

35 KETO RECIPES



Introduction

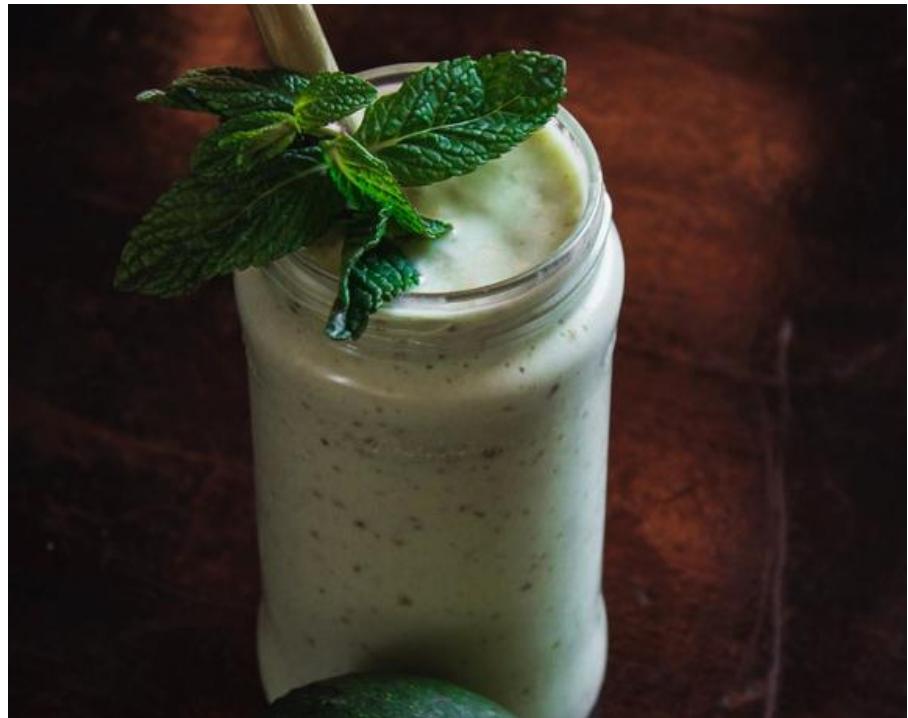
Intermittent fasting is an excellent lifestyle choice for transforming your body and life through weight loss and improved health. Intermittent fasting is not, strictly speaking, a diet. It's more of an eating routine. However, maintaining a healthy diet while intermittent fasting is just as important as fasting itself. Fasting cannot bring about miracles on its own. To achieve your weight loss goals and reap the health benefits associated with regular fasting, you must combine intermittent fasting with a healthy diet, which includes proper nutrition and calorie control.

Making poor food choices and eating too much during your eating window will greatly reduce, if not completely negate, the effects. Too many calories, regardless of when they are consumed, represent a higher energy intake than energy expenditure, which will not result in weight loss. Choosing healthy, nutritious foods in between fasting periods will also help you feel more satisfied, less hungry, and less prone to cravings.

AVOCADO SMOOTHIE

Ingredients

- 1 large banana
- ½ medium avocado
- 1 tsp. vanilla extract
- 1 cup unsweetened almond milk



Instruction

Blend the banana, almond milk, avocado, and vanilla concentrate in a high-powered blender until smooth.

Nutrition

Calories 146, Fat 6g, Carbs 16g, Protein 6g



Prepare Time

5 Minutes

Total Time

10 Minutes

SPINACH KIWI SMOOTHIE

Ingredients

- 1 cup spinach
- 1 cup chopped kale
- 1 cup water
- Ice
- 1 cup kiwi



Instruction

1. In a blender, combine all of the ingredients and blend until smooth.

Nutrition

Calories 202.9kcal, Carbs 34.5g, Protein 13.1g, Fat 4.2g



Prepare Time

5 Minutes

Total Time

10 Minutes

KETO PIZZA

Ingredients

- 2 cups Shredded Mozzarella Cheese
- 1 oz cream cheese
- 1 cup Almond flour
- 1 egg
- 1 teaspoon baking powder
- 1 teaspoon Italian seasoning

TOPPINGS

- 3 tbsp unsweetened tomato sauce
- 1 tsp dried oregano
- 5 oz. shredded cheese
- 1½ oz. pepperoni
- olives



Instruction

1. Preheat the oven to 450 degrees Fahrenheit. In a large microwave-safe bowl, combine the mozzarella and cream cheese and cook for 45 seconds. Remove the eggs, almond flour, baking powder, Italian seasoning, and garlic from the microwave. Stir with a spoon until it is completely dissolved.
2. Place the dough on a parchment-lined baking pan.
3. You have the option of making two circular circles or a huge rectangular pizza. Preheat the oven to 350°F and bake the pizza dough for 15 minutes, or until golden. Remove from the oven and set aside to cool for 1-2 minutes.
4. Remove the pizza from the oven (but leave it on) and top it with your favourite sauces, cheeses, and toppings. Bake the pizza for a further 58 minutes, or until golden brown.

Nutrition

Calories 249kcal, Carbs 5g,
Protein 14g, Fat 19g



Prepare Time

15 Minutes



Cook Time

1 hour 10 Minutes

ARUGULA SALAD

Ingredients

- 1/2 cup walnut halves
- 1/8 teaspoon cayenne pepper
- 3 tablespoons olive oil, divided
- 3/4 teaspoon plus 1/8 tsp. kosher salt, divided
- 2 teaspoons balsamic vinegar
- 1 teaspoon honey
- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 5 ounces fresh arugula
- 1/2 cup dried figs, quartered
- 1 medium carrot, shaved
- 3 ounces goat cheese, crumbled (about 3/4 cup)



Instruction

1. Preheat the oven to 375 degrees Fahrenheit. On a small baking sheet, combine walnuts, 1 tablespoon oil, cayenne and 1/8 teaspoon salt. Bake for about 10 minutes, or until golden.
2. Remove the dish from the oven and set it aside.
3. In a separate dish, combine the balsamic vinegar, honey, remaining 2 tablespoons oil, and the remaining 3/4 teaspoon salt.
4. In a large mixing dish, combine arugula, chickpeas, figs, and carrot. Top with Toasted walnuts with goat cheese on top.
5. To serve, divide 2 cups salad among 4 bowls and sprinkle with dressing evenly.

Nutrition

Calories 403g, Fat 24g,
Carbs 35g, Protein 13g



Prepare Time
5 Minutes

Cook Time
15 Minutes

BEEF SALAD

Ingredients

- 300g steak
- Mushrooms
- 2 tbsp olive oil
- 1 garlic clove, minced
- Sea salt
- Pepper
- Cherry tomatoes, halved
- Mixed greens
- 11 oz. drained baby mozzarella
- Dressing
- olive oil
- 1 Tbsp Peanut Butter
- 1 Clove garlic, minced
- 1 Tsp Soya Sauce
- 1 Tsp White Vinegar
- 1 Squirt Fish Sauce
- 1 Squeeze Lime juice
- 2 Drops Stevia
- Salt & Pepper to taste



Instruction

1. Preheat the frying pan or outdoor grill over medium to high heat on the stove. Using salt and pepper, season the meat.
2. To coat all sides of the steak, combine olive oil and garlic in a small bowl.
3. Bake the steaks for 34 minutes on each side for medium rare steaks, depending on the thickness of the fillet.
4. Remove the pan from the heat and cover with foil. Take a five-minute break. To make the dressing, combine all ingredients in a mixing dish and emulsify with a whisk.
5. Cut the mushrooms, wash them, and set them aside.
6. In the same pan, melt the butter and cook the mushrooms, seasoning with salt. Finish with a sprinkle of coriander and sesame seeds!



Prepare Time

20 Minutes



Cook Time

40 Minutes

AVOCADO SALAD

Ingredients

- 1 large tomato
- 1 English cucumber
- 1/2 medium red onion sliced
- 2 avocados diced
- 1 sweet onion, chopped
- 1 green bell pepper, chopped
- 1/4 cup chopped fresh cilantro
- 1/2 lime, juice
- salt and pepper to taste



Instruction

1. In a large salad bowl, combine chopped tomatoes, sliced red onions, sliced cucumbers, diced avocado, and chopped coriander.
2. Add 2 tbsp. lemon juice to the mix. To connect, slowly rotate. Just before serving, season with sea salt and black pepper.

Nutrition

Calories 126, fat 10g, carbs 10g, protein 2g



Prepare Time

10 Minutes

Total Time

15 Minutes

CHICKEN SKILLET

Ingredients

- 1 pound chicken cutlets
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 3 large cloves garlic, grated
- $\frac{1}{2}$ cup dry white wine
- 2 cups coarsely chopped fresh spinach
- $\frac{1}{2}$ cup heavy cream



Instruction

1. Season the chicken with a quarter teaspoon of salt and pepper. In a large skillet, heat the oil over medium heat.
2. Cook, rotating once, until the chicken is browned and cooked through, about 6 minutes. Place on a plate to cool.
3. Cook, stirring constantly, for 30 seconds after adding the garlic to the pan. Raise the heat to medium-high and pour in the wine.
4. Cook for 1 minute, or until slightly reduced. Return to medium heat and whisk in the spinach, cream, and $\frac{1}{4}$ teaspoon each of salt and pepper.
5. Cook for 2 minutes on low heat. Return the chicken to the pan and toss it around in the sauce to coat it.

Nutrition

Calories 301, Fat 17g, Carbs 3g, Protein 27g



Prepare Time

10 Minutes

Cook Time

25 Minutes

CHICKEN TORTILLA WRAPS

Ingredients

- 4 tablespoons extra virgin olive oil divided, plus more for drizzling
- 1 teaspoon fresh parsley minced
- ½ lemon juiced
- kosher salt and freshly ground black pepper
- 2 skinless boneless chicken breasts
- Rice Tortillas
- 1 8 ounce log fresh mozzarella cheese sliced into ¼ inch rounds
- 10-12 medium tomatoes
- ¼ cup fresh basil leaves
- balsamic vinegar



Instruction

1. In a medium mixing bowl, combine 2 tablespoons extra virgin olive oil, parsley, lemon juice, and salt & pepper. Add the chicken bosoms, cover, and set aside to cool to room temperature.
2. Light a grill and set the temperature to high, or place a barbecue dish in the oven and set the temperature to medium high. Remove the chicken from the marinade and season it with extra salt and pepper on the grill or in a skillet. Turn the chicken bosoms after around 3-4 minutes. Cook for a further 3 minutes, or until you have a good structure of barbeque marks.
3. If using a grill, turn off one side of the grill and move the chicken to that side, cover, and cook until the chicken reaches a temperature of 185 degrees. If using the oven, reduce the heat to medium, cover, and cook until the chicken reaches a temperature of 185 degrees on the interior. Remove the chicken from the pan and set it aside.
4. To make the tortillas, layer all of the fixings on top of each other.



Prepare Time

15 Minutes



Cook Time

10 Minutes

VEGETABLE BEAN SALAD

Ingredients

- 15 ounce can of cannellini beans drained and well rinsed
- 15 ounce can of garbanzo beans chickpeas drained and well rinsed
- 1 cup cherry tomato halves
- 2 small Persian cucumbers halved, thinly sliced
- 1/4 red onion thinly sliced
- 1 red onion, diced small
- 1 red, orange, or yellow bell pepper, stemmed, seeded and chopped
- 1/2 cup chopped fresh parsley
- 2 tablespoons extra-virgin olive oil
- Juice of one lemon
- 1/2 teaspoon kosher or sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika



Instruction

1. The dressing should be whisked together.
2. In a large salad bowl, toss onions, beans, peppers, and parsley with dressing until evenly coated and blended.

Nutrition

Calories 274.23kcal, Carbs 29.66g,
Protein 10.23g, Fat 14.03g



Prepare Time

10 Minutes

Total Time

15 Minutes

KETO BEEF BURGERS

Ingredients

- 1 lb lean ground beef
- 1/4 cup butter divided
- 8 chaffles
- 1 tsp salt
- 1/2 tsp pepper



Instruction

1. Make four balls out of the ground meat and flatten them slightly.
2. Heat a cast iron or stainless steel skillet until it is hot but not smoking. If necessary, add a drop of oil to the pan.
3. Use a flipper or spatula to flatten the ground beef disc. Add salt and pepper to taste. When the bottom is dark brown but not scorched, flip it over and season the other side.
4. Add 1/2 tbsp butter to two warm chaffles and a 1/2 tbsp butter to the top of the burger patty. Repeat with the remaining burgers.
5. Serve with your favourite toppings!

Nutrition

Calories 258, Fat 17g, Carbs 1g, Protein 24g



Prepare Time

10 Minutes

Cook Time

25 Minutes

COD WITH SALSA

Ingredients

FOR FISH

- 4 (6-ounce) fillets (about 1 1/2 pounds) cod or other white flaky fish
- Juice of 1 lime
- 2 tablespoons olive or avocado oil
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika or cajun seasoning for more heat
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

FOR CORN SALSA

- 1 (15.25 ounce) can sweet corn, drained
- 1 red bell pepper, diced
- 1 jalapeño pepper, seeded and minced
- 1/2 large red onion, diced
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons fresh lime juice
- ½ teaspoon crushed red pepper, optional
- 1 teaspoon honey
- salt and black pepper, to taste



Instruction

1. Combine lime juice, oil, chilli powder, garlic powder, cumin, paprika, salt, and pepper in a shallow dish. Toss in the cod, tossing to coat evenly, and rub all of the seasoning into the fish on all sides. If you have the time, marinate for 15 minutes.
2. Meanwhile, combine all of the salsa ingredients in a medium mixing bowl and toss to combine. Refrigerate until ready to serve.
3. In a large nonstick skillet over medium-high heat, heat a little oil, butter, or nonstick cooking spray to fry the fish. Alternatively, a cast iron skillet can be used. Add the fish once the pan is heated. Place the fish in a level layer and do not overcrowd the pan; otherwise, the fish will steam rather than sear.
4. Cook the fish for 3 minutes, without moving it, to provide a well-browned crust. After 3 minutes, flip the fish and cook for another 2-3 minutes, or until it is just cooked through. Remove the pan from the heat. (Cook time will vary depending on how thick your fish is.)

COD WITH SALSA

Instruction

5. Cooking time may be as little as 2 minutes on each side and as long as 4 minutes.)
6. Serve the fish with a side of corn salsa and a squeeze of lime. Enjoy!

Nutrition

Calories 258, Fat 17g,
Carbs 1g, Protein 24g



Prepare Time	Cook Time
10 Minutes	25 Minutes

STEAK SALAD

Ingredients

Tarragon Dressing

- 60 ml mayonnaise or vegan mayonnaise
- 1 1/2 tbsp water
- 2/5 tbsp dried tarragon
- 2/5 tbsp Dijon mustard
- 3/4 garlic clove, pressed

Salad

- 700 ml (170 g) leafy greens
- 170 g cherry tomatoes
- 3/4 (150 g) avocado
- 130 g cucumber

Garlic steak bites

- 650 g flank steak or ribeye steaks or sirloin steak, cut into 1" (2.5 cm) pieces
- 1 1/2 tbsp ghee or butter
- 2 1/4 garlic cloves, finely chopped
- salt and ground black pepper, to taste



Instruction

1. Refrigerate the dressing ingredients after whisking them together in a bowl.
2. Prepare the salad as desired, placing the vegetables on a large serving platter or individual plates.
3. In a big frying pan, heat the oil over high heat. Ghee or butter should be added now. Add the meat and season generously with salt and crushed black pepper after the butter has melted. When the meat begins to brown, add the garlic and stir it in well. Fry until both sides of the meat are browned. It's important not to overcook it because the meat will become chewy.
4. Add the steak bites, garlic, and meat drippings from the skillet to the salad. Dressing can be drizzled over top or served separately.

Nutrition

Calories 896kcal, Fat 72g,
Carbs 25g, Protein 42g



Prepare Time

15 Minutes

Cook Time

10 Minutes

BEEF MUSHROOM STEW

Ingredients

- 2 lb. beef chuck roast, cut into 1" pieces
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 8 oz. Baby bella mushrooms, sliced
- 1 small onion, chopped
- 1 medium carrot, peeled and cut into rounds
- 2 stalks celery, sliced
- 3 cloves garlic, minced
- 1 tbsp. tomato paste
- 6 c. low-sodium beef broth
- 1 tsp. fresh thyme leaves
- 1 tsp. freshly chopped rosemary

Nutrition

Calories 280, Fat 13g, Carbs 8g, Protein 35g



Prepare Time
15 Minutes



Cook Time
60 Minutes



Instruction

1. Using paper towels, pat the meat dry and season generously with salt and pepper. Heat the oil in a big pot over medium heat. Working in batches, add the beef and cook it until golden brown on all sides, about 3 minutes per side. Remove the steak from the saucepan and continue the process with the remaining beef, adding extra oil as needed.
2. Add the mushrooms to the same saucepan and cook for 5 minutes, or until brown and crispy. Cook for 5 minutes, or until onion, carrots, and celery are tender. Cook for another minute, or until garlic is aromatic. Stir in the tomato paste to coat the vegetables.
3. Season with salt and pepper and add the broth, thyme, rosemary, and beef to the pot. Bring to a boil, then lower to a low heat.
4. Simmer for 50 minutes to an hour, or until the beef is cooked.

BUTTER SHRIMP

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 lb. shrimp, peeled, deveined, and tails removed
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. butter
- 3 cloves garlic, minced
- 1 1/2 c. halved cherry tomatoes
- 3 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- 1/4 c. basil, thinly sliced
- Lemon wedges, for serving (optional)



Instruction

1. Heat the oil in a large skillet over medium-high heat. Season the shrimp with salt and pepper all over. When the oil is shimmering but not smoking, add the shrimp and sear until the underside is golden, approximately 2 minutes, then turn and sear until opaque, about 2 minutes. Remove the pan from the heat and set it aside.
2. Reduce the heat to medium and stir in the butter. When the butter has melted, add the garlic and simmer for 1 minute, or until fragrant. Season with salt and pepper after adding the cherry tomatoes. Cook until the tomatoes start to burst, then add the spinach and cook until it starts to wilt.
3. Bring the mixture to a simmer with the heavy cream, Parmesan, and basil. Reduce heat to low and cook for 3 minutes, or until sauce is somewhat reduced.
4. Return the shrimp to the skillet and mix well. Cook until the shrimp are fully cooked, then sprinkle with additional basil and a squeeze of lemon before serving.

Nutrition

Calories 532, Fat 35g,
Carbs 12g, Protein 43g



Prepare Time

5 Minutes



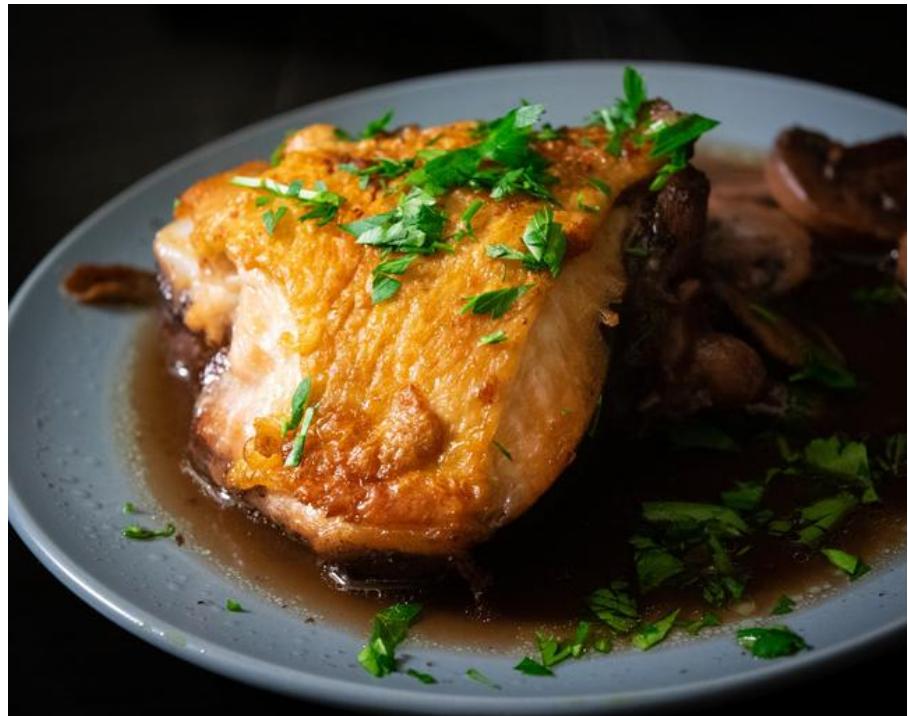
Cook Time

10 Minutes

PORK CHOPS

Ingredients

- 4 boneless pork chops
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil
- 8 oz. baby bella mushrooms, sliced
- 2 cloves garlic, minced
- 1/2 c. heavy cream
- 1/2 c. freshly grated Parmesan
- 1 tsp. dried oregano
- Pinch crushed red pepper flakes
- 3 c. packed baby spinach



Instruction

1. Season both sides of the pork chops with salt & pepper. Heat the oil in a large skillet over medium heat. Cook until the pork chops are golden brown and cooked through. Remove the skillet from the heat and set aside on a dish to keep warm.
2. Simmer for 5 minutes until mushrooms are cooked, then add garlic and cook for 1 minute more until fragrant.
3. Combine heavy cream, Parmesan cheese, oregano, and a pinch of red pepper flakes in a mixing bowl. Salt & pepper to taste. Bring the sauce to a low simmer and cook for 3 minutes, or until it has thickened. Cook for another 2 minutes, or until the spinach has wilted.
4. Return the pork chops to the skillet and cook for 5 minutes, or until warmed through.

Nutrition

Calories 443, Fat 35g, Carbs 7g, Protein 26g



Prepare Time

15 Minutes

Cook Time

40 Minutes

EGG CASSEROLE

Ingredients

- 1 lb zucchini, diced (about 0.25 inches or 0.5 centimeter)
- 6 large eggs
- $\frac{1}{4}$ cup whole milk
- 2 oz. smoked deli ham, diced
- 4 oz. ($\frac{1}{2}$ cup) cream cheese, softened
- 1 ($\frac{1}{2}$ oz.) scallion, sliced
- 1 cup (4 oz.) cheddar cheese, shredded
- salt and pepper, to taste
- 1 tbsp butter, for greasing (optional)



Instruction

1. Oven should be preheated to 350° F (180° C). A 9"x 9" (23 x 23 centimetre) baking dish should be set aside and lightly oiled.
2. Eggs and milk are combined in a whisk.
3. the cream cheese after it has softened. Small cream cheese clumps are OK in the mixture!
4. The ham, spring onion, zucchini, and half the cheese shredded should all be added. To taste, add salt and pepper.
5. Pour into a baking dish after stirring. Add the remaining cheese shavings on top.
6. Until the centre is firm, bake for 20 to 30 minutes.
7. Prior to serving, let the food cool for 10 minutes.

Nutrition

Calories 368, Fat 27g, Carbs 8g, Protein 22g



Prepare Time

10 Minutes

Cook Time

40 Minutes

SHRIMP PASTA

Ingredients

- 3 tbsp. butter, divided
- 1 lb. medium or large shrimp, peeled and deveined
- Kosher salt
- Freshly ground black pepper
- 3 cloves garlic, minced
- 3/4 c. heavy cream
- 1/2 c. grated Parmesan
- 1 c. halved cherry tomatoes
- 3 tbsp. freshly chopped parsley
- 3 tbsp. large zucchini, spiralized (or about 4 cups zoodles)



Instruction

1. Melt one tablespoon of butter in a large skillet over medium heat. Salt and pepper the shrimp after adding them. Cook for about 2 minutes on each side or until shrimp are pink and opaque. Place the shrimp on a dish. (Keep pan juices in.)
2. Stir in garlic after melting the remaining butter in the skillet. Cook for about a minute or until aromatic, then whisk in heavy cream. Add Parmesan, tomatoes, and parsley after bringing to a simmer. Simmer for about 3 minutes, or until tomatoes have softened and the sauce has somewhat thickened.
3. Add zucchini noodles and the shrimp back to the skillet. Serve right after after tossing to blend.

Nutrition

Calories 410, Fat 30g, Carbs 13g, Protein 24g



Prepare Time

5 Minutes

Cook Time

10 Minutes

GRILLED ASPARAGUS

Ingredients

- 4 drained anchovy fillets, finely chopped
- 1 egg yolk
- 1 small garlic clove, crushed
- 1 tsp Dijon mustard
- 125ml (1/2 cup) olive oil
- 1 1/2 tbsp fresh lemon juice
- 1 1/2 tbsp hot water
- 2 bunches asparagus, woody ends trimmed
- Olive oil, to grease
- Shaved parmesan, to serve
- Lemon wedges, to serve
- Select all ingredients



Instruction

1. The anchovy, egg yolk, garlic, and mustard should all be thoroughly mixed in a food processor. Oil should be poured into the mixture while the engine is running in a thin, steady stream until the mixture is thick and pale.
2. Add the lemon juice and process until smooth. Add the hot water after processing is complete. To taste, add salt and pepper. Place inside a bowl.
3. A grill or chargrill should be heated to medium-high. Grease the asparagus with oil.
4. Asparagus should be cooked for two to three minutes, flipping once, or until crisp and tender. After transfer, place the serving platter. in the same way with the remaining asparagus.
5. Drizzle half of the caesar aioli over the asparagus. Sprinkle on some pepper and parmesan. Any remaining aioli should be served along with lemon wedges.

Nutrition

Calories 343, Fat 34g, Carbs 6g, Protein 4.4g



Prepare Time

15 Minutes

Cook Time

10 Minutes

ZOODLE SALAD

Ingredients

- 60ml (1/4 cup) peanut oil
- 3 garlic cloves, crushed
- 2 tsp curry powder
- 2 tsp finely grated fresh ginger
- 4 (125g each) chicken thigh fillets
- 1/2 red onion, finely chopped
- 1 small fresh red chilli, deseeded, finely chopped
- 2 tbsp peanut butter
- 180ml (3/4 cup) coconut milk
- 2 tsp soy sauce
- 40g (1/4 cup) chopped roasted salted peanuts
- 1/2 lime, juiced
- 2 large zucchini, trimmed
- 1 Lebanese cucumber, thinly sliced
- 250g cherry tomatoes, halved

Nutrition

Calories 559, Fat 41g,
Carbs 18g, Protein 33g



Prepare Time

1 hr 25 min



Cook Time

10 Minutes



Instruction

1. In a small glass or ceramic dish, combine the ginger, 2 tablespoons oil, 2 garlic cloves, and 1 teaspoon curry powder. The chicken is then added and coated. For at least one hour, cover and marinate in the refrigerator.
2. In a small saucepan over medium heat, warm the remaining oil. Stirring often, cook the onion for 3 minutes or until it softens.
3. Stirring constantly, sauté the remaining garlic and curry powder for one minute or until aromatic before adding the chilli. Add the soy sauce, coconut milk, and peanut butter by stirring. Stirring often, simmer for 2–3 minutes or until slightly thickened. For serving, set aside 2 teaspoons of the chopped peanuts. Combine the sauce with the remaining peanuts and lime juice. Set aside and keep heated with a cover.
4. Use a spiralizer to create long zucchini noodles in the interim, or use a vegetable peeler to slice the zucchini into long strips.
5. Over medium-high heat, preheat a grill or chargrill pan. Cook the chicken for 3 to 4 minutes on each side, or until just cooked through and faintly browned. Before thickly slicing, transfer to a dish and leave to rest for 5 minutes.
6. Among the bowls, zucchini noodles. Chicken, cucumber, and tomatoes should be added before the warm satay sauce.

AVOCADO SOUP

Ingredients

- 2 tbsp extra virgin olive oil
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 3 cups Massel chicken style liquid stock
- 300ml light thickened cream
- 3 avocados
- 1/4 cup lime juice
- 1 corn cob, husk and silk removed
- 1 tomato, seeded, finely chopped
- 2 tbsp fresh coriander, chopped



Instruction

1. In a medium saucepan set over medium heat, warm 2 teaspoons of oil. Embrace cumin and garlic. Stirring often, cook for 30 seconds or until aromatic. Embrace stock Simmer for a while. Get rid of the heat. Add cream and mix. 20 minutes to cool.
2. Chop two and a half avocados roughly. To keep the remaining avocado half from fading, cover it in plastic wrap. In a blender or food processor, combine the diced avocado, lime, and stock mixture. until smooth, process. Add salt and pepper to taste. Place in a basin. Cover. Place in the fridge for an hour or until cool.
3. In a small frying pan over high heat, heat the remaining 2 teaspoons of oil. Cook corn for 6 minutes, rotating once, or until browned. Switch to a board. When it is cool enough to handle, stand for two minutes. Cut kernels from the cob using a sharp knife. Place in a basin. Dice the avocado you set aside. Add tomato and cilantro to the corn. Add salt and pepper to taste.
4. Serve the soup with the salsa on top and the remaining oil poured over it.



Prepare Time

1h 35 Min



Cook Time

10 Minutes

MISO SOUP

Ingredients

- 2-6- inch square pieces of kombu
- 12 cups cold water
- 6 dried shiitake mushrooms may sub with 1 cup fresh, sliced
- 1 cup bonito flakes
- 2 ounces tofu organic silken
- 6 small Bok Choy sliced
- 3 scallion onions sliced
- 6 tablespoons miso paste white



Instruction

1. The dried shiitake mushrooms and kombu should be rinsed under cold running water before being added to a medium stockpot. Add 12 cups of water, then let the mixture soak for an hour.
2. Place the stockpot over medium heat and let the kombu and dried shitake mushrooms to soak before allowing the stock to cool to a simmer. Remove the kombu, turn the heat up, and bring the mixture to a boil.
3. After the ingredients have reached a rolling boil, turn the heat down to a low setting and add the bonito flakes. With periodic tossing, simmer them for around 20 minutes.
4. To make your miso soup, strain the resulting dashi stock into a medium saucepan. Place the soup over medium-low heat while keeping the shiitake mushrooms aside. At this point, include the baby bok choy.
5. Organic tofu should be cut into 1-inch pieces and set aside. Miso and stock should be thoroughly combined by whisking.
6. Add the scallions and tofu. Add a few of your shiitake mushrooms that have been cut into slices to the saucepan as well.
7. Cook for a further 5 to 6 minutes on low before serving.

Nutrition

Calories 234, Fat 2g,
Carbs 23g, Protein 32g



Prepare Time

15 Minutes



Cook Time

30 Minutes

COBB SALAD

Ingredients

- 5 cups Romaine lettuce (chopped)
- 5 cups Watercress (chopped)
- 8 slices Cooked bacon (cut into small pieces or crumbled)
- 12 oz Cooked chicken breast (cut into cubes or shredded)
- 2 cups Grape tomatoes (halved)
- 2 medium Avocados
- 4 large Hard boiled eggs (diced or sliced)
- 1/2 cup Roquefort cheese (crumbled)
- 2 tbsp Chives (finely chopped)
- 1/2 cup Ranch dressing (OR use Sugar-Free “Honey” Mustard from the Easy Keto Cookbook)
- Sea salt (to taste)
- Black pepper (to taste)



Instruction

1. All ingredients—aside from the dressing, salt, and pepper—should be combined in a big bowl.
2. Toss to blend after adding dressing. Use salt and pepper to taste to season.

Nutrition

Calories 374, Fat 27g, Carbs 8g, Protein 24g



Prepare Time

20 Minutes

Total Time

25 Minutes

CUCUMBER SALAD

Ingredients

- 1/2 cup Sour cream
- 2 tbsp Fresh dill (chopped)
- 1 tbsp Olive oil
- 1 tbsp Lemon juice
- 1/2 tsp Garlic powder
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper
- 24 oz Cucumbers (sliced into circles or half circles; ~6 cups or 12 mini cucumbers)
- 1 small Red onion (sliced into thin quarter moons; ~1 cup)



Instruction

1. Mix the sour cream, dill, olive oil, lemon juice, and garlic powder in a big bowl. To taste, seasoned with black pepper and sea salt.
2. Add the chopped red onions and cucumbers after mixing.

Nutrition

Calories 86, Fat 6g, Carbs 7g, Protein 2g



Prepare Time

10 Minutes



Total Time

12 Minutes

CHOPPED ITALIAN SALAD

Ingredients

- 8 oz Salami (chopped)
- 8 oz Fresh mozzarella balls
- 6 oz Proscuitto (chopped)
- 2 cups Grape tomatoes (halved)
- 1 cup Pepperoncini peppers (drained, chopped)
- 1 14-oz can Artichoke hearts (drained, chopped)
- 1/2 cup Kalamata olives
- 3 tbsp Olive oil
- 1 tbsp White wine vinegar
- 1/4 tsp Sea salt (to taste)
- 1/4 tsp Black pepper (to taste)
- 1/4 cup Fresh basil (cut into ribbons)



Instruction

1. Mix the olive oil, white wine vinegar, sea salt, and black pepper in a sizable bowl. If necessary, tilt the basin.
2. Toss in the other ingredients, excluding the basil.
3. Just before serving, add fresh basil. (Without the basil, you can prepare the salad ahead of time and store it in the fridge.)

Nutrition

Calories 345, Fat 30g, Carbs 3g, Protein 14g



Prepare Time **Total Time**
10 Minutes **10 Minutes**

CHICKEN SALAD

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. In a mixing bowl, combine all the ingredients with the exception of the chicken.
2. Stir carefully to coat the chicken before adding it to the stew.
3. As desired, add salt and pepper after tasting.
4. For the finest flavour, chill for an hour before serving.

Nutrition

Calories 394, Fat 33g, Carbs 3g, Protein 21g



Prepare Time
10 Minutes



Cook Time
10 Minutes

COCONUT PORRIDGE

Ingredients

- 2 tablespoons coconut flour
- 2 tablespoons golden flax meal
- 3/4 cup water
- pinch of salt
- 1 large egg beaten
- 2 teaspoons butter or ghee
- 1 tablespoon heavy cream or coconut milk
- 1 tablespoon Low carb brown sugar or your favorite sweetener



Instruction

1. In a small pot over medium heat, combine the first four ingredients and stir. Reduce the heat to medium-low once it starts to simmer, then whisk until the mixture starts to thicken.
2. The coconut flour porridge should now be off the heat. Continue whisking as you add the beaten egg, half at a time. Return to the heat and keep whisking the porridge until it thickens.
3. Before adding the butter, cream, and sweetener, turn off the heat and stir for another 30 seconds or so.
4. Add your preferred toppings as a garnish.

Nutrition

Calories 345, Fat 28.5g,
Carbs 13g, Protein 13g



Prepare Time

2 Minutes

Cook Time

5 Minutes

CHICKEN LEGS

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. Preheat the oven to 425 degree F.
2. Line a baking sheet with aluminum foil and lightly spray with non-stick cooking oil. Set aside.
3. Remove drumsticks from packaging. Pat them dry with paper towels. Place into a bowl or resealable plastic bag. Add oil oil and toss to coat.
4. In a small bowl combine seasonings. Add to bowl/bag and toss until chicken is coated.
5. Place drumsticks on the baking sheet. Place in a preheated oven and bake for 40-45 minutes or until the internal temperature is 165 degrees or higher.

Nutrition

Calories 310 , Fat 21g, Carbs 2g, Protein 27g



Prepare Time

10 Minutes

Cook Time

40 Minutes

CREAM BUNS

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. Set the oven to 180 degrees Celsius (356 degrees Fahrenheit).
2. your dry ingredients together. Then, combine all the ingredients in a food processor or electric blender, and blend for 20 seconds, or until smooth. Dough shouldn't be over-mixed.
3. So that the flours can absorb the liquid, let the dough rest for a few minutes.
4. Form buns by dividing the dough into 4 equal pieces.
5. On a baking sheet with parchment paper, arrange the buns. Add seeds of your choice, such as sesame seeds. The top should be cut into a crisscross pattern and baked for about 25 minutes, or until golden.

Nutrition

Calories 109, Fat 5.5g, Carbs 8.3g, Protein 7.3g



Prepare Time

5 Minutes

Cook Time

25 Minutes

GRILLED AVOCADOS

Ingredients

- 2 avocados
- Extra-virgin olive oil
- Kosher salt



Instruction

1. Grill at a medium-high temperature.
2. Cut the avocados in half, then carefully remove the pits. Olive oil and kosher salt are lightly sprinkled on the cut sides of the avocado halves.
3. Cut sides down, broil the avocado halves for a total of 4 to 6 minutes, or until grill marks appear.

Nutrition

Calories 192, Fat 17.7g,
Carbs 9.9g, Protein 2.3g



Prepare Time

5 Minutes

Cook Time

5 Minutes

PROTEIN PANCAKES

Ingredients

- 2 large eggs
- 1 tablespoon vanilla extract
- 1 teaspoon stevia glycerite (equals $\frac{1}{3}$ cup sugar)
- $\frac{1}{2}$ cup plain Greek yogurt (not regular yogurt)
- 2 scoops unsweetened whey protein powder not packed (about 40 grams)
- 1 teaspoon baking powder gluten-free if needed
- Oil spray for the griddle



Instruction

1. Whisk the eggs, vanilla, stevia, and yoghurt in a medium bowl.
2. When adding the protein powder, mix it in well until it is well-combined and smooth. If necessary, scrape the bowl's sides using a rubber spatula.
3. Add baking powder by whisking. Then, while the griddle is heating, let the batter rest. As it sits, it becomes slightly thicker.
4. Over medium heat, preheat a large 14-inch nonstick skillet or nonstick griddle (not higher). Use oil to mist.
5. Pour heaps of the batter onto the griddle using a 1.5 tablespoon cookie scoop. A skillet can hold three to four pancakes, while a double-burner griddle would likely hold eight.
6. Cook the pancakes for little more than one minute, or until they bubble on top. It happens quickly! Simply flip them over and fry the other side for an additional 10-20 seconds. It's crucial to avoid overcooking them to avoid rubbery, dry results.
7. Cook the remaining pancakes while transferring the fried pancakes to a platter and covering them with foil to keep them warm. Serve right away.

Nutrition

Calories 258, Fat 10g, Carbs 5g, Protein 32g



Prepare Time

10 Minutes



Cook Time

10 Minutes

FRIED TOFU

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. In a sizable bowl, add the tofu cubes, tamari or soy sauce, garlic powder, and black pepper. Mix well, then set the mixture aside for at least five minutes.
2. After draining the tofu, place one-third of the tofu cubes in a freezer bag and add one or two tablespoons of cornstarch. Toss to coat. With the remaining tofu and cornstarch, repeat this process. If necessary, add extra cornstarch.
3. If you don't want to use a freezer or plastic bag, simply combine the cornstarch and tofu cubes in a shallow dish and stir to coat.
4. When the tofu cubes are completely covered in cornstarch, heat the oil in a pan or skillet and add the tofu. Extra virgin olive oil was utilisedCook the tofu cubes over medium-high heat until all sides are golden brown.
5. Remove the tofu from the skillet and place it onto a plate or a wire rack.
6. Serve immediately with dishes like vegetable tempura, sauteed kale, vegan stuffed peppers, or even roasted red peppers.
7. Keep the leftovers in an airtight container in the fridge for up to 5 days.

Nutrition

Calories 280, Fat 14.1g,
Carbs 26.1g, Protein 15.1g



Cook Time

10 Minutes



Prepare Time

20 Minutes

TURKEY BURGER

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. In a sizable bowl, combine the ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper.
2. Into 12 patties, form.
3. When the patties reach an internal temperature of 180 degrees Fahrenheit, flip them once in a medium skillet over medium heat (85 degrees C).

Nutrition

Calories 184, Fat 9.5g, Carbs 2.3g, Protein 20.9g



Prepare Time

10 Minutes



Cook Time

15 Minutes

CAULIFLOWER PIZZA

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. Set the oven to 400 degrees Fahrenheit (204 degrees C). If you intend to use a pizza stone (preferred) or a pizza pan, place a piece of parchment paper onto a pizza peel.
2. In a food processor, pulse the cauliflower florets until they resemble rice in texture. (If you have a grate attachment, use it.)
3. Cauliflower should be stir-fried for about 10 minutes, or until it is extremely soft, in a saute pan that has been lightly greased. (This is crucial! Continue cooking it until it's lovely and soft because if it's still crisp, the texture will be off.)
4. In the meantime, whisk the eggs in a big bowl. Add the parmesan cheese and stir. Stir in the garlic powder and Italian spice if using.

CAULIFLOWER PIZZA

Instruction

6. When the cauliflower rice is tender and fully cooked.
7. Option 1: Put the cauliflower rice in a kitchen towel and squeeze it over the sink (more work, but suggested if creating one huge pizza).
8. Option 2 (better for preparing 2 smaller pizzas and easier): The egg and cheese combination is immediately stirred with the cauliflower rice. Make sure the mixture is very well blended for both selections. You might need to use a spatula to press.
9. With your hands, evenly spread the "dough" to a thickness of about 1/4 inch (6.4 mm) on the parchment paper. Depending on whatever option you choose in the previous stage, you can either cook one giant pizza or two smaller pizzas.
10. Use the pizza peel to transfer the parchment paper onto the pizza stone in the oven if using a pizza stone, which is advised for the best results. If not, simply put the pan in the oven. Bake for about 15 minutes, or until the edges are lightly brown and the top is dry and firm.
11. To further firm up, allow the pizza crust to cool for at least 5 to 10 minutes at room temperature. Add any desired garnishes. Re-heat for 5 to 10 minutes, or until cheese is melted.

Nutrition

Calories 128, Fat 7.4g, Carbs 5.1g, Protein 11.2g



Prepare Time

15 Minutes



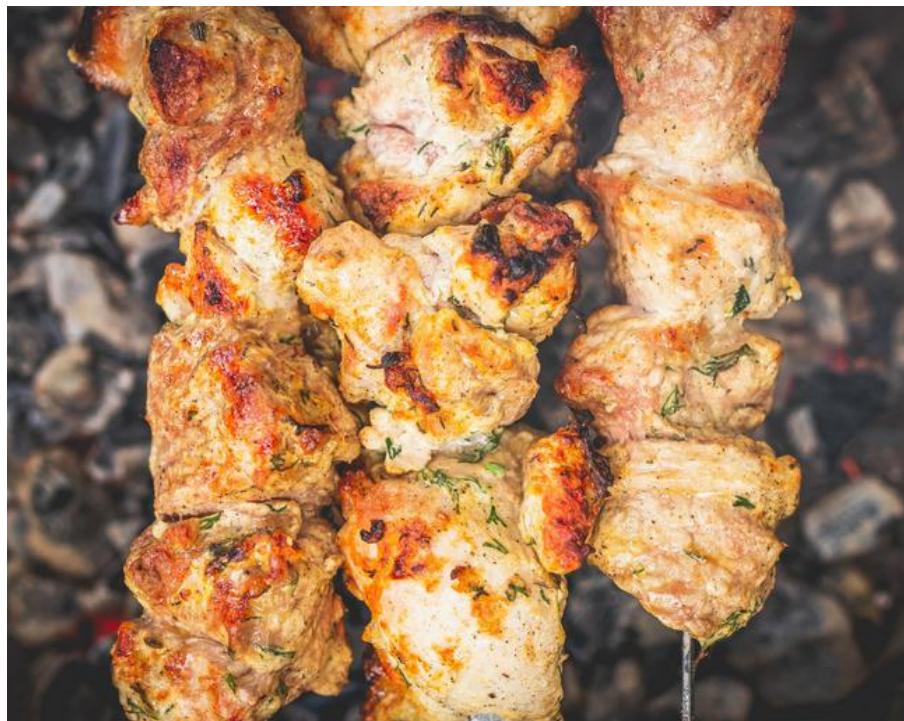
Cook Time

30 Minutes

PORK SKEWERS

Ingredients

- 4 medium cloves garlic (20g), minced
- 2 tablespoons (15g) minced cilantro stems, plus fresh cilantro leaves for serving
- 2 tablespoons (30g) finely chopped palm sugar
- 1 tablespoon (15ml) fish sauce
- 1 tablespoon (15ml) soy sauce
- 1 tablespoon (15ml) oyster sauce
- 1 1/2 teaspoons (6g) ground white pepper
- 1/2 teaspoon (2g) MSG powder (optional)
- 2 pounds (900g) pork butt, in one piece
- 1 (5 1/2-ounce; 160ml) can unsweetened coconut cream
- 1 recipe Thai Dried Chili-Vinegar Dipping Sauce, for serving (optional)



Instruction

1. Stir together the palm sugar, fish sauce, soy sauce, oyster sauce, white pepper, and MSG (if using) in a small bowl with the garlic, cilantro stems, and other ingredients. Place aside.
2. Pork should be placed in the freezer for 15–30 minutes (partially freezing the pork makes it easier to slice). Slice the pork into strips that are 2 inches long, 1 inch wide, and 1/8 inch thick using a sharp chef's knife or slicing knife. Starting by dividing the pig butt into 2-inch-wide by 1-inch-thick sections, and then slicing those parts crosswise into 1/8-inch-thick strips, is the quickest and most effective way to accomplish this.
3. Pork and marinade should be combined in a large bowl and stirred until the marinade is uniformly distributed throughout the meat. Refrigerate for at least 4 hours and up to 36 hours while tightly wrapped in plastic wrap.
4. Pushing the meat tightly together like an accordion, thread one piece of pork onto a skewer and secure it by poking it through twice.

PORK SKEWERS

Instruction

5. Make sure the flesh is securely bundled together as you continue to thread the pig onto the skewer, covering everything but the 2-inch handle at the bottom and the sharp end at the top. With the remaining pork, continue skewering.
6. Set up the grill for the skewers, paying attention to how far apart the bricks should be based on the length of the skewers. Charcoal from one chimney should be lit. Pour out and distribute the coals evenly in the channel between the bricks once all of the charcoal has been ignited and covered with grey ash.
7. Skewers should be balanced on top of bricks directly over hot coals, with the points resting on the wall of bricks further away and the handles extending over the bricks closest to you. Apply coconut cream with a brush on the pork. Cook, changing skewers and basting pork with coconut cream often, for 8 to 10 minutes, or until meat is lightly browned and a piece of pork sliced in half seems to be cooked through. If flare-ups occur, move skewers as needed to get them away from the flames. Place on serving platter and allow it sit for a minute or two to rest. Serve right away.

Nutrition

Calories 555, Fat 34g, Carbs 25g, Protein 26g



Prepare Time	Cook Time
60 Minutes	20 Minutes

VEGETABLE FRITTATA

Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



Instruction

1. Set your oven to 180°C/gas 4 or your grill to medium heat.
2. Bringing water to a boil in a pan. The beans should be trimmed at the ends, then cut into 3 cm lengths. The majority of the mint should be picked and chopped after trimming the spring onions.
3. Cook the beans in the boiling water for 5 minutes before adding the peas or wide beans and simmering for an additional 2 minutes. In a colander, rinse and drain all the vegetables.
4. A pinch of black pepper and the majority of the chopped mint are whisked into the eggs after they have been thoroughly combined.
5. In an oven-safe frying pan, melt the knob of butter, add the spring onions, and cook over low heat for 5 minutes or so, or until tender.
6. Pour the minty egg mixture into the pan after adding the drained vegetables. After 2 minutes of cooking, carefully remove the pan from the heat.

VEGETABLE FRITTATA

Instruction

7. The cheeses should be grated and crumbled over the frittata. Grill or bake the frittata for 5 to 7 minutes, or until the top is set and brown.
8. Serve the frittata warm or cold with a green salad and top with the leftover mint.

Nutrition

Calories 329, Fat 3.9g,
Carbs 4.9g, Protein
217.4g



Prepare Time
10 Minutes



Cook Time
20 Minutes

BAKED CHICKEN WINGS

Ingredients

- 5.5 lb Tyson® Chicken wings wingtips cut off, then halved at the knuckle
- 1/2 Tbsp ground coriander
- 1 tsp ground cumin
- 1/4 tsp ground cinnamon
- 2 Tbsp Olive oil
- Lemon, juiced, zested
- 6 cloves garlic, crushed
- 1/2 cup honey
- 2/3 cup unsalted Almonds
- 2/3 cup shelled Pistachios
- 1/3 cup walnuts



Instruction

1. Set oven to 430 degrees Fahrenheit (220 degrees C).
2. Ground Coriander (1/2 Tbsp), Ground Cumin (1 tsp), Ground Cinnamon (1/4 tsp), Lemon zest and juice (1), Garlic (6 cloves), Honey (1/2 cup), and Olive Oil (2 Tbsp) should all be added to a bowl. Mix everything thoroughly.
3. Add 5.5 pounds of Tyson® Chicken Wings. Spread the sweet spice mixture all over the wings as you move them around.
4. The wings should be spread out on a baking sheet covered with foil or parchment paper and baked for 30 minutes.
5. Start working on your nut crumb while the wings are cooking. Shelled Pistachios (2/3 cup), Walnuts (1/3 cup), and Unsalted Almonds (2/3 cup) should be placed in a food processor or mortar and pestle.
6. Take the wings out of the oven. Pour the nuts over the wings on both sides after lowering the temperature to 400 degrees F (205 degrees C).
7. To slightly roast the nuts, return to the oven for a further 10 minutes.
8. Family-style serving of wings

Nutrition

Calories 1872, Fat 117.4g,
Carbs 67.2g, Protein
145.6g



Prepare Time
15 Minutes



Cook Time
35 Minutes

Healthfit Publishing



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