



# 2021 KETOGENIC DIET RECIPE

**120+**

**SIMPLE AND  
DELICIOUS**

**KETOGENIC DIET  
RECIPES FOR FAST  
WEIGHT LOSS**

**[KETODIETRECIPE.SITE](http://KETODIETRECIPE.SITE)**



## BREAKFAST RECIPES

- Sheet Pan Eggs with Veggies and Parmesan
- Kale Avocado Smoothie
- Almond Butter Protein Smoothie
- Beets and Blueberry Smoothie
- Almond Butter Muffins
- Classic Western Omelet
- Cinnamon Protein Pancakes
- Sheet Pan Eggs with Ham and Pepper Jack
- Detoxifying Green Smoothie
- Nutty Pumpkin Smoothie
- Tomato Mozzarella Egg Muffins
- Crispy Chai Waffles
- Broccoli Kale Egg Scramble
- Creamy Chocolate Protein Smoothie
- Three Cheese Egg Muffins
- Strawberry Rhubarb Pie Smoothie
- Vanilla Chai Smoothie
- Cinnamon Almond Porridge
- Bacon, Mushroom, and Swiss Omelet
- Maple Cranberry Muffins
- Coco-Cashew Macadamia Muffins
- Chocolate Protein Pancakes
- Ham, Cheddar, and Chive Omelet
- Spinach Parmesan Egg Scramble
- Cinnamon Roll Waffles
- Bacon Swiss Waffles
- Meaty Breakfast Omelet
- Lemon Flaxseed Muffins
- Pumpkin Spice Waffles



## LUNCH RECIPES

- Cucumber Avocado Salad with Bacon
- Bacon Cheeseburger Soup
- Ham and Provolone Sandwich
- Baked Chicken Nuggets
- Taco Salad with Creamy Dressing
- Egg Salad Over Lettuce
- Egg Drop Soup
- Bacon, Lettuce, Tomato, Avocado Sandwich
- Fried Salmon Cakes
- Spring Salad with Shaved Parmesan
- Sesame Chicken Avocado Salad
- Spinach Cauliflower Soup
- Cheesy Buffalo Chicken Sandwich
- Coconut Chicken Tenders
- Avocado Spinach Salad with Almonds
- Easy Chopped Salad
- Cauliflower Leek Soup with Pancetta
- Three Meat and Cheese Sandwich
- Beef and Pepper Kebabs
- Simple Tuna Salad on Lettuce
- Ham, Egg, and Cheese Sandwich
- Bacon-Wrapped Hot Dogs
- Fried Tuna Avocado Balls
- Curried Chicken Soup
- Chopped Kale Salad with Bacon Dressing
- Kale Caesar Salad with Chicken
- Chicken Enchilada Soup
- Thai Coconut Shrimp Soup
- Mushroom and Asparagus Soup
- Slow-Cooker Chicken Fajita Soup
- Avocado Egg Salad on Lettuce
- Bacon-Wrapped Chicken Rolls
- Spicy Shrimp and Sausage Soup
- Slow-Cooker Beef Chili



## DINNER RECIPES

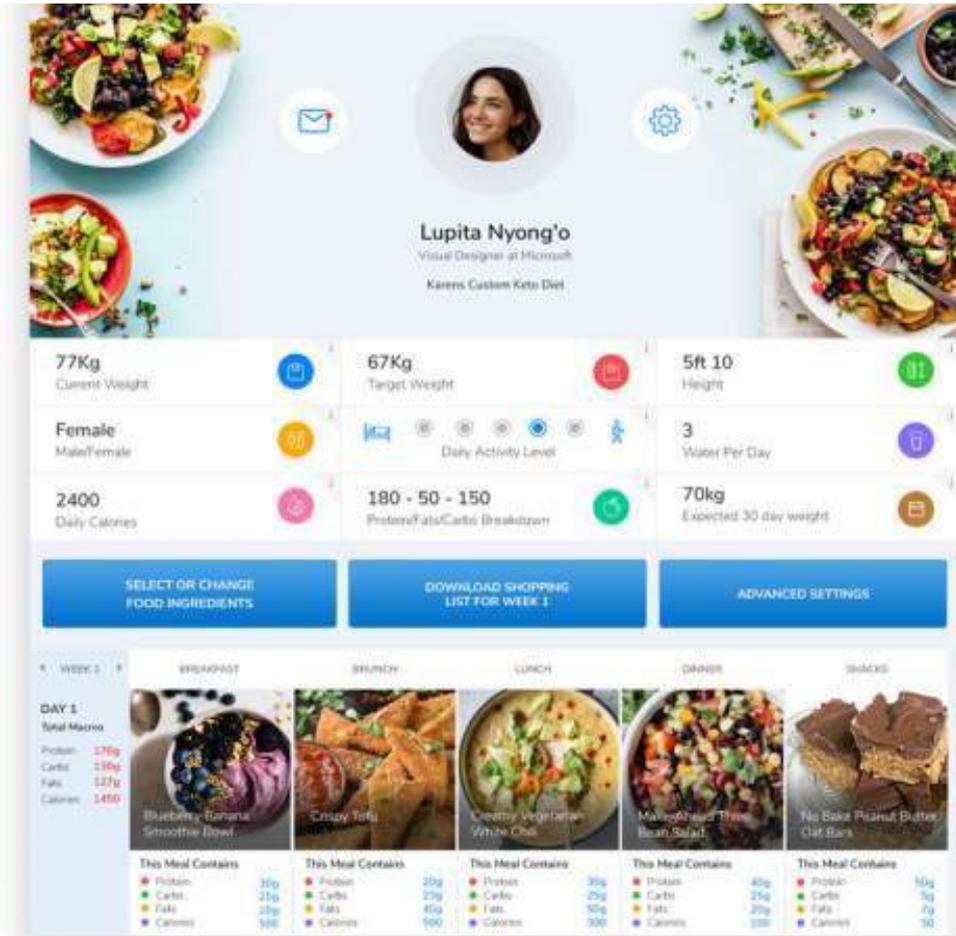
- Grilled Pesto Salmon with Asparagus
- Cheddar-Stuffed Burgers with Zucchini
- Chicken Cordon Bleu with Cauliflower
- Sesame-Crusted Tuna with Green Beans
- Rosemary Roasted Pork with Cauliflower
- Chicken Tikka with Cauliflower Rice
- Grilled Salmon and Zucchini with Mango Sauce
- Slow-Cooker Pot Roast with Green Beans
- Beef and Broccoli Stir-Fry
- Parmesan-Crusted Halibut with Asparagus
- Hearty Beef and Bacon Casserole
- Sesame Wings with Cauliflower
- Fried Coconut Shrimp with Asparagus
- Coconut Chicken Curry with Cauliflower Rice
- Spicy Chicken Enchilada Casserole
- White Cheddar Broccoli Chicken Casserole
- Sausage Stuffed Bell Peppers
- Cheddar, Sausage, and Mushroom Casserole
- Cauliflower Crust Meat Lover's Pizza
- Slow Cooker Beef Bourguignon
- Pepper Grilled Ribeye with Asparagus
- Bacon-Wrapped Pork Tenderloin with Cauliflower
- Steak Kebabs with Peppers and Onions
- Seared Lamb Chops with Asparagus
- Lemon Chicken Kebabs with Veggies
- Balsamic Salmon with Green Beans



## FAT BOMB, SNACK AND DESSERT RECIPES

- Pumpkin Spiced Almonds
- Coco-Macadamia Fat Bombs
- Tzatziki Dip with Cauliflower
- Curry-Roasted Macadamia Nuts
- Sesame Almond Fat Bombs
- Coconut Chia Pudding
- Chocolate Almond Butter Brownies
- Layered Almond Chocolate Fat Bombs
- Bacon Cheeseburger Bites
- Layered Coco-Chia Fat Bombs
- Cinnamon Quick Bread
- Lemon Meringue Cookies
- Almond Flour Cupcakes
- Coconut Macaroons
- Vanilla Coconut Milk Ice Cream
- Crunchy Ginger Cookies
- Vanilla Coconut Milk Flan
- Peppermint Dark Chocolate Fudge
- Layered Choco-Coconut Bars
- Creamy Queso Dip
- Choco-Pistachio Fat Bombs
- Matcha Coconut Fat Bombs
- Coco-Almond Fat Bomb Bars
- Chocolate-Dipped Pecan Fat Bombs
- Dark Chocolate Pistachio Fat Bombs
- Chocolate-Dipped Coconut Fat Bombs
- Chocolate Sunbutter Fat Bombs
- Cinnamon Mug Cake
- Raspberry Coconut Mousse
- Chocolate Coconut Truffles
- Cinnamon-Spiced Pumpkin Bars
- Chocolate Avocado Pudding
- Classic Guacamole Dip
- Cashew Macadamia Fat Bomb Bars





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## BREAKFAST RECIPES

### Sheet Pan Eggs with Veggies and Parmesan

Servings: 6

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 12 large eggs, whisked
- Salt and pepper
- 1 small red pepper, diced
- 1 small yellow onion, chopped
- 1 cup diced mushrooms
- 1 cup diced zucchini
- 1 cup freshly grated parmesan cheese

#### Instructions:

1. Preheat the oven to 350°F and grease a rimmed baking sheet with cooking spray.
2. Whisk the eggs in a bowl with salt and pepper until frothy.
3. Stir in the peppers, onions, mushrooms, and zucchini until well combined.
4. Pour the mixture in the baking sheet and spread into an even layer.
5. Sprinkle with parmesan and bake for 12 to 15 minutes until the egg is set.
6. Let cool slightly, then cut into squares to serve.

**Nutrition Info:** 215 calories, 14g fat, 18.5g protein, 5g carbs, 1g fiber, 4g net carbs



## BREAKFAST RECIPES

### Kale Avocado Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup fresh chopped kale
- ½ cup chopped avocado
- ¾ cup unsweetened almond milk
- ¼ cup full-fat yogurt, plain
- 3 to 4 ice cubes
- 1 tablespoon fresh lemon juice
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the kale, avocado, and almond milk in a blender.
2. Pulse the ingredients several times.
3. Add the remaining ingredients and blend until smooth.
4. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 250 calories, 19g fat, 6g protein, 17.5g carbs, 6.5g fiber, 11g net carbs



## BREAKFAST RECIPES

### Almond Butter Protein Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup unsweetened almond milk
- ½ cup full-fat yogurt, plain
- ¼ cup vanilla egg white protein powder
- 1 tablespoon almond butter
- Pinch ground cinnamon
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the almond milk and yogurt in a blender.
2. Pulse the ingredients several times.
3. Add the remaining ingredients and blend until smooth.
4. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 315 calories, 16.5g fat, 31.5g protein, 12g carbs, 2.5g fiber, 9.5g net carb



## BREAKFAST RECIPES

### Beets and Blueberry Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup unsweetened coconut milk
- ¼ cup heavy cream
- ¼ cup frozen blueberries
- 1 small beet, peeled and chopped
- 1 teaspoon chia seeds
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the blueberries, beets, and coconut milk in a blender.
2. Pulse the ingredients several times.
3. Add the remaining ingredients and blend until smooth.
4. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 215 calories, 17g fat, 2.5g protein, 15g carbs, 5g fiber, 10g net carbs



## BREAKFAST RECIPES

### Almond Butter Muffins

Servings: 12

Prep Time: 10 minutes

Cook Time: 25 minutes

#### Ingredients:

- 2 cups almond flour
- 1 cup powdered erythritol
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup almond butter, warmed
- ¾ cup unsweetened almond milk
- 4 large eggs

#### Instructions:

1. Preheat the oven to 350°F and line a muffin pan with paper liners.
2. Whisk the almond flour together with the erythritol, baking powder, and salt in a mixing bowl.
3. In a separate bowl, whisk together the almond milk, almond butter, and eggs.
4. Stir the wet ingredients into the dry until just combined.
5. Spoon the batter into the prepared pan and bake for 22 to 25 minutes until a knife inserted in the center comes out clean.
6. Cool the muffins in the pan for 5 minutes then turn out onto a wire cooling rack.

**Nutrition Info:** 135 calories, 11g fat, 6g protein, 4g carbs, 2g fiber, 2g net carbs



## BREAKFAST RECIPES

### Classic Western Omelet

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 2 teaspoons coconut oil
- 3 large eggs, whisked
- 1 tablespoon heavy cream
- Salt and pepper
- ¼ cup diced green pepper
- ¼ cup diced yellow onion
- ¼ cup diced ham

#### Instructions:

1. Whisk together the eggs, heavy cream, salt and pepper in a small bowl.
2. Heat 1 teaspoon coconut oil in a small skillet over medium heat.
3. Add the peppers, onions, and ham then sauté for 3 to 4 minutes.
4. Spoon the mixture into a bowl and reheat the skillet with the rest of the oil.
5. Pour in the whisked eggs and cook until the bottom of the egg starts to set.
6. Tilt the pan to spread the egg and cook until almost set.
7. Spoon the veggie and ham mixture over half the omelet and fold it over.
8. Let the omelet cook until the eggs are set then serve hot.

**Nutrition Info:** 415 calories, 32.5g fat, 25g protein, 6.5g carbs, 1.5g fiber, 5g net carbs



## BREAKFAST RECIPES

### Cinnamon Protein Pancakes

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 cup canned coconut milk
- ¼ cup coconut oil
- 8 large eggs
- 2 scoops (40g) egg white protein powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Pinch ground nutmeg
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the coconut milk, coconut oil, and eggs in a food processor.
2. Pulse the mixture several times then add the remaining ingredients.
3. Blend until smooth and well combined – adjust sweetness to taste.
4. Heat a nonstick skillet over medium heat.
5. Spoon in the batter, using about ¼ cup per pancake.
6. Cook until bubbles form on the surface of the batter then carefully flip.
7. Let the pancake cook until the underside is browned.
8. Transfer to a plate to keep warm and repeat with the remaining batter.

**Nutrition Info:** 440 calories, 38g fat, 22g protein, 5.5g carbs, 1.5g fiber, 4g net carbs



## BREAKFAST RECIPES

### Sheet Pan Eggs with Ham and Pepper Jack

Servings: 6

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 12 large eggs, whisked
- Salt and pepper
- 2 cups diced ham
- 1 cup shredded pepper jack cheese

#### Instructions:

1. Preheat the oven to 350°F and grease a rimmed baking sheet with cooking spray.
2. Whisk the eggs in a bowl with salt and pepper until frothy.
3. Stir in the ham and cheese until well combined.
4. Pour the mixture in the baking sheet and spread into an even layer.
5. Bake for 12 to 15 minutes until the egg is set.
6. Let cool slightly then cut into squares to serve.

**Nutrition Info:** 235 calories, 15g fat, 21g protein, 2.5g carbs, 0.5g fiber, 2g net carbs



## BREAKFAST RECIPES

### Detoxifying Green Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup fresh chopped kale
- ½ cup fresh baby spinach
- ¼ cup sliced celery
- 1 cup water
- 3 to 4 ice cubes
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lime juice
- 1 tablespoon coconut oil
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the kale, spinach, and celery in a blender.
2. Pulse the ingredients several times.
3. Add the remaining ingredients and blend until smooth.
4. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 160 calories, 14g fat, 2.5g protein, 8g carbs, 2g fiber, 6g net carbs



## BREAKFAST RECIPES

### Nutty Pumpkin Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup unsweetened cashew milk
- ½ cup pumpkin puree
- ¼ cup heavy cream
- 1 tablespoon raw almonds
- ¼ teaspoon pumpkin pie spice
- Liquid stevia extract, to taste

#### Instructions:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times, then blend until smooth.
3. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 205 calories, 16.5g fat, 3g protein, 13g carbs, 4.5g fiber, 8.5g net carbs



## BREAKFAST RECIPES

### Tomato Mozzarella Egg Muffins

Servings: 12

Prep Time: 5 minutes

Cook Time: 25 minutes

#### Ingredients:

- 1 tablespoon butter
- 1 medium tomato, finely diced
- ½ cup diced yellow onion
- 12 large eggs, whisked
- ½ cup canned coconut milk
- ¼ cup sliced green onion
- Salt and pepper
- 1 cup shredded mozzarella cheese

#### Instructions:

1. Preheat the oven to 350°F and grease a muffin pan with cooking spray.
2. Melt the butter in a medium skillet over medium heat.
3. Add the tomato and onions then cook for 3 to 4 minutes until softened.
4. Divide the mixture among the muffin cups.
5. Whisk together the eggs, coconut milk, green onions, salt, and pepper, then spoon into the muffin cups.
6. Sprinkle with cheese then bake for 20 to 25 minutes until the egg is set.

**Nutrition Info:** 135 calories, 10.5g fat, 9g protein, 2g carbs, 0.5g fiber, 1.5g net carbs



## Crispy Chai Waffles

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

### Ingredients:

- 4 large eggs, separated into whites and yolks
- 3 tablespoons coconut flour
- 3 tablespoons powdered erythritol
- 1 ¼ teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch ground cloves
- Pinch ground cardamom
- 3 tablespoons coconut oil, melted
- 3 tablespoons unsweetened almond milk

### Instructions:

1. Separate the eggs into two different mixing bowls.
2. Whip the egg whites until stiff peaks form then set aside.
3. Whisk the egg yolks with the coconut flour, erythritol, baking powder, vanilla, cinnamon, cardamom, and cloves in the other bowl.
4. Add the melted coconut oil to the second bowl while whisking then whisk in the almond milk.
5. Gently fold in the egg whites until just combined.
6. Preheat the waffle iron and grease with cooking spray.
7. Spoon about ½ cup of batter into the iron.
8. Cook the waffle according to the manufacturer's instructions.
9. Remove the waffle to a plate and repeat with the remaining batter.

**Nutrition Info:** 215 calories, 17g fat, 8g protein, 8g carbs, 4g fiber, 4g net carbs



## BREAKFAST RECIPES

### Broccoli Kale Egg Scramble

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 2 large eggs, whisked
- 1 tablespoon heavy cream
- Salt and pepper
- 1 teaspoon coconut oil
- 1 cup fresh chopped kale
- ¼ cup frozen broccoli florets, thawed
- 2 tablespoons grated parmesan cheese

#### Instructions:

1. Whisk the eggs together with the heavy cream, salt, and pepper in a bowl.
2. Heat 1 teaspoon coconut oil in a medium skillet over medium heat.
3. Stir in the kale and broccoli then cook until the kale is wilted, about 1 to 2 minutes.
4. Pour in the eggs and cook, stirring occasionally, until just set.
5. Stir in the parmesan cheese and serve hot.

**Nutrition Info:** 315 calories, 23g fat, 19.5g protein, 10g carbs, 1.5g fiber, 8.5g net carbs



## BREAKFAST RECIPES

### Creamy Chocolate Protein Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup unsweetened almond milk
- ½ cup full-fat yogurt, plain
- ¼ cup chocolate egg white protein powder
- 1 tablespoon coconut oil
- 1 tablespoon unsweetened cocoa powder
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the almond milk, yogurt, and protein powder in a blender.
2. Pulse the ingredients several times then add the rest and blend until smooth.
3. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 345 calories, 22g fat, 29g protein, 12g carbs, 3g fiber, 9g net carbs



## BREAKFAST RECIPES

### Three Cheese Egg Muffins

Servings: 12

Prep Time: 5 minutes

Cook Time: 25 minutes

#### Ingredients:

- 1 tablespoon butter
- ½ cup diced yellow onion
- 12 large eggs, whisked
- ½ cup canned coconut milk
- ¼ cup sliced green onion
- Salt and pepper
- ½ cup shredded cheddar cheese
- ½ cup shredded Swiss cheese
- ¼ cup grated parmesan cheese

#### Instructions:

1. Preheat the oven to 350°F and grease a muffin pan with cooking spray.
2. Melt the butter in a medium skillet over medium heat.
3. Add the onions then cook for 3 to 4 minutes until softened.
4. Divide the mixture among the muffin cups.
5. Whisk together the eggs, coconut milk, green onions, salt, and pepper, then spoon into the muffin cups.
6. Combine the three cheeses in a bowl and sprinkle over the egg muffins.
7. Bake for 20 to 25 minutes until the egg is set.

**Nutrition Info:** 150 calories, 11.5g fat, 10g protein, 2g carbs, 0.5g fiber, 1.5g net carb



## BREAKFAST RECIPES

### Strawberry Rhubarb Pie Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 small stalk rhubarb, sliced
- ¼ cup frozen sliced strawberries
- ¾ cup unsweetened cashew milk
- ½ cup full-fat yogurt, plain
- 1 ounce raw almonds
- ½ teaspoon vanilla extract
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the rhubarb, strawberries, and almond milk in a blender.
2. Pulse the ingredients several times.
3. Add the remaining ingredients and blend until smooth.
4. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 285 calories, 20g fat, 11g protein, 17.5g carbs, 5g fiber, 12.5g net carbs



## BREAKFAST RECIPES

### Vanilla Chai Smoothie

Servings: 1

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup unsweetened almond milk
- ½ cup full-fat yogurt, plain
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch ground cloves
- Pinch ground cardamom
- Liquid stevia extract, to taste

#### Instructions:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times then blend smooth.
3. Pour into a large glass and enjoy immediately.

**Nutrition Info:** 115 calories, 7.5g fat, 5g protein, 7.5g carbs, 1g fiber, 6.5g net carbs



## BREAKFAST RECIPES

### Cinnamon Almond Porridge

Servings: 1

Prep Time: 5 minutes

Cook Time: 5 minutes

#### Ingredients:

- 1 tablespoon butter
- 1 tablespoon coconut flour
- 1 large egg, whisked
- ⅛ teaspoon ground cinnamon
- Pinch salt
- ¼ cup canned coconut milk
- 1 tablespoon almond butter

#### Instructions:

1. Melt the butter in a small saucepan over low heat.
2. Whisk in the coconut flour, egg, cinnamon, and salt.
3. Add the coconut milk while whisking and stir in the almond butter until smooth.
4. Simmer on low heat, stirring often, until heated through.
5. Spoon into a bowl and serve.

**Nutrition Info:** 470 calories, 42g fat, 13g protein, 15g carbs, 8g fiber, 7g net carbs



## BREAKFAST RECIPES

### Bacon, Mushroom, and Swiss Omelet

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 3 large eggs, whisked
- 1 tablespoon heavy cream
- Salt and pepper
- 2 slices uncooked bacon, chopped
- ¼ cup diced mushrooms
- ¼ cup shredded Swiss cheese

#### Instructions:

1. Whisk together the eggs, heavy cream, salt, and pepper in a small bowl.
2. Cook the bacon in a small skillet over medium-high heat.
3. When the bacon is crisp, spoon it into a bowl.
4. Reheat the skillet over medium heat, then add the mushrooms.
5. Cook the mushrooms until browned, then spoon into the bowl with the bacon.
6. Reheat the skillet with the rest of the oil.
7. Pour in the whisked eggs and cook until the bottom of the egg starts to set.
8. Tilt the pan to spread the egg and cook until almost set.
9. Spoon the bacon and mushroom mixture over half the omelet then sprinkle with cheese and fold it over.
10. Let the omelet cook until the eggs are set, then serve hot.

**Nutrition Info:** 475 calories, 36g fat, 34g protein, 4g carbs, 0.5g fiber, 3.5g net carbs



## BREAKFAST RECIPES

### Maple Cranberry Muffins

Servings: 12

Prep Time: 10 minutes

Cook Time: 20 minutes

#### Ingredients:

- $\frac{3}{4}$  cups almond flour
- $\frac{1}{4}$  cup ground flaxseed
- $\frac{1}{4}$  cup powdered erythritol
- 1 teaspoon baking powder
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{3}$  cup canned coconut milk
- $\frac{1}{4}$  cup coconut oil, melted
- 3 large eggs
- $\frac{1}{2}$  cup fresh cranberries
- 1 teaspoon maple extract

#### Instructions:

1. Preheat the oven to 350°F and line a muffin pan with paper liners.
2. Whisk the almond flour together with the ground flaxseed, erythritol, baking powder, and salt in a mixing bowl.
3. In a separate bowl, whisk together the coconut milk, coconut oil, eggs, and maple extract.
4. Stir the wet ingredients into the dry until just combined, then fold in the cranberries.
5. Spoon the batter into the prepared pan and bake for 18 to 20 minutes until a knife inserted in the center comes out clean.
6. Cool the muffins in the pan for 5 minutes, then turn out onto a wire cooling rack.

**Nutrition Info:** 125 calories, 11.5g fat, 3.5g protein, 3g carbs, 1.5g fiber, 1.5g net carbs



## BREAKFAST RECIPES

### Coco-Cashew Macadamia Muffins

Servings: 12

Prep Time: 10 minutes

Cook Time: 25 minutes

#### Ingredients:

- 1  $\frac{3}{4}$  cups almond flour
- 1 cup powdered erythritol
- $\frac{1}{4}$  cup unsweetened cocoa powder
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{3}{4}$  cup cashew butter, melted
- $\frac{3}{4}$  cup unsweetened almond milk
- 4 large eggs
- $\frac{1}{4}$  cup chopped macadamia nuts

#### Instructions:

1. Preheat the oven to 350°F and line a muffin pan with paper liners.
2. Whisk the almond flour together with the erythritol, cocoa powder, baking powder, and salt in a mixing bowl.
3. In a separate bowl, whisk together the almond milk, cashew butter, and eggs.
4. Stir the wet ingredients into the dry until just combined then fold in the nuts.
5. Spoon the batter into the prepared pan and bake for 22 to 25 minutes until a knife inserted in the center comes out clean.
6. Cool the muffins in the pan for 5 minutes then turn out onto a wire cooling rack.

**Nutrition Info:** 230 calories, 20g fat, 9g protein, 9g carbs, 2.5g fiber, 6.5g net carbs



## BREAKFAST RECIPES

### Chocolate Protein Pancakes

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 cup canned coconut milk
- ¼ cup coconut oil
- 8 large eggs
- 2 scoops (40g) egg white protein powder
- ¼ cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the coconut milk, coconut oil, and eggs in a food processor.
2. Pulse the mixture several times then add the remaining ingredients.
3. Blend until smooth and well combined – adjust sweetness to taste.
4. Heat a nonstick skillet over medium heat.
5. Spoon in the batter, using about ¼ cup per pancake.
6. Cook until bubbles form on the surface of the batter, then carefully flip.
7. Let the pancake cook until the underside is browned.
8. Transfer to a plate to keep warm and repeat with the remaining batter.

**Nutrition Info:** 455 calories, 38.5g fat, 23g protein, 8g carbs, 3g fiber, 5g net carbs



## BREAKFAST RECIPES

### Ham, Cheddar, and Chive Omelet

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 1 teaspoon coconut oil
- 3 large eggs, whisked
- 1 tablespoon heavy cream
- 1 tablespoon chopped chives
- Salt and pepper
- ¼ cup shredded cheddar cheese
- ¼ cup diced ham

#### Instructions:

1. Whisk together the eggs, heavy cream, chives, salt, and pepper in a small bowl.
2. Heat the coconut oil in a small skillet over medium heat.
3. Pour in the whisked eggs and cook until the bottom of the egg starts to set.
4. Tilt the pan to spread the egg and cook until almost set.
5. Sprinkle the ham and cheddar cheese over half the omelet and fold it over.
6. Let the omelet cook until the eggs are set, then serve hot.

**Nutrition Info:** 515 calories, 42g fat, 32g protein, 3.5g carbs, 0.5g fiber, 3g net carbs



## BREAKFAST RECIPES

### Spinach Parmesan Egg Scramble

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 2 large eggs, whisked
- 1 tablespoon heavy cream
- Salt and pepper
- 1 teaspoon coconut oil
- 2 cups fresh baby spinach
- 2 tablespoons grated parmesan cheese

#### Instructions:

1. Whisk the eggs together with the heavy cream, salt, and pepper in a bowl.
2. Heat the coconut oil in a medium skillet over medium heat.
3. Stir in the spinach and cook until wilted, about 1 to 2 minutes.
4. Pour in the eggs and cook, stirring occasionally, until just set – about 1 to 2 minutes.
5. Stir in the parmesan and serve hot.

**Nutrition Info:** 290 calories, 23g fat, 18.5g protein, 3.5g carbs, 1.5g fiber, 2g net carbs



## BREAKFAST RECIPES

### Cinnamon Roll Waffles

Servings: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

#### Ingredients:

- 4 large eggs, separated into whites and yolks
- 3 tablespoons coconut flour
- 3 tablespoons powdered erythritol
- 1 ¼ teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Pinch ground nutmeg
- ½ cup heavy cream

#### Instructions:

1. Separate the eggs into two different mixing bowls.
2. Whip the egg whites until stiff peaks form then set aside.
3. Whisk the egg yolks with the coconut flour, erythritol, baking powder, vanilla, cinnamon, and nutmeg in the other bowl.
4. Add the heavy cream, whisking until just combined, then gently fold in the egg whites.
5. Preheat the waffle iron and grease with cooking spray.
6. Spoon about ½ cup of batter into the iron.
7. Cook the waffle according to the manufacturer's instructions.
8. Remove the waffle to a plate and repeat with the remaining batter.

**Nutrition Info:** 350 calories, 24g fat, 16g protein, 16g carbs, 8g fiber, 8g net carbs



## Bacon Swiss Waffles

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

### Ingredients:

- 6 slices uncooked bacon
- 4 large eggs, separated into whites and yolks
- 3 tablespoons coconut flour
- 1 ¼ teaspoon baking powder
- Salt and pepper
- 3 tablespoons unsweetened almond milk
- ½ cup shredded Swiss cheese
- ¼ cup sour cream

### Instructions:

1. Cook the bacon in a skillet until crisp then coarsely chop into a bowl.
2. Spoon out 3 tablespoons of the bacon grease and set it aside.
3. Separate the eggs into two different mixing bowls.
4. Whip the egg whites until stiff peaks form then set aside.
5. Whisk the egg yolks with the coconut flour, erythritol, baking powder, salt, and pepper in the other bowl.
6. Add the almond milk and bacon grease to the second bowl while whisking then gently fold in the egg whites until just combined.
7. Stir in the shredded Swiss cheese and half the chopped bacon.
8. Preheat the waffle iron and grease with cooking spray.
9. Spoon a heaping ½ cup of batter into the iron.
10. Cook the waffle according to the manufacturer's instructions.
11. Remove the waffle to a plate and repeat with the remaining batter.
12. Serve the waffles topped with sour cream and chopped bacon.

**Nutrition Info:** 250 calories, 16.5g fat, 17g protein, 8g carbs, 4g fiber, 4g net carbs



## BREAKFAST RECIPES

### Meaty Breakfast Omelet

Servings: 1

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 3 large eggs, whisked
- 1 tablespoon heavy cream
- Salt and pepper
- 1 slice uncooked bacon, chopped
- 1 ounce breakfast sausage, crumbled
- ¼ cup diced ham

#### Instructions:

1. Whisk together the eggs, heavy cream, salt, and pepper in a small bowl.
2. Cook the bacon in a small skillet over medium-high heat.
3. When the bacon is crisp, spoon it off into a bowl.
4. Cook the sausage in the skillet until browned, then add to the bowl with the bacon.
5. Reheat the skillet with the grease from the bacon and sausage.
6. Pour in the whisked eggs and cook until the bottom of the egg starts to set.
7. Tilt the pan to spread the egg and cook until almost set.
8. Sprinkle the bacon, sausage, and ham over half the omelet and fold it over.
9. Let the omelet cook until the eggs are set, then serve hot.

**Nutrition Info:** 470 calories, 35.5g fat, 34g protein, 3g carbs, 0.5g fiber, 2.5g net carbs



## BREAKFAST RECIPES

### Lemon Flaxseed Muffins

Servings: 12

Prep Time: 10 minutes

Cook Time: 20 minutes

#### Ingredients:

- $\frac{3}{4}$  cups almond flour
- $\frac{1}{4}$  cup ground flaxseed
- $\frac{1}{4}$  cup powdered erythritol
- 1 teaspoon baking powder
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{4}$  cup canned coconut milk
- $\frac{1}{4}$  cup coconut oil, melted
- $\frac{1}{4}$  cup fresh lemon juice
- 3 large eggs
- 2 tablespoons grated lemon peel

#### Instructions:

1. Preheat the oven to 350°F and line a muffin pan with paper liners.
2. Whisk the almond flour together with the ground flaxseed, erythritol, baking powder, and salt in a mixing bowl.
3. In a separate bowl, whisk together the coconut milk, coconut oil, lemon juice, and eggs.
4. Stir the wet ingredients into the dry until just combined.
5. Fold in the grated lemon peel.
6. Spoon the batter into the prepared pan and bake for 18 to 20 minutes until a knife inserted in the center comes out clean.
7. Cool the muffins in the pan for 5 minutes, then turn out onto a wire cooling rack.

**Nutrition Info:** 120 calories, 11g fat, 3.5g protein, 3g carbs, 1.5g fiber, 1.5g net carbs



## BREAKFAST RECIPES

### Pumpkin Spice Waffles

Servings: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

#### Ingredients:

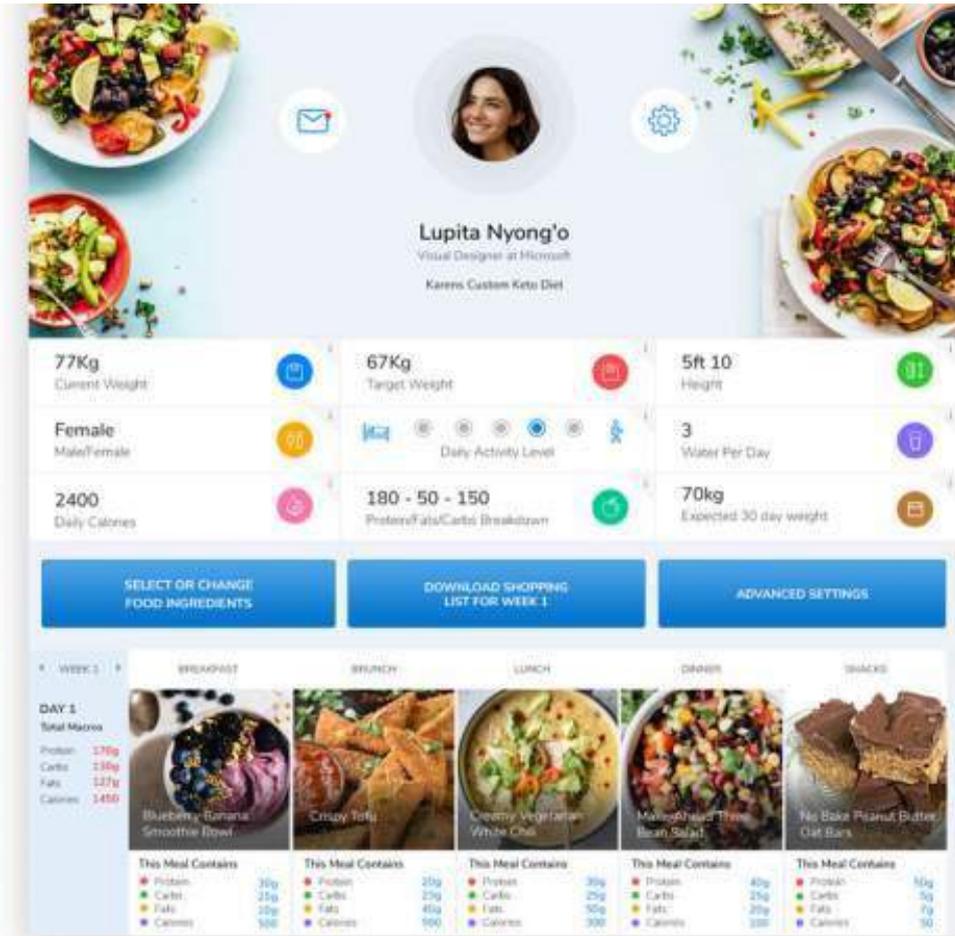
- 4 large eggs, separated into whites and yolks
- 3 tablespoons coconut flour
- 3 tablespoons powdered erythritol
- 1 ¼ teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Pinch ground cloves
- ½ cup pumpkin puree

#### Instructions:

1. Separate the eggs into two different mixing bowls.
2. Whip the egg whites until stiff peaks form then set aside.
3. Whisk the egg yolks with the coconut flour, erythritol, baking powder, vanilla, cinnamon, nutmeg, and cloves in the other bowl.
4. Add the pumpkin puree, whisking until combined, then gently fold in the egg whites.
5. Preheat the waffle iron and grease with cooking spray.
6. Spoon about ½ cup of batter into the iron.
7. Cook the waffle according to the manufacturer's instructions.
8. Remove the waffle to a plate and repeat with the remaining batter.

**Nutrition Info:** 265 calories, 13.5g fat, 16g protein, 20g carbs, 10g fiber, 10g net carbs





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# LUNCH

## LUNCH RECIPES

### Cucumber Avocado Salad with Bacon

Servings: 2

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 2 cups fresh baby spinach, chopped
- ½ English cucumber, sliced thin
- 1 small avocado, pitted and chopped
- 1 ½ tablespoons olive oil
- 1 ½ tablespoons lemon juice
- Salt and pepper
- 2 slices cooked bacon, chopped

#### Instructions:

1. Combine the spinach, cucumber, and avocado in a salad bowl.
2. Toss with the olive oil, lemon juice, salt and pepper.
3. Top with chopped bacon to serve.

**Nutrition Info:** 365 calories, 24.5g fat, 7g protein, 13g carbs, 8g fiber, 5g net carbs



## LUNCH RECIPES

### Bacon Cheeseburger Soup

Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- 4 slices uncooked bacon
- 8 ounces ground beef (80% lean)
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 3 cups beef broth
- 2 tablespoons tomato paste
- 2 teaspoons Dijon mustard
- Salt and pepper
- 1 cup shredded lettuce
- ½ cup shredded cheddar cheese

#### Instructions:

1. Cook the bacon in a saucepan until crisp then drain on paper towels and chop.
2. Reheat the bacon fat in the saucepan and add the beef.
3. Cook until the beef is browned, then drain away half the fat.
4. Reheat the saucepan and add the onion and garlic – cook for 6 minutes.
5. Stir in the broth, tomato paste, and mustard then season with salt and pepper.
6. Add the beef and simmer on medium-low for 15 minutes, covered.
7. Spoon into bowls and top with shredded lettuce, cheddar cheese and bacon.

**Nutrition Info:** 315 calories, 20g fat, 27g protein, 6g carbs, 1g fiber, 5g net carbs



## LUNCH RECIPES

### Ham and Provolone Sandwich

Servings: 1

Prep Time: 30 minutes

Cook Time: 5 minutes

#### Ingredients:

- 1 large egg, separated
- Pinch cream of tartar
- Pinch salt
- 1 ounce cream cheese, softened
- ¼ cup shredded provolone cheese
- 3 ounces sliced ham

#### Instructions:

1. For the bread, preheat the oven to 300°F and line a baking sheet with parchment.
2. Beat the egg whites with the cream of tartar and salt until soft peaks form.
3. Whisk the cream cheese and egg yolk until smooth and pale yellow.
4. Fold in the egg whites a little at a time until smooth and well combined.
5. Spoon the batter onto the baking sheet into two even circles.
6. Bake for 25 minutes until firm and lightly browned.
7. Spread the butter on one side of each bread circle then place one in a preheated skillet over medium heat.
8. Sprinkle with cheese and add the sliced ham then top with the other bread circle, butter-side-up.
9. Cook the sandwich for a minute or two then carefully flip it over.
10. Let it cook until the cheese is melted then serve.

**Nutrition Info:** 425 calories, 31g fat, 31g protein, 5g carbs, 1g fiber, 4g net carbs



## LUNCH RECIPES

### Baked Chicken Nuggets

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

#### Ingredients:

- ¼ cup almond flour
- 1 teaspoon chili powder
- ½ teaspoon paprika
- 2 pounds boneless chicken thighs, cut into 2-inch chunks
- Salt and pepper
- 2 large eggs, whisked well

#### Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Stir together the almond flour, chili powder, and paprika in a shallow dish.
3. Season the chicken with salt and pepper, then dip in the beaten eggs.
4. Dredge the chicken pieces in the almond flour mixture, then arrange on the baking sheet.
5. Bake for 20 minutes until browned and crisp. Serve hot.

**Nutrition Info:** 400 calories, 26g fat, 43g protein, 2g carbs, 1g fiber, 1g net carbs



## LUNCH RECIPES

### Taco Salad with Creamy Dressing

Servings: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

#### Ingredients:

- 6 ounces ground beef (80% lean)
- Salt and pepper
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 4 cups fresh chopped lettuce
- ½ cup diced tomatoes
- ¼ cup diced red onion
- ¼ cup shredded cheddar cheese
- 3 tablespoons mayonnaise
- 1 teaspoon apple cider vinegar
- Pinch paprika

#### Instructions:

1. Cook the ground beef in a skillet over medium-high heat until browned.
2. Drain half the fat, then season with salt and pepper and stir in the taco seasoning.
3. Simmer for 5 minutes, then remove from heat.
4. Divide the lettuce between two salad bowls, then top with ground beef.
5. Add the diced tomatoes, red onion, and cheddar cheese.
6. Whisk together the remaining ingredients, then drizzle over the salads to serve.

**Nutrition Info:** 470 calories, 36g fat, 28g protein, 7.5g carbs, 1.5g fiber, 6g net carbs



## LUNCH RECIPES

### Egg Salad Over Lettuce

Servings: 2

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 3 large hardboiled eggs, cooled
- 1 small stalk celery, diced
- 3 tablespoons mayonnaise
- 1 tablespoon fresh chopped parsley
- 1 teaspoon fresh lemon juice
- Salt and pepper
- 4 cups fresh chopped lettuce

#### Instructions:

1. Peel and dice the eggs into a mixing bowl.
2. Stir in the celery, mayonnaise, parsley, lemon juice, salt and pepper.
3. Serve spooned over fresh chopped lettuce.

**Nutrition Info:** 260 calories, 23g fat, 10g protein, 4g carbs, 1g fiber, 3g net carbs



## LUNCH RECIPES

### Egg Drop Soup

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 5 cups chicken broth
- 4 chicken bouillon cubes
- 1 ½ tablespoons chili garlic paste
- 6 large eggs, whisked
- ½ green onion, sliced

#### Instructions:

1. Crush the bouillon cubes and stir into the broth in a saucepan.
2. Bring it to a boil, then stir in the chili garlic paste.
3. Cook until steaming, then remove from heat.
4. While whisking, drizzle in the beaten eggs.
5. Let sit for 2 minutes then serve with sliced green onion.

**Nutrition Info:** 165 calories, 9.5g fat, 16g protein, 2.5g carbs, 0g fiber, 2.5g carbs



## LUNCH RECIPES

### Bacon, Lettuce, Tomato, Avocado Sandwich

Servings: 1

Prep Time: 30 minutes

Cook Time: None

#### Ingredients:

- 1 large egg, separated
- Pinch cream of tartar
- Pinch salt
- 1 ounce cream cheese, softened
- 2 slices uncooked bacon
- ¼ cup sliced avocado
- ¼ cup shredded lettuce
- 1 slice tomato

#### Instructions:

1. For the bread, preheat the oven to 300°F and line a baking sheet with parchment.
2. Beat the egg whites with the cream of tartar and salt until soft peaks form.
3. Whisk the cream cheese and egg yolk until smooth and pale yellow.
4. Fold in the egg whites a little at a time until smooth and well combined.
5. Spoon the batter onto the baking sheet into two even circles.
6. Bake for 25 minutes until firm and lightly browned.
7. Cook the bacon in a skillet until crisp, then drain on a paper towel.
8. Assemble the sandwich with the bacon, avocado, lettuce, and tomato.

**Nutrition Info:** 355 calories, 30g fat, 16.5g protein, 5.5g carbs, 2.5g fiber, 3g net carbs



## LUNCH RECIPES

### Fried Salmon Cakes

Servings: 2

Prep Time: 15 minutes

Cook Time: 10 minutes

#### Ingredients:

- 1 tablespoon butter
- 1 cup riced cauliflower
- Salt and pepper
- 8 ounces boneless salmon fillet
- ¼ cup almond flour
- 2 tablespoons coconut flour
- 1 large egg
- 2 tablespoons minced red onion
- 1 tablespoon fresh chopped parsley
- 2 tablespoons coconut oil

#### Instructions:

1. Melt the butter in a skillet over medium heat, then cook the cauliflower for 5 minutes until tender – season with salt and pepper.
2. Spoon the cauliflower into a bowl and reheat the skillet.
3. Add the salmon and season with salt and pepper.
4. Cook the salmon until just opaque, then remove and flake the fish into a bowl.
5. Stir in the cauliflower along with the almond flour, coconut flour, egg, red onion, and parsley.
6. Shape into 6 patties then fry in coconut oil until both sides are browned.

**Nutrition Info:** 505 calories, 37.5g fat, 31g protein, 14.5g carbs, 8g fiber, 6.5g net carbs



## LUNCH RECIPES

### Spring Salad with Shaved Parmesan

Servings: 2

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- 3 slices uncooked bacon
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- Salt and pepper
- Liquid stevia extract, to taste
- 4 ounces mixed spring greens
- ½ small red onion, sliced thinly
- ⅓ cup roasted pine nuts
- ¼ cup shaved parmesan

#### Instructions:

1. Cook the bacon in a skillet until crisp then remove to paper towels.
2. Reserve ¼ cup of bacon fat in the skillet, discarding the rest, then chop the bacon.
3. Whisk the red wine vinegar and mustard into the bacon fat in the skillet.
4. Season with salt and pepper, then sweeten with stevia to taste and let cool slightly.
5. Combine the spring greens, red onion, pine nuts, and parmesan in a salad bowl.
6. Toss with the dressing, then top with chopped bacon to serve.

**Nutrition Info:** 295 calories, 25g fat, 14.5g protein, 6.5g carbs, 3g fiber, 3.5g net carbs



## LUNCH RECIPES

### Sesame Chicken Avocado Salad

Servings: 2

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 1 tablespoon sesame oil
- 8 ounces boneless chicken thighs, chopped
- Salt and pepper
- 4 cups fresh spring greens
- 1 cup sliced avocado
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame seeds

#### Instructions:

1. Heat the sesame oil in a skillet over medium-high heat.
2. Season the chicken with salt and pepper, then add to the skillet.
3. Cook the chicken until browned and cooked through, stirring often.
4. Remove the chicken from the heat and cool slightly.
5. Divide the spring greens onto two salad plates and top with avocado.
6. Drizzle the salads with olive oil and rice wine vinegar.
7. Top with cooked chicken and sprinkle with sesame seeds to serve.

**Nutrition Info:** 540 calories, 47.5g fat, 23g protein, 10.5g carbs, 8g fiber, 2.5g net carbs



## LUNCH RECIPES

### Spinach Cauliflower Soup

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 tablespoon coconut oil
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups chopped cauliflower
- 8 ounces fresh baby spinach, chopped
- 3 cups vegetable broth
- ½ cup canned coconut milk
- Salt and pepper

#### Instructions:

1. Heat the oil in a saucepan over medium-high heat – add the onion and garlic.
2. Sauté for 4 to 5 minutes until browned, then stir in the cauliflower.
3. Cook for 5 minutes until browned, then stir in the spinach.
4. Let it cook for 2 minutes until wilted, then stir in the broth and bring to boil.
5. Remove from heat and puree the soup with an immersion blender.
6. Stir in the coconut milk and season with salt and pepper to taste. Serve hot.

**Nutrition Info:** 165 calories, 12g fat, 7g protein, 9g carbs, 3.5g fiber, 5.5g net carbs



## LUNCH RECIPES

### Cheesy Buffalo Chicken Sandwich

Servings: 1

Prep Time: 30 minutes

Cook Time: None

#### Ingredients:

- 1 large egg, separated into white and yolk
- Pinch cream of tartar
- Pinch salt
- 1 ounce cream cheese, softened
- 1 cup cooked chicken breast, shredded
- 2 tablespoons hot sauce
- 1 slice Swiss cheese

#### Instructions:

1. For the bread, preheat the oven to 300°F and line a baking sheet with parchment.
2. Beat the egg whites with the cream of tartar and salt until soft peaks form.
3. Whisk the cream cheese and egg yolk until smooth and pale yellow.
4. Fold in the egg whites a little at a time until smooth and well combined.
5. Spoon the batter onto the baking sheet into two even circles.
6. Bake for 25 minutes until firm and lightly browned.
7. Shred the chicken into a bowl and toss with the hot sauce.
8. Spoon the chicken onto one of the bread circles and top with cheese.
9. Top with the other bread circle and enjoy.

**Nutrition Info:** 555 calories, 33.5g fat, 58g protein, 3.5g carbs, 0g fiber, 3.5g net carbs



## LUNCH RECIPES

### Coconut Chicken Tenders

Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

#### Ingredients:

- ¼ cup almond flour
- 2 tablespoons shredded unsweetened coconut
- ½ teaspoon garlic powder
- 2 pounds boneless chicken tenders
- Salt and pepper
- 2 large eggs, whisked well

#### Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Stir together the almond flour, coconut, and garlic powder in a shallow dish.
3. Season the chicken with salt and pepper, then dip into the beaten eggs.
4. Dredge the chicken tenders in the almond flour mixture, then arrange on the baking sheet.
5. Bake for 25 to 30 minutes until browned and cooked through. Serve hot.

**Nutrition Info:** 325 calories, 9.5g fat, 56.5g protein, 2g carbs, 1g fiber, 1g net carbs



## LUNCH RECIPES

### Avocado Spinach Salad with Almonds

Servings: 2

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 4 cups fresh baby spinach
- 2 tablespoons olive oil
- 1 ½ tablespoons balsamic vinegar
- ½ tablespoon Dijon mustard
- Salt and pepper
- 1 medium avocado, sliced thinly
- ¼ cup sliced almonds, toasted

#### Instructions:

1. Toss the spinach with the olive oil, balsamic vinegar, Dijon mustard, salt and pepper.
2. Divide the spinach between two salad plates.
3. Top the salads with sliced avocado and toasted almonds to serve.

**Nutrition Info:** 415 calories, 40g fat, 6.5g protein, 14g carbs, 10g fiber, 4g net carbs



## LUNCH RECIPES

### Easy Chopped Salad

Servings: 2

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- 4 cups fresh chopped lettuce
- 1 small avocado, pitted and chopped
- ½ cup cherry tomatoes, halved
- ¼ cup diced cucumber
- 2 hardboiled eggs, peeled and sliced
- 1 cup diced ham
- ½ cup shredded cheddar cheese

#### Instructions:

1. Divide the lettuce between two salad plates or bowls.
2. Top the salads with diced avocado, tomato, and celery.
3. Add the sliced egg, diced ham, and shredded cheese.
4. Serve the salads with your favorite keto-friendly dressing.

**Nutrition Info:** 520 calories, 39.5g fat, 27g protein, 17.5g carbs, 9g fiber, 8.5g net carbs



## LUNCH RECIPES

### Cauliflower Leek Soup with Pancetta

Servings: 4

Prep Time: 15 minutes

Cook Time: 1 hour

#### Ingredients:

- 4 cups chicken broth
- ½ medium head cauliflower, chopped
- 1 cup sliced leeks
- ½ cup heavy cream
- Salt and pepper
- 2 ounces diced pancetta

#### Instructions:

1. Combine the broth and cauliflower in a saucepan over medium-high heat.
2. Bring the chicken broth to a boil then add the sliced leeks.
3. Boil on medium heat, covered, for 1 hour until the cauliflower is tender.
4. Remove from heat and puree the soup with an immersion blender.
5. Stir in the cream, then season with salt and pepper.
6. Fry the chopped pancetta in a skillet over medium-high heat until crisp.
7. Spoon the soup into bowls and sprinkle with pancetta to serve.

**Nutrition Info:** 200 calories, 13g fat, 12g protein, 8.5g carbs, 2g fiber, 6.5g net carbs



## LUNCH RECIPES

### Three Meat and Cheese Sandwich

Servings: 1

Prep Time: 30 minutes

Cook Time: 5 minutes

#### Ingredients:

- 1 large egg, separated
- Pinch cream of tartar
- Pinch salt
- 1 ounce cream cheese, softened
- 1 ounce sliced ham
- 1 ounce sliced hard salami
- 1 ounce sliced turkey
- 2 slices cheddar cheese

#### Instructions:

1. For the bread, preheat the oven to 300°F and line a baking sheet with parchment.
2. Beat the egg whites with the cream of tartar and salt until soft peaks form.
3. Whisk the cream cheese and egg yolk until smooth and pale yellow.
4. Fold in the egg whites a little at a time until smooth and well combined.
5. Spoon the batter onto the baking sheet into two even circles.
6. Bake for 25 minutes until firm and lightly browned.
7. To complete the sandwich, layer the sliced meats and cheeses between the two bread circles.
8. Grease a skillet with cooking spray and heat over medium heat.
9. Add the sandwich and cook until browned underneath, then flip and cook until the cheese is just melted.

**Nutrition Info:** 610 calories, 48g fat, 40g protein, 3g carbs, 0.5g fiber, 2.5g net carbs



## LUNCH RECIPES

### Beef and Pepper Kebabs

Servings: 2

Prep Time: 30 minutes

Cook Time: 10 minutes

#### Ingredients:

- 2 tablespoons olive oil
- 1 ½ tablespoons balsamic vinegar
- 2 teaspoons Dijon mustard
- Salt and pepper
- 8 ounces beef sirloin, cut into 2-inch pieces
- 1 small red pepper, cut into chunks
- 1 small green pepper, cut into chunks

#### Instructions:

1. Whisk together the olive oil, balsamic vinegar, and mustard in a shallow dish.
2. Season the steak with salt and pepper, then toss in the marinade.
3. Let marinate for 30 minutes, then slide onto skewers with the peppers.
4. Preheat a grill pan to high heat and grease with cooking spray.
5. Cook the kebabs for 2 to 3 minutes on each side until the beef is done.

**Nutrition Info:** 365 calories, 21.5g fat, 35.5g protein, 6.5g carbs, 1.5g fiber, 5g net carbs



## LUNCH RECIPES

### Simple Tuna Salad on Lettuce

Servings: 2

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ¼ cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 tablespoon pickle relish
- 2 (6-ounce) cans tuna in oil, drained and flaked
- ½ cup cherry tomatoes, halved
- ¼ cup diced cucumber
- Salt and pepper
- 4 cups chopped romaine lettuce

#### Instructions:

1. Whisk together the mayonnaise, lemon juice, and relish in a bowl.
2. Toss in the flaked tuna, tomatoes, and cucumber – season with salt and pepper.
3. Spoon over chopped lettuce to serve.

**Nutrition Info:** 550 calories, 35g fat, 48g protein, 8.5g carbs, 1.5g fiber, 7g net carbs



## LUNCH RECIPES

### Ham, Egg, and Cheese Sandwich

Servings: 1

Prep Time: 30 minutes

Cook Time: 5 minutes

#### Ingredients:

- 1 large egg, separated
- Pinch cream of tartar
- Pinch salt
- 1 ounce cream cheese, softened
- 1 large egg
- 1 teaspoon butter
- 3 ounces sliced ham
- 1 slice cheddar cheese

#### Instructions:

1. For the bread, preheat the oven to 300°F and line a baking sheet with parchment.
2. Beat the egg whites with the cream of tartar and salt until soft peaks form.
3. Whisk the cream cheese and egg yolk until smooth and pale yellow.
4. Fold in the egg whites a little at a time until smooth and well combined.
5. Spoon the batter onto the baking sheet into two even circles.
6. Bake for 25 minutes until firm and lightly browned.
7. To complete the sandwich, fry the egg in butter until done to your preference.
8. Arrange the sliced ham on top of one bread circle.
9. Top with the fried egg and the sliced cheese then the second bread circle.
10. Serve immediately or cook in a greased skillet to melt the cheese first.

**Nutrition Info:** 530 calories, 40g fat, 36g protein, 5.5g carbs, 1g fiber, 4.5g net carbs



## LUNCH RECIPES

### Bacon-Wrapped Hot Dogs

Servings: 2

Prep Time: 10 minutes

Cook Time: 30 minutes

#### Ingredients:

- 4 all-beef hot dogs
- 2 slices cheddar cheese
- 4 slices uncooked bacon

#### Instructions:

1. Slice the hotdogs lengthwise, cutting halfway through the thickness.
2. Cut the cheese slices in half and stuff one half into each hot dog.
3. Wrap the hotdogs in bacon then place them on a foil-lined roasting pan.
4. Bake for 30 minutes or until the bacon is crisp.

**Nutrition Info:** 500 calories, 43g fat, 24g protein, 4g carbs, 0g fiber, 4g net carbs



## LUNCH RECIPES

### Fried Tuna Avocado Balls

Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

#### Ingredients:

- ¼ cup canned coconut milk
- 1 teaspoon onion powder
- 1 clove garlic, minced
- Salt and pepper
- 10 ounces canned tuna, drained
- 1 medium avocado, diced finely
- ½ cup almond flour
- ¼ cup olive oil

#### Instructions:

1. Whisk together the coconut milk, onion powder, garlic, salt and pepper in a bowl.
2. Flake the tuna into the bowl and stir in the avocado.
3. Divide the mixture into 10 to 12 balls and roll in the almond flour.
4. Heat the oil in a large skillet over medium-high heat.
5. Add the tuna avocado balls and fry until golden brown then drain on paper towels.

**Nutrition Info:** 455 calories, 38.5g fat, 23g protein, 8.5g carbs, 5g fiber, 3.5g net carbs



## Curried Chicken Soup

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

### Ingredients:

- 2 tablespoons olive oil, divided
- 4 boneless chicken thighs (about 12 ounces)
- 1 small yellow onion, chopped
- 2 teaspoons curry powder
- 2 teaspoons ground cumin
- Pinch cayenne
- 4 cups chopped cauliflower
- 4 cups chicken broth
- 1 cup water
- 2 cloves minced garlic
- ½ cup canned coconut milk
- 2 cups chopped kale
- Fresh chopped cilantro

### Instructions:

1. Chop the chicken into bite-sized pieces then set aside.
2. Heat 1 tablespoon oil in a saucepan over medium heat.
3. Add the onions and cook for 4 minutes then stir in half of the spices.
4. Stir in the cauliflower and sauté for another 4 minutes.
5. Pour in the broth then add the water and garlic and bring to a boil.
6. Reduce heat and simmer for 10 minutes until the cauliflower is softened.
7. Remove from heat and stir in the coconut milk and kale.
8. Heat the remaining oil in a skillet and add the chicken – cook until browned.
9. Stir in the rest of the spices then cook until the chicken is done.
10. Stir the chicken into the soup and serve hot, garnished with fresh cilantro.

**Nutrition Info:** 390 calories, 22g fat, 34g protein, 14.5g carbs, 4.5g fiber, 10g net carbs



## LUNCH RECIPES

### Chopped Kale Salad with Bacon Dressing

Servings: 2

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- 6 slices uncooked bacon
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- Liquid stevia, to taste
- Salt and pepper
- 4 cups fresh chopped kale
- ¼ cup thinly sliced red onion

#### Instructions:

1. Cook the bacon in a skillet until crisp then remove to paper towels and chop.
2. Reserve ¼ cup of the bacon grease in the skillet and warm over low heat.
3. Whisk in the apple cider vinegar, mustard, and stevia then season with salt and pepper.
4. Toss in the kale and cook for 1 minute then divide between two plates.
5. Top the salads with red onion and chopped bacon to serve.

**Nutrition Info:** 230 calories, 12g fat, 15g protein, 16g carbs, 2.5g fiber, 13.5g net carbs



## LUNCH RECIPES

### Kale Caesar Salad with Chicken

Servings: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

#### Ingredients:

- 1 tablespoon olive oil
- 6 ounces boneless chicken thigh, chopped
- Salt and pepper
- 3 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 anchovy, chopped
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 4 cups fresh chopped kale

#### Instructions:

1. Heat the oil in a skillet over medium-high heat.
2. Season the chicken with salt and pepper, then add to the skillet.
3. Cook until the chicken is no longer pink, then remove from heat.
4. Combine the mayonnaise, lemon juice, anchovies, mustard, and garlic in a blender.
5. Blend smooth, then season with salt and pepper.
6. Toss the kale with the dressing, then divide in half and top with chicken to serve.

**Nutrition Info:** 390 calories, 30g fat, 19g protein, 15g carbs, 2.5g fiber, 12.5g net carbs



## Chicken Enchilada Soup

Servings: 4

Prep Time: 15 minutes

Cook Time: 45 minutes

### Ingredients:

- 2 tablespoons coconut oil
- 2 medium stalks celery, sliced
- 1 small yellow onion, chopped
- 1 small red pepper, chopped
- 2 cloves garlic, minced
- 1 cup diced tomatoes
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon dried oregano
- 4 cups chicken broth
- 1 cup canned coconut milk
- 8 ounces cooked chicken thighs, chopped
- 2 tablespoons fresh lime juice
- ¼ cup fresh chopped cilantro

### Instructions:

1. Heat the oil in a saucepan over medium-high heat then add the celery, onion, peppers, and garlic – sauté for 4 to 5 minutes.
2. Stir in the garlic and cook for a minute until fragrant.
3. Add the tomatoes and spices then cook for 3 minutes, stirring often.
4. Add the broth and bring the soup to a boil, then reduce heat and simmer for about 20 minutes.
5. Stir in the coconut milk and simmer for another 20 minutes, then add the chicken.
6. Cook until the chicken is heated through, then stir in the lime juice and cilantro.

**Nutrition Info:** 380 calories, 27g fat, 24g protein, 12g carbs, 3.5g fiber, 8.5g net carbs



## LUNCH RECIPES

### Thai Coconut Shrimp Soup

Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

#### Ingredients:

- 1 tablespoon coconut oil
- 1 small yellow onion, diced
- 4 cups chicken broth
- 1 (14-ounce) can coconut milk
- 1 cup fresh chopped cilantro
- 1 jalapeno, seeded and chopped
- 1 tablespoon grated ginger
- 2 cloves garlic, minced
- 1 lime, zested and juiced
- 6 ounces uncooked shrimp, peeled and deveined
- 1 cup sliced mushrooms
- 1 small red onion, sliced thinly
- 1 tablespoon fish sauce

#### Instructions:

1. Heat the coconut oil in a saucepan over medium heat.
2. Add the yellow onions and sauté until translucent, about 6 to 7 minutes.
3. Stir in the chicken broth, coconut milk, cilantro, and jalapeno.
4. Add the ginger, garlic, and lime zest then bring to boil.
5. Reduce heat and simmer for 20 minutes - strain the mixture and discard the solids.
6. Return the remaining liquid to the saucepan and add the shrimp, mushrooms, and red onion.
7. Stir in the lime juice and fish sauce then simmer for 10 minutes. Serve hot.

**Nutrition Info:** 375 calories, 29.5g fat, 18g protein, 13g carbs, 3.5g fiber, 9.5g net carbs



## LUNCH RECIPES

### Mushroom and Asparagus Soup

Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

#### Ingredients:

- 1 tablespoon butter
- 1 small yellow onion, chopped
- 3 cloves garlic, minced
- 1 pound asparagus, trimmed and chopped
- 2 cups sliced mushrooms
- 4 cups vegetable broth
- 4 cups fresh baby spinach
- 1 teaspoon fresh chopped tarragon
- ½ cup heavy cream
- ¼ cup fresh lemon juice
- ¼ cup fresh chopped parsley
- Salt and pepper

#### Instructions:

1. Melt the butter in a stockpot and add the onion.
2. Sauté the onion until browned, then stir in the garlic and cook 1 minute more.
3. Stir in the asparagus and mushrooms, then sauté for 4 minutes.
4. Pour in the vegetable broth along with the spinach and tarragon.
5. Bring to a boil, then reduce heat and simmer for 30 minutes on medium- low heat.
6. Remove from heat, then stir in the cream, lemon juice, and parsley.
7. Cover and let rest for 20 minutes, then season with salt and pepper to taste.

**Nutrition Info:** 170 calories, 10.5g fat, 10g protein, 11g carbs, 4g fiber, 7g net carbs



## Slow-Cooker Chicken Fajita Soup

Servings: 4

Prep Time: 10 minutes

Cook Time: 6 hours

### Ingredients:

- 12 ounces chicken thighs
- 1 cup diced tomatoes
- 2 cups chicken stock
- ½ cup enchilada sauce
- 2 ounces chopped green chiles
- 1 tablespoon minced garlic
- 1 medium yellow onion, chopped
- 1 small red pepper, chopped
- 1 jalapeno, seeded and minced
- 2 teaspoons chili powder
- ¾ teaspoon paprika
- ½ teaspoon ground cumin
- Salt and pepper
- 1 small avocado, sliced thinly
- ¼ cup chopped cilantro
- 1 lime, cut into wedges

### Instructions:

1. Combine the chicken, tomatoes, chicken stock, enchilada sauce, chiles, and garlic in the slow cooker and stir well.
2. Add the onion, bell peppers, and jalapeno.
3. Stir in the seasonings then cover and cook on low for 5 to 6 hours.
4. Remove the chicken and chop or shred then stir it back into the soup.
5. Spoon into bowls and serve with sliced avocado, cilantro, and lime wedges.

**Nutrition Info:** 325 calories, 17g fat, 28g protein, 17g carbs, 7g fiber, 10g net carbs



## LUNCH RECIPES

### Avocado Egg Salad on Lettuce

Servings: 2

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 4 large hardboiled eggs, cooled and peeled
- 1 small avocado, pitted and chopped
- 1 medium stalk celery, diced
- ¼ cup diced red onion
- 2 tablespoons fresh lemon juice
- Salt and pepper
- 4 cups chopped romaine lettuce

#### Instructions:

1. Coarsely chop the eggs into a bowl.
2. Toss in the avocado, celery, red onion, and lemon juice.
3. Season with salt and pepper then serve over chopped lettuce.

**Nutrition Info:** 375 calories, 30g fat, 15.5g protein, 15g carbs, 8g fiber, 7g net carbs



## LUNCH RECIPES

### Bacon-Wrapped Chicken Rolls

Servings: 2

Prep Time: 5 minutes

Cook Time: 35 minutes

#### Ingredients:

- 6 boneless, skinless, chicken breast halves
- 6 slices uncooked bacon

#### Instructions:

1. Preheat the oven to 350°F.
2. Pound the chicken breast halves with a meat mallet to flatten.
3. Roll the chicken breast halves up then wrap each one with bacon.
4. Place the rolls on a foil-lined baking sheet.
5. Bake for 30 to 35 minutes until the chicken is done and the bacon crisp.

**Nutrition Info:** 350 calories, 16g fat, 46g protein, 0.5g carbs, 0g fiber, 0.5g net carbs



## Spicy Shrimp and Sausage Soup

Servings: 4

Prep Time: 15 minutes

Cook Time: 30 minutes

### Ingredients:

- 1 tablespoon olive oil
- 3 small stalks celery, diced
- 1 small yellow onion, chopped
- 1 small red pepper, chopped
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 2 teaspoons smoked paprika
- ½ teaspoon ground coriander
- Salt and pepper
- 8 ounces chorizo sausage, diced
- 1 cup diced tomatoes
- 4 cups chicken broth
- 12 ounces shrimp, peeled and deveined
- Fresh chopped cilantro

### Instructions:

1. Heat the oil in a heavy stockpot over medium-high heat.
2. Add the celery, onion, and red pepper, and sauté for 6 to 8 minutes until tender.
3. Stir in the garlic, tomato paste, and seasonings, then cook for 1 minute.
4. Add the sausage and tomatoes and cook for 5 minutes.
5. Stir in the broth, then bring to a simmer and cook, uncovered, for 20 minutes.
6. Adjust seasoning to taste then add the shrimp.
7. Simmer until just cooked through, about 3 to 4 minutes.
8. Spoon into bowls and serve with fresh cilantro.

**Nutrition Info:** 465 calories, 28.5g fat, 39g protein, 11.5g carbs, 2g fiber, 9.5g net carbs



## LUNCH RECIPES

### Slow-Cooker Beef Chili

Servings: 4

Prep Time: 10 minutes

Cook Time: 6 hours

#### Ingredients:

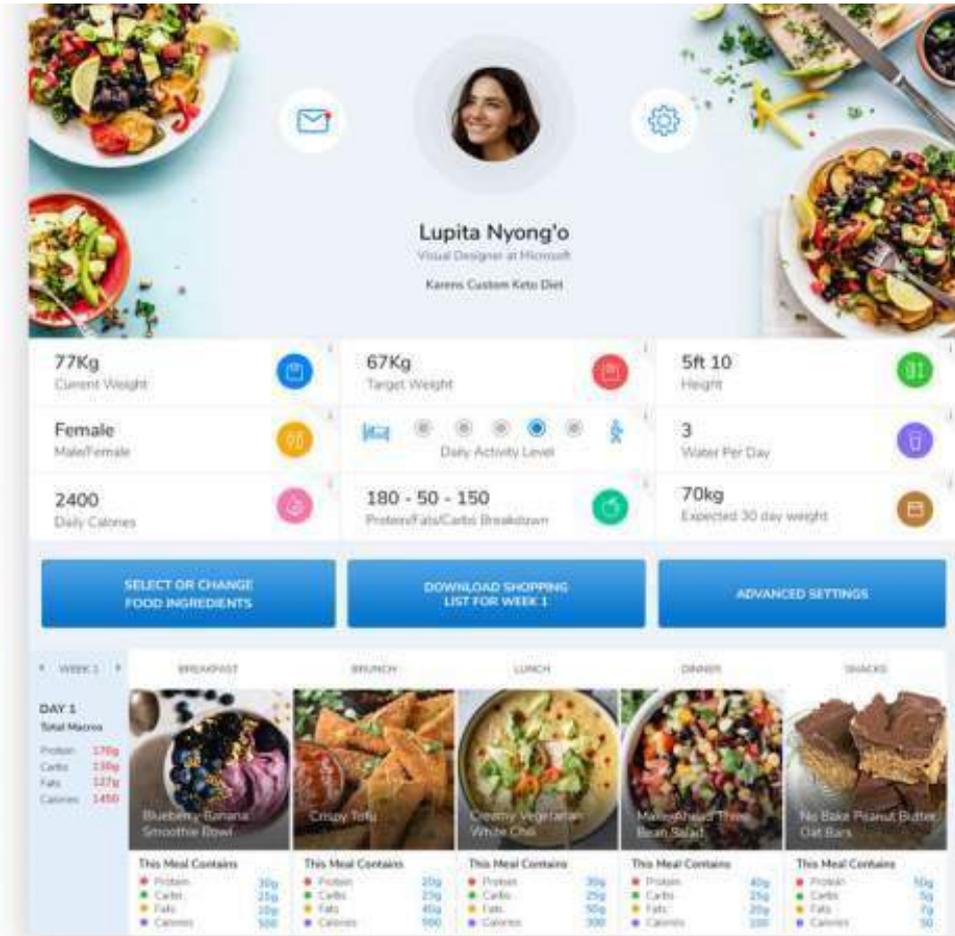
- 1 tablespoon coconut oil
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 pound ground beef (80% lean)
- 1 small red pepper, chopped
- 1 small green pepper, chopped
- 1 cup diced tomatoes
- 1 cup low-carb tomato sauce
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 ½ teaspoons dried basil
- Salt and pepper
- ¾ cup shredded cheddar cheese
- ½ cup diced red onion

#### Instructions:

1. Heat the oil in a skillet over medium-high heat.
2. Add the onions and sauté for 4 minutes, then stir in the garlic and cook 1 minute.
3. Stir in the beef and cook until it is browned, then drain some of the fat.
4. Spoon the mixture into a slow cooker and add the spices.
5. Cover and cook on low heat for 5 to 6 hours, then spoon into bowls.
6. Serve with shredded cheddar and diced red onion.

**Nutrition Info:** 395 calories, 19.5g fat, 42g protein, 12.5g carbs, 3.5g fiber, 9g net carbs





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## DINNER

### DINNER RECIPES

#### Grilled Pesto Salmon with Asparagus

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 4 (6-ounce) boneless salmon fillets
- Salt and pepper
- 1 bunch asparagus, ends trimmed
- 2 tablespoons olive oil
- ¼ cup basil pesto

#### Instructions:

1. Preheat a grill to high heat and oil the grates.
2. Season the salmon with salt and pepper, then spray with cooking spray.
3. Grill the salmon for 4 to 5 minutes on each side until cooked through.
4. Toss the asparagus with oil and grill until tender, about 10 minutes.
5. Spoon the pesto over the salmon and serve with the asparagus.

**Nutrition** Info: 300 calories, 17.5g fat, 34.5g protein, 2.5g carbs, 1.5g fiber, 1g net carbs



## DINNER RECIPES

### Cheddar-Stuffed Burgers with Zucchini

Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 pound ground beef (80% lean)
- 2 large eggs
- ¼ cup almond flour
- 1 cup shredded cheddar cheese
- Salt and pepper
- 2 tablespoons olive oil
- 1 large zucchini, halved and sliced

#### Instructions:

1. Combine the beef, egg, almond flour, cheese, salt, and pepper in a bowl.
2. Mix well, then shape into four even-sized patties.
3. Heat the oil in a large skillet over medium-high heat.
4. Add the burger patties and cook for 5 minutes until browned.
5. Flip the patties and add the zucchini to the skillet, tossing to coat with oil.
6. Season with salt and pepper and cook for 5 minutes, stirring the zucchini occasionally.
7. Serve the burgers with your favorite toppings and the zucchini on the side.

**Nutrition Info:** 470 calories, 29.5g fat, 47g protein, 4.5g carbs, 1.5g fiber, 3g net carbs



## DINNER RECIPES

### Chicken Cordon Bleu with Cauliflower

Servings: 4

Prep Time: 10 minutes

Cook Time: 45 minutes

#### Ingredients:

- 4 boneless chicken breast halves (about 12 ounces)
- 4 slices deli ham
- 4 slices Swiss cheese
- 1 large egg, whisked well
- 2 ounces pork rinds
- ¼ cup almond flour
- ¼ cup grated parmesan cheese
- ½ teaspoon garlic powder
- Salt and pepper
- 2 cups cauliflower florets

#### Instructions:

1. Preheat the oven to 350°F and line a baking sheet with foil.
2. Sandwich the chicken breast halves between pieces of parchment and pound flat.
3. Lay the pieces out and top with sliced ham and cheese.
4. Roll the chicken up around the fillings then dip in the beaten egg.
5. Combine the pork rinds, almond flour, parmesan, garlic powder, salt and pepper in a food processor and pulse into fine crumbs.
6. Roll the chicken rolls in the pork rind mixture then place on the baking sheet.
7. Toss the cauliflower with melted butter then add to the baking sheet.
8. Bake for 45 minutes until the chicken is cooked through.

**Nutrition Info:** 420 calories, 23.5g fat, 45g protein, 7g carbs, 2.5g fiber, 4.5g net carbs



## DINNER RECIPES

### Sesame-Crusted Tuna with Green Beans

Servings: 4

Prep Time: 15 minutes

Cook Time: 5 minutes

#### Ingredients:

- ¼ cup white sesame seeds
- ¼ cup black sesame seeds
- 4 (6-ounce) ahi tuna steaks
- Salt and pepper
- 1 tablespoon olive oil
- 1 tablespoon coconut oil
- 2 cups green beans

#### Instructions:

1. Combine the two types of sesame seeds in a shallow dish.
2. Season the tuna with salt and pepper.
3. Dredge the tuna in the sesame seed mixture.
4. Heat the olive oil in a skillet to high heat then add the tuna.
5. Cook for 1 to 2 minutes until seared then turn and sear on the other side.
6. Remove the tuna from the skillet and let the tuna rest while you reheat the skillet with the coconut oil.
7. Fry the green beans in the oil for 5 minutes then serve with sliced tuna.

**Nutrition Info:** 380 calories, 19g fat, 44.5g protein, 8g carbs, 3g fiber, 5g net carbs



## DINNER RECIPES

### Rosemary Roasted Pork with Cauliflower

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

#### Ingredients:

- 1 ½ pounds boneless pork tenderloin
- 1 tablespoon coconut oil
- 1 tablespoon fresh chopped rosemary
- Salt and pepper
- 1 tablespoon olive oil
- 2 cups cauliflower florets

#### Instructions:

1. Rub the pork with coconut oil, then season with rosemary, salt, and pepper.
2. Heat the olive oil in a large skillet over medium-high heat.
3. Add the pork and cook for 2 to 3 minutes on each side until browned.
4. Sprinkle the cauliflower in the skillet around the pork.
5. Reduce the heat to low, then cover the skillet and cook for 8 to 10 minutes until the pork is cooked through.
6. Slice the pork and serve with the cauliflower.

**Nutrition Info:** 300 calories, 15.5g fat, 37g protein, 3g carbs, 1.5g fiber, 1.5g net carbs



## DINNER RECIPES

### Chicken Tikka with Cauliflower Rice

Servings: 6

Prep Time: 10 minutes

Cook Time: 6 hours

#### Ingredients:

- 2 pounds boneless chicken thighs, chopped
- 1 cup canned coconut milk
- 1 cup heavy cream
- 3 tablespoons tomato paste
- 2 tablespoons garam masala
- 1 tablespoon fresh grated ginger
- 1 tablespoon minced garlic
- 1 tablespoon smoked paprika
- 2 teaspoons onion powder
- 1 teaspoon guar gum
- 1 tablespoon butter
- 1 ½ cup riced cauliflower

#### Instructions:

1. Spread the chicken in a slow cooker, then stir in the remaining ingredients except for the cauliflower and butter.
2. Cover and cook on low heat for 6 hours until the chicken is done and the sauce thickened.
3. Melt the butter in a saucepan over medium-high heat.
4. Add the riced cauliflower and cook for 6 to 8 minutes until tender.
5. Serve the chicken tikka with the cauliflower rice.

**Nutrition Info:** 485 calories, 32g fat, 43g protein, 6.5g carbs, 1.5g fiber, 5g net carbs



## DINNER RECIPES

### Grilled Salmon and Zucchini with Mango Sauce

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

#### Ingredients:

- 4 (6-ounce) boneless salmon fillets
- 1 tablespoon olive oil
- Salt and pepper
- 1 large zucchini, sliced in coins
- 2 tablespoons fresh lemon juice
- ½ cup chopped mango
- ¼ cup fresh chopped cilantro
- 1 teaspoon lemon zest
- ½ cup canned coconut milk

#### Instructions:

1. Preheat a grill pan to high heat and spray liberally with cooking spray.
2. Brush the salmon with olive oil and season with salt and pepper.
3. Toss the zucchini with lemon juice and season with salt and pepper.
4. Place the salmon fillets and zucchini on the grill pan.
5. Cook for 5 minutes then turn everything and cook 5 minutes more.
6. Combine the remaining ingredients in a blender and blend into a sauce.
7. Serve the salmon fillets drizzled with the mango sauce and zucchini on the side.

**Nutrition Info:** 350 calories, 21.5g fat, 35g protein, 8g carbs, 2g fiber, 6g net carbs



## DINNER RECIPES

### Slow-Cooker Pot Roast with Green Beans

Servings: 8

Prep Time: 10 minutes

Cook Time: 8 hours

#### Ingredients:

- 2 medium stalks celery, sliced
- 1 medium yellow onion, chopped
- 1 (3-pound) boneless beef chuck roast
- Salt and pepper
- ¼ cup beef broth
- 2 tablespoons Worcestershire sauce
- 4 cups green beans, trimmed
- 2 tablespoons cold butter, chopped

#### Instructions:

1. Combine the celery and onion in a slow cooker.
2. Place the roast on top and season liberally with salt and pepper.
3. Whisk together the beef broth and Worcestershire sauce then pour it in.
4. Cover and cook on low heat for 8 hours until the beef is very tender.
5. Remove the beef to a cutting board and cut into chunks.
6. Return the beef to the slow cooker and add the beans and chopped butter.
7. Cover and cook on high for 20 to 30 minutes until the beans are tender.

**Nutrition Info:** 375 calories, 13.5g fat, 53g protein, 6g carbs, 2g fiber, 4g net carbs



## DINNER RECIPES

### Beef and Broccoli Stir-Fry

Servings: 4

Prep Time: 20 minutes

Cook Time: 15 minutes

#### Ingredients:

- ¼ cup soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon garlic chili paste
- 1 pound beef sirloin
- 2 tablespoons almond flour
- 2 tablespoons coconut oil
- 2 cups chopped broccoli florets
- 1 tablespoon grated ginger
- 3 cloves garlic, minced

#### Instructions:

1. Whisk together the soy sauce, sesame oil, and chili paste in a small bowl.
2. Slice the beef and toss with almond flour, then place in a plastic freezer bag.
3. Pour in the sauce and toss to coat, then let rest for 20 minutes.
4. Heat the oil in a large skillet over medium-high heat.
5. Pour the beef and sauce into the skillet and cook until the beef is browned.
6. Push the beef to the sides of the skillet and add the broccoli, ginger, and garlic.
7. Sauté until the broccoli is tender-crisp, then toss it all together and serve hot.

**Nutrition Info:** 350 calories, 19g fat, 37.5g protein, 6.5g carbs, 2g fiber, 4.5g net carbs



## DINNER RECIPES

### Parmesan-Crusted Halibut with Asparagus

Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 pound asparagus, trimmed
- 2 tablespoons olive oil
- Salt and pepper
- ¼ cup butter, softened
- ¼ cup grated parmesan
- 2 tablespoons almond flour
- 1 teaspoon garlic powder
- 4 (6-ounce) boneless halibut fillets

#### Instructions:

1. Preheat the oven to 400°F and line a baking sheet with foil.
2. Toss the asparagus with olive oil and spread on the baking sheet.
3. Combine the butter, parmesan cheese, almond flour, garlic powder, salt, and pepper in a blender and blend until smooth.
4. Place the fillets on the baking sheet with the asparagus and spoon the parmesan mixture over the fish.
5. Bake for 10 to 12 minutes, then broil for 2 to 3 minutes until browned.

**Nutrition Info:** 415 calories, 26g fat, 42g protein, 6g carbs, 3g fiber, 3g net carbs



## DINNER RECIPES

### Hearty Beef and Bacon Casserole

Servings: 8

Prep Time: 25 minutes

Cook Time: 30 minutes

#### Ingredients:

- 8 slices uncooked bacon
- 1 medium head cauliflower, chopped
- ¼ cup canned coconut milk
- Salt and pepper
- 2 pounds ground beef (80% lean)
- 8 ounces mushrooms, sliced
- 1 large yellow onion, chopped
- 2 cloves garlic, minced

#### Instructions:

1. Preheat the oven to 375°F.
2. Cook the bacon in a skillet until crisp, then drain on paper towels and chop.
3. Bring a pot of salted water to boil, then add the cauliflower.
4. Boil for 6 to 8 minutes until tender, then drain and add to a food processor with the coconut milk.
5. Blend the mixture until smooth, then season with salt and pepper.
6. Cook the beef in a skillet until browned, then drain the fat.
7. Stir in the mushrooms, onion, and garlic, then transfer to a baking dish.
8. Spread the cauliflower mixture over top and bake for 30 minutes.
9. Broil on high heat for 5 minutes, then sprinkle with bacon to serve.

**Nutrition Info:** 410 calories, 25.5g fat, 37g protein, 7.5g carbs, 3g fiber, 4.5g net carbs



## DINNER RECIPES

### Sesame Wings with Cauliflower

Servings: 4

Prep Time: 5 minutes

Cook Time: 30 minutes

#### Ingredients:

- 2 ½ tablespoons soy sauce
- 2 tablespoons sesame oil
- 1 ½ teaspoons balsamic vinegar
- 1 teaspoon minced garlic
- 1 teaspoon grated ginger
- Salt
- 1 pound chicken wing, the wings itself
- 2 cups cauliflower florets

#### Instructions:

1. Combine the soy sauce, sesame oil, balsamic vinegar, garlic, ginger, and salt in a freezer bag, then add the chicken wings.
2. Toss to coat, then chill for 2 to 3 hours.
3. Preheat the oven to 400°F and line a baking sheet with foil.
4. Spread the wings on the baking sheet along with the cauliflower.
5. Bake for 35 minutes, then sprinkle with sesame seeds to serve.

**Nutrition Info:** 400 calories, 28.5g fat, 31.5g protein, 4g carbs, 1.5g fiber, 2.5g net carbs



## DINNER RECIPES

### Fried Coconut Shrimp with Asparagus

Servings: 6

Prep Time: 15 minutes

Cook Time: 10 minutes

#### Ingredients:

- 1 ½ cups shredded unsweetened coconut
- 2 large eggs
- Salt and pepper
- 1 ½ pounds large shrimp, peeled and deveined
- ½ cup canned coconut milk
- 1 pound asparagus, cut into 2-inch pieces

#### Instructions:

1. Pour the coconut into a shallow dish.
2. Beat the eggs with some salt and pepper in a bowl.
3. Dip the shrimp first in the egg, then dredge with coconut.
4. Heat the coconut oil in a large skillet over medium-high heat.
5. Add the shrimp and fry for 1 to 2 minutes on each side until browned.
6. Remove the shrimp to paper towels and reheat the skillet.
7. Add the asparagus and season with salt and pepper – sauté until tender- crisp, then serve with the shrimp.

**Nutrition Info:** 535 calories, 38.5g fat, 29.5g protein, 18g carbs, 10g fiber, 8g net carbs



## DINNER RECIPES

### Coconut Chicken Curry with Cauliflower Rice

Servings: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

#### Ingredients:

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 ½ pounds boneless chicken thighs, chopped
- Salt and pepper
- 1 (14-ounce) can coconut milk
- 1 tablespoon curry powder
- 1 ¼ teaspoon ground turmeric
- 3 cups riced cauliflower

#### Instructions:

1. Heat the oil in a large skillet over medium heat.
2. Add the onions and cook until translucent, about 5 minutes.
3. Stir in the chicken and season with salt and pepper – cook for 6 to 8 minutes, stirring often, until browned on all sides.
4. Pour the coconut milk into the skillet, then stir in the curry powder and turmeric.
5. Simmer for 15 to 20 minutes until hot and bubbling.
6. Meanwhile, steam the cauliflower rice with a few tablespoons of water until tender.
7. Serve the curry over the cauliflower rice.

**Nutrition Info:** 430 calories, 29g fat, 33.5g protein, 9g carbs, 3.5g fiber, 5.5g net carbs



## DINNER RECIPES

### Spicy Chicken Enchilada Casserole

Servings: 6

Prep Time: 15 minutes

Cook Time: 1 hour

#### Ingredients:

- 2 pounds boneless chicken thighs, chopped
- Salt and pepper
- 3 cups tomato salsa
- 1 ½ cups shredded cheddar cheese
- ¾ cup sour cream
- 1 cup diced avocado

#### Instructions:

1. Preheat the oven to 375°F and grease a casserole dish.
2. Season the chicken with salt and pepper then spread into the dish.
3. Spread the salsa over the chicken and sprinkle with cheese.
4. Cover with foil, then bake for 60 minutes until the chicken is done.
5. Serve with sour cream and chopped avocado.

**Nutrition Info:** 550 calories, 31.5g fat, 54g protein, 12g carbs, 4g fiber, 8g net carbs



## DINNER RECIPES

### White Cheddar Broccoli Chicken Casserole

Servings: 6

Prep Time: 15 minutes

Cook Time: 30 minutes

#### Ingredients:

- 2 tablespoons olive oil
- 1 pound boneless chicken thighs, chopped
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 1 ½ cups chicken broth
- 8 ounces cream cheese, softened
- ¼ cup sour cream
- 2 ½ cups broccoli florets
- ¾ cup shredded white cheddar cheese

#### Instructions:

1. Preheat the oven to 350°F and grease a casserole dish.
2. Heat the oil in a large skillet over medium-high heat.
3. Add the chicken and cook for 2 to 3 minutes on each side to brown.
4. Stir in the onion and garlic, and season with salt and pepper.
5. Sauté for 4 to 5 minutes until the chicken is cooked through.
6. Pour in the chicken broth, then add the cream cheese and sour cream.
7. Simmer until the cream cheese is melted, then stir in the broccoli.
8. Spread the mixture in the casserole dish and sprinkle with cheese.
9. Bake for 25 to 30 minutes until hot and bubbling.

**Nutrition Info:** 435 calories, 32g fat, 29.5g protein, 6g carbs, 1.5g fiber, 4.5g net carbs



## DINNER RECIPES

### Sausage Stuffed Bell Peppers

Servings: 4

Prep Time: 15 minutes

Cook Time: 45 minutes

#### Ingredients:

- 1 medium head cauliflower, chopped
- 1 tablespoon olive oil
- 12 ounces ground Italian sausage
- 1 small yellow onion, chopped
- 1 teaspoon dried oregano
- Salt and pepper
- 4 medium bell peppers

#### Instructions:

1. Preheat the oven to 350°F.
2. Pulse the cauliflower in a food processor into rice-like grains.
3. Heat the oil in a skillet over medium heat then add the cauliflower – cook for 6 to 8 minutes until tender.
4. Spoon the cauliflower rice into a bowl, then reheat the skillet.
5. Add the sausage and cook until browned, then drain the fat.
6. Stir the sausage into the cauliflower, then add the onion, oregano, salt and pepper.
7. Slice the tops off the peppers, remove the seeds and pith, then spoon the sausage mixture into them.
8. Place the peppers upright in a baking dish, then cover the dish with foil.
9. Bake for 30 minutes, then uncover and bake 15 minutes more. Serve hot.

**Nutrition Info:** 355 calories, 23.5g fat, 19g protein, 16.5g carbs, 6g fiber, 10.5g net carbs



## DINNER RECIPES

### Cheddar, Sausage, and Mushroom Casserole

Servings: 6

Prep Time: 15 minutes

Cook Time: 35 minutes

#### Ingredients:

- 1 pound ground Italian sausage
- 8 ounces mushrooms, diced
- 1 large yellow onion, chopped
- 1 cup shredded cheddar cheese
- 8 large eggs
- ½ cup heavy cream
- Salt and pepper

#### Instructions:

1. Preheat the oven to 375°F and grease a baking dish.
2. Heat the sausage in a large skillet over medium-high heat.
3. Cook the sausage until browned then stir in the mushrooms and onions.
4. Cook for 4 to 5 minutes then spread in the baking dish.
5. Sprinkle the dish with cheese then whisk together the remaining ingredients in a separate bowl.
6. Pour the mixture into the dish then bake for 35 minutes until bubbling.

**Nutrition Info:** 450 calories, 34g fat, 28g protein, 6g carbs, 1g fiber, 5g net carbs



## Cauliflower Crust Meat Lover's Pizza

Servings: 2

Prep Time: 20 minutes

Cook Time: 20 minutes

### Ingredients:

- 1 tablespoon butter
- 2 cups riced cauliflower
- Salt and pepper
- 1 ½ cups shredded mozzarella cheese, divided into 1 cup and ½ cup
- 1 cup fresh grated parmesan
- 1 teaspoon garlic powder
- 1 large egg white
- 1 teaspoon dried Italian seasoning
- ¼ cup low-carb tomato sauce
- 2 ounces sliced pepperoni
- 1 ounce diced ham
- 2 slices bacon, cooked and crumbled

### Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Heat the butter in a skillet over medium-high heat and add the cauliflower.
3. Season with salt and pepper, then cover and cook for 15 minutes, stirring occasionally, until very tender.
4. Spoon the cauliflower into a bowl and stir in ½ cup mozzarella along with the parmesan and garlic powder.
5. Stir in the egg white and Italian seasoning, then pour onto the baking sheet.
6. Shape the dough into a circle about ½-inch thick, then bake for 15 minutes.
7. Top with tomato sauce, along with the remaining mozzarella and the pepperoni, bacon, and ham.
8. Broil until the cheese is browned, then slice to serve.

**Nutrition Info:** 560 calories, 40.5g fat, 41g protein, 11g carbs, 3g fiber, 8g net carbs



## DINNER RECIPES

### Slow Cooker Beef Bourguignon

Servings: 8

Prep Time: 15 minutes

Cook Time: 4 hours

#### Ingredients:

- 2 tablespoons olive oil
- 2 pounds boneless beef chuck roast, cut into chunks
- Salt and pepper
- ¼ cup almond flour
- ½ cup beef broth
- 2 cups red wine (dry)
- 2 tablespoons tomato paste
- 1 pound mushrooms, sliced
- 1 large yellow onion, cut into chunks

#### Instructions:

1. Heat the oil in a large skillet over medium-high heat.
2. Season the beef with salt and pepper, then toss with almond flour.
3. Add the beef to the skillet and cook until browned on all sides then transfer to a slow cooker.
4. Reheat the skillet over medium-high heat, then pour in the broth.
5. Scrape up the browned bits, then whisk in the wine and tomato paste.
6. Bring to a boil, then pour into the slow cooker.
7. Add the mushrooms and onion, then stir everything together.
8. Cover and cook on low heat for 4 hours until the meat is very tender. Serve hot.

**Nutrition Info:** 335 calories, 12.5g fat, 37.5g protein 6.5g carbs, 1.5g fiber, 5g net carbs



## DINNER RECIPES

### Pepper Grilled Ribeye with Asparagus

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 pound asparagus, trimmed
- 2 tablespoons olive oil
- Salt and pepper
- 1 pound ribeye steak
- 1 tablespoon coconut oil

#### Instructions:

1. Preheat the oven to 400°F and line a small baking sheet with foil.
2. Toss the asparagus with olive oil and spread on the baking sheet.
3. Season with salt and pepper then place in the oven.
4. Rub the steak with the pepper and season with salt.
5. Melt the coconut oil in a cast-iron skillet and heat over high heat.
6. Add the steak and cook for 2 minutes then turn it.
7. Transfer the skillet to the oven and cook for 5 minutes or until the steak is done to the desired level.
8. Slice the steak and serve with the roasted asparagus.

**Nutrition Info:** 380 calories, 25g fat, 35g protein, 4.5g carbs, 2.5g fiber, 2g net carbs



## DINNER RECIPES

### Bacon-Wrapped Pork Tenderloin with Cauliflower

Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

#### Ingredients:

- 1 ¼ pounds boneless pork tenderloin
- Salt and pepper
- 8 slices uncooked bacon
- 1 tablespoon olive oil
- 2 cups cauliflower florets

#### Instructions:

1. Preheat the oven to 425°F and season the pork with salt and pepper.
2. Wrap the pork in bacon and place on a foil-lined roasting pan.
3. Roast for 25 minutes until the internal temperature reaches 155°F.
4. Meanwhile, heat the oil in a skillet over medium heat.
5. Add the cauliflower and sauté until tender-crisp – about 8 to 10 minutes.
6. Turn on the broiler and place the pork under it to crisp the bacon.
7. Slice the pork to serve with the sautéed cauliflower.

**Nutrition Info:** 330 calories, 18.5g fat, 38g protein, 3g carbs, 1.5g fiber, 1.5g net carbs



## DINNER RECIPES

### Steak Kebabs with Peppers and Onions

Servings: 4

Prep Time: 30 minutes

Cook Time: 10 minutes

#### Ingredients:

- 1 pound beef sirloin, cut into 1-inch cubes
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper
- 1 medium yellow onion, cut into chunks
- 1 medium red pepper, cut into chunks
- 1 medium green pepper, cut into chunks

#### Instructions:

1. Toss the steak cubes with the olive oil, balsamic vinegar, salt, and pepper.
2. Slide the cubes onto skewers with the peppers and onions.
3. Preheat a grill to high heat and oil the grates.
4. Grill the kebabs for 2 to 3 minutes on each side until done to your liking.

**Nutrition Info:** 350 calories, 20g fat, 35g protein, 6.5g carbs, 1.5g fiber, 5g net carbs



## DINNER RECIPES

### Seared Lamb Chops with Asparagus

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

#### Ingredients:

- 8 bone-in lamb chops
- Salt and pepper
- 1 tablespoon fresh chopped rosemary
- 1 tablespoon olive oil
- 1 tablespoon butter
- 16 spears asparagus, cut into 2-inch chunks

#### Instructions:

1. Season the lamb with salt and pepper then sprinkle with rosemary.
2. Heat the oil in a large skillet over medium-high heat.
3. Add the lamb chops and cook for 2 to 3 minutes on each side until seared.
4. Remove the lamb chops to rest and reheat the skillet with the butter.
5. Add the asparagus and turn to coat then cover the skillet.
6. Cook for 4 to 6 minutes until tender-crisp and serve with the lamb.

**Nutrition Info:** 380 calories, 18.5g fat, 48g protein, 4.5g carbs, 2.5g fiber, 2g net carbs



## DINNER RECIPES

### Lemon Chicken Kebabs with Veggies

Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 pound boneless chicken thighs, cut into cubes
- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon minced garlic
- Salt and pepper
- 1 large yellow onion, cut into 2-inch chunks
- 1 large red pepper, cut into 2-inch chunks
- 1 large green pepper, cut into 2-inch chunks

#### Instructions:

1. Toss the chicken with the olive oil, lemon juice, garlic, salt, and pepper.
2. Slide the chicken onto skewers with the onion and peppers.
3. Preheat a grill to medium-high heat and oil the grates.
4. Grill the skewers for 2 to 3 minutes on each side until the chicken is done.

**Nutrition Info:** 360 calories, 21g fat, 34g protein, 8g carbs, 2g fiber, 6g net carbs



## DINNER RECIPES

### Balsamic Salmon with Green Beans

Servings: 4

Prep Time: 15 minutes

Cook Time: 10 minutes

#### Ingredients:

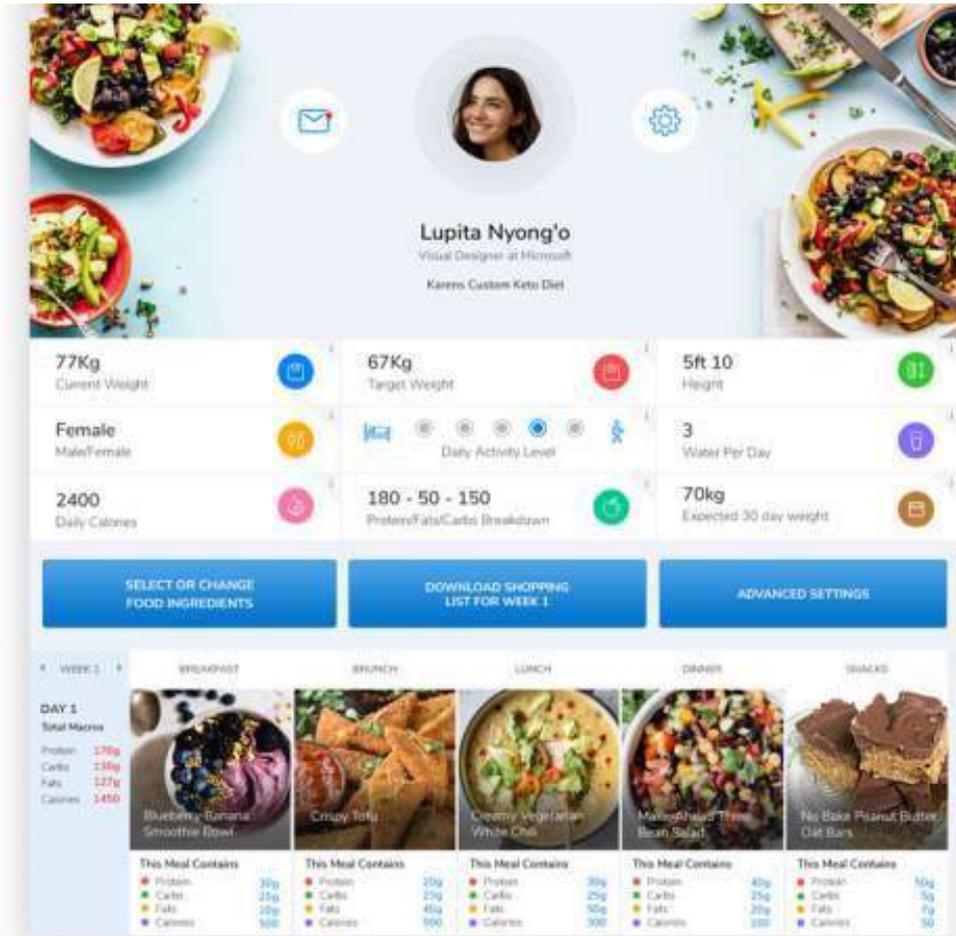
- ½ cup balsamic vinegar
- ¼ cup chicken broth
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 2 tablespoons coconut oil
- 4 (6-ounce) salmon fillets
- Salt and pepper
- 2 cups trimmed green beans

#### Instructions:

1. Combine the balsamic vinegar, chicken broth, mustard, and garlic in a small saucepan over medium-high heat.
2. Bring to a boil then reduce heat and simmer for 15 minutes to reduce by half.
3. Heat the coconut oil in a large skillet over medium-high heat.
4. Season the salmon with salt and pepper then add to the skillet.
5. Cook for 4 minutes until seared, then flip and add the green beans.
6. Pour the glaze into the skillet and simmer for 2 to 3 minutes until done.

**Nutrition Info:** 320 calories, 18g fat, 35g protein, 6g carbs, 2g fiber, 4g net carbs





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# FAT BOMBS, SNACKS AND DESSERTS

## FAT BOMB, SNACK, AND DESSERT RECIPES

### Pumpkin Spiced Almonds

Servings: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

#### Ingredients:

- 1 tablespoon olive oil
- 1 ¼ teaspoon pumpkin pie spice
- Pinch salt
- 1 cup whole almonds, raw

#### Instructions:

1. Preheat the oven to 300°F and line a baking sheet with parchment.
2. Whisk together the olive oil, pumpkin pie spice, and salt in a mixing bowl.
3. Toss in the almonds until evenly coated, then spread on the baking sheet.
4. Bake for 25 minutes then cool completely and store in an airtight container.

**Nutrition Info:** 170 calories, 15.5g fat, 5g protein, 5.5g carbs, 3g fiber, 2.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Coco-Macadamia Fat Bombs

Servings: 16

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut oil
- 1 cup smooth almond butter
- ½ cup unsweetened cocoa powder
- ¼ cup coconut flour
- Liquid stevia extract, to taste
- 16 whole macadamia nuts, raw

#### Instructions:

1. Melt the coconut oil and cashew butter together in a small saucepan.
2. Whisk in the cocoa powder, coconut flour, and liquid stevia to taste.
3. Remove from heat and let cool until it hardens slightly.
4. Divide the mixture into 16 even pieces.
5. Roll each piece into a ball around a macadamia nut and chill until ready to eat.

**Nutrition Info:** 255 calories, 25.5g fat, 3.5g protein, 7g carbs, 3g fiber, 4g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Tzatziki Dip with Cauliflower

Servings: 6

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ½ (8-ounce) package cream cheese, softened
- 1 cup sour cream
- 1 tablespoon ranch seasoning
- 1 English cucumber, diced
- 2 tablespoons chopped chives
- 2 cups cauliflower florets

#### Instructions:

1. Beat the cream cheese with an electric mixer until creamy.
2. Add the sour cream and ranch seasoning, then beat until smooth.
3. Fold in the cucumbers and chives, then chill before serving with cauliflower florets for dipping.

**Nutrition Info:** 125 calories, 10.5g fat, 3g protein, 5.5g carbs, 1g fiber, 4.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Curry-Roasted Macadamia Nuts

Servings: 8

Prep Time: 5 minutes

Cook Time: 25 minutes

#### Ingredients:

- 1 ½ tablespoons olive oil
- 1 tablespoon curry powder
- ½ teaspoon salt
- 2 cups macadamia nuts, raw

#### Instructions:

1. Preheat the oven to 300°F and line a baking sheet with parchment.
2. Whisk together the olive oil, curry powder, and salt in a mixing bowl.
3. Toss in the macadamia nuts to coat, then spread on the baking sheet.
4. Bake for 25 minutes until toasted, then cool to room temperature.

**Nutrition Info:** 265 calories, 28g fat, 3g protein, 5g carbs, 3g fiber, 2g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Sesame Almond Fat Bombs

Servings: 16

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut oil
- 1 cup smooth almond butter
- ½ cup unsweetened cocoa powder
- ¼ cup almond flour
- Liquid stevia extract, to taste
- ½ cup toasted sesame seeds

#### Instructions:

1. Combine the coconut oil and almond butter in a small saucepan.
2. Cook over low heat until melted, then whisk in the cocoa powder, almond flour, and liquid stevia.
3. Remove from heat and let cool until it hardens slightly.
4. Divide the mixture into 16 even pieces and roll into balls.
5. Roll the balls in the toasted sesame seeds and chill until ready to eat.

**Nutrition Info:** 260 calories, 26g fat, 4g protein, 6g carbs, 2g fiber, 4g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Coconut Chia Pudding

Servings: 6

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 2 ¼ cup canned coconut milk
- 1 teaspoon vanilla extract
- Pinch salt
- ½ cup chia seeds

#### Instructions:

1. Combine the coconut milk, vanilla, and salt in a bowl.
2. Stir well and sweeten with stevia to taste.
3. Whisk in the chia seeds and chill overnight.
4. Spoon into bowls and serve with chopped nuts or fruit.

**Nutrition Info:** 300 calories, 27.5g fat, 6g protein, 14.5g carbs, 10g fiber, 4.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Chocolate Almond Butter Brownies

Servings: 16

Prep Time: 15 minutes

Cook Time: 30 minutes

#### Ingredients:

- 1 cup almond flour
- $\frac{3}{4}$  cup unsweetened cocoa powder
- $\frac{1}{2}$  cup shredded unsweetened coconut
- $\frac{1}{2}$  teaspoon baking soda
- 1 cup coconut oil
- $\frac{1}{2}$  cup canned coconut milk
- 2 large eggs
- 1  $\frac{1}{2}$  teaspoons liquid stevia extract
- $\frac{1}{4}$  cup almond butter

#### Instructions:

1. Preheat the oven to 350°F and line a square pan with foil.
2. Whisk together the almond flour, cocoa powder, coconut, and baking soda in a mixing bowl.
3. In another bowl, beat together the coconut oil, coconut milk, eggs, and liquid stevia.
4. Stir the wet ingredients into the dry until just combined, then spread in the pan.
5. Melt the almond butter in the microwave until creamy.
6. Drizzle over the chocolate batter, then swirl gently with a knife.
7. Bake for 25 to 30 minutes until the center is set then cool completely, then cut into 16 equal pieces.

**Nutrition Info:** 200 calories, 21g fat, 3g protein, 4.5g carbs, 2.5g fiber, 2g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Layered Almond Chocolate Fat Bombs

Servings: 12

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ½ cup almond butter
- 6 tablespoons coconut oil, divided
- 1 teaspoon vanilla extract
- Liquid stevia extract, to taste
- 4 ounces 90% dark chocolate, chopped
- 1 ounce toasted almonds, finely chopped

#### Instructions:

1. Melt the almond butter and 2 tablespoons of coconut oil together in a bowl.
2. Stir in the vanilla extract and sweeten with stevia to taste.
3. Divide the mixture into 12 silicone baking molds and chill until set.
4. Melt the remaining coconut oil with the dark chocolate and stir until smooth.
5. Spoon into the silicone molds over the almond butter layer.
6. Sprinkle with chopped almonds and chill until solid.
7. Pop the fat bombs out of the molds and store in an airtight container in the fridge.

**Nutrition Info:** 160 calories, 16.5g fat, 2.5g protein, 4g carbs, 1.5g fiber, 2.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Bacon Cheeseburger Bites

Servings: 6

Prep Time: 5 minutes

Cook Time: 60 minutes

#### Ingredients:

- 12 ounces ground beef (80% lean)
- ½ cup diced yellow onion
- ½ teaspoon garlic powder
- Salt and pepper
- 12 slices uncooked bacon

#### Instructions:

1. Preheat the oven to 350°F and line a baking sheet with foil.
2. Stir the ground beef together with the onion, garlic powder, salt, and pepper.
3. Shape the mixture into twelve balls.
4. Wrap each ball in a slice of bacon and place on the baking sheet.
5. Bake for 50 to 60 minutes until the beef is cooked and bacon is crisp.

**Nutrition Info:** 215 calories, 11.5g fat, 24.5g protein, 1.5g carbs, 0.5g fiber, 1g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Layered Coco-Chia Fat Bombs

Servings: 12

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ½ cup coconut butter
- 6 tablespoons coconut oil, divided
- 2 tablespoons chia seeds
- ½ teaspoon coconut extract
- Liquid stevia extract, to taste
- 4 ounces 90% dark chocolate, chopped

#### Instructions:

1. Melt the coconut butter and 2 tablespoons of coconut oil together in a bowl.
2. Stir in the chia seeds and coconut extract, then sweeten with stevia to taste.
3. Divide the mixture into 12 silicone baking molds and chill until set.
4. Melt the remaining coconut oil with the dark chocolate and stir until smooth.
5. Spoon into the silicone molds over the solid layer and chill until solid.
6. Pop the fat bombs out of the molds and store in an airtight container in the fridge.

**Nutrition Info:** 215 calories, 21.5g fat, 2g protein, 6.5g carbs, 4.5g fiber, 2g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Cinnamon Quick Bread

Servings: 8

Prep Time: 10 minutes

Cook Time: 30 minutes

#### Ingredients:

- ½ cup coconut flour
- 1 ¼ teaspoon ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- Pinch salt
- 6 tablespoons canned coconut milk
- 3 tablespoons melted coconut oil
- 2 tablespoons water
- 1 teaspoon apple cider vinegar
- 3 large eggs, whisked
- Liquid stevia extract

#### Instructions:

1. Preheat the oven to 350°F and grease a loaf pan.
2. Combine the coconut flour, cinnamon, baking soda, baking powder, and salt in a mixing bowl and stir well.
3. In another bowl, whisk together the coconut milk, oil, water, vinegar, and eggs.
4. Stir the wet ingredients into the dry, then sweeten to taste with stevia.
5. Spread the batter in the pan and cook for 25 to 30 minutes, then let cool.

**Nutrition Info:** 160 calories, 12g fat, 4.5g protein, 9g carbs, 5.5g fiber, 3.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Lemon Meringue Cookies

Servings: 8

Prep Time: 10 minutes

Cook Time: 60 minutes

#### Ingredients:

- 4 large egg whites
- Pinch salt
- Liquid stevia extract, to taste
- 1 teaspoon lemon extract

#### Instructions:

1. Preheat the oven to 225°F and line a baking sheet with parchment.
2. Beat the egg whites in a bowl until soft peaks form.
3. Add the salt and stevia, then beat until stiff peaks form.
4. Fold in the lemon extract, then spoon into a piping bag.
5. Pipe the mixture onto the baking sheet in small rounds.
6. Bake for 50 to 60 minutes until dry, then open the oven door and cool 20 minutes.

**Nutrition Info:** 10 calories, 0g fat, 2g protein, 0g carbs, 0g fiber, 0g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Almond Flour Cupcakes

Servings: 12

Prep Time: 10 minutes

Cook Time: 25 minutes

#### Ingredients:

- 2 ½ cups almond flour
- ¾ cup powdered erythritol
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ¾ cup coconut oil, melted
- 3 large eggs
- 2 teaspoons vanilla extract

#### Instructions:

1. Preheat the oven to 350°F and line a muffin pan with paper liners.
2. In a bowl, whisk together the almond flour, erythritol, baking powder, and salt.
3. Whisk together the coconut oil, eggs, and vanilla in another bowl.
4. Combine the two mixtures and stir until just combined.
5. Spoon the batter into the prepared pan and bake for 22 to 25 minutes.
6. Let the cupcakes cool for 5 minutes in the pan, then turn out to cool completely.

**Nutrition Info:** 260 calories, 26g fat, 6g protein, 5g carbs, 2g fiber, 3g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Coconut Macaroons

Servings: 10

Prep Time: 10 minutes

Cook Time: 10 minutes

#### Ingredients:

- ½ cup unsweetened shredded coconut
- ¼ cup almond flour
- 2 tablespoons powdered erythritol
- 1 tablespoon coconut oil
- 1 teaspoon vanilla extract
- ½ teaspoon coconut extract
- 3 large egg whites

#### Instructions:

1. Preheat the oven to 400°F and line a baking sheet with parchment.
2. Combine the almond flour, coconut, and erythritol in a bowl.
3. In a separate bowl, melt the coconut oil, then whisk in the extracts.
4. Stir the two mixtures together until well combined.
5. Beat the egg whites in a bowl until stiff peaks form, then fold into the batter.
6. Spoon onto the baking sheet in even-sized mounds.
7. Bake for 7 to 9 minutes until the cookies are just browned on the edges.

**Nutrition Info:** 105 calories, 9g fat, 2.5g protein, 3g carbs, 2g fiber, 1g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Vanilla Coconut Milk Ice Cream

Servings: 6

Prep Time: 10 minutes

Cook Time: 30 minutes

#### Ingredients:

- 1 tablespoon coconut oil
- 2 cups canned coconut milk, divided
- Liquid stevia extract, to taste
- 1 teaspoon vanilla extract

#### Instructions:

1. Melt the coconut oil in a saucepan, then whisk in half of the coconut milk.
2. Bring to a boil, then reduce heat and simmer for 30 minutes.
3. Pour into a bowl and sweeten with stevia, then let cool to room temperature.
4. Stir in the vanilla extract, then pour the remaining coconut milk into a bowl.
5. Beat the coconut milk until stiff peaks form, then fold into the other mixture.
6. Spoon into a loaf pan and freeze until firm.

**Nutrition Info:** 205 calories, 21g fat, 2g protein, 4.5g carbs, 2g fiber, 2.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Crunchy Ginger Cookies

Servings: 16

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 cup coconut butter
- 1 large egg
- 1 teaspoon vanilla extract
- ½ cup powdered erythritol
- ½ teaspoon ground ginger
- ½ teaspoon baking soda
- ¼ teaspoon ground nutmeg
- Pinch salt

#### Instructions:

1. Preheat the oven to 350°F and line a baking sheet with parchment.
2. Place the coconut butter in a food processor with the egg and vanilla.
3. Blend smooth then add the erythritol, ginger, baking soda, nutmeg, and salt.
4. Pulse until it forms a dough, then shape into 16 small balls.
5. Place the balls on the baking sheet and flatten slightly.
6. Bake for 12 to 15 minutes until the edges are browned then cool.

**Nutrition Info:** 190 calories, 18g fat, 2.5g protein, 7g carbs, 5g fiber, 2g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Vanilla Coconut Milk Flan

Servings: 4

Prep Time: 10 minutes

Cook Time: 1 hour

#### Ingredients:

- ½ cup heavy cream
- ½ cup whole milk
- ¼ cup powdered erythritol
- 1 tablespoon butter
- Pinch xanthan gum
- 2 large eggs
- ½ (14-ounce) can coconut milk
- 3 tablespoons shredded unsweetened coconut
- 1 teaspoon vanilla extract

#### Instructions:

1. Whisk together the heavy cream, milk, and erythritol in a saucepan then bring to a boil.
2. Cook on medium-low heat until reduced by half – about 1 hour.
3. Stir in the butter and xanthan gum, then remove from heat.
4. Preheat the oven to 325°F and grease 4 ramekins with butter or coconut oil.
5. Beat the eggs until frothy, then beat in the cream mixture along with the coconut milk, shredded coconut, and vanilla.
6. Adjust sweetness to taste, then divide among the four ramekins.
7. Bake for 50 to 60 minutes until the tops of the flans are lightly browned.
8. Cover with plastic and chill until ready to serve.

**Nutrition Info:** 260 calories, 25g fat, 6g protein, 5.5g carbs, 1.5g fiber, 4g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Peppermint Dark Chocolate Fudge

Servings: 16

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- ½ cup coconut butter
- ⅓ cup coconut oil
- 4 ounces dark chocolate chips
- 1 teaspoon peppermint extract
- Liquid stevia extract, to taste

#### Instructions:

1. Combine the coconut butter, coconut oil, and dark chocolate in a double boiler over low heat.
2. Cook until the ingredients are melted, then stir until smooth.
3. Whisk in the peppermint extract and sweeten with stevia to taste.
4. Spread the mixture in a parchment-lined baking dish and chill until firm.
5. Remove the fudge from the dish and cut into squares to serve.

**Nutrition Info:** 165 calories, 15.5g fat, 1.5g protein, 8.5g carbs, 2.5g fiber, 6g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Layered Choco-Coconut Bars

Servings: 6

Prep Time: 20 minutes

Cook Time: None

#### Ingredients:

- 1 ½ cup shredded unsweetened coconut
- ½ cup canned coconut milk
- 1 teaspoon vanilla extract
- Liquid stevia extract
- 7 tablespoons coconut oil
- ¼ cup unsweetened cocoa powder

#### Instructions:

1. Combine the coconut, coconut milk, and vanilla in a bowl.
2. Stir well then sweeten with liquid stevia to taste.
3. Line a baking sheet with parchment and turn out the coconut mixture onto it – shape into a 4-by-6-inch rectangle.
4. Freeze for 2 hours until solid, then cut into six bars and set aside.
5. Melt the coconut oil in the microwave, then whisk in the cocoa powder and stevia to taste.
6. Cool the chocolate mixture slightly, then dip the bars in it until covered.
7. Place the bars on the baking sheet and chill to harden the chocolate.

**Nutrition Info:** 265 calories, 28g fat, 2g protein, 6g carbs, 3.5g fiber, 2.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Creamy Queso Dip

Servings: 8

Prep Time: 15 minutes

Cook Time: 5 minutes

#### Ingredients:

- 4 ounces chorizo, crumbled
- 1 clove garlic, minced
- ¼ cup heavy cream
- 6 ounces shredded white cheddar cheese
- 2 ounces shredded pepper jack cheese
- ¼ teaspoon xanthan gum
- Pinch salt
- 1 jalapeno, seeded and minced
- 1 small tomato, diced

#### Instructions:

1. Cook the chorizo in a skillet until evenly browned, then spoon into a bowl.
2. Reheat the skillet on medium-low heat and add the garlic – cook for 30 seconds.
3. Stir in the heavy cream, then add the cheese a little at a time, stirring often until it melts together.
4. Sprinkle with xanthan gum and salt, then stir well and cook until thickened.
5. Stir in the tomato and jalapeno, then serve with veggies for dipping.

**Nutrition Info:** 195 calories, 16g fat, 11g protein, 1.5g carbs, 0.5g fiber, 1g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Choco-Pistachio Fat Bombs

Servings: 16

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ½ cup coconut oil
- ½ cup coconut butter
- ¼ cup canned coconut milk
- ½ teaspoon vanilla extract
- Pinch salt
- ½ cup finely chopped pistachios
- 2 tablespoons unsweetened cocoa powder

#### Instructions:

1. Combine the coconut oil, coconut butter, and coconut milk in a large bowl.
2. Add the vanilla and salt, then beat on high speed until fluffy.
3. Transfer to the refrigerator and chill for an hour.
4. Scoop the mixture into 16 small portions and roll them into balls.
5. Combine the pistachios and cocoa powder in a bowl and roll the balls in it.
6. Chill until firm, then store in an airtight container.

**Nutrition Info:** 175 calories, 18g fat, 1.5g protein, 4.5g carbs, 3g fiber, 1.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Matcha Coconut Fat Bombs

Servings: 16

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ½ cup coconut oil
- ½ cup coconut butter
- ¼ cup canned coconut milk
- ½ teaspoon vanilla extract
- Pinch salt
- ½ cup shredded unsweetened coconut
- 2 teaspoons matcha powder

#### Instructions:

1. Combine the coconut oil, coconut butter, coconut milk, and a pinch of matcha powder in a large mixing bowl.
2. Add the vanilla and salt, then beat on high speed until fluffy.
3. Transfer to the refrigerator and chill for an hour.
4. Scoop the mixture into 16 small portions and roll them into balls.
5. Combine the coconut and matcha in a bowl and roll the balls in it.
6. Chill until firm, then store in an airtight container.

**Nutrition Info:** 170 calories, 17.5g fat, 1.5g protein, 4g carbs, 3g fiber, 1g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Coco-Almond Fat Bomb Bars

Servings: 12

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- ½ cup cocoa butter
- ¼ cup unsweetened cocoa powder
- ¼ cup powdered erythritol
- 2 cups toasted almonds, chopped
- ½ cup heavy cream

#### Instructions:

1. Melt the cocoa butter in a small saucepan over low heat.
2. Whisk in the cocoa powder and sweeten with erythritol.
3. Stir in the chopped almonds and heavy cream until well combined.
4. Pour the mixture into silicone molds and let cool.
5. Transfer the molds to the fridge and chill until hardened.
6. Pop the fat bombs out of the molds and store in an airtight container.

**Nutrition Info:** 205 calories, 20.5g fat, 4.5g protein, 5g carbs, 3g fiber, 2g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Chocolate-Dipped Pecan Fat Bombs

Servings: 16

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut butter
- 1 cup canned coconut milk
- 1 cup finely chopped pecans
- 1 teaspoon vanilla extract
- Liquid stevia extract, to taste
- ¼ cup chopped dark chocolate
- ½ teaspoon palm shortening

#### Instructions:

1. Combine the coconut butter and coconut milk in a small saucepan over low heat.
2. When melted, stir in the pecans and vanilla, then sweeten to taste.
3. Remove from heat and chill for 1 to 2 hours until firm.
4. Divide the mixture into 16 portions and roll them into small balls.
5. Melt the dark chocolate in the microwave with the palm shortening.
6. Dip the balls in the chocolate and place them on a plate.
7. Chill until the chocolate is hardened, then serve.

**Nutrition Info:** 245 calories, 24.5g fat, 3g protein, 9.5g carbs, 5.5g fiber, 4g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Dark Chocolate Pistachio Fat Bombs

Servings: 16

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut butter
- 1 cup canned coconut milk
- 1 cup finely chopped pistachios
- 1 teaspoon vanilla extract
- Liquid stevia extract, to taste
- ¼ cup chopped dark chocolate
- ½ teaspoon palm shortening

#### Instructions:

1. Combine the coconut butter and coconut milk in a small saucepan over low heat.
2. When melted, stir in all but 1 tablespoon of the pistachios along with the vanilla then sweeten to taste.
3. Remove from heat and chill for 1 to 2 hours until firm.
4. Divide the mixture into 16 portions and roll them into small balls.
5. Melt the dark chocolate in the microwave with the palm shortening.
6. Dip the balls in the chocolate and place them on a plate.
7. Sprinkle with the remaining pistachios, then chill until the chocolate is hardened then serve.

**Nutrition Info:** 250 calories, 24g fat, 3g protein, 10g carbs, 6g fiber, 4g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Chocolate-Dipped Coconut Fat Bombs

Servings: 16

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut butter
- 1 cup canned coconut milk
- $\frac{3}{4}$  cup unsweetened shredded coconut
- 2 teaspoons vanilla extract
- Liquid stevia extract, to taste
- $\frac{1}{4}$  cup chopped dark chocolate
- $\frac{1}{2}$  teaspoon palm shortening

#### Instructions:

1. Combine the coconut butter and coconut milk in a small saucepan over low heat.
2. When melted, stir in the coconut and vanilla, then sweeten to taste.
3. Remove from heat and chill for 1 to 2 hours until firm.
4. Divide the mixture into 16 portions and roll them into small balls.
5. Melt the dark chocolate in the microwave with the palm shortening.
6. Dip the balls in the chocolate and place them on a plate.
7. Chill until the chocolate is hardened, then serve.

**Nutrition Info:** 300 calories, 28g fat, 3g protein, 11.5g carbs, 7g fiber, 4.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Chocolate Sunbutter Fat Bombs

Servings: 16

Prep Time: 5 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut oil
- 1 cup sunflower seed butter
- ½ cup unsweetened cocoa powder, divided
- ¼ cup coconut flour
- Liquid stevia extract, to taste

#### Instructions:

1. Melt the coconut oil and sunflower seed butter together in a small saucepan.
2. Whisk in ¼ cup of the cocoa powder along with the coconut flour, and liquid stevia to taste.
3. Remove from heat and let cool until it hardens slightly.
4. Divide the mixture into 16 even pieces and roll into balls then place on a plate.
5. Roll the fat bombs in the remaining cocoa powder to coat and chill.

**Nutrition Info:** 230 calories, 22g fat, 4g protein, 8g carbs, 2g fiber, 6g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Cinnamon Mug Cake

Servings: 1

Prep Time: 5 minutes

Cook Time: 1 minute

#### Ingredients:

- ⅓ cup almond flour
- 1 tablespoon powdered erythritol
- ½ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- Pinch salt
- 1 large egg
- 1 tablespoon water
- 1 tablespoon coconut oil
- ½ teaspoon vanilla extract

#### Instructions:

1. Combine the almond flour, erythritol, baking powder, cinnamon, and salt.
2. In a separate bowl, whisk together the egg, water, coconut oil, and vanilla.
3. Stir the two mixtures together and pour into a greased coffee mug.
4. Cook in the microwave on high for 1 minute until done. Serve warm.

**Nutrition Info:** 395 calories, 36g fat, 13.5g protein, 8.5g carbs, 4g fiber, 4.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Raspberry Coconut Mousse

Servings: 6

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- 1 ½ cup cashews, raw
- 3 tablespoons lemon juice
- 3 tablespoons water
- 1 ½ tablespoons coconut oil, melted
- 1 cup canned coconut milk (solids only)
- 1 teaspoon vanilla extract
- Liquid stevia extract, to taste
- ½ cup fresh raspberries, mashed slightly

#### Instructions:

1. Combine the cashews, lemon juice, water, and coconut oil in a blender and blend until smooth.
2. Beat the coconut milk with a hand mixer until stiff peaks form, then beat in the vanilla and stevia to taste.
3. Fold the whipped coconut milk into the cashew mixture then fold in the berries.
4. Spoon into jars and chill for at least 1 hour before serving.

**Nutrition Info:** 325 calories, 29g fat, 6.5g protein, 15g carbs, 2.5g fiber, 12.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Chocolate Coconut Truffles

Servings: 12

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- 1 cup coconut butter
- 6 tablespoons unsweetened cocoa powder
- 2 tablespoons unsweetened shredded coconut
- 2 tablespoons instant coffee powder
- Liquid stevia extract, to taste
- 2 tablespoons coconut oil, melted

#### Instructions:

1. Melt the coconut butter in the microwave and stir until smooth.
2. Stir in the cocoa powder, coconut, coffee powder, and stevia.
3. Grease the cups of an ice cube tray with melted coconut oil.
4. Spoon the chocolate coconut mixture into the ice cube tray and pat down.
5. Freeze for 4 hours or until solid, then defrost for 15 minutes before serving.

**Nutrition Info:** 290 calories, 28g fat, 3.5g protein, 11g carbs, 8g fiber, 3g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Cinnamon-Spiced Pumpkin Bars

Servings: 6

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- ½ cup coconut oil
- 4 ounces cream cheese, softened
- ¼ cup powdered erythritol
- 1 ½ teaspoons ground cinnamon
- ¼ cup pumpkin puree

#### Instructions:

1. Combine the coconut oil and cream cheese in a saucepan over medium-low heat.
2. Melt the ingredients, then stir well – transfer to a mixing bowl.
3. Beat in the erythritol and cinnamon, then spread in a dish lined with parchment.
4. Drizzle the pumpkin puree over the mixture and swirl with a knife.
5. Chill for 4 hours or until solid, then cut into bars to serve.

**Nutrition Info:** 225 calories, 25g fat, 1.5g protein, 2g carbs, 0.5g fiber, 1.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Chocolate Avocado Pudding

Servings: 4

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

- 2 medium avocados, pitted and chopped
- ½ cup heavy cream
- 2 tablespoons unsweetened cocoa powder
- 2 to 3 tablespoons powdered erythritol
- 1 tablespoon almond flour
- 1 teaspoon vanilla extract

#### Instructions:

1. Combine the ingredients in a food processor and pulse.
2. Blend on high speed until smooth, then spoon into cups.
3. Chill until thick and cold, then serve.

**Nutrition Info:** 275 calories, 26.5g fat, 3g protein, 11g carbs, 8g fiber, 3g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Classic Guacamole Dip

Servings: 4

Prep Time: 15 minutes

Cook Time: None

#### Ingredients:

- 2 medium avocado, pitted
- 1 small yellow onion, diced
- 1 small tomato, diced
- ¼ cup fresh chopped cilantro
- 1 tablespoon fresh lime juice
- 1 jalapeno, seeded and minced
- 1 clove garlic, minced
- Salt
- Sliced veggies to serve

#### Instructions:

1. Spoon the avocado flesh into a bowl and mash slightly.
2. Stir in the onion, tomato, cilantro, lime juice, garlic, and jalapeno.
3. Season with salt to taste and spoon into a bowl – serve with sliced veggies.

**Nutrition Info:** 220 calories, 20g fat, 2.5g protein, 12g carbs, 7.5g fiber, 4.5g net carbs



## FAT BOMB, SNACK, AND DESSERT RECIPES

### Cashew Macadamia Fat Bomb Bars

Servings: 16

Prep Time: 10 minutes

Cook Time: None

#### Ingredients:

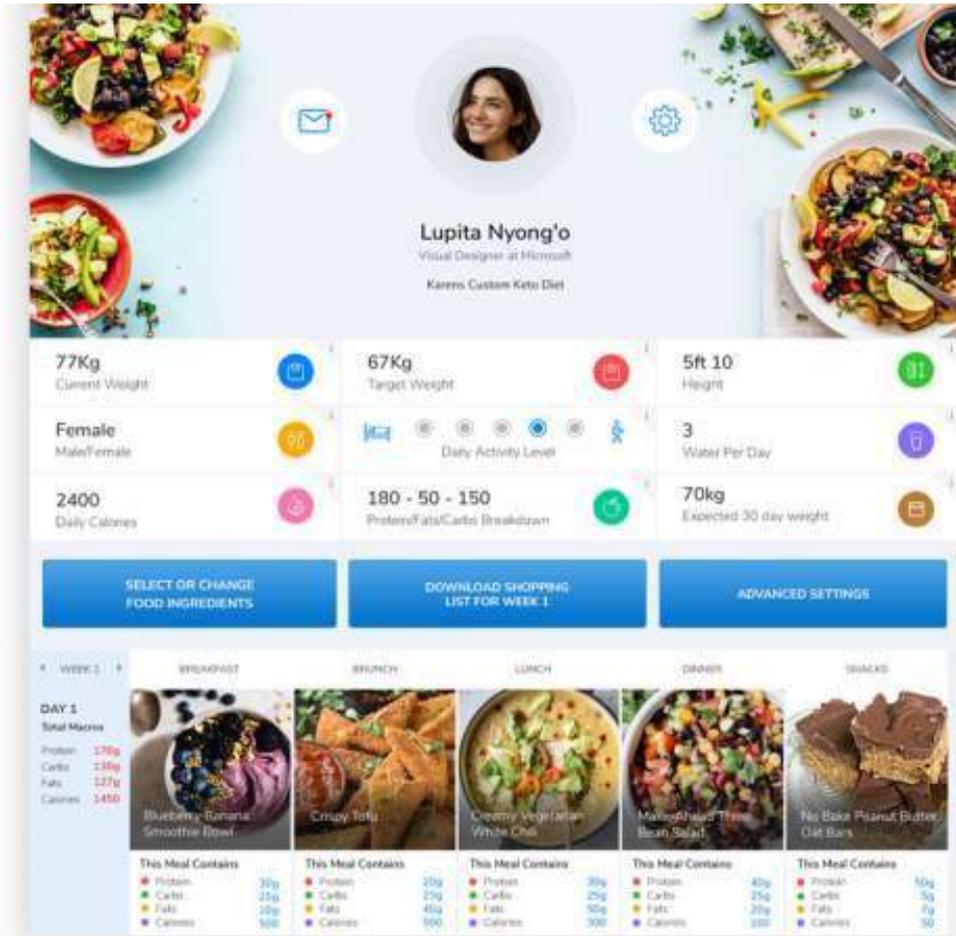
- ½ cup almond butter
- ¼ cup unsweetened cocoa powder
- ¼ cup powdered erythritol
- 2 cups chopped macadamia nuts
- ½ cup heavy cream

#### Instructions:

1. Melt the almond butter in a small saucepan over low heat.
2. Whisk in the cocoa powder and sweeten with erythritol.
3. Stir in the chopped macadamia nuts and heavy cream until well combined.
4. Pour the mixture into silicone molds and let cool.
5. Transfer the molds to the fridge and chill until hardened.
6. Pop the fat bombs out of the molds and store in an airtight container.

**Nutrition Info:** 185 calories, 19.5g fat, 2.5g protein, 4.5g carbs, 2.5g fiber, 2g net carbs





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