



TOP 80 KETO
*Pressure
Cooker*
RECIPES

**EASY, HEALTHY AND DELICIOUS KETONIC DIET RECIPES
COOKBOOK FOR YOUR ELECTRIC PRESSURE COOKER**

ELLEN BRANSON

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Your Free Gift

I wanted to show my appreciation that you support my work, so I've put together a free gift for you:

[Get 10 more Keto recipes for your pressure cooker](#) Just visit the link above to download it I am sure you will love it!

Thank you!

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Introduction: Why Do You Need This Book?

This cookbook contains all the recipes that can be cooked in the pressure cooker and are ketogenic as well. Diet that comprises low carbohydrates, adequate protein, and high amounts of fat is referred to as the ketogenic diet. It is much easier to grab and eat ready-made food rather than cook food all from scratch. Our health has been badly influenced by our busy life schedules. For this reason, people try to find convenient and easier ways to stay healthy and eat healthy. The solution to all these problems is this cookbook, which has all these ketogenic recipes cooked in an Instant Pot. I will discuss the details about the ketogenic diet and the specialty of the Instant Pot in this cookbook.

Keto Diet Basics

What is the Ketogenic Diet?

The ketogenic diet plays an essential role in the field of medicine as it is used to treat epilepsy in children. High carb intake leads to the production of glucose and insulin. They compel the body to utilize glucose as a central form of energy, which causes the fats to be stored in the body. In this case, the diet has very little carbohydrate, fat is converted into fatty acids, and ketone bodies by the liver. The ketone bodies serve the function of passing into the brain and substituting glucose as an energy source.

Foods to Eat

- Leafy Green foods like spinach, etc.
- Dairy products like cheese, butter, etc.
- Fruits like raspberries, etc.

Foods to Avoid

- Grains like corn, rice, etc.
- Sugary foods like honey, etc.

Benefits of Keto Diet - Is it for Everyone?

The ketogenic diet is full of benefits, which are listed below.

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1. Increases Mental Focus

On lowering carb intake, the blood sugar is lowered, and ketones are in action, which collectively enhances mental concentration by improving brain function.

2. Helps in Weight Loss

As the body fats are utilized in the ketogenic diet, so an obvious weight loss is observed.

3. Treats Epilepsy

Epilepsy was previously treated in the children by the keto diet, but now, adults are also being treated by this diet.

4. Improves Blood Pressure and Cholesterol

The ketogenic diet helps in improving triglyceride and cholesterol levels. Many blood pressure issues are due to increased weight, so the keto diet helps in losing weight.

5. Normalizes Hunger and Increases Energy

The most effective molecule to burn as a fuel is fat, so the ketogenic diet enhances our energy as it burns fat.

6. Optimizes Insulin

The ketogenic diet helps in regulating the insulin levels, which prohibits diabetes.

7. Treats Acne

The ketogenic diet improves skin problems by reducing skin inflammation and lesions.

8. Controls Blood Sugar

The ketogenic diet is important in controlling blood sugar levels. It also controls diabetes this way.

Pressure cooker (for ex. Instant Pot)

What is Instant Pot?

This wonderful Instant Pot has been designed by Canadians and is a marvelous addition to your kitchen. Basically, the Instant Pot is a programmable pressure cooker that is quite safe, convenient, and dependable. Almost 70 percent less energy than the normal pressure cooker is utilized by the Instant Pot. The speed of cooking is enhanced by the Instant Pot by two to six times. The Instant Pot is a wise and smart substitute for the pressure cooker, slow cooker, and rice cooker. More nutrients are preserved by the Instant Pot because it takes a lot less time to cook healthy foods compared to a slow cooker.

How to Use it?

First

In order to know your Instant Pot well, you must first conduct a water test by filling it just with water. Follow the steps below for a water test.

- Put one or two cups of water in the inner pot of the Instant Pot.
- Lock the lid of the pot.
- Ensure that the valve is in the sealing position.
- Select a button on the Instant Pot with a short cook time, for example “Rice” or “Fish” button for five minutes.
- The water in the Instant Pot will take about five minutes to heat up and develop pressure. The time will begin to count down as soon as the pressure is reached.

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Second

The second main thing is to know completely how to release pressure from the Instant Pot after it has ended cooking. The easiest option is to allow the pressure to naturally release, for which you don't have to do anything. The other option is to release the pressure quickly if you are cooking something that is

quickly cooked.

Third

Another important thing to remember while cooking is not to confuse all the buttons. All the buttons have the difference of timings programmed for different ingredients. So you do not need to worry about using different buttons.

Benefits of Using Instant Pot/ Pressure Cooker

- Preserves Vitamins and Minerals

As little water is required to keep the Instant Pot packed with steam, so vitamins and minerals are not percolated away in the water.

- Saves Energy

The Instant Pot saves energy smartly by up to 70 percent.

- Dependable and Safe to Use

Due to certified safety protection of the Instant Pot, it is highly dependable and safe to use even by novice cooks.

- Clean and Convenient Cooking

As Instant Pot has an exclusive, fully-sealed cooking mechanism, no smells and steams are spread in the kitchen.

- Can be Cleaned Easily

Instant Pot is very pleasant to use and very easy to clean.

- Eliminates Harmful Microorganisms

As the temperature at which the food is cooked inside the Instant Pot is higher than the boiling point, so all the harmful microorganisms are killed in the cooked food.

- Multi-purpose Cooking

Instant Pot is a seven-in-one multi-cooker that works as a slow cooker, yogurt maker, rice cooker, electric pressure cooker, warmer, steamer, and sauté pan all in one.

Breakfast Recipes

Coconut Porridge



Yield: 3 servings

Preparation Time: 10 minutes

Cooking Time: 3 minutes **Ingredients:**

- $\frac{3}{4}$ cup unsweetened, dried, coconut shreds
- 1 cup pecan halves
- 1 cup water
- 1 tablespoon yacon syrup
- 2 teaspoons melted coconut oil

Directions:

1. In a food processor, add the coconut shreds and pecans and pulse until an almond-meal-like mixture is formed.
2. Transfer the mixture into the pot of the Instant Pot and stir in the water, yacon syrup, and oil.

3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Porridge” and just use the default time of 3 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and transfer into serving bowls.
7. Serve warm.

Nutrition Information per Serving:

Calories: 394

Fat: 39.5 grams

Carbohydrates: 11.2 grams

Protein: 5.1 grams

Bacon & Egg Cups



Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 4 minutes **Ingredients:**

- 1 tablespoon butter, melted
- 4 bacon slices
- 4 organic eggs
- 4 Gruyere cheese slices
- 2 tablespoons chopped tomato
- 1 teaspoon minced fresh cilantro

Directions:

1. Arrange a trivet in the bottom of the Instant Pot and pour 1 ½ cups of water in.
2. Grease four ramekins with melted butter and set aside.
3. Arrange one bacon slice in each prepared ramekin.
4. Carefully, crack one egg in each ramekin and top each with one cheese slice.
5. Place the ramekins on top of the trivet.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Manual” and cook under “Low Pressure” for about 4 minutes.
8. Select the “Cancel” and carefully do a “Natural” release.
9. Remove the lid and serve immediately with the garnishing of tomato and cilantro.

Nutrition Information per Serving:

Calories: 362

Fat: 28.4 grams

Carbohydrates: 1.1 grams

Protein: 24 grams

Veggie Muffins



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 6 minutes **Ingredients:**

- 8 large eggs
- ¼ cup unsweetened almond milk
- ¼ teaspoon crushed red pepper flakes
- Salt and freshly ground black pepper, to taste
- 1 cup trimmed and chopped fresh kale
- ½ cup seeded and chopped tomato
- 2 scallions, sliced
- 1/3 cup shredded Parmesan cheese

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in one cup of water.
2. Grease six (6 ounce) ovenproof custard cups.
3. In a large bowl, add the eggs, milk, red pepper flakes, salt, and black pepper and beat until well combined.
4. In another bowl, mix together the vegetables.
5. Divide the vegetable mixture into the prepared custard cups evenly and top with the egg mixture followed by the Parmesan cheese.
6. Place three custard cups on top of the trivet.
7. Now arrange the second trivet on top of the custard cups.
8. Place the remaining custard cups on top of the second trivet.
9. Secure the lid and place the pressure valve to the “Seal” position.
10. Select “Manual” and cook under “High Pressure” for about 6 minutes.
11. Select “Cancel” and carefully do a “Natural” release for about 5 minutes, and then do a “Quick” release.
12. Remove the lid and set the custard cups onto a wire rack to cool for about 10 minutes.
13. Carefully invert the muffins onto serving plates and serve warm.

Nutrition Information per Serving:

Calories: 166

Fat: 10.5 grams

Carbohydrates: 3.6 grams

Protein: 14.3 grams

Scallion Omelet



Yield: 1 serving

Preparation Time: 10 minutes

Cooking Time: 5 minutes **Ingredients:**

- 1 large organic egg
- 1/3 cup water
- Pinch of garlic powder
- Salt and freshly ground black pepper, to taste
- 1 scallion, chopped
- Pinch of sesame seeds

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in one cup of water.
2. In a heatproof bowl, add the egg, water, garlic powder, salt, and black pepper and beat until well combined.
3. Stir in scallion and sesame seeds.
4. Place the bowl on top of the trivet.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “Manual” and “High Pressure” for about 5 minutes.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and serve immediately.

Nutrition Information per Serving:

Calories: 80

Fat: 5.2 grams

Carbohydrates: 1.8 grams

Protein: 6.7 grams

Mushroom Omelet



Yield: 3 servings

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Ingredients:

- 4 organic eggs
- 2 tablespoons unsweetened almond milk
- Salt and freshly ground black pepper, to taste
- 2 ½ tablespoons butter, divided
- ¾ cup chopped fresh mushrooms
- 3 tablespoons shredded mozzarella cheese

Directions:

1. In a large bowl, add the eggs, almond milk, salt, and black pepper and beat until well combined. Stir in the spinach.
2. Place one tablespoon of the butter in the Instant Pot and select “Sauté.” Then add the mushrooms and cook for about 6-8 minutes.
3. Transfer the mushrooms into a bowl.
4. In the pot, add the remaining butter and melt it.
5. Select the “Cancel” button and place the egg mixture inside.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Steam” and just use the default time of 5 minutes.
8. Select “Cancel” and carefully do a “Quick” release.
9. Remove the lid and transfer the omelet onto a plate.
10. Place the cheese over one half of the omelet and fold it.
11. Serve immediately.

Nutrition Information per Serving:

Calories: 254

Fat: 20.6 grams

Carbohydrates: 2.1 grams

Protein: 16.1 grams

Chiles Quiche



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 23 minutes **Ingredients:**

- 1 cup shredded Mexican blend cheese, divided
- 1 cup half-and-half
- 4 organic eggs
- 10 ounces diced canned green chiles
- ½ teaspoon ground cumin
- Salt, to taste

Directions:

1. Arrange the trivet in the bottom of the Instant Pot and pour in two cups of water.
2. In a bowl, add half of the cheese and remaining ingredients and mix well.
3. Place the mixture into a generously greased 6-inch metal pan evenly.
4. Place the pan on top of the trivet.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 20 minutes.
7. Meanwhile, preheat the oven to broil.
8. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
9. Remove the lid and transfer the pan onto the counter.
10. Sprinkle with the remaining cheese evenly and broil for about 2-3 minutes.
11. Serve immediately.

Nutrition Information per Serving:

Calories: 289

Fat: 21.3 grams

Carbohydrates: 9 grams

Protein: 14.5 grams

Spinach Quiche



Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 25 minutes **Ingredients:**

- ½ cup unsweetened almond milk
- 12 large organic eggs
- Salt and freshly ground black pepper, to taste
- 4 cups roughly chopped fresh baby spinach
- 3 large scallions, sliced
- 1 cup seeded and chopped tomato
- ½ cup shredded Parmesan cheese

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in two cups of water.
2. In a large bowl, add the milk, eggs, salt, and black pepper and beat until well combined.
3. In another bowl, mix together the spinach, scallions, and tomato.
4. Transfer the spinach mixture into a 1 ½ quart baking dish.
5. Place the egg mixture over the spinach mixture and stir to combine.
6. Sprinkle with Parmesan cheese.
7. Place the baking dish on top of the trivet.
8. Secure the lid and place the pressure valve to the “Seal” position.
9. Select “Manual” and cook under “High Pressure” for about 20 minutes.
10. Meanwhile, preheat the oven to broil.
11. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
12. Remove the lid and transfer the baking dish into the oven.
13. Broil for about 3-5 minutes.

14. Serve immediately.

Nutrition Information per Serving:

Calories: 162

Fat: 10.5 grams

Carbohydrates: 3.2 grams

Protein: 14.1 grams

Bacon & Kale Casserole



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 20 minutes **Ingredients:**

- 6 organic eggs
- ½ cup heavy cream
- 1 cup shredded cheddar cheese
- 1 cup chopped cooked bacon
- 1 cup trimmed and chopped fresh kale leaves
- 1 small onion, chopped
- 1 teaspoon Herbs de Provence
- Salt and freshly ground black pepper, to taste

Directions:

1. Arrange a trivet in the bottom of the Instant Pot and pour in one cup of water.
2. In a large bowl, add the eggs and heavy cream and beat until well combined.
3. Add the remaining ingredients and mix well.
4. Place the mixture into a baking dish evenly.
5. Place the dish on top of the trivet.
6. Secure the lid, and place the pressure valve to the “Seal” position.
7. Select “Manual” and cook under “High Pressure” for about 20 minutes.
8. Select “Cancel” and carefully do a “Natural” release.
9. Serve immediately.

Nutrition Information per Serving:

Calories: 388

Fat: 30.1 grams

Carbohydrates: 3.7 grams

Protein: 24.9 grams

Sweet Potato Casserole



Yield: 4 servings

Preparation Time: 25 minutes

Cooking Time: 20 minutes **Ingredients:**

- 4 ounces sweet potatoes, peeled and cut into thin strips
- 6 large organic eggs
- 1 teaspoon Italian seasoning
- Salt and freshly ground black pepper, to taste
- ¼ cup unsweetened almond milk
- 2 tablespoons almond flour
- 1 teaspoon sugar-free tomato paste
- 1 tablespoon butter, melted
- ¼ cup chopped yellow onion
- 1 garlic clove, minced
- 6 ounces cheddar cheese, grated and divided

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in 1 ½ cups of water.
2. Grease a casserole dish generously that will fit into the Instant Pot. Keep aside.
3. In a bowl, add eggs, seasonings, salt, and black pepper and beat until very frothy.
4. In another bowl, add the almond milk, flour, and tomato paste and beat until well combined.
5. Add the milk mixture into the egg mixture and beat until well combined.
6. Add the onion and garlic and stir to combine.
7. Add the sweet potato strips and butter into the bowl of milk mixture and stir to combine.

8. Transfer the mixture into the prepared casserole dish and top with the egg mixture, followed by four ounces of cheese.
9. Place the casserole dish on top of the trivet.
10. Secure the lid and place the pressure valve to the “Seal” position.
11. Select “Manual” and cook under “High Pressure” for about 1520 minutes.
12. Select “Cancel” and carefully do a “Natural” release.
13. Remove the lid and immediately sprinkle with remaining cheese.
14. Secure the lid until the cheese is melted before serving.

Nutrition Information per Serving:

Calories: 356

Fat: 25.9 grams

Carbohydrates: 11 grams

Protein: 20.4 grams

Veggie Casserole



Yield: 8 servings

Preparation Time: 10 minutes

Cooking Time: 2 minutes **Ingredients:**

- ½ cup unsweetened almond milk
- ¼ cup almond flour
- 8 large organic eggs
- Salt and freshly ground black pepper, to taste
- 1 cup chopped tomato
- 1 small zucchini, chopped
- 1 small green bell pepper, seeded and chopped
- 2 large scallions, chopped
- 2 cups shredded mozzarella cheese, divided

Directions:

1. Arrange the trivet in the bottom of the Instant Pot and pour in one cup of water.

2. In a heatproof bowl, add the almond milk, flour, eggs, salt, and black pepper and beat until well combined.
3. Add vegetables and one cup of cheese and stir to combine.
4. With a piece of foil, cover the bowl and place on top of the trivet.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 30 minutes.
7. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
8. Remove the lid and immediately sprinkle with the remaining cheese.
9. Secure the lid until the cheese is melted completely.
10. Serve immediately.

Nutrition Information per Serving:

Calories: 149

Fat: 10.5 grams

Carbohydrates: 4.7 grams

Protein: 9.5 grams

Starter & Snack Recipes

Scotch Eggs



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 16 minutes **Ingredients:**

- 4 large organic eggs
- 1 pound gluten-free, country-style ground sausage

- 1 tablespoon olive oil

Directions:

1. Arrange a steamer basket in the bottom of the Instant Pot and pour in one cup of water.
2. Place the eggs into the steamer basket.
3. Secure the lid and place the pressure valve to the “Seal” position.

4. Select “Manual” and cook under “High Pressure” for about 6 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and transfer the eggs into a bowl of cold water to cool completely.
7. After cooling, peel the eggs.
8. Divide the sausage into 4 equal sized portions and flatten each into an oval-shaped patty.
9. Place 1 egg in the middle of each patty and gently mold the meat around it.
10. Remove the steamer basket and water from the Instant Pot.
11. With paper towels, pat dry the pot.
12. Place the oil in the Instant Pot and select “Sauté.” Then add the scotch eggs and cook for about 3-4 minutes or until golden brown from all sides.
13. Transfer the scotch eggs onto a plate.
14. Arrange a steamer trivet in the bottom of the Instant Pot and pour in one cup of water.
15. Place the scotch eggs on top of the trivet.
16. Secure the lid and place the pressure valve to the “Seal” position.
17. Select “Manual” and cook under “High Pressure” for about 6 minutes.
18. Select “Cancel” and carefully do a “Quick” release.
19. Remove the lid and serve immediately.

Nutrition Information per Serving:

Calories: 486

Fat: 41.6 grams

Carbohydrates: 0.4 grams

Protein: 28.3 grams

Bacon Wrapped Asparagus



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 3 minutes **Ingredients:**

- 1 pound asparagus spears

- 8 ounces bacon slices

Directions:

1. Wrap the bacon slices around the asparagus spears.
2. In the bottom of the Instant Pot, arrange a steamer basket, and pour in two cups of water.
3. Arrange any extra un-wrapped spears in the bottom of the steamer basket in a single layer.
4. Place the wrapped asparagus on top in a single layer.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 2-3 minutes.
7. Select “Cancel” and carefully do a “Natural” release.
8. Remove the lid and serve warm

Nutrition Information per Serving:

Calories: 329

Fat: 39.5 grams

Carbohydrates: 23.8 grams

Protein: 23.5 grams

Buffalo Chicken Dip



Yield: 10 servings

Preparation Time: 15 minutes

Cooking Time: 10 minutes **Ingredients:**

- 2 (4 ounce) grass-fed skinless, boneless chicken breasts
- ½ cup sugar-free buffalo sauce
- ¼ cup water
- 6 ounces cream cheese, softened
- Salt and freshly ground black pepper, to taste

Directions:

1. In the pot of the Instant Pot, place the chicken breasts, buffalo sauce and water and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 8-10 minutes.
4. Select “Cancel” and carefully do a “Natural” release.
5. Remove the lid and transfer the chicken breasts onto a plate.
6. With two forks, shred the chicken.
7. In the pot, add the shredded chicken and remaining ingredients and stir to combine well.
8. Serve immediately.

Nutrition Information per Serving:

Calories: 88

Fat: 6.7 grams

Carbohydrates: 0.5 grams

Protein: 6.7 grams

Boiled Peanuts



Yield: 6 servings

Preparation Time: 10 minutes

Cooking Time: 1 ½ hours **Ingredients:**

- 1 pound jumbo raw peanuts
- ½ cup sea salt
- 1 tablespoon Cajun seasoning

Directions:

1. Rinse the peanuts under cold running water and remove any twigs and roots.
2. In the pot of the Instant Pot, place in all of the ingredients and enough water to cover the peanuts and stir.
3. Place a plate or trivet on top of the peanuts.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 6590 minutes.
6. Select “Cancel” and carefully do a “Natural” release.
7. Remove the lid and keep aside to cool.
8. Drain well and serve.

Nutrition Information per Serving:

Calories: 429

Fat: 37.2 grams

Carbohydrates: 12 grams

Protein: 19.5 grams

Roasted Pecans



Yield: 30 servings

Preparation Time: 10 minutes

Cooking Time: 12 minutes **Ingredients:**

- 1 teaspoon butter
- 4 cups raw pecans
- ¼ cup Swerve
- 1 teaspoon ground cinnamon
- Pinch of salt

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add all of the ingredients except water and cook for about 5 minutes, stirring frequently.
2. Select “Cancel” and stir in about ½ a cup of water.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 10 minutes.
5. Meanwhile, preheat the oven to 350 degrees F.
6. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
7. Remove the lid and transfer the pecans onto a baking sheet.
8. Bake for about 5 minutes.
9. Remove from oven and keep aside to cool before serving.

Nutrition Information per Serving:

Calories: 117

Fat: 12 grams

Carbohydrates: 4.9 grams

Protein: 1.8 grams

Soup Recipes

Onion Soup



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 13 minutes **Ingredients:**

- ¼ cup unsalted butter
- 5 yellow onions, sliced
- 6 cups homemade vegetable broth
- Salt and freshly ground black pepper, to taste

- ¼ cup shredded Gruyere cheese

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the onion and cook for about 3 minutes.
2. Select “Cancel” and stir in the broth, salt, and black pepper.

3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 10 minutes.
5. Select “Cancel” and carefully do a “Natural” release.
6. Remove the lid and serve hot with the topping of cheese.

Nutrition Information per Serving:

Calories: 242

Fat: 15 grams

Carbohydrates: 13 grams

Protein: 10.9 grams

Pumpkin Soup



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 8 minutes **Ingredients:**

- 15 ounces canned pumpkin
- 3 ½ ounces homemade vegetable broth
- 13 ½ ounces unsweetened coconut milk
- ¼ cup creamy peanut butter
- Salt and freshly ground black pepper, to taste

Directions:

1. In the pot of the Instant Pot, place in all of the ingredients and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 15 minutes.
4. Select “Cancel” and carefully do a “Natural” release.
5. Remove the lid and stir well.
6. Serve immediately.

Nutrition Information per Serving:

Calories: 246

Fat: 21.2 grams

Carbohydrates: 11 grams

Protein: 6.2 grams

Broccoli Soup



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 13 minutes **Ingredients:**

- 2 tablespoons butter
- 2 small carrots, peeled and chopped
- 1 small yellow onion, chopped
- 2 tablespoons almond flour
- 1 garlic clove, minced
- 3 cups homemade vegetable broth
- 5 cups broccoli florets
- 1 teaspoon dill weed
- 1 teaspoon smoked paprika
- Salt and freshly ground black pepper, to taste
- 4 American cheese slices, cut into pieces
- 1 cup shredded Colby Jack cheese
- 1 cup shredded Pepper Jack cheese
- ½ cup shredded Parmesan cheese
- 1 cup half-and-half

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the carrot and onion and cook for about 2-3 minutes.
2. Stir in the flour and garlic and cook for about 1 minute, stirring continuously.
3. Stir in broth and cook for about 1 minute or until smooth, stirring continuously.
4. Select “Cancel” and stir in the broccoli.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 8 minutes.
7. Select “Cancel” and carefully do a “Quick” release.

8. Remove the lid and immediately stir in the dill weed, paprika, salt, and black pepper.
9. Add cheeses and half-and-half and stir until melted and well combined.
10. Serve immediately.

Nutrition Information per Serving:

Calories: 372

Fat: 27.3 grams

Carbohydrates: 12 grams

Protein: 19.8 grams

Carrot Soup



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 40 minutes **Ingredients:**

- 2 tablespoons butter
- 1 small yellow onion, chopped
- 1 garlic clove, minced
- 1 pound carrots, peeled and chopped
- 1 tablespoon curry powder
- Salt and freshly ground black pepper, to taste
- 1 (14 ounce) can unsweetened coconut milk
- 3 cups homemade chicken broth
- ½ cup sour cream

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the onion and garlic and cook for about 3 minutes.
2. Add the garlic and cook for about 1 minute.
3. Add the carrots, curry powder, salt, and black pepper and cook for about 2 minutes.
4. Select “Cancel” and stir in the coconut milk, broth, and Sriracha sauce.
5. Secure the lid and place the pressure valve to the “Seal” position.

6. Select “Manual” and cook under “High Pressure” for about 6 minutes.
7. Select “Cancel” and carefully do a “Natural” release for about 10 minutes and then do a “Quick” release.
8. Remove the lid, and with an immersion blender, puree the soup.
9. Serve immediately with the topping of sour cream.

Nutrition Information per Serving:

Calories: 265

Fat: 20.4 grams

Carbohydrates: 11 grams

Protein: 11 grams

Cauliflower Soup



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 8 minutes **Ingredients:**

- 2 ½ pounds cauliflower, chopped
- ½ yellow onion, chopped
- 2 cups homemade chicken broth
- Salt and freshly ground black pepper, to taste
- 10 ounces cream cheese, softened

Directions:

1. In the pot of the Instant Pot, place in all of the ingredients except cream cheese and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 8 minutes.
4. Select “Cancel” and carefully do a “Quick” release.
5. Remove the lid and stir in the cream cheese.
6. With an immersion blender, blend the soup until it’s smooth.

7. Serve immediately.

Nutrition Information per Serving:

Calories: 229

Fat: 17.1 grams

Carbohydrates: 11 grams

Protein: 9 grams

Bacon & Veggie Soup



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 23 minutes **Ingredients:**

- 1 tablespoon butter
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 1 head cauliflower, chopped roughly
- 1 red bell pepper, seeded and chopped
- Salt and freshly ground black pepper, to taste
- 4 cups homemade chicken broth 2 cups shredded cheddar cheese
- 1 cup half-and-half
- 6 cooked turkey bacon slices, chopped
- 4 dashes hot pepper sauce

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the onion and garlic and cook for about 3 minutes.
2. Select “Cancel” and stir in the cauliflower, bell pepper, salt, black pepper, and broth.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Soup” and just use the default time of 15 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and stir in the remaining ingredients.
7. Select “Sauté” and cook for about 5 minutes.
8. Serve immediately.

Nutrition Information per Serving:

Calories: 427

Fat: 32.2 grams

Carbohydrates: 8.5 grams

Protein: 25.8 grams

Cheeseburger Soup



Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 20 minutes **Ingredients:**

- 1 tablespoon butter
- 2 pounds grass-fed ground beef
- 4 garlic cloves, minced
- 2 tablespoons red chili powder
- 2 teaspoons ground cumin
- 20 ounces canned diced tomatoes with green chiles
- 4 cups water
- Salt and freshly ground black pepper, to taste
- 8 ounce cream cheese, softened
- ½ cup heavy cream

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the beef and cook for about 10 minutes or until browned completely.
2. Select “Cancel” and stir in the remaining ingredients except cream cheese and cream and stir to combine.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select the “Soup” setting and just use the default time of 10 minutes.
5. Select “Cancel” and carefully do a “Natural” release.
6. Remove the lid and stir in the cream cheese and cream until smooth.
7. Serve hot.

Nutrition Information per Serving:

Calories: 389

Fat: 27 grams

Carbohydrates: 5.5 grams

Protein: 28.1 grams

Chicken Soup



Yield: 5 servings

Preparation Time: 15 minutes

Cooking Time: 12 minutes **Ingredients:**

- 2 tablespoons olive oil
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 1 small yellow onion, chopped
- ¼ teaspoon crushed dried oregano
- ¼ teaspoon crushed dried thyme
- Salt and freshly ground black pepper, to taste
- 4 cups homemade chicken broth
- 1 cup water
- 1 pound grass-fed cooked chicken, chopped
- 2 cups trimmed and chopped finely fresh kale

Directions:

1. Place the oil in the Instant Pot and select “Sauté.” Then add the celery, carrot, and onion and cook for about 5 minutes.
2. Add herbs and black pepper and cook for about 1 minute.
3. Select “Cancel” and stir in the broth and water.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Soup” and just use the default time of 4 minutes.
6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and stir in the chicken and kale.
8. Select “Sauté” and cook for about 1-2 minutes more.
9. Select “Cancel” and serve immediately.

Nutrition Information per Serving:

Calories: 246

Fat: 9.5 grams

Carbohydrates: 7.5 grams

Protein: 31.4 grams

Creamy Chicken Soup



Yield: 6 servings

Preparation Time: 20 minutes

Cooking Time: 40 minutes **Ingredients:**

- 6 (4 ounce) grass-fed boneless chicken thighs, cubed
- 6 ounces fresh mushrooms, chopped
- ½ cup chopped yellow onion
- ¼ cup chopped celery
- ¼ cup peeled and chopped carrot
- 4 tablespoons butter
- 1 teaspoon dried thyme
- Salt and freshly ground black pepper, to taste
- 3 cups homemade chicken broth
- 2 cups chopped fresh spinach
- 1 cup heavy cream

Directions:

1. In the pot of the Instant Pot, place in all of the ingredients except spinach and cream and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Soup” and just use the default time of 30 minutes.
4. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
5. Remove the lid and select “Sauté.”
6. Stir in spinach and cream and cook for about 10 minutes.

7. Select “Cancel” and serve hot.

Nutrition Information per Serving:

Calories: 412

Fat: 33 grams

Carbohydrates: 3.9 grams

Protein: 24 grams

Meatballs Soup



Yield: 6 servings

Preparation Time: 20 minutes

Cooking Time: 18 minutes **Ingredients:**

- 1 pound gluten-free hot Italian sausage, casing removed
- 1 tablespoon butter
- 2 carrots, peeled and sliced thinly
- 1 small yellow onion, chopped
- 1 garlic clove, chopped
- Salt and freshly ground black pepper, to taste
- 4 cups homemade chicken broth
- 2-3 cups fresh baby spinach leaves
- 4 tablespoons grated Parmesan cheese

Directions:

1. Make equal-sized meatballs from the sausage.
2. Place the butter in the Instant Pot and select “Sauté.” Then add the carrots and onion and cook for about 2-3 minutes.
3. Select “Cancel” and stir in the meatballs, garlic, salt, black pepper, and broth.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 5 minutes.
6. Select “Cancel” and carefully do a “Natural” release for about 10 minutes and then do a “Quick” release.
7. Remove the lid and stir in the spinach.
8. Serve hot with the garnishing of Parmesan.

Nutrition Information per Serving:

Calories: 336

Fat: 25.5 grams

Carbohydrates: 4.7 grams

Protein: 20 grams

Meat Recipes

Shredded Chuck Roast



Yield: 10 servings

Preparation Time: 10 minutes **Cooking Time:** 1 hour 25 minutes **Ingredients:**

- 3 pounds grass-fed beef chuck roast, trimmed and cut into large chunks
- 1 large yellow onion, sliced
- 6 garlic cloves
- 2 (4 ounce) cans of green chilies
- 1 tablespoon dried oregano
- Salt and freshly ground black pepper, to taste
- ¼ cup fresh lime juice
- ¾ cup water
- 2 tablespoons butter

Directions:

1. In the pot of the Instant Pot, add all of the ingredients and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 1 hour.
4. Select “Cancel” and carefully do a “Natural” release.
5. Remove the lid and transfer the roast onto a plate.
6. With two forks, shred the meat and return it into the Instant Pot alongside the butter.
7. Now select “Sauté” and cook for about 20-25 minutes or until the desired doneness of sauce.
8. Select “Cancel” and serve hot.

Nutrition Information per Serving:

Calories: 531

Fat: 40.3 grams

Carbohydrates: 3.6 grams

Protein: 36.1 grams

Braised Chuck Roast



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 50 minutes **Ingredients:**

For Roast:

- 2 tablespoons ground coffee
- 1 tablespoon cacao powder
- 1 tablespoon smoked paprika
- 1 teaspoon ground ginger ½ teaspoon ground garlic
- 1 teaspoon red chili powder
- 1 teaspoon red pepper flakes
- Salt and freshly ground black pepper, to taste
- 2 pounds grass-fed beef chuck roast, trimmed and cut into 1 ½inch cubes

- 3 tablespoons butter **For Sauce:**

- 1 cup homemade beef broth
- ½ cup brewed coffee
- 1 medium yellow onion, chopped
- 2 tablespoon fresh lemon juice
- Salt and freshly ground black pepper, to taste

Directions:

1. For the roast: in a small bowl, add all of the ingredients, except the roast and butter and mix well.
2. Rub the chuck roast with the spice mixture generously.
3. For the sauce: in a food processor, add all of the ingredients and pulse until smooth.
4. Place the butter in the Instant Pot and select “Sauté.” Then add the beef and cook for about 10 minutes or until browned completely.
5. Select “Cancel” and top the roast with sauce evenly.
6. Secure the lid and place the pressure valve to the “Seal” position.

7. Select “Manual” and cook under “High Pressure” for about 3540 minutes.
8. Select “Cancel” and carefully do a “Natural” release.
9. Remove the lid and transfer the roast onto a platter.
10. Top with the sauce and serve.

Nutrition Information per Serving:

Calories: 624

Fat: 48.6 grams

Carbohydrates: 3.8 grams

Protein: 41.2 grams

Beef Short Ribs



Yield: 8 servings

Preparation Time: 15 minutes **Cooking Time:** 1 hour 3 minutes **Ingredients:**

- ½ cup almond flour
- Salt and freshly ground black pepper, to taste
- 3 ¼ pounds grass-fed beef short ribs
- 3 tablespoons unsalted butter, divided
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon fresh rosemary, chopped
- ½ cup homemade beef broth

Directions:

1. In a large bowl, mix together the almond flour, salt, and black pepper.
2. Add the beef ribs and coat with the flour mixture generously. Shake off the excess mixture.
3. Place one tablespoon of butter in the Instant Pot and select “Sauté.” Then add the ribs and cook for about 6-8 minutes or until browned completely.
4. Transfer the beef ribs into a bowl.
5. Add the remaining butter and onion and cook for about 2-3 minutes.

6. Add the garlic and rosemary and cook for about 1 minute.
7. Stir in the broth and water and cook for about 1 minute.
8. Select “Cancel” and stir in the beef ribs.
9. Secure the lid and place the pressure valve to the “Seal” position.
10. Select “Manual” and cook under “High Pressure” for about 50 minutes.
11. Select “Cancel” and carefully do a “Quick” release.
12. Remove the lid and transfer ribs onto a serving platter.
13. Top with the cooking liquid and serve.

Nutrition Information per Serving:

Calories: 466

Fat: 24.5 grams

Carbohydrates: 2.9 grams

Protein: 55.2 grams

Beef Curry



Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 38 minutes **Ingredients:**

- 3 tablespoons coconut oil
- 2 pounds grass-fed beef stew meat, cut into 1-inch pieces
- Salt and freshly ground black pepper, to taste
- 1 cup chopped yellow onion
- 1 tablespoon minced fresh ginger
- 2 teaspoons minced garlic
- 1 jalapeño pepper, chopped
- 1 tablespoon curry powder
- 1 teaspoon red chili powder
- 1 teaspoon ground cumin
- 1 tablespoon sugar-free tomato sauce
- 2 cups homemade beef broth
- 1 ½ cups peeled and cut into 1-inch pieces carrots

- 2 cups canned unsweetened coconut milk
- ½ cup chopped fresh parsley

Directions:

1. Place the coconut oil in the Instant Pot and select “Sauté.” Then add the beef in batches with the salt and black pepper and cook for about 4-5 minutes or until browned completely, stirring frequently.
2. Transfer the beef into a bowl.
3. In the pot, add the onion, ginger, garlic, and jalapeño pepper and cook for about 4-5 minutes.
4. Select “Cancel” and stir in the beef, spices, and broth.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 15 minutes.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and stir in the carrots.
9. Select “Manual” and cook under “High Pressure” for about 5 minutes.
10. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
11. Remove the lid and stir in the coconut milk.
12. Select “Sauté” and cook for about 2-3 minutes.
13. Select “Cancel” and serve immediately with the garnishing of parsley.

Nutrition Information per Serving:

Calories: 427

Fat: 27.1 grams

Carbohydrates: 8.8 grams

Protein: 37.8 grams

Beef with Mushroom Sauce



Yield: 12 servings

Preparation Time: 20 minutes **Cooking Time:** 1 hour 7 minutes **Ingredients:**

- 3 ½ pounds grass-fed sirloin tip roast, trimmed and cubed

- ½ teaspoon crushed dried rosemary
- ½ teaspoon crushed dried thyme
- ½ teaspoon onion powder
- Salt and freshly ground white pepper, to taste
- 3 tablespoons butter
- 1 medium yellow onion, chopped
- 3 cups fresh mushrooms, sliced
- 3 garlic cloves, minced
- 3 cups homemade beef broth
- 16 ounces sour cream

Directions:

1. In a bowl, add the beef, herbs, onion powder, salt, and white pepper and toss to coat well.
2. Place the butter in the Instant Pot and select “Sauté.” Then add the beef in batches and cook for about 4-5 minutes or until browned.
3. Transfer the beef into a bowl.
4. Now add the onion and sauté for about 3-4 minutes.
5. Add the mushrooms and sauté for about 4-5 minutes.
6. Add garlic and sauté for about 1 minute.
7. Select “Cancel” and stir in the cooked beef and broth.
8. Secure the lid and place the pressure valve to the “Seal” position.
9. Select “Manual” and cook under “High Pressure” for about 20 minutes.
10. Select “Cancel” and carefully do a “Natural” release.
11. Remove the lid and transfer about ½ cup of cooking liquid into a bowl.
12. Add the sour cream and stir until cream becomes warm enough.
13. Add the cream and required amount of salt and black pepper in the pot and stir to combine.
14. Serve hot.

Nutrition Information per Serving:

Calories: 366

Fat: 22.2 grams

Carbohydrates: 3.7 grams

Protein: 38 grams

Beef with Broccoli



Yield: 5 servings

Preparation Time: 15 minutes

Cooking Time: 32 minutes **Ingredients:**

- 2 tablespoons butter
- 1 pound grass-fed beef chuck roast, trimmed and cut into thin strips
- Salt and freshly ground black pepper, to taste
- 1 small yellow onion, chopped
- 2 garlic cloves, minced
- Pinch of crushed red pepper flakes
- ½ cup homemade beef broth
- ¼ cup low-sodium soy sauce
- 1 tablespoon Erythritol
- 1 tablespoon arrowroot starch
- 1 ½ tablespoons cold water
- ¾ pound broccoli florets
- 2 tablespoons water
- 2 tablespoons chopped fresh cilantro

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the beef, salt, and black pepper and cook for about 5 minutes.
2. Transfer the beef into a bowl.
3. Now add the onion and cook for about 4-5 minutes.
4. Add the garlic and red pepper flakes and cook for about 1 minute.
5. Add the broth, soy sauce, and Erythritol and stir well.
6. Select “Cancel” and stir in the beef.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 12 minutes.
9. Select “Cancel” and carefully do a “Quick” release.
10. Meanwhile, in a small bowl, dissolve the arrowroot starch in cold water.
11. Remove the lid and select “Sauté.”

12. Add the arrowroot mixture in the Instant Pot, stirring continuously.
13. Cook for about 4-5 minutes or until desired thickness is reached.
14. Meanwhile, in a large microwave-safe bowl, add the broccoli and two tablespoons of water and microwave on High for about 3-4 minutes.
15. Add the broccoli into the Instant Pot and stir well.
16. Select “Cancel” and serve hot.

Nutrition Information per Serving:

Calories: 414

Fat: 30.2 grams

Carbohydrates: 8.6 grams

Protein: 27.2 grams

Beef with Bell Peppers



Yield: 5 servings

Preparation Time: 15 minutes

Cooking Time: 30 minutes **Ingredients:**

- 2 tablespoons butter
- 1 pound grass-fed boneless beef, trimmed and sliced into thin strips
- Salt and freshly ground black pepper, to taste
- 2 cups finely chopped tomatoes
- 1 ½ cups sugar-free tomato sauce
- 3 garlic cloves, minced
- 1 teaspoon crushed dried rosemary
- 1 cup water
- 1 large green bell pepper, seeded and sliced into ½-inch thick strips
- 1 large red bell pepper, seeded and sliced into ½-inch thick strips
- 1 large yellow bell pepper, seeded and sliced into ½-inch thick strips

Place the butter in the Instant Pot and select “Sauté.” Then add the beef, a little salt, and black pepper, and cook for about 5 minutes.

2. Select “Cancel” and transfer the beef into a bowl.
3. Now add the tomatoes, tomato sauce, garlic, rosemary, salt, black pepper, and water and stir to combine.
4. Place the beef on top, followed by the bell peppers.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 25 minutes.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and serve hot.

Nutrition Information per Serving:

Calories: 444

Fat: 38 grams

Carbohydrates: 11 grams

Protein: 15 grams

Ground Beef Curry



Yield: 6 servings

Preparation Time: 10 minutes

Cooking Time: 43 minutes **Ingredients:**

- 2 tablespoons coconut oil
- 2 medium carrots, peeled and chopped finely
- 2 celery stalks, chopped finely
- 1 small yellow onion, chopped finely
- Salt, to taste
- 2 ¼ pounds grass-fed ground beef
- 4 garlic cloves, chopped finely
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon

- 2 (14 ounce) cans sugar-free diced tomatoes with juice

- ½ cup heavy whipping cream

Place the oil in the Instant Pot and select “Sauté.” Then add the carrot, celery and onion and cook for about 5 minutes.

2. Add the beef and cook for about 2-3 minutes.
3. Add the garlic, both sauces, and spices and cook for about 5 minutes.
4. Select “Cancel” and stir in the tomatoes with juice.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 20 minutes.
7. Select “Cancel” and carefully do a “Natural” release.
8. Remove the lid and select “Sauté.”
9. Cook for about 5-10 minutes or until desired thickness of sauce.
10. Select “Cancel” and stir in sour cream.
11. Serve hot.

Nutrition Information per Serving:

Calories: 318

Fat: 17.9 grams

Carbohydrates: 8 grams

Protein: 27 grams

Meatballs in Gravy



Yield: 6 servings

Preparation Time: 20 minutes

Cooking Time: 39 minutes **Ingredients:**

- 1 ½ pounds grass-fed lean ground beef
- 2 teaspoons adobo seasoning
- Salt and freshly ground black pepper, to taste
- 2 tablespoons olive butter
- 4 small tomatoes, chopped roughly
- 8 mini bell peppers, seeded and halved

- 1 small yellow onion, chopped roughly
- 4 garlic cloves, peeled
- 1 cup sugar-free tomato sauce
- ½ teaspoon crushed red pepper flakes

In a bowl, add the beef, adobo seasoning, salt, and black pepper and mix well.

2. Make golf-ball-sized balls from the mixture.
3. Place the oil in the Instant Pot and select “Sauté.” Then add the meatballs and cook for about 3-4 minutes or until browned completely.
4. Select “Cancel” and transfer the meatballs into a bowl.
5. In the pot of the Instant Pot, place the remaining ingredients in and top with the meatballs.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Meat/Stew” and just use the default time of 35 minutes.
8. Select “Cancel” and carefully do a “Natural” release.
9. Remove the lid and, with a slotted spoon, transfer the meatballs onto a plate.
10. With an immersion blender, blend the vegetable mixture until smooth.
11. Add the meatballs, salt, and black pepper into the sauce and gently stir to combine.
12. Serve immediately.

Nutrition Information per Serving:

Calories: 257

Fat: 15 grams

Carbohydrates: 11 grams

Protein: 25.5 grams

Herbed Meatloaf



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 28 minutes **Ingredients:**

For Meatloaf:

- 1 pound grass-fed lean ground beef
- ½ cup heavy cream

- 1 organic egg
 - ½ cup almond flour
 - ½ yellow onion, grated
 - ½ teaspoon mustard powder
 - 1 teaspoon garlic powder
 - Salt and freshly ground black pepper, to taste
- For Topping:**
- 1 tablespoon sugar-free ketchup
 - ½ tablespoon low-sodium soy sauce

- ½ tablespoon Swerve
- ½ tablespoon fresh lemon juice
- ¼ cup crumbled feta cheese

Directions:

1. For the meatloaf: in a bowl, add all of the ingredients and mix until well combined.
2. Arrange an 18x18-inch square piece of foil onto a smooth surface.
3. Arrange the meat mixture into the center of the foil and shape into a loaf.
4. Carefully fold the foil around the meatloaf.
5. Arrange a trivet in the bottom of the Instant Pot and pour in one cup of water.
6. Arrange the wrapped meatloaf on top of the trivet.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 25 minutes.
9. Meanwhile, preheat the oven to broil.
10. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
11. Meanwhile, for the glaze: in a bowl, add all of the ingredients and mix until well combined.
12. Carefully, remove the meatloaf from foil and transfer onto a broiler pan.
13. Spread the glaze over meatloaf evenly.
14. Broil for about 2-3 minutes.
15. Remove from the oven and immediately top with the feta cheese.
16. Cut into desired sized slices and serve.

Nutrition Information per Serving:

Calories: 258

Fat: 17.2 grams

Carbohydrates: 4.8 grams

Protein: 19 grams

BBQ Pork Ribs



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 30 minutes **Ingredients:**

- 2 pounds pork baby back ribs
- 2 bay leaves
- 4 garlic cloves, minced
- 2 tablespoons Italian seasoning
- Salt and freshly ground black pepper, to taste
- 4 cups water
- ½ cup sugar-free BBQ sauce

Directions:

1. In the pot of the Instant Pot, add all of the ingredients except the BBQ sauce and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 20 minutes.
4. Select “Cancel” and carefully do a “Natural” release.
5. Remove the lid and transfer the pork ribs onto a cutting board for about 5 minutes.
6. With paper towels, pat dry the ribs completely.
7. Transfer the ribs into a bowl. Add the BBQ sauce and coat the ribs with sauce generously.
8. Cover and refrigerate for about 2-3 hours.
9. Preheat the oven to broil.
10. Broil the ribs for about 5 minutes per side.
11. Serve immediately.

Nutrition Information per Serving:

Calories: 600

Fat: 46.5 grams

Carbohydrates: 12 grams

Protein: 34.4 grams

Pork Chops



Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 13 minutes **Ingredients:**

- 4 (6 ounce) bone-in pork loin chops
- Salt and freshly ground black pepper, to taste
- 2 tablespoons butter
- 1 cup homemade chicken broth
- 1 tablespoon chopped fresh parsley

Directions:

1. Season the pork chops with salt and black pepper evenly.
2. Place the butter in the Instant Pot and select “Sauté.” Then add the pork chops and cook for about 3-4 minutes per side.
3. Select “Cancel” and transfer the chops onto a plate.
4. In the pot, add the broth and scrape the brown bits from the bottom.
5. Arrange a trivet in the bottom of the Instant Pot.
6. Place the pork chops on top of the trivet.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Meat/Stew” and just use the default time of 5 minutes.
9. Select “Cancel” and carefully do a “Natural” release for about 5 minutes, and then do a “Quick” release.
10. Remove the lid and serve hot with the garnishing of parsley.

Nutrition Information per Serving:

Calories: 301

Fat: 18.1 grams

Carbohydrates: 1.3 grams

Protein: 30 grams

Leg of Lamb



Yield: 10 servings

Preparation Time: 15 minutes **Cooking Time:** 1 hour 25 minutes **Ingredients:**

- 1 (4 pound) grass-fed bone-in leg of lamb
- Salt and freshly ground black pepper, **to taste**
- 2 tablespoons butter
- 1 large yellow onion, sliced thinly
- 1 ½ cups homemade chicken broth, divided
- 2 tablespoons fresh lemon juice
- 6 garlic cloves, crushed
- 6 fresh thyme sprigs
- 3 fresh rosemary sprigs

Season the leg of lamb with salt and black pepper generously.

2. Place the butter in the Instant Pot and select “Sauté.” Then add the leg of lamb and sear for about 4 minutes per side or until browned completely.
3. Transfer the leg of lamb into a large plate.
4. Now add the onion and a little salt and cook for about 3 minutes.
5. Add a little broth and cook for about 2 minutes, scraping the brown bits from the bottom.
6. Select “Cancel” and stir in the cooked leg of lamb and remaining ingredients.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 75 minutes.
9. Select “Cancel” and carefully do a “Natural” release.
10. Remove the lid and with the tongs and transfer the leg of lamb onto a cutting board.
11. Strain the pan liquid into a bowl.
12. Cut the leg of lamb into desired-sized slices.
13. Pour in the strained liquid over the sliced leg of lamb and serve.

Nutrition Information per Serving:

Calories: 455

Fat: 33.1 grams

Carbohydrates: 2.6 grams

Protein: 33.2 grams

Lamb Shanks



Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 41 minutes **Ingredients:**

- 2 pounds grass-fed lamb shanks, trimmed
- Salt and freshly ground black pepper, to taste
- 3 tablespoons butter, divided
- 10 whole garlic cloves, peeled
- 1 cup homemade chicken broth
- 1 tablespoon sugar-free tomato paste

- ½ teaspoon crushed dried rosemary
- 2 tablespoons fresh lemon juice

Season shanks with salt and pepper evenly.

2. Place two tablespoons of the butter in the Instant Pot and select “Sauté.” Then add the shanks and sear for about 2-3 minutes per side or until browned completely.
3. Add the garlic cloves and cook for about 1 minute.
4. Select “Cancel” and stir in the remaining ingredients.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 30 minutes.
7. Select “Cancel” and carefully do a “Natural” release.
8. Remove the lid and with tongs and transfer the leg of lamb onto a platter.
9. Select “Sauté” and cook for about 5 minutes.
10. Stir in the lemon juice and remaining butter until smooth.
11. Pour in the sauce over the shanks and serve.

Nutrition Information per Serving:

Calories: 525

Fat: 25.7 grams

Carbohydrates: 3.7 grams

Protein: 60 grams

Lamb Curry



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 35 minutes **Ingredients:**

- 1 pound grass-fed lamb shoulder, cut into bite-sized pieces
- 1 tablespoon curry powder, divided
- ¼ cup unsweetened coconut milk
- 4 tablespoons coconut cream
- 2 tablespoons coconut oil
- 1 medium yellow onion, chopped

- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1 teaspoon red chili powder
- ½ cup homemade chicken broth
- 1 tablespoon fresh lemon juice
- Salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh cilantro

In a large bowl, add the lamb, ½ tablespoon of curry powder, coconut milk, and coconut cream and mix well.

2. Set aside for at least 20 minutes.
3. After 20 minutes, remove the lamb from the bowl, reserving the cream mixture.
4. Place the oil in the Instant Pot and select “Sauté.” Then add the onion, garlic, and ginger and cook for about 3-4 minutes.
5. Add the remaining curry powder and chili powder and cook for about 1 minute.
6. Add the lamb and cook for about 5 minutes.
7. Select “Cancel” and stir in the broth, lemon juice, salt, and black pepper.
8. Secure the lid and place the pressure valve to the “Seal” position.
9. Select “Manual” and cook under “High Pressure” for about 20 minutes.
10. Select “Cancel” and carefully do a “Quick” release.
11. Remove the lid and select “Sauté.”
12. Stir in the reserved cream mixture and cook for about 4-5 minutes, stirring occasionally.
13. Serve immediately with the garnishing of cilantro.

Nutrition Information per Serving:

Calories: 435

Fat: 29.6 grams

Carbohydrates: 7 grams

Protein: 34.6 grams

Seafood Recipes

Steamed Salmon



Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 5 minutes **Ingredients:**

- 4 (6 ounce) salmon fillets
- ½ teaspoon red chili powder
- Salt and freshly ground black pepper, to taste
- ¼ cup fresh lemon juice
- 3 tablespoons unsalted butter, melted

Directions:

1. Arrange a trivet in the bottom of the Instant Pot and pour in $\frac{3}{4}$ cup of water and lemon juice.
2. Season the salmon fillets with chili powder, salt, and black pepper evenly.
3. Place the salmon fillets on top of the trivet in a single layer.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 5 minutes.

6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and transfer the salmon fillets onto serving plates.
8. Drizzle with the butter and serve immediately.

Nutrition Information per Serving:

Calories: 370

Fat: 24 grams

Carbohydrates: 0.5 grams

Protein: 36 grams

Feta Salmon



Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 3 minutes **Ingredients:**

- ¼ cup butter, melted
- 2 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 tablespoon crumbled feta cheese
- ¼ teaspoon dried oregano
- Salt and freshly ground black pepper, to taste
- 1 pound salmon fillets
- 2 fresh rosemary sprigs
- 2 lemon slices

Directions:

1. In a large bowl, add the butter, lemon juice, garlic, feta, oregano, salt, and black pepper and beat until well combined.
2. Arrange the trivet in the bottom of the Instant Pot. Add 1 ½ cups of water in the Instant Pot.
3. Place the salmon fillets on top of a trivet in a single layer and top with dressing. Arrange one rosemary sprig and one lemon slice over each fillet.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Steam” and just use the default time of 3 minutes.
6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and serve hot.

Nutrition Information per Serving:

Calories: 294

Fat: 20.1 grams

Carbohydrates: 0.9 grams

Protein: 27.9 grams

Cod with Tomatoes



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 5 minutes **Ingredients:**

- ½ pound tomatoes, halved
- 2 tablespoons chopped fresh rosemary
- 4 (4 ounce) cod fillets
- 2 garlic cloves, minced
- 2 tablespoons butter, melted
- Salt and freshly ground black pepper, to taste

Directions:

1. In the bottom of a greased, large heatproof bowl, place half of the tomatoes, followed by the rosemary.
2. Arrange the cod fillets on top in a single layer, followed by the remaining tomatoes.
3. Sprinkle with garlic and drizzle with the melted butter.
4. Arrange the bowl in the bottom of the Instant Pot.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 5 minutes.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and transfer the fish fillets and tomatoes in serving plates.
9. Sprinkle with salt and black pepper and serve.

Nutrition Information per Serving:

Calories: 170

Fat: 7.3 grams

Carbohydrates: 6 grams

Protein: 21.5 grams

Fish Curry



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 12 minutes **Ingredients:**

- 2 tablespoons coconut oil
- 2 curry leaves
- 1 yellow onion, chopped
- 1 tablespoon fresh ginger, grated finely
- 2 garlic cloves, minced
- 2 tablespoons curry powder
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon red chili powder
- ½ teaspoon ground turmeric
- Salt, to taste

- 2 cups unsweetened coconut milk
- 1 ½ pounds white fish fillets, cubed
- 1 ¼ cups chopped tomatoes
- 1 Serrano pepper, seeded and chopped
- 1 tablespoon fresh lemon juice

Directions:

1. Place the oil in the Instant Pot and select “Sauté.” Then add the curry leaves and cook for about 30 seconds.
2. Add the onion, ginger, and garlic and cook for about 4-5 minutes.
3. Add the spices and cook for about 1 ½ minutes.
4. Stir in the coconut milk.
5. Select “Cancel” and stir in the fish, tomatoes, and Serrano pepper.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Manual” and cook under “Manual” and “Low Pressure” for about 5 minutes.
8. Select “Cancel” and carefully do a “Natural” release.
9. Remove the lid and stir in the lemon juice.
10. Serve hot.

Nutrition Information per Serving:

Calories: 449

Fat: 32.8 grams

Carbohydrates: 10 grams

Protein: 30.7 grams

Shrimp Curry



Yield: 4 servings

Preparation Time: 20 minutes

Cooking Time: 13 minutes **Ingredients:**

- 1 tablespoon coconut oil

- 1 teaspoon mustard seeds
- 1 cup chopped yellow onion
- ½ tablespoon minced garlic
- ½ tablespoon minced fresh ginger
- 1 Serrano pepper, sliced
- 1 cup chopped tomatoes
- 1 ½ teaspoons red chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground turmeric
- Salt, to taste
- 1 pound shrimp, peeled and deveined
- 3 ½ ounces unsweetened coconut milk
- 1 tablespoon fresh lemon juice
- ¼ cup chopped fresh cilantro

Directions:

1. Place the oil in the Instant Pot and select “Sauté.” Then add the mustard seeds and cook for about 30 seconds.
2. Add the onion, garlic, ginger, and Serrano pepper and cook for about 4-5 minutes.
3. Add the tomato and spices and cook for about 2-3 minutes.
4. Select “Cancel” and stir in the shrimp and coconut milk.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “Manual” and “Low Pressure” for about 3 minutes.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and stir in the lemon juice and cilantro.
9. Serve hot.

Nutrition Information per Serving:

Calories: 263

Fat: 12.4 grams

Carbohydrates: 11 grams

Protein: 28.1 grams

Creamy Shrimp



Yield: 6 servings

Preparation Time: 20 minutes

Cooking Time: 20 minutes **Ingredients:**

For Marinade:

- ¼ cup plain yogurt
- 1 teaspoon grated fresh ginger
- 1 garlic clove, minced
- 2 teaspoons fresh lime juice
- 2 teaspoons garam masala powder
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- Salt, to taste

- 2 pounds large shrimp, peeled and deveined **For Sauce:**

- 4 tablespoons unsalted butter, divided
- 1 small yellow onion, minced
- Salt, to taste
- 1 ½ teaspoons grated fresh ginger
- 2 garlic cloves, minced
- ½ teaspoon crushed red pepper flakes
- 1 (28 ounce) can sugar-free diced tomatoes with juice
- 1 cup heavy cream

Directions:

1. For the marinade: in a large bowl, add all of the ingredients except the shrimp and mix until well combined.
2. Add the shrimp and coat with marinade generously.
3. Refrigerate, covered, for about 1 hour.
4. For the sauce: place two tablespoons of butter in the Instant Pot and select “Sauté.” Then add the onion and a pinch of salt and cook for about 4-5 minutes.
5. Stir in the ginger, garlic, red pepper flakes, and ¼ teaspoon of salt and cook for about 1-2 minutes.
6. Select “Cancel” and stir in the tomatoes and cream.

7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 8 minutes.
9. Select “Cancel” and carefully do a “Natural” release.
10. Remove the lid and select “Sauté.”
11. Cook for about 3-5 minutes, stirring occasionally.
12. Stir in the shrimp with the liquid in the bowl and remaining butter and cook for about 3-4 minutes.
13. Select “Cancel” and serve hot.

Nutrition Information per Serving:

Calories: 362

Fat: 19 grams

Carbohydrates: 11 grams

Protein: 37 grams

Creamy Lobster



Yield: 2 servings

Preparation Time: 20 minutes

Cooking Time: 3 minutes **Ingredients:**

- 1 ½ cups water
- 1 teaspoon old bay seasoning
- 2 pounds fresh lobster tails
- 1 scallion, chopped
- ½ cup mayonnaise
- 3 tablespoons unsalted butter, melted
- 2 tablespoons fresh lemon juice, divided

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in the water and 1-2 pinches of old bay seasoning.
2. Arrange the lobster tails on top of the trivet, shell side down.
3. Drizzle the lobster tails with one tablespoon of lemon juice.

4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 3 minutes.
6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and transfer the tails into the bowl of the ice bath for about 1 minute.
8. With kitchen shears, cut the underbelly of the tail down the center.
9. Remove the meat and chop it up into large chunks.
10. In a large bowl, add the scallions, mayonnaise, butter, seasoning, and lemon juice and mix well.
11. Transfer the lobster meat onto a platter and top with the sauce.
12. Refrigerate for at least 15 minutes before serving.

Nutrition Information per Serving:

Calories: 495

Fat: 25 grams

Carbohydrates: 10 grams

Protein: 58.1 grams

Lemony Mussels



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 7 minutes **Ingredients:**

- 2 tablespoons butter
- 1 medium yellow onion, chopped
- 1 garlic clove, minced
- ½ teaspoon crushed dried rosemary
- 1 cup homemade chicken broth
- 2 tablespoons fresh lemon juice
- Salt and freshly ground black pepper, to taste
- 2 pounds mussels, cleaned and de-bearded

Instructions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the onion and cook for about 5 minutes.
2. Add the garlic and rosemary and cook for about 1 minute.
3. Select “Cancel” and stir in the broth, lemon juice, and black pepper.
4. Place the mussels in the steamer trivet and arrange the trivet in the Instant Pot.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “Low Pressure” for about 1 minute.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and transfer the mussels into a serving bowl.
9. Top with the cooking liquid and serve.

Nutrition Information per Serving:

Calories: 270

Fat: 12 grams

Carbohydrates: 11 grams

Protein: 28.6 grams

Mussels in Tomato Gravy



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 3 minutes **Ingredients:**

- 2 large Roma tomatoes, seeded and chopped finely
- 2 garlic cloves, minced
- 1 cup homemade chicken broth
- 1 tablespoon fresh lemon juice
- 2 pounds mussels, scrubbed and de-bearded

Instructions:

1. In the pot of the Instant Pot, place the tomatoes, garlic, wine, and bay leaf and stir to combine.
2. Arrange the mussels on top.

3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 3 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and serve hot.

Nutrition Information per Serving:

Calories: 219

Fat: 5.6 grams

Carbohydrates: 11 grams

Protein: 28.9 grams

Buttered Crab Legs



Yield: 2 servings

Preparation Time: 20 minutes

Cooking Time: 4 minutes **Ingredients:**

- 1 ½ pounds frozen crab legs
- Salt, to taste
- 2 tablespoons butter, melted

Directions:

1. Arrange a trivet in the bottom of the Instant Pot and pour in one cup of water with one teaspoon of salt.
2. Place the crab legs on top of the trivet and sprinkle with salt.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 4 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and transfer the crab legs onto a serving platter.
7. Drizzle with butter and serve.

Nutrition Information per Serving:

Calories: 297

Fat: 11.1 grams

Carbohydrates: 0 grams

Protein: 43.6 grams

Vegetarian Recipes

Beet Salad



Yield: 7 servings

Preparation Time: 15 minutes

Cooking Time: 24 minutes **Ingredients:**

- 1 $\frac{3}{4}$ pounds medium beets, trimmed
- 2 tablespoons butter, melted
- Salt and freshly ground black pepper, to taste
- 8 cups fresh baby spinach
- 2 tablespoons crumbled feta cheese

Directions:

1. Arrange a steamer basket in the bottom of the Instant Pot and pour in one cup of water.
2. Place the beets in the steamer basket.
3. Secure the lid and place the pressure valve to the “Seal” position.

4. Select “Manual” and cook under “High Pressure” for about 24 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and transfer the beets onto a cutting board to cool slightly.
7. Carefully, remove the peel of the beets and cut into wedges.
8. In a bowl, add the beets, butter, salt, and black pepper and gently toss to coat.
9. Divide the spinach onto serving plates and top with beet wedges.
10. Garnish with feta and serve.

Nutrition Information per Serving:

Calories: 94

Fat: 4.2 grams

Carbohydrates: 12 grams

Protein: 3.3 grams

Creamy Cauliflower Rice



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 8 minutes **Ingredients:**

- 2 cups grated into rice consistency cauliflower
- ½ cup shredded sharp cheddar cheese
- ½ cup half-and-half
- 2 tablespoons cream cheese, softened
- Salt and freshly ground black pepper, to taste

Directions:

1. In the bottom of the Instant Pot, arrange a steamer trivet and pour in 1 ½ cups of water.
2. In a heatproof bowl that will fit in an Instant Pot, add all ingredients and stir to combine.
3. With a piece of foil, cover the bowl.
4. Place the bowl on top of the trivet.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “Low Pressure” for about 5 minutes.
7. Meanwhile, preheat the oven to broil.
8. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
9. Remove the lid and transfer the bowl onto a counter.
10. Remove the foil and broil for about 2-3 minutes.
11. Remove from oven and serve hot.

Nutritional Information per Serving

Calories: 126

Fat: 10 grams

Carbohydrates: 4.3 grams

Protein: 5.8 grams

Cheesy Zucchini Noodles



Yield: 3 servings

Preparation Time: 15 minutes

Cooking Time: 2 minutes **Ingredients:**

- 2 tablespoons olive oil
- 2 garlic cloves, chopped finely
- 2 large zucchinis, spiralized with blade C
- 4 tablespoons grated Parmesan cheese
- Salt and freshly ground black pepper, to taste

Directions:

1. Place the oil in the Instant Pot and select “Sauté.” Then add the garlic and sauté for about 30 seconds.
2. Add the zucchini noodles and sauté for about 30-40 seconds.
3. Add the Parmesan and gently stir to combine.
4. Select “Cancel” and serve immediately.

Nutrition Information per Serving:

Calories: 93

Fat: 7.6 grams

Carbohydrates: 5.9 grams

Protein: 2 grams

Buttered Asparagus



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 8 minutes **Ingredients:**

- 1 pound fresh asparagus, trimmed
- 3 garlic cloves, minced
- 3 tablespoons butter
- Salt and freshly ground black pepper, to taste

Directions:

1. Place asparagus in the center of a foil piece with garlic and butter.
2. Curve the edges of foil to prevent the butter running off.
3. In the pot of the Instant Pot, place one cup of water.
4. Carefully place the foil in the pot.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 8 minutes.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and transfer the asparagus onto serving plates.
9. Sprinkle with salt and black pepper and serve.

Nutrition Information per Serving:

Calories: 102

Fat: 8.8 grams

Carbohydrates: 5.2 grams

Protein: 2.7 grams

Buttered Brussels Sprout



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 3 minutes **Ingredients:**

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons unsalted butter, melted
- Salt and freshly ground black pepper, to taste

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in one cup of water.
2. Place the Brussels sprouts in the trivet.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 3 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Remove the lid and transfer the Brussels sprouts onto serving plates.
7. Drizzle with the melted butter and sprinkle with salt and black pepper
8. Serve immediately.

Nutrition Information per Serving:

Calories: 100

Fat: 6.2 grams

Carbohydrates: 10.3 grams

Protein: 3.9 grams

Garlicky Broccoli



Yield: 4 servings

Preparation Time: 10 minutes

Cooking Time: 5 minutes **Ingredients:**

- 1 pound broccoli florets
- 2 tablespoons butter, melted
- 3 garlic cloves, chopped
- 1 jalapeño pepper, chopped finely
- ¼ teaspoon crushed red pepper flakes
- Salt and freshly ground black pepper, to taste

Directions:

1. Arrange a trivet in the bottom of the Instant Pot and pour in one cup of water.
2. Place the broccoli florets on top of trivet in a single layer.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 3-5 minutes.
5. Select “Cancel” and carefully do a “Quick” release.
6. Meanwhile, in a frying pan, melt the butter over medium heat and sauté the garlic, jalapeño, and red pepper flakes for about 1 minute.
7. Stir in salt and black pepper and remove from the heat.
8. Remove the lid and transfer the broccoli onto a serving platter.
9. Drizzle with garlic mixture and serve immediately.

Nutrition Information per Serving:

Calories: 94

Fat: 6.2 grams

Carbohydrates: 8.5 grams

Protein: 3.4 grams

Feta Green Beans



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 5 minutes **Ingredients:**

- 1 pound fresh green beans
- 2 tablespoons butter
- 2 garlic cloves, minced
- Salt and freshly ground black pepper, to taste
- 1½ cups water
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped walnuts

Directions:

1. In the pot of the Instant Pot, add all of the ingredients and stir to combine.
2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 5 minutes.
4. Select “Cancel” and carefully do a “Quick” release.
5. Remove the lid and transfer onto a platter.
6. Serve warm with the topping of feta and walnuts.

Nutrition Information per Serving:

Calories: 137

Fat: 10.2 grams

Carbohydrates: 9.4 grams

Protein: 4.5 grams

Cheesy Cauliflower



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 14 minutes **Ingredients:**

For Sauce:

- 6 ounces goat cheese
 - 1/3 cup heavy cream
 - 1 tablespoon olive oil
 - 1 teaspoon ground nutmeg
 - Salt and ground white pepper, to taste
- ## **For Cauliflower:**
- 1 (2 pound) head cauliflower
 - 1 cup homemade vegetable broth
 - 2 tablespoons fresh lemon juice
 - 2 tablespoons olive oil
 - 2 teaspoons crushed red pepper flakes
 - Salt to taste

For the sauce: in a food processor, add all of the ingredients and pulse until smooth. Keep aside until serving.

2. In the pot of the Instant Pot, place the cauliflower head and top with the remaining ingredients.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 10 minutes.
5. Meanwhile, preheat the oven to broil.
6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and transfer the cauliflower head onto a cutting board.
8. Cut the cauliflower head into pieces and place onto a broiler pan.
9. Broil for about 3-4 minutes or until golden brown.
10. Remove from oven and serve with the topping of cheese sauce.

Nutrition Information per Serving:

Calories: 312

Fat: 24.3 grams

Carbohydrates: 11 grams

Protein: 15.3 grams

Creamy Mushrooms



Yield: 5 servings

Preparation Time: 15 minutes

Cooking Time: 4 minutes **Ingredients:**

- 1 ½ pounds cremini mushrooms
- 4 garlic cloves, chopped finely
- ¼ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 2 bay leaves
- 1 cup homemade vegetable broth
- Salt and freshly ground black pepper, to taste

¼ cup half-and-half

2 tablespoons unsalted butter

- 2 tablespoons chopped fresh parsley leaves

In the pot of the Instant Pot, add all of the ingredients except the half-and-half, butter, and parsley and stir to combine.

2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 4 minutes.
4. Select “Cancel” and carefully do a “Quick” release.
5. Remove the lid and stir in the half-and-half, butter, and parsley.
6. Serve warm.

Nutrition Information per Serving:

Calories: 154

Fat: 9.9 grams

Carbohydrates: 8.4 grams

Protein: 6.2 grams

Spinach with Cottage Cheese



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 10 minutes **Ingredients:**

- 2 tablespoons butter
- 1 small yellow onion, chopped
- 4 garlic cloves, chopped
- 1 Serrano pepper, chopped
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 tomato, chopped

10 ounces fresh spinach

Salt and freshly ground black pepper, to taste

- 10 ounces cottage cheese, cubed

Place the butter in the Instant Pot and select “Sauté.” Then add the onion, garlic, Serrano, and spices and cook for about 3-4 minutes.

2. Add the tomato and cook for about 2 minutes.
3. Select “Cancel” and stir in spinach, salt, and black pepper.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 2 minutes.
6. Select “Cancel” and carefully do a “Natural” release.
7. Remove the lid and with an immersion blender puree the spinach mixture.
8. Select the “Sauté” and stir in cottage cheese.
9. Cook for about 2 minutes.
10. Select “Cancel” and serve.

Nutrition Information per Serving:

Calories: 147

Fat: 7.6 grams

Carbohydrates: 8.6 grams

Protein: 12 grams

Spiced Kale



Yield: 3 servings

Preparation Time: 10 minutes

Cooking Time: 5 minutes **Ingredients:**

- 2 tablespoons butter
- 1 teaspoon cumin seeds
- 2 garlic cloves, chopped finely
- ½ teaspoon red chili powder
- ¼ teaspoon ground turmeric Salt, to taste
- 1 (10 ounce) package fresh baby kale
- 2 tablespoons water

Place the butter in the Instant Pot and select “Sauté.” Then add the cumin seeds and sauté for about 30 seconds.

2. Add the garlic and sauté for about 30 seconds.
3. Select “Cancel” and stir in the kale, chili powder, turmeric, and salt.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Steam” and just use the default time of 1 minute.
6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and select “Sauté.”
8. Cook for about 2-3 minutes.
9. Select “Cancel” and serve hot.

Nutrition Information per Serving:

Calories: 122

Fat: 7.9 grams

Carbohydrates: 11 grams

Protein: 3.2 grams

Zucchini with Tomatoes



Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 7 minutes **Ingredients:**

- 2 tablespoons butter
- 1 small yellow onion, chopped roughly
- 2 garlic cloves, minced
- 6 medium zucchinis, chopped roughly
- 1 pound cherry tomatoes
- 1 cup water
- Salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh basil

Place the oil in the Instant Pot and select “Sauté.” Then add the onion and garlic and cook for about 3-4 minutes.

2. Add zucchinis and tomatoes and cook for about 1-2 minutes.
3. Select “Cancel” and stir in remaining ingredients except the basil.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 5 minutes.
6. Select “Cancel” and carefully do a “Natural” release.
7. Remove the lid and serve hot.

Nutrition Information per Serving:

Calories: 85

Fat: 4.4 grams

Carbohydrates: 11 grams

Protein: 3.3 grams

Mixed Greens Curry



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 9 minutes **Ingredients:**

- 3 tablespoons butter
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 1 (2-inch) piece fresh ginger, minced
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon red chili powder ½ teaspoon ground turmeric
- Salt and black pepper, to taste
- 1 pound mustard leaves, rinsed
- 1 pound fresh spinach, rinsed
- 1/3 cup heavy cream

Place the butter in the Instant Pot and select “Sauté.” Then add the onion, garlic, ginger, and spices and cook for about 2-3 minutes.

2. Add greens and cook for about 2 minutes.
3. Select “Cancel” and stir well.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 4 minutes.
6. Select “Cancel” and carefully do a “Natural” release.
7. Remove the lid and stir in the cream.
8. With an immersion blender, blend the mixture until smooth.
9. Serve immediately.

Nutrition Information per Serving:

Calories: 125

Fat: 8.9 grams

Carbohydrates: 9 grams

Protein: 4.9 grams

Eggplant Curry



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 17 minutes

Ingredients:

- ¼ cup coconut oil
- 1 large eggplant, chopped ½ yellow onion, chopped
- 3 garlic cloves, minced
- 1/3 cup chopped tomato
- ¼ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground turmeric
- ½ cup water
- 2 tablespoons chopped fresh cilantro

Instructions:

1. Place two tablespoons of oil in the Instant Pot and select “Sauté.” Then add half of the eggplant slices and cook for about 5 minutes.
2. Transfer the eggplant slices into a bowl.
3. Repeat with two more tablespoons of oil and remaining eggplant slices.
4. Add remaining oil, cooked eggplant slices, onion, and garlic and cook for about 1-2 minutes.
5. Select “Cancel” and stir in the remaining ingredients except the cilantro.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Manual” and cook under “High Pressure” for about 3 minutes.
8. Select “Cancel” and carefully do a “Quick” release. 9. Remove the lid and select “Sauté.” 10. Cook for about 1-2 minutes.
11. Select “Cancel” and remove the lid.
12. Serve hot.

Nutrition Information per Serving:

Calories: 159

Fat: 14 grams

Carbohydrates: 9.6 grams

Protein: 1.6 grams

Mixed Veggies



Yield: 5 servings

Preparation Time: 20 minutes

Cooking Time: 7 minutes **Ingredients:**

- 1 large zucchini, sliced into thin circles
- 1 large eggplant, sliced into thin circles
- 2 medium tomatoes, sliced into thin circles
- 1 small yellow onion, sliced into thin circles

- 1 tablespoon minced fresh thyme leaves, divided
- Salt and freshly ground black pepper, to taste
- 2 large garlic cloves, chopped finely
- 2 tablespoons butter, melted
- 1 tablespoon fresh lemon juice

Directions:

1. In the bottom of the Instant Pot, arrange a steamer trivet and pour in one cup of water.
2. In a bowl, add all vegetables, half of the thyme, salt, and black pepper and toss to coat well.
3. In the bottom of a foil-lined springform, spread some of the garlic.
4. Arrange alternating slices of zucchini, eggplant, tomatoes, and onion, starting at the outer edge of the pan towards the center, overlapping the slices slightly.
5. Sprinkle with the remaining garlic, thyme, salt, and black pepper.
6. Drizzle with the melted butter and lemon juice evenly.
7. Place the springform pan on top of the trivet.
8. Secure the lid and place the pressure valve to the “Seal” position.
9. Select “Manual” and cook under “High Pressure” for about 6 minutes.
10. Select “Cancel” and carefully do a “Natural” release for about 5 minutes. Then do a “Quick” release.
11. Remove the lid and serve hot.

Nutrition Information per Serving:

Calories: 92

Fat: 6.1 grams

Carbohydrates: 11.2 grams

Protein: 2.4 grams

Poultry Recipes

Roasted Cornish Hens



Yield: 4 servings

Preparation Time: 20 minutes

Cooking Time: 23 minutes **Ingredients:**

- 2 Cornish hens, washed and patted dried
- Salt and freshly ground black pepper, to taste
- 2 tablespoons coconut oil
- 1 small yellow onion, chopped
- 2 celery stalks, chopped

- 1 large carrot, peeled and chopped
- 4 garlic cloves, chopped
- 2 teaspoons Worcestershire sauce
- 1 cup water

Directions:

1. Season the hens with salt and black pepper generously.
2. Place the oil in the Instant Pot and select “Sauté.” Then add the hens, one at a time, and cook for about 2 minutes per side.
3. Select “Cancel” and arrange both hens in the Instant Pot. Top with the remaining ingredients.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “Medium-High Pressure” for about 15 minutes.
6. Select “Cancel” and carefully do a “Natural” release.
7. Remove the lid and transfer the hens onto a platter for about 5 minutes before serving.

Nutrition Information per Serving:

Calories: 249

Fat: 11.7 grams

Carbohydrates: 5.2 grams

Protein: 29.7 grams

Roasted Chicken



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 31 minutes **Ingredients:**

- 1 (2 ½-pound) grass-fed whole chicken, neck, and giblet removed
- 1 tablespoon cayenne pepper
- Salt and freshly ground black pepper, to taste
- 3 tablespoons butter
- 1 ½ cups homemade chicken broth

Directions:

1. Season the chicken with cayenne pepper, salt, and black pepper generously.

2. Place the butter in the Instant Pot and select “Sauté.” Then add the chicken and cook for about 5-6 minute or until browned.
3. Select “Cancel” and transfer the chicken onto a plate.
4. Arrange a trivet in the bottom of the Instant Pot and pour in the chicken broth into the Instant Pot.
5. Arrange the chicken on top of the trivet, breast side up.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Manual” and cook under “High Pressure” for about 25 minutes.
8. Select “Cancel” and carefully do a “Natural” release.
9. Remove the lid and place chicken onto a cutting board for about 10 minutes before carving.
10. With a sharp knife, cut the chicken into desires-sized pieces and serve.

Nutrition Information per Serving:

Calories: 523

Fat: 18 grams

Carbohydrates: 1.1 grams

Protein: 84.1 grams

Stuffed Chicken Breast



Yield: 4 servings

Preparation Time: 20 minutes

Cooking Time: 25 minutes **Ingredients:**

- 2 (6 ounce) grass-fed boneless, skinless chicken breasts
- Salt and freshly ground black pepper, to taste
- 4 thin prosciutto slices
- 4 thin provolone cheese slices
- 16 fresh basil leaves
- 1 tablespoon olive oil
- 3 tablespoons butter, divided
- 2 cups homemade chicken broth, divided
- 1 teaspoon balsamic vinegar
- 2 tablespoons minced fresh parsley

Directions:

1. Butterfly each chicken breast horizontally then carefully open each one in half.
2. With a meat mallet, pound each breast into ¼-inch thickness.
3. Season each chicken breast with salt and pepper evenly.
4. Arrange chicken breasts onto a smooth surface, cut side up.
5. Place two prosciutto slices in each chicken breast, followed by two provolone cheese slices and eight basil leaves.
6. Roll each chicken breast lengthwise and with kitchen twine and tie together.
7. Place the oil and one tablespoon of butter in the Instant Pot and select “Sauté.” Then add the chicken rolls and sear for about 2 minutes per side.
8. Select “Cancel” and transfer chicken rolls onto a plate.
9. In the bottom of the Instant Pot, arrange a steamer trivet and pour in one cup of broth.
10. Place the chicken rolls on top of the trivet.
11. Secure the lid and place the pressure valve to the “Seal” position.
12. Select “Poultry” and just use the default time of 8 minutes.
13. Select “Cancel” and carefully do a “Natural” release for about 5 minutes and then do a “Quick” release.
14. Remove the lid and transfer the chicken onto a plate for about 510 minutes.
15. Remove the trivet from the Instant Pot and drain the broth. With paper towels, pat dry the pot.
16. Place one tablespoon of butter in the Instant Pot and select “Sauté.” Then add the onion and cook for about 4-5 minutes, flipping once halfway through.
17. Add the remaining broth, vinegar, salt, and black pepper and simmer for about 3-5 minutes or until desired thickness of sauce.
18. Add remaining butter and parsley and stir to combine.
19. Meanwhile, cut each chicken roll into ½-inch slices.
20. Select “Cancel” and pour in the sauce over chicken slices.
21. Serve immediately.

Nutrition Information per Serving:

Calories: 294

Fat: 23 grams

Carbohydrates: 1.7 grams

Protein: 20 grams

BBQ Chicken Thighs



Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 18 minutes **Ingredients:**

- ½ cup sugar-free BBQ sauce
- ½ cup water
- 2 tablespoons fresh lemon juice
- 3 tablespoons butter
- 2 pounds grass-fed boneless, skinless chicken thighs
- 1 teaspoon crushed red pepper flakes
- Salt and freshly ground black pepper, to taste
- 1 yellow onion, minced

Directions:

1. In a bowl, mix together the BBQ sauce, water, and lemon juice. Set aside.
2. Place the butter in the Instant Pot and select “Sauté.” Then add the chicken thighs and cook for about 2 minutes per side.
3. Stir in the paprika, salt, and black pepper and cook for about 1 minute.
4. Select “Cancel” and stir in the BBQ sauce mixture.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 15 minutes.
7. Select “Cancel” and carefully do a “Natural” release.
8. Remove the lid and serve hot.

Nutrition Information per Serving:

Calories: 272

Fat: 12 grams

Carbohydrates: 7.2 grams

Protein: 33 grams

Chicken Legs



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 20 minutes **Ingredients:**

- 1 cup homemade chicken broth
- 4 (8 ounce) grass-fed skinless chicken leg quarters
- 1 teaspoon garlic powder
- Salt and freshly ground black pepper, to taste
- 2 tablespoons butter, melted

Directions:

1. Arrange a trivet in the bottom of the Instant Pot. Add the broth into the Instant Pot.
2. Season the chicken leg quarters with garlic powder, salt, and black pepper.
3. Place the chicken leg quarters on top of the trivet in a single layer.
4. Secure the lid and place the pressure valve to the “Seal” position.
5. Select “Manual” and cook under “High Pressure” for about 20 minutes.
6. Meanwhile, preheat the oven to broil.
7. Select “Cancel” and carefully do a “Quick” release.
8. Remove the lid and with tongs transfer the chicken leg quarters onto a parchment paper lined baking sheet.
9. Coat the chicken leg quarters with the melted butter evenly and broil for about 5 minutes per side.
10. Serve hot.

Nutrition Information per Serving:

Calories: 457

Fat: 34 grams

Carbohydrates: 0.8 grams

Protein: 39.8 grams

Butter Chicken



Yield: 8 servings

Preparation Time: 15 minutes

Cooking Time: 15 minutes **Ingredients:**

- 2 (14 ounce) cans diced tomatoes with liquid
- 1 tablespoon chopped garlic
- 2 jalapeño peppers, seeded and chopped
- ½ cup butter
- 10 (4 ounce) grass-fed skinless, boneless chicken thighs, cubed
- 1 tablespoon paprika
- ¼ teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ¾ cup plain Greek yogurt, whipped
- 1 cup heavy cream
- Salt, to taste
- 2 tablespoons arrowroot starch
- 2 tablespoons water
- ¼ cup chopped fresh cilantro

Directions:

1. In a food processor, add the canned tomatoes, garlic, and jalapeño peppers and pulse until smooth. Set aside.
2. Place the butter in the Instant Pot and select “Sauté.” Then add the chicken pieces and cook for about 5 minutes or until browned. Transfer the chicken into a bowl.
3. In the pot, add the spices and cook for about 1 minute.
4. Select “Cancel” and stir in the cooked chicken, yogurt, cream, tomato mixture, and salt.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 5 minutes.
7. Select “Cancel” and carefully do a “Natural” release.
8. Meanwhile, in a small bowl, dissolve arrowroot starch in water.

9. Remove the lid and select “Sauté.”
10. Add arrowroot starch mixture, stirring continuously, and cook for about 3-4 minutes.
11. Select “Cancel” and serve hot with the garnishing of cilantro.

Nutrition Information per Serving:

Calories: 380

Fat: 22.9 grams

Carbohydrates: 9 grams

Protein: 34.6 grams

Chicken Curry



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 18 minutes **Ingredients:**

- 1 ½ pounds grass-fed boneless, skinless chicken breasts
- 3 garlic cloves, crushed
- 1 ½ tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 (14 ounce) can diced tomatoes
- Salt and freshly ground black pepper, to taste
- 1 (14 ounce) cans full-fat coconut milk
- 6 ounces coconut cream
- 2 tablespoons coconut oil
- 2 tablespoons chopped fresh cilantro

Directions:

1. In the pot of the Instant Pot, add all of the ingredients except the coconut cream and coconut

oil and stir to combine.

2. Secure the lid and place the pressure valve to the “Seal” position.
3. Select “Manual” and cook under “High Pressure” for about 8 minutes.
4. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
5. Remove the lid and select “Sauté.”
6. Stir in the coconut cream and coconut oil and cook for about 10 minutes.
7. Select “Cancel” and with a slotted spoon transfer the chicken breasts onto a cutting board.
8. Cut the chicken breasts into desired-sized pieces.
9. Return the chicken into the sauce and stir to combine.
10. Serve immediately with the garnishing of cilantro.

Nutrition Information per Serving:

Calories: 569

Fat: 43.8 grams

Carbohydrates: 10 grams

Protein: 36.7 grams

Cheesy Chicken



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 14 minutes **Ingredients:**

- 2 tablespoons butter
- 4 (6 ounce) grass-fed skinless, boneless frozen chicken breasts
- 1 cup tomato sauce
- 1 cup mild salsa
- 3 tablespoons fresh lime juice
- Salt and ground black pepper, to taste
- 1 ½ cups grated mozzarella cheese

Directions:

1. Place the butter in the Instant Pot and select “Sauté.” Then add the chicken and cook for about 5 minutes or until browned completely.
2. Add the remaining ingredients except the cheese and stir to combine.
3. Secure the lid and place the pressure valve to the “Seal” position.
4. Select “Manual” and cook under “High Pressure” for about 12 minutes.
5. Meanwhile, preheat the oven to broil. Grease a baking dish.
6. Select “Cancel” and carefully do a “Quick” release.
7. Remove the lid and with tongs transfer the chicken breasts into a prepared baking dish.
8. Now, select “Sauté” and cook the salsa mixture for about 2-3 minutes or until desired thickness is reached.
9. Pour in the sauce over the chicken thighs and sprinkle with cheese.
10. Broil for about 4-5 minutes.
11. Serve hot.

Nutrition Information per Serving:

Calories: 421

Fat: 21.5 grams

Carbohydrates: 7 grams

Protein: 48 grams

Roasted Duck



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 43 minutes **Ingredients:**

- 1 (3 ½ pound) wild duck
- Salt and freshly ground black pepper, to taste
- 1 lemon, halved
- 2 sprigs fresh rosemary
- 3 tablespoons butter

- ½ cup homemade chicken broth

Directions:

1. With a fork, prick the skin of the duck.
2. Season the body and cavity of duck with salt and black pepper evenly.
3. Stuff the cavity of duck with lemon halves and rosemary sprigs and tie up the legs together.
4. Place the butter in the Instant Pot and select “Sauté.” Then add the duck and cook for about 4-5 minutes or until browned from all sides.
5. Select “Cancel” and remove the grease from the pot.
6. Add the broth into the Instant Pot.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 25 minutes.
9. Select “Cancel” and carefully do a “Natural” release.
10. Remove the lid and transfer the duck onto a cutting board.
11. Cut into desired sized pieces and serve.

Nutrition Information per Serving:

Calories: 920

Fat: 69.2 grams

Carbohydrates: 0.5 grams

Protein: 69 grams

Roasted Quails



Yield: 4 servings

Preparation Time: 15 minutes

Cooking Time: 23 minutes **Ingredients:**

- 2 (5 ounce) whole quails, cleaned and emptied and rinsed
- Salt and freshly ground black pepper, to taste
- 1 fresh thyme bunch
- 1 fresh rosemary bunch

- ½ cup homemade chicken broth
- 3 ½ ounces bacon, chopped
- ½ small yellow onion, chopped finely
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1 bay leaf

Directions:

1. Season the quails with salt and black pepper slightly.
2. Stuff the cavity of quails with fresh herb bunches.
3. Place the oil in the Instant Pot and select “Sauté.” Then add the bacon, onion, dried herbs, bay leaf, salt, and black pepper and cook for about 3 minutes.
4. Place the quails in the pot, breast side down and cook for about 4-5 minutes or until browned completely.
5. Flip the side and now place the quails breast side up.
6. Select “Cancel” and add the broth into the pot.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 7-9 minutes.
9. Select “Cancel” and carefully do a “Quick” release.
10. Remove the lid and with tongs transfer quails onto a plate.
11. Then remove the herb sprigs from cavity.
12. Strain the liquid into a bowl.
13. Return the broth in the Instant Pot and select “Sauté.”
14. Cook for about 3-4 minutes.
15. Add the quail and cook for about 2 minutes, pouring the sauce over the quails occasionally.
16. Remove the lid and serve the quails with the sauce.

Nutrition Information per Serving:

Calories: 586

Fat: 31 grams

Carbohydrates: 2.7 grams

Protein: 70 grams

Dessert Recipes

Yogurt Custard



Yield: 6 servings

Preparation Time: 10 minutes

Cooking Time: 20 minutes **Ingredients:**

- 1 cup plain Greek yogurt
- 2 cups full-fat coconut milk
- ½ cup Swerve
- 2 teaspoons ground cardamom

Directions:

1. Arrange a steamer trivet in the bottom of the Instant Pot and pour in one cup of water.
2. In a heatproof pan, mix together all of the ingredients.
3. With a piece of foil, cover the pan.
4. Place the pan on top of the trivet.
5. Secure the lid and place the pressure valve to the “Seal” position.
6. Select “Manual” and cook under “High Pressure” for about 20 minutes.
7. Select “Cancel” and carefully do a “Natural” release for about 10 minutes, and then do a “Quick” release.
8. Remove the lid and keep aside to cool.
9. Refrigerate to chill before serving.

Nutrition Information per Serving:

Calories: 216

Fat: 19.6 grams

Carbohydrates: 7 grams

Protein: 4.2 grams

Chocolate Mousse



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 10 minutes **Ingredients:**

- 4 organic egg yolks
- ½ cup Swerve
- ¼ cup cacao powder
- ¼ cup water
- 1 cup whipping cream
- ½ cup unsweetened almond milk
- ½ teaspoon vanilla extract
- ¼ teaspoon salt

Directions:

1. In a bowl, add the egg yolks and beat well. Set aside.
2. In a pan, add the Swerve, cacao, and water and beat until well combined.
3. Add the cream and almond milk and beat until well combined.
4. Cook until just heated, stirring continuously.
5. Immediately remove from the heat and stir in the vanilla extract and salt. Set aside to cool slightly.
6. Add about one tablespoon of warm chocolate mixture into the bowl of egg yolks and beat until well combined.
7. Slowly add the remaining chocolate mixture, beating continuously until well combined.
8. Transfer the mixture into five ramekins.
9. In the bottom of the Instant Pot, arrange a steamer trivet and pour in 1 ½ cups of water.
10. Place the ramekins on top of the trivet.
11. Secure the lid and place the pressure valve to the “Seal” position.
12. Select “Manual” and cook under “High Pressure” for about 6 minutes.
13. Select “Cancel” and carefully do a “Quick” release.
14. Remove the lid and transfer the ramekins onto a counter to cool completely.
15. Refrigerate to chill before serving.

Nutrition Information per Serving:

Calories: 129

Fat: 12.2 grams

Carbohydrates: 3.7 grams

Protein: 3.6 grams

Crème Brûlée



Yield: 3 servings

Preparation Time: 15 minutes

Cooking Time: 6 minutes **Ingredients:**

- 7 teaspoons Swerve, divided
- 1 cup heavy cream
- 3 organic egg yolks, beaten
- 1 teaspoon organic vanilla extract

Directions:

1. In a large bowl, add five teaspoons of Swerve and remaining ingredients and beat until well combined.
2. Through a fine mesh sieve, strain the mixture into a bowl.
3. Now, place the mixture into three custard cups.
4. With a piece of foil, cover each cup.
5. Arrange a steamer trivet in the bottom of the Instant Pot and pour in 1 ½ cups of water.
6. Place the custard cups on top of the trivet.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 6 minutes.
9. Select “Cancel” and carefully do a “Natural” release for about 10 minutes and then do a “Quick” release.
10. Remove the lid and place the custard cups onto a wire rack.
11. Remove the foil pieces and let them cool.
12. After cooling, cover the cups with plastic wrap and refrigerate overnight.
13. Remove from refrigerator and with a paper towel carefully pat on the crème to remove any moisture.
14. Sprinkle remaining Swerve over each cup evenly.
15. With a culinary torch, melt the Swerve until caramelized.
16. Serve immediately.

Nutrition Information per Serving:

Calories: 89

Fat: 8.3 grams

Carbohydrates: 2.8 grams

Protein: 1.5 grams

Lemon Cheesecake



Yield: 6 servings

Preparation Time: 15 minutes

Cooking Time: 30 minutes **Ingredients:**

- ¼ cup plus 1 teaspoon Truvia
- 8 ounces cream cheese, softened
- 1/3 cup Ricotta cheese
- 1 teaspoon grated fresh lemon zest
- 2 tablespoons fresh lemon juice
- ½ teaspoon lemon extract
- 2 organic eggs
- 2 tablespoons sour cream

Directions:

1. In a bowl, add ¼ cup of Truvia and remaining ingredients except the eggs and sour cream and with a mixer beat on high speed until smooth.
2. Add eggs and beat on low speed until well combined.
3. Transfer the mixture into a six-inch greased spring-form pan evenly.
4. With a piece of foil, cover the pan.
5. In the bottom of the Instant Pot, arrange a steamer trivet and pour in two cups of water.
6. Place the spring-form pan on top of the trivet.
7. Secure the lid and place the pressure valve to the “Seal” position.
8. Select “Manual” and cook under “High Pressure” for about 30 minutes.
9. Select “Cancel” and carefully do a “Natural” release.
10. Remove the lid and transfer the pan onto a wire rack.
11. Set aside to cool slightly.
12. Meanwhile, in a small bowl, add sour cream and remaining Truvia and beat until well combined.
13. Spread cream mixture on the warm cake evenly.
14. Refrigerate for about 6-8 hours before serving.
15. Cut into desired sized slices and serve.

Nutrition Information per Serving:

Calories: 183

Fat: 16.6 grams

Carbohydrates: 5.3 grams

Protein: 6.5 grams

Chocolate Cakes



Yield: 2 servings

Preparation Time: 15 minutes

Cooking Time: 9 minutes **Ingredients:**

- 2 large organic eggs
- 2 tablespoons Swerve
- 2 tablespoons heavy cream
- ¼ cup cacao powder
- ½ teaspoon organic baking powder

Directions:

1. In a bowl, add the eggs, Splenda, and cream and beat until well combined.
2. Add the cacao powder and baking powder and mix until well combined.
3. Place the mixture into two greased ramekins about halfway full.
4. Arrange a steamer trivet in the bottom of the Instant Pot and pour in one cup of water.
5. Place the ramekins on top of the trivet.
6. Secure the lid and place the pressure valve to the “Seal” position.
7. Select “Manual” and cook under “High Pressure” for about 9 minutes.
8. Select “Cancel” and carefully do a “Quick” release.
9. Remove the lid and carefully, flip onto a plate.
10. Serve warm.

Nutrition Information per Serving:

Calories: 154

Fat: 12.5 grams

Carbohydrates: 8 grams

Protein: 8.6 grams

Want more?

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download it

I am sure you will love it!

Thank you!

Ellen Branson

Conclusion

This cookbook contains specialized ketogenic recipes that can be cooked in the Instant Pot. These recipes help to cook nutritious foods that contain low carbohydrates which help in weight loss. If you are still confused about the functioning of the Instant Pot, or even if you are having second thoughts to have it or not, let us conclude it for you. It provides you the most nutritious and tasty food in no time.