{2}$ tablespoon butter

1 egg

1 tablespoon cold brew coffee

$\frac{1}{4}$ tablespoon caramel syrup

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing all the ingredients of the cheesecake in a bowl and pulse with a hand blender till smooth.
2. Then, grease the bottom of a baking dish and pour the mixture into this.
3. Now, bake the mixture at 350 F for about 15 minutes or until done.
4. Finally, chill the cheesecake in a freezer for a while.
5. Cut into slices and serve.

Nutritional Information (per serving)

Calories: 286

Fat: 29 gms

Protein: 5 gms

Net Carbs: 1 gms

Raspberry Coconut Bark Fat Bombs

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1½ tablespoons raspberries

1½ tablespoons coconut butter

1½ tablespoons coconut oil

1½ tablespoons coconut (shredded)

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by grinding the raspberries into fine powder with a grinder.
2. Then, in a heated saucepan stir in the coconut butter, coconut oil, coconut (shredded) and the sweetener.
3. Now, transfer half of the mixture in a baking pan and add the raspberry powder to the remaining mixture (mix well).
4. Finally, pour the raspberry mixture over the mixture in the baking pan and swirl with a knife. Allow this mixture to set in the freezer for a while or until stiff.
5. Break into chunks and serve

chilled.

Nutritional Information (per serving)

Calories: 234

Fat: 23.56 gms

Protein: 1.72 gms

Net Carbs: 2.45 gms

Peanut Butter Chocolate Chip Cookies

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

1 cup peanut butter

2 teaspoons honey

$\frac{1}{2}$ teaspoon baking soda

1 egg

$\frac{1}{2}$ cup chocolate chips

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing all the ingredients in a bowl and pulse with a hand blender until mixed well.
2. Then, make small ball shape pieces out of the dough that is formed and place them on the cookie sheets.
3. Finally, bake the cookie dough at 350 F for about 8-10 minutes or until the biscuits start to brown.
4. Allow them to cool and serve.

Nutritional Information (per serving)

Calories: 64

Fat: 5 gms

Protein: 2 gms

Net Carbs: 3 gms

Macaroon Fat Bombs

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

$\frac{1}{4}$ cup almond flour

$\frac{1}{2}$ coconut (shredded)

1 tablespoon vanilla extract

1 tablespoon coconut oil

3 eggs (whites)

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing the almond flour and coconut (shredded) in a bowl.
2. Then, heat a saucepan and melt the coconut oil in it, and add the vanilla extract to it.
3. Now, in another bowl whisk the egg whites until stiff and then add the coconut oil mixture.
4. Carefully, fold the egg whites mixture into the flour mixture and place it into cookie sheets.
5. Finally, bake the macaroons at 400 F for about 8minutes or golden on the top.
6. Serve warm or at room

temperature.

Nutritional Information (per serving)

Calories: 46

Fat: 5 gms

Protein: 1.8 gms

Net Carbs: 0.5 gms

Chocolate Ice-cream

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 can coconut milk

2 tablespoons cocoa (powder)

1 teaspoons chocolate stevia

3 tablespoons Almond Flour

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by mixing all the ingredients in a blender and pulse until smooth.
2. Then, pour this mixture in a rectangular loaf pan (preferred) and let it set in a freezer or until stiff.
3. Finally, cut the ice-cream into pieces and serve chilled.

Nutritional Information (per serving)

Calories: 318

Fat: 28.6 gms

Protein: 3 gms

Net Carbs: 7 gms

Coconut Chocolate Bars

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ coconut (shredded)

1 teaspoon vanilla extract

$\frac{1}{4}$ coconut cream

2 tablespoons coconut oil

2 tablespoons cocoa (powder)

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by whisking the coconut (shredded), coconut cream, $\frac{1}{2}$ of the vanilla extract and $\frac{1}{2}$ of the sweetener (stevia preferred).
2. Then, place this mixture in rectangular shape on a cookie sheet and let it rest in the freezer for a while. When done remove from the freezer and cut into bars.
3. Now, in a heated saucepan add the coconut oil, and then the rest of the ingredients and stir well for about 2 minutes.
4. Finally, dip the coconut bars in this cocoa mixture and place them in

cookie sheets, and keep them in freezer to set in.

5. Serve.

Nutritional Information (per serving)

Calories: 210

Fat: 22 gms

Protein: 1 gm

Net Carbs: 4.8 gms

Chocolate Pudding

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients

1 cup milk

1 tablespoon cocoa powder

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

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by whisking the milk,

sweetener and the glucomannan powder till they mix well in a microwave-safe bowl.

2. Then, place the bowl in a microwave and heat it for about 1 minute 30 seconds or until the mixture gets hot (not boiling).
3. Now, give this mixture a final whisk and put it in the freezer till it sets or gets stiff.
4. Serve chilled.

Nutritional Information (per serving)

Calories: 81

Fat: 6.5 gms

Protein: 2.1 gms

Net Carbs: .3 gms

Almond Fudge

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Ingredients

$\frac{1}{2}$ cup almond butter

$\frac{1}{2}$ cup coconut oil

$\frac{1}{4}$ cup coconut milk

$\frac{1}{2}$ teaspoon vanilla extract

Essentials

Sweetener to taste (your choice)

Instructions

1. Start by melting the almond butter and coconut oil.
2. Then, blend all the ingredients well with a blender.
3. Now, transfer this mixture in a baking pan and allow this mixture to rest in a freezer until stiff.
4. Finally, cut into slices and serve warm or chilled.

Nutritional Information (per serving)

Calories: 280

Fat: 30 gms

Protein: 6 gms

Net Carbs: 3 gms