

THE COMPLETE
KETO DIET
FOR BEGINNERS
33 EASY MEALS



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The only person you should try to be better than, is the person you were yesterday

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INTRODUCTION

Success doesn't come from what you do occasionally, but what you do consistently

- To my friends Gena and Dasha -

What is KETO diet for weight loss and why you like it?

The principle of this diet is to eat less carbohydrates and more fat. The most important thing is to minimize the consumption of sugar and starch, but you can eat plenty of other tasty dishes and at the same time lose weight.

The essence of KETO diet

The fact is that you completely remove from the diet food in which carbohydrates are contained. At the same time, you increase the amount of protein and fatty foods.

The effectiveness of KETO diet for weight loss

Keto diet has been shown to be effective in many studies and is very popular. It has become popular due to its high effectiveness in the fight against fat deposits. On average, you can lose from 0.5 to 3 kg per week, depending on how much excess fat you have at the initial stage. Such rapid weight loss has become possible due to the fact that the body is rebuilt to get energy from fats and in conditions of calorie deficiency in the diet, it begins to consume your reserves of subcutaneous fat.

Basic principles and rules

In order for the ketone diet to bring not only the result, but the benefits, it is worth adhering to the following principles:

- eat food that does not contain carbohydrates, the exception will be only vegetables, but not starchy
- drink at least 2 liters of water for girls and 3-4 liters for men. If you drink an insufficient amount of water, you may get bad breath and urine.
- Fiber must be present in the diet. The optimal amount of 30 grams. Cellulose is necessary for the proper functioning of the digestive system.
- To make the process of losing weight faster, add exercise. 20-30 minutes at the initial stage will be enough.

Benefits of KETO diet

- rapid weight loss
- reduction of annoying feelings of hunger
- improved mood
- normalization of blood pressure and blood sugar
- improved sleep quality
- fast and clear mind

Types of KETO diet

- **classic** - you consume a small amount of carbohydrates every day. Many people prefer this option, as with this scheme, you can eat a small amount of fruit every day.
- **target** - you take a small amount of carbohydrates in the evening before the day when you have a planned workout, it will give you a burst of energy.
- **rotational or cyclic** - for me personally - this is the best option. Once a week you allocate an 8-10-hour window in which you eat everything that you want. This should be predominantly carbohydrate food to replenish glycogen stores and prevent metabolic slowdown.

What can you eat on a KETO diet?

- any meat and meat offal
- fish and seafood
- vegetable oil
- non-starchy vegetables (all vegetables are possible, with the exception of potatoes, carrots and corn)
- eggs, in any form
- dairy products without sugar (milk, cream, cottage cheese, kefir)
- mushrooms
- hard and melted cheese
- tea or coffee without sugar

What can you eat on a KETO diet in limited quantities?

- low-carb berries and fruits (raspberries, strawberries, cherries, currants, blackberries, kiwi) - no more than 7 oz. per day
- dry wine - once a week, 1 glass
- nuts and seeds (almonds, hazelnuts, cashews, sunflower seeds)
- dark chocolate with a minimum of sugar – 1 - ½ oz.
- carbohydrate-free drinks (Coca-Cola light, zero)

How to save on KETO diet?

Many keto products may be a bit more expensive than cereal products, but at the same time the keto diet is much cheaper than most people might think.

- Look for great deals. You can always find a good sale or coupons for food suitable for the Keto Diet. Usually you can save a significant amount of money if you check the store offers in the neighborhood.
- Buy in bulk and cook in advance. If you belong to the type of people who do not like to spend time cooking, this is the best for you. Buying products in bulk (from manufacturers, distributors or wholesalers) will help to significantly reduce your costs. In addition, you can make preparations or prepare food in advance. So you will save both time and money.
- Cook yourself! Despite the fact that it is very convenient to buy and cook from semi-finished products, it always increases the cost of products. Buy uncut vegetables, intact meat, mayonnaise and gas station. Just try making it yourself at home.

This simple tip will help reduce your food costs.

How to easy start KETO?

Entering ketosis is quite simple, but an abundance of information can make it so complicated and confusing. Below is a list of actions that need to be done, compiled in order of importance:

- Limit carbo. Try to stick to no more than 1 ½ oz. of carbo.
- Reduce your protein intake.
- Stop worrying about the amount of fat. Fat is the main source of energy for keto, so make sure you supply your body with plenty of it. You will lose weight on keto and without starvation.
- Drink water. at least 2 liters of water per day. Make sure you drink enough water throughout the day. This not only helps regulate many vital processes, but also reduces the feeling of hunger.
- Avoid snacking.
- Start fasting. Fasting can be a powerful tool for increasing ketone levels throughout the day. There are many different options for using hunger.
- Add sport. It is known that exercise improves health. If you want to get the most out of your keto diet, add 20-30 minutes of exercise per day. Even a simple walking tour will help regulate weight loss and blood sugar levels.
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KETO Snacks

**Better to fight for something
then live for nothing**

Keto eggs Benedict

A classic recipe for eggs Benedict: a sandwich made from two halves of an English muffin, poached eggs, ham or bacon and a hollandaise sauce. In this case, everything is in keto style!

Preparation time: 10 Minutes

Cooking time: 10 Minutes

Servings: 1

Ingredients:

- 2 Egg
- 2 Slices of bacon
- 1 Egg yolk
- ½ tbs. Lemon juice
- Salt and ground black pepper, to taste

Directions:

For the sauce:

In a scoop, mix the yolk with lemon juice and add a teaspoon of water. Put on a low heat, heat and start adding one tablespoon of oil and stir well.

When you enter all the oil and the texture becomes homogeneous, remove from heat, salt and cool.

Fry the bacon in a non-stick frying pan until it has given up almost all the fat. Then, lay down on a paper towel and blot on both sides.

Prepare poached eggs: break the egg into a "bag" of cling film, wrap and dip in boiling water for three minutes.

Take a bun, cut into two parts, lightly fry in a frying pan on the side of the slice; top with bacon, poached egg and pour hollandaise sauce!

Bon Appetit

Nutrition:

- Calories: 361
- Fat: 3.5
- Carb: 1.5
- Fiber 2.5
- Protein: 13

Caesar sauce in keto style in 5 minutes

Stop looking at labels on purchased sauces and find out the amount of carbohydrates in them! Make your perfect keto sauce! In this case, Caesar sauce. By the way, it will take no more than five minutes

Preparation time: 5 Minutes

Cooking time: 5 Minutes

Servings: 16

Ingredients:

- 2 ½ oz. Mayonnaise
- 2 tbsp. Lemon juice
- 1 ½ Shredded Anchovies
- 1 ½ Worcestershire sauce
- 1 ½ Dijon mustard
- 3 Garlic cloves
- Salt and ground black pepper, to taste

Directions:

Crush the three heads of garlic in a bowl.

Add to the garlic anchovies, Worcester sauce, lemon juice, Dijon mustard and mix.

Pour the mayonnaise into the bowl and mix thoroughly until smooth.

Serve as a Caesar salad dressing and do not forget to sprinkle Parmesan on top.

Bon Appetit

Nutrition:

- Calories:100
- Fat: 10,6
- Carb: 0.6
- Fiber:0.1
- Protein:0.5

Baked celery roots with mushrooms and gorgonzola (Canape)

Simple keto recipe with complex ingredients: celery root, hazelnuts, wild mushrooms and Gorgonzola cheese ... Believe me, this is an incredible combination! Recently, this is my favorite snack, although earlier I didn't particularly like Gorgonzola, but with mushrooms, hazelnuts and spinach, it began to play with new colors of taste!

Preparation time: 45 Minutes

Cooking time: 5 Minutes

Servings: 4

Ingredients:

- 16 oz. Celery root
- 3 tbsp. Olive oil
- 2 ½ oz. Spinach leaves
- 2 ½ oz. Hazelnut
- 3 tbsp. Butter
- 1 Red onion
- 5 oz. Gorgonzola Cheese
- Salt and ground black pepper, to taste

Description:

Wash the celery root and cut into slices (rings) 1-1.5 cm thick. Smear on both sides with olive oil, salt and pepper.

Put the celery on the parchment and send the baking sheet to the oven preheated to 392 ° F for 40-45 minutes until the celery becomes soft and becomes golden.

Meanwhile, fry the mushrooms in butter until cooked, salt and pepper.

In a dry heated pan, warm the hazelnuts for 5-7 minutes, cool and chop in half.

Mix the spinach leaves, chopped red onions, mushrooms and hazelnuts in a bowl.

Remove the celery from the oven, put the salad on it, put a piece of cheese on top and lightly drizzle with olive oil.

Bon Appetit

Nutrition:

- Calories: 428
- Fat: 36

- Carb: 13
- Fiber: 4
- Protein: 12

Eggs marinated in spicy sauce

Think boiled eggs are boring? Here's a keto recipe that will make you change your mind) The combination of salty and sweet taste makes this dish a perfect snack, and the filling amazes with its soft texture!

Preparation time: 2 hours

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 6 pc Large chicken eggs
- 4 ½ oz. Water
- 2 oz. Soy sauce
- 1 oz. Rice vinegar (any vinegar)
- 1 ½ tsp. Liquid sweetener
- 2 Garlic cloves
- 4 ½ oz. Cream cheese
- 2 tbsp. Chopped spring onions
- Salt and ground black pepper, to taste

Description:

Place six large eggs in a saucepan and cover with water. Bring to a boil, then close the lid. Reduce heat to low and boil for 7 minutes. Pour out the water and fill the eggs with cold running water. Let the eggs stand.

In a large bowl, mix water, soy sauce, rice vinegar, liquid sweetener and chopped garlic. Peel the eggs, place in the marinade bowl and cover with the gauze so that it presses the eggs and pickles them on top.

Marinate the eggs in the refrigerator for two hours, periodically turning over, so that the color is even.

Remove the eggs from the marinade, wipe dry, cut in half and remove the yolks.

Mix the cream cheese with water with a mixer, adding water one tablespoon to the desired consistency. Then stir in the yolks, onions, salt and pepper.

Put the stuffing in squirrels and garnish with green onions. If desired, you can sprinkle the appetizer with pink salt and red pepper.

Bon Appetit

Nutrition:

- Calories: 213
- Fat: 17
- Carb: 3
- Fiber: 0.1
- Protein: 12

Smoked Salmon Canapes with Goat Cheese

Smoked Salmon Canapé with Goat Cheese is a versatile keto recipe for a holiday, or just unexpectedly unexpected guests! Beautiful, easy to prepare and very tasty snack definitely impress!

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 16

Ingredients:

- 8 ½ oz. Soft goat cheese
- 4 oz. Smoked salmon
- 4 oz. Radicchio Salad
- 2 tsp. Oregano
- 2 tsp. Rosemary
- 2 tsp. Basil
- 2 Garlic cloves
- Salt and ground black pepper, to taste

Description:

Finely chop the oregano, rosemary and fresh basil. Finely rub the garlic. Add to goat cheese, herbs, garlic, salt and pepper

Mix thoroughly

Separate sixteen small leaves of the same size from the head of Radicchio.

Put on each leaf a slice of salmon and 15 g of goat cheese mixture.

Sprinkle with black pepper before serving.

Bon Appetit

Nutrition:

- Calories: 46
- Fat: 3.3
- Carb: 1.1
- Fiber: 0.1
- Protein: 3.4

KETO Breakfast

**If you focus on what you left behind, you
never be able to see what lies ahead**

Omelet with mushrooms

This keto mushroom omelet recipe conquers first with its simplicity and then with its unique taste! It is especially good with chanterelles or porcini mushrooms, however, you are free to experiment)

Preparation time: 10 minutes

Cooking time: 15 Minutes

Servings: 1

Ingredients:

- 3 Eggs
- 3 ½ oz. mushrooms
- 1 oz. butter
- 1 oz. Parmesan cheese
- 1 oz. Onion
- Salt and ground black pepper, to taste

Description:

Put 20 g of oil in the pan and turn on medium heat. Once the butter has melted, put the chopped onion and fry for 2-3 minutes until it begins to darken. Then add the mushrooms and fry until done. If you take pre-boiled chanterelles or small champignons, then roasting will take no more than five minutes.

Remove the mixture from the pan.

Smash the eggs in a bowl, add salt, pepper and whisk until a homogeneous consistency. Put the remaining 10 g of butter in the pan, let it melt and pour the next omelet.

As soon as the omelet grabs the bottom, and the top is still liquid, sprinkle it with grated Parmesan cheese and place mushrooms and onions in one half.

Gently pry the omelet on one side with a spatula and fold it like a book.

Turn off the heat, cover and let the omelet stand for about five minutes to get ready.

Bon Appetit

Nutrition:

- Calories: 510
- Fat: 43
- Carb: 4
- Fiber: 1

- Protein: 25

Keto pizza Frittata

Perhaps my favorite version of Frittata! And in general, this keto recipe is very good: firstly, it's delicious to eerily) secondly, it saves me a lot of time during the week, because I cook this wonderful pizza on Sunday evening, and we eat it with my beloved in the morning until Thursday, just warming up a piece in the microwave!

Preparation time: 15 minutes

Cooking time: 30-45 Minutes

Servings: 8

Ingredients:

- 12 Large egg
- 7 oz. Frozen Spinach
- 5 ½ oz. Mozzarella cheese
- 2 oz. Parmesan cheese
- 2 oz. Ricotta Cheese
- 1 Pepperoni Sausages
- 4 tbsp. Olive oil
- 1 ½ tsp. Nutmeg
- ½ tsp. Dry garlic
- Salt and pepper, to taste

Description :

Thaw spinach in the microwave, then squeeze out any excess moisture from it .

Mix eggs, spices and olive oil until smooth.

Chop finely the spinach. Add it to the egg mixture, as well as Ricotta and Parmesan. Stir.

Pour the mixture into a ceramic baking dish. Sprinkle with grated Mozzarella on top and place Pepperoni.

Put in the oven preheated to 356 ° F. Bake 30 minutes. If you use a glass form, you need to bake 40-45 minutes.

Decorate with your favorite sauce before serving

Bon Appetit

Nutrition:

- Calories: 510

- Fat: 43
- Carb: 4
- Fiber: 1
- Protein: 25

Keto casserole with ham, ricotta and spinach

Perhaps one of the most simple and versatile keto recipes, which can also be quickly prepared. You can change meat, vegetables, seasonings; have a casserole for breakfast or take it with you - in any case, be satisfied!

Preparation time: 15 minutes

Cooking time: 45 Minutes

Servings: 15

Ingredients:

- 12 Large egg
- 1 lb ham
- 5 ½ oz. Frozen spinach
- 3 ½ Ricotta
- 1 oz. Fatty cream
- ½ Onion
- Quarter tsp. Dry garlic
- Quarter tsp. Provençal herbs
- Salt to taste

Description:

Turn the oven on 356 ° F

Chop the onion finely.

Blend four eggs, cream, ricotta and onion until smooth.

Beat the rest of the eggs.

Mix the contents of the blender and eggs in a large bowl.

Add spices and mix until smooth.

Then add the thawed, pressed and chopped spinach and finely chopped ham.

Pour the dough into a baking dish.

Put in the oven for 30-35 minutes, until the top looks baked.

Bon Appetit

Nutrition:

- Calories: 310
- Fat: 23.5

- Carb: 3.8
- Fiber: 1
- Protein: 18.3

Baked Egg Mini Pizza

Have you ever had so many eggs on a keto diet that you could not see them anymore? Well, I had to. Especially if I was planning an almost completely carb-free day ... So how can you continue to eat a low-carb diet with bored eggs in keto recipes? Of course, making pizza out of them!

I wanted so much to put an exclamation mark at the end of the description of this keto recipe, because it is insanely good! The basis of Italian herbs, mozzarella and protein, and as a filling - a thin layer of tomato paste and yolk, mixed with your favorite pizza toppings! I always breathed unevenly to olives and pickled peppers, but you can use whatever you like instead.

Preparation time: 10 minutes

Cooking time: 25 Minutes

Servings: 1

Ingredients:

- 3 Large egg
- 4 tbsp. Finely chopped mozzarella
- 1 Tomato paste (small jar)
- 4 Baby pepper sliced rings
- 1 Diced Bell Pepper
- 2 Black Olive
- Mix of Italian Herbs

Description:

Pour 1 tablespoon of finely chopped mozzarella and Italian herbs into small containers suitable for microwave (or ovens).

Beat the egg whites a little to make it easier to work with. Do not beat too long to prevent foam formation!

Pour the whipped egg whites into each bowl equally and bake in the microwave for about 2 minutes until the proteins are completely ready. Allow to cool while you mix the yolks.

Pour the yolks and lightly mix.

Mix the yolks with the pizza filling and remove from the heat.

Add on each pizza base half a teaspoon of tomato paste.

Add the yolks and the remaining mozzarella and microwave for 20 seconds (or in the oven until the cheese is melted). Serve hot pizzas!

Bon Appetit

Nutrition:

- Calories: 333
- Fat: 22.7
- Carb: 5.8
- Fiber: 1.5
- Protein: 25.6

Keto porridge

This keto recipe is a real find! Porridge is very nourishing, has a delicate texture, and the taste can be changed even though just by adding different toppings. In this keto recipe we add cinnamon and a little blueberry.

Vegan keto porridge is a great alternative when eggs and bacon are already pretty tired.

Preparation time: 5 minutes

Cooking time: 15 minutes

Servings: 1

Ingredients:

- 5 oz. Almond milk
- 3 tbsp. Flour from light flax seeds
- 2 tbsp. Coconut flour
- 2 tbsp. Vegetarian protein
- Sweetener, to taste

Description:

Mix all the dry ingredients in a bowl.

Pour the almond milk into a dipper and pour the dry mixture. Cook over medium heat while stirring constantly.

First, the porridge will be thin, but then thickens. Add sweetener to taste and mix.

Put it in a bowl and add toppings!

Bon Appetit

Nutrition:

- Calories: 249
- Fat: 13
- Carb: 19.8
- Fiber: 14
- Protein: 17.8

KETO Lunch. Salads

**Don't be afraid of change, it is leading you
to a new beginning**

Crispy Bacon Salad

Delicious fragrant salad with crispy bacon, blue cheese, candied walnuts, fresh pears and greens - the original keto recipe for those who follow the figure.

If you like salads or are looking for something new for your keto diet - this pork salad will be your favorite dish that can be prepared at any time of the year.

Preparation time: 10 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients:

- 4 ½ oz. Bacon
- 2 tsp. Salt
- 1 oz. Walnut Halves
- 1 tsp. Water
- 1 ½ oz. Blue cheese
- Quarter Pear
- ½ tsp. Dijon mustard
- ½ Whole Grain Mustard
- 2 tbsp. Wine vinegar
- 2 tsp. Olive oil
- 2 oz. Greenery

Description:

Turn the oven on 356 ° F

Take a slice of bacon, sprinkle with 1 teaspoon of olive oil and salt on both sides. Fry in the oven until a golden-brown crispy crust appears for about 20-30 minutes.

While you wait, chop the walnut into small pieces.

Heat a saucepan over medium heat, add water and stevia to it, wait until it dissolves and add walnuts. Cook, stirring, for about 5 minutes, until the liquid thickens and caramelizes. Do not touch the nuts until they are cool.

Dice blue cheese, pear and set aside.

Make a salad of greens, adding mustard, wine vinegar and olive oil.

Remove the crispy bacon from the oven, let it cool, and then cut into cubes.

Mix all the ingredients - the salad is ready.

Bon Appetit

Nutrition:

- Calories: 538
- Fat: 51.5
- Carb: 6.6
- Fiber: 1.9
- Protein: 12.7

Vegetarian Keto Club Salad

If you followed a vegetarian diet and switched to keto, or vice versa - this keto recipe is for you!

This keto salad has all the flavors and textures - it is filled with crispy lettuce, juicy cucumber, diced cheddar cheese, boiled egg and a thick dressing on mayonnaise, with spicy notes of Dijon mustard!

Preparation time: 10 minutes

Cooking time: 20 minutes

Servings: 3

Ingredients:

- 10 oz. Lettuce Salad
- 4 ½ oz. Cheddar Cheese
- 3 oz. Cucumber (sliced)
- 2 oz. Cherry tomatoes (cut in half)
- 3 Large chicken egg (sliced)
- 2 tbsp. Sour cream
- 2 tbsp. Mayo
- 1 ½ tbsp. Milk
- 1 ½ tbsp. Dijon mustard
- ½ tsp. Garlic powder
- ½ Dried onion
- ½ Dried parsley

Description:

Prepare a dressing: mix sour cream, mayonnaise and spices.

Add a tablespoon of milk. If the sauce turns out too thick, add another one, and do not forget to consider it when calculating the calories.

Season the salad with the sauce. About two tablespoons per serving.

Bon Appetit

Nutrition:

- Calories: 330

- Fat: 26.3
- Carb: 6.8
- Fiber: 2
- Protein: 16.8

Keto salad with tomatoes and mozzarella

This keto salad will delight you with a game of taste and aroma. Simple to prepare, it will decorate any lunch or dinner. This keto salad will appeal to lovers of Italian cuisine.

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 2

Ingredients:

- 10 Small Mozzarella ball
- 7 oz. Spinach
- 5 ½ Cherry tomato
- 4 Garlic head
- 2 tbsp. Olive oil
- 1 tbsp. Pesto sauce
- 1 oz. Basil leaves

Description:

Garlic and tomatoes should be lightly baked. To do this, grease the baking sheet with oil, lay out the peeled garlic and tomatoes and put in an oven preheated to 200 degrees. Bake for 20-30 minutes, until a light brown crust appears.

Spinach spread in a bowl, on top of warm tomatoes and roasted garlic, all pour over the pesto sauce.

Put mozzarella balls and basil leaves on top. Salad is ready.

Bon Appetit

Nutrition:

- Calories: 202
- Fat: 18
- Carb: 1.8
- Fiber: 1.9
- Protein: 7

KETO Lunch. Soups

**The world you see is created by what you
focus on.**

It is never too late to adjust your lens

Cream of Broccoli and Cheese Soup

For some reason, with the onset of autumn, I want to eat more soups more often. Whether the weather, or mood, or all together ... In this case, I decided to make broccoli cream soup. Yes, I know, a classic, and you probably know how to cook it better than me, but still I will tell my version)

By the way, broccoli is an incredibly useful thing:

- it contains potassium, calcium, magnesium and omega-3 fatty acids; recent research suggests that broccoli is effective in preventing breast cancer;
- provides eye health thanks to Vitamin A, which is part of;
- the vitamin E and a substance called glucoraphanin contribute to the production of collagen, thereby maintaining healthy skin;
- the vitamin C prevents the occurrence of fine and deep wrinkles, blocking free radicals.
- in general, eat broccoli more often)

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 10 oz. Broccoli, frozen
- 1 Carrot, medium size
- 1 Onion, medium size
- 2 tbsp. Olive oil
- 1 tsp. Garlic powder
- 2 cups Chicken bouillon
- 1 ½ Fresh Spinach
- ½ cup Cream
- 3 oz. Cheddar Cheese
- 3 oz. Cheese Gouda
- Salt and spices, to taste

Description:

Heat the olive oil in a saucepan (deep frying pan) over medium heat. Fry the onions and carrots for 1-2 minutes, then add broccoli, garlic, salt and pepper. Stir for another minute, stirring constantly.

Pour in the broth, stir and simmer for 8-10 minutes until the vegetables are soft. Turn off the heat, add cream and stir.

Pour half the soup into a blender and add half the spinach. Grind to the desired consistency. Then, repeat the process with the second half.

Pour the puree soup back into the pan (deep pan), add the cheese and stir until it is completely melted.

Bon Appetit

Nutrition:

- Calories: 277
- Fat: 21
- Carb: 4
- Fiber: 2
- Protein: 15

Asiago Tomato Soup

The best thing to do on a frosty day is to sit down, relax and enjoy a plate of tomato soup. But all the ready-made soups from the store contain sugar, and I could not find what I could afford on a low-carb diet ... So I decided to create this keto recipe.

To simplify the task, I made this tomato paste soup, specifically choosing the one with less carbohydrates. However, in this keto recipe you can replace the paste with canned tomatoes, but then you have to grind the soup in a blender to achieve a creamy texture.

It will take you less than 20 minutes to prepare a tomato soup for this keto recipe, but the most important thing is that it is very satisfying and tasty!

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 Tomato paste (small jar)
- 3 oz. Fatty cream
- 2 ½ oz. Asiago cheese (minced)
- 1 oz. Water
- 1/8 tsp. Oregano
- ¼ tsp. Chopped garlic
- Salt and spices, to taste

Description;

Place the tomato paste, minced oregano and garlic in the pan.

Put the pot on medium heat and add cream.

Bring to a boil, stirring to make the mixture homogeneous.

Wait for the boil and start adding the cheese little by little. The soup should thicken. Add water and cook another 4-5 minutes.

Pour into plates and sprinkle with pepper to taste! You can also add some green onions.

Bon Appetit

Nutrition:

- Calories: 301
- Fat: 25.8
- Carb: 10.7

- Fiber: 2
- Protein: 9.3

Buffalo chicken keto soup

If I were the TOP 5 of my favorite dishes, the wings of Buffalo and chicken soup would be in it. I will not tell exact positions, since This is a dynamic rating. As you may have guessed, in this recipe I decided to combine the beautiful with the wonderful and cook the chicken soup Buffalo!)

Preparation time: 5 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 12 oz. Cauliflower
- 1 lb. Smoked chicken
- 2 oz. Buffalo Sauce, Sugar Free
- 33 fl. oz Chicken bouillon
- 1 tsp. Onion powder
- 3 oz. Blue cheese
- 1 tbsp. Green onion
- Salt and spices, to taste

Description:

Pour broth into a saucepan, put cauliflower, sauce and onion in it. Boil for 20 minutes until cauliflower is easily poked with a fork.

Remove from heat, cool slightly, pour into a blender and grind to a smooth consistency.

Then pour it back into the pan, add the smoked chicken pieces and bring to a boil. after which, remove from heat and pour into plates. Garnish with finely chopped onions and blue cheese.

Bon Appetit

Nutrition:

- Calories: 531
- Fat: 39
- Carb: 9.6
- Fiber: 6
- Protein: 41

Fried Poblano soup with cheddar cheese

Soup based on mashed cauliflower with sour cream and spicy cheddar cheese, which will decorate the table at any time of the year.

Fried Peppers Poblano can be replaced with ordinary Bulgarian pepper, if you want the dish to be not too spicy. Add fresh spinach - a great way to get extra fiber, iron and vitamin C, while following the keto diet!

Preparation time: 25 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 2 Pepper Poblano
- ½ Cauliflower head
- 8 ½ oz. Vegetable broth
- 1 tbsp. Butter
- 1 oz. Diced onion
- 2 oz. Sour cream
- 10 oz. Cheddar Cheese
- 1 tbsp. Garlic powder
- 1 tsp. Caraway
- 1 tsp. Paprika

Description:

Turn the oven on medium level and place the peppers Poblano on a baking sheet.

Roast, turning sometimes until the skin gets dark and peppers get soft.

Put the pepper in a container and cover and let it cool.

Steam the cauliflower until it becomes very soft. It takes about 5 minutes in the microwave or 7-10 on a regular stove.

Using a blender or food processor, mash cauliflower and 90 grams. vegetable broth. Pour the rest of the broth and continue to mix the mashed potatoes until it becomes a homogeneous mass.

Melt the butter in a saucepan and fry the onions on medium heat until it becomes translucent. Add half the cauliflower puree to the pan, sour cream and cheese, cook, stirring until the soup thickens. Reduce heat.

Remove the peel and seeds from the chilled pepper Poblano and cut it into cubes, leaving

about 1 tablespoon to decorate the finished soup.

Add the remaining cauliflower puree and diced pepper to the pan. Simmer on medium heat for about 5 minutes.

Add garlic powder, smoked paprika and cumin to the soup and remove from the heat. Serve hot, sprinkled on top of the remnants of pepper and cheese.

Bon Appetit

Nutrition:

- Calories: 242
- Fat: 16.9
- Carb: 14.4
- Fiber: 4
- Protein: 10.7

KETO Lunch. Main courses

**You'll never change your life until you
change something you do daily.**

**The secret of your success is found in your
daily routine**

Sandwich with bacon, avocado and chicken

Most of us on the keto diet miss exactly the bread - the hearty sandwiches and crispy croutons in the soup. Today I will tell you how to bake keto bread, and make a very tasty and simple sandwich with bacon, chicken and avocado!

Preparation time: 15 minutes

Cooking time: 35 Minutes

Servings: 6

Ingredients:

- 3 Large egg
- 3 oz. Cream cheese
- ½ tsp. Ground dried garlic
- 3 tbsp. Mayo
- 3 tsp. Chili sauce
- 6 Bacon slices
- 6 Cheese slices
- 6 Cherry tomatoes
- 6 oz. Avocado

Description:

Preheat the oven to 300 ° F. Smash eggs, yolks and whites separately, into two clean and dry bowls.

In a container of proteins, add tartar and salt. Mixer whisk whites until soft peaks.

In a bowl in the yolks, add cream cheese and beat until pale yellow.

Gently mix whipped whites with yolks.

Cover the baking sheet with parchment paper for baking. Divide the dough into about 6 servings and place on the parchment.

Using a spatula, gently give future toasts a more square shape. Sprinkle with garlic and place in a preheated oven for 25 minutes.

While our airy keto bread is baked, fry bacon and finely chopped chicken with salt and pepper to taste.

For filling sandwiches, first mix the mayonnaise and chili sauce, put a third on the bottom half of the bread. Place the chicken on top of this hot sauce. Then - two slices 2 slices of cheese, 2 slices of bacon, 2 sliced tomatoes. Put a third of the avocado on top of the filling, crushing it in a puree. Cover the top with keto bread.

Bon Appetit

Nutrition:

- Calories: 405.6
- Fat: 31
- Carb: 6.7
- Fiber: 2.4
- Protein: 24.8

Keto spaghetti with chicken and pesto

You certainly didn't expect such a keto recipe - a real Italian classic: spaghetti with pesto sauce and tender chicken fillet and baked cherry tomatoes!

Chicken pasta is perfect for a quick and satisfying lunch at the height of a busy day, and the low carbohydrate content allows you to own this recipe on a keto diet!

Preparation time: 15 minutes

Cooking time: 20 Minutes

Servings: 2

Ingredients:

- 2 Chicken breast medium size
- 2 Medium-sized zucchinis
- 10 Cherry tomatoes
- 2 tbsp. Olive oil
- 2 Sprig of Fresh Basil
- 1 fl. oz. Olive oil
- 1 oz. Walnuts
- ½ Lemon (juice)
- A slice of garlic
- 3 ½ oz. Basil

Description:

Preheat oven to 390 ° F.

Put the chicken fillet on a baking sheet, pour olive oil (half a tablespoon per breast), salt, pepper and bake for 15 minutes.

Remove the baking tray from the oven, place the cherry tomatoes next to the breasts, brush the chicken with olive oil and bake for another 10-15 minutes until golden brown.

Meanwhile, make pesto:

Mix Parmesan cheese, walnuts, lemon juice, a clove of garlic and basil in a blender. Then, gently pour in the olive oil and mix the sauce.

Make zucchini spaghetti. To do this, you can use any suitable shredder or just a knife.

Fry the spaghetti with one spoon of olive oil for about three minutes until the zucchini is softened, then put on the pasta on two plates and season with pesto sauce.

Add chopped chicken and baked tomatoes, garnish with a sprig of basil!

Bon Appetit

Nutrition:

- Calories: 892
- Fat: 61.8
- Carb: 14.8
- Fiber: 4.3
- Protein: 70.7

Zucchini stuffed with chicken and broccoli

We all know such a dish as stuffed peppers. Now it's time to try the zucchini! They are perfect for roasting with cheese and help you diversify your keto diet.

The stuffing here is perfectly combined with each other - chicken, broccoli and a little sour cream for a bunch and creamy taste ... If you want, you can add bacon, it will also perfectly fit into this keto recipe!

Preparation time: 15 minutes

Cooking time: 40 minutes

Servings: 2

Ingredients:

- 2 Large Zucchini
- 2 tbs. Butter
- 2 ½ oz. Cheddar cheese
- 3 oz. Broccoli
- 5 oz. Grilled chicken
- 2 tbs. Sour cream
- Green onions, to taste

Description:

Preheat oven to 390 ° F.

Cut the zucchini in half lengthwise (in this keto recipe, the longer the zucchini you take, the better).

Spoon remove the seeds and zucchini core, leaving a pulp about 1 cm thick.

Add to each half a tablespoon of melted butter, salt and pepper. Put in the oven so that they are slightly baked while you are preparing the filling. It takes about 20 minutes.

Grind the grilled chicken into small pieces with a fork. Measure approximately 180 grams and remove the rest.

Cut broccoli into pieces that are comfortable to eat.

Mix chicken and broccoli, add sour cream to them.

Remove the zucchini from the oven and fill with chicken and broccoli.

Sprinkle with grated cheddar cheese and put in the oven again for 10-15 minutes. The cheese should melt and turn golden brown. Garnish with green onion and serve with sour cream or mayonnaise!

Bon Appetit

Nutrition:

- Calories: 492
- Fat: 32.3
- Carb: 15.3
- Fiber: 4.6
- Protein: 39.2

Tofu with sesame and eggplant

Eggplant noodles in spicy Asian sauce and tofu slices in sesame are a great choice for a light keto dinner for vegetarians! The spongy structure of eggplants makes them taste almost indistinguishable from real pasta.

For the preparation of this keto recipe does not require any specific equipment or a lot of time. Half an hour and dinner is ready - enjoy!

Preparation time: 10 minutes

Cooking time: 20 Minutes

Servings: 4

Ingredients:

- 1 lb. Tofu
- 6 fl. oz. Finely chopped cilantro
- 3 tbs. Vinegar
- 4 tbs. Sesame oil
- 1 tsp. Minced garlic
- 1 tsp. Ground Chili
- 1 Eggplant
- 1 tbs. Olive oil
- 1 oz. Sesame
- 1 oz. Soy sauce
- Salt and spices, to taste

Description:

Preheat oven to 200 ° F. Free the tofu from the packaging and wrap in paper towel. Place under the press, let it lie for some time so that the excess liquid comes out.

In a bowl, combine ¼ cup of cilantro, vinegar, sesame oil, chopped garlic and chili pepper. Peel and slice the eggplants. You can do it manually, or use a special shredder to get even slices of "noodles". Mix eggplant with marinade.

Add a tablespoon of olive oil to the pan and heat it over medium heat. Add the eggplant there and cook, stirring, until it softens. Eggplants absorb liquid, so if it starts to stick to the pan, add a little sesame or olive oil.

Turn off the oven. Stir the remaining cilantro with eggplant and put the noodles in the oven, covering the plate with a lid or foil. Rinse the pan and heat it again.

Expand the tofu and cut into 8 slices. Pour the sesame seeds on a plate and breach the tofu in

them.

Heat 2 tablespoons of sesame oil in a frying pan and fry tofu in them for 5 minutes on each side. Add $\frac{1}{4}$ cup of soy sauce to the pan and cook the tofu until the slices are brown and covered with caramelized soy sauce.

Remove the noodles from the oven and place the tofu on top of it.

Bon Appetit

Nutrition:

- Calories: 293
- Fat: 24.5
- Carb: 12.2
- Fiber: 5.3
- Protein: 11.2

Salmon cutlets with fresh herbs

Want to cook something unusual? Salmon cutlets with fresh herbs - a great keto recipe! They are ideal for those who want to add seafood to their diet.

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

- 1 lb. Canned salmon
- 2 tbs. Chopped green onions
- 1 ½ fl. oz. Finely chopped dill
- 1 oz. Parmesan cheese
- 4.5 oz. Chopped Bacon
- 2 Chicken egg
- 1 tsp. Lemon Peel
- 3 ½ fl. oz. Almond flour
- 2 tbs. Olive oil
- Salt and pepper, to taste

Description:

Open the canned food, drain the liquid and transfer to a large bowl.

Add onion, dill, parmesan cheese, chopped bacon, two large eggs, lemon zest, salt and pepper, mix everything thoroughly.

Divide the minced meat into patties weighing about 3 oz. each. It should turn out 10 pieces.

Sprinkle almond flour on a plate, carefully roll the patties in it (they are fragile).

Heat 2 tablespoons of olive oil in a pan. Fry the patties on medium heat until golden brown on each side.

Put two cutlets and broccoli in a bowl and season with tartar sauce.

Bon Appetit

Nutrition:

- Calories: 418
- Fat: 25

- Carb: 24.7
- Fiber: 4.4
- Protein: 45.5

KETO Dinner

Do good and good will come to you

Biscuit with tomato, basil and mozzarella

The beauty of this keto recipe is that the biscuits do not have to look beautiful to be very tasty. In fact, the opposite is true - the simpler they look, the better they taste. You can make a sweet “dessert” biscuit and fill with fruit (with a small amount of carbohydrates, of course), or even sweet cream cheese ... But I want to share with you this keto recipe - with cheese, aromatic, savory and such a hearty filling!

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 3

Ingredients:

- 3 oz. Almond flour
- 1 Large egg
- 1 fl. oz. Water
- 1/8 tsp. Ground dried garlic
- 1 oz. Parmesan cheese (minced)
- ½ tsp. Pesto
- 3-4 pc Fresh basil
- 2 Mozzarella in balls
- 3-4 Cherry tomatoes

Description:

Preheat the oven to 375 ° F and place a parchment for baking on a pan.

Mix almond flour, dried garlic and mozzarella whey.

Add egg and parmesan, mix until smooth.

Form a large ball from the dough and place it on the prepared parchment for baking.

Slightly press the ball in the middle - the biscuit should be about 1-1.5 cm thick. It may be sticky, so wet your hands with water before doing this.

Spread pesto in the center of the biscuit, leaving free edges. Put on the pesto filling - mozzarella, basil leaves and tomatoes.

Using the edge of the parchment, wrap the edges of the crust up and cover a little with the stuffing.

Bake for 20-25 minutes until the crust becomes brown, and the cheese does not melt.

Bon Appetit

Nutrition:

- Calories: 323
- Fat: 24
- Carb: 11.1
- Fiber: 3.2
- Protein: 14.5

Stuffed Chicken Breasts with Mozzarella

Who does not like juicy, tender, fragrant chicken? Here! Everyone loves) I offer you an excellent keto recipe for the most delicate chicken breasts, baked with Mozzarella cheese and tomato sauce!

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 3 oz. Cream cheese
- 3 oz. Mozzarella cheese, grated
- 6 fl. oz. Frozen Spinach
- 3 Chicken breast
- 1 tbs. Olive oil
- 2 fl. oz. Tomato Sauce, Sugar Free
- 3 Mozzarella cheese, slice
- Salt and spices, to taste

Description:

Put the cream cheese, grated mozzarella and spinach in a bowl. Put in a microwave for a couple of minutes to melt the cheese and you can mix everything up to the state of the cream. Make deep transverse cuts on chicken breasts, sprinkle with salt and pepper.

Put the cheese mixture in the cuts.

Put the chicken in the form (I use a cast iron skillet) and send it to the oven preheated to 350 ° F for 25 minutes.

Then, switch the oven to the grill mode and increase the temperature to 420 ° F. Grease the fillet with tomato sauce, put on each Mozzarella slice and bake for another 5 minutes.

Bon Appetit

Nutrition:

- Calories: 338
- Fat: 18.3
- Carb: 4.1
- Fiber: 1.6

- Protein: 37.9

Chicken Kebab with Tzatziki Sauce

Tzatziki is a classic Greek sauce made from yoghurt, cucumber and garlic. In this keto recipe this will be the basis of the marinade for chicken kebab. I prefer to use chicken thigh fillets. With him, the kebab will be fatter and juicy. For cooking, you will need small skewers or wooden skewers. They, by the way, need to be pre-soaked in water so that they will not burn in the process of cooking.

Preparation time: 10 Minutes

Cooking time: 20 Minutes

Servings: 4

Ingredients:

- 1 lb. Chicken thigh fillet
- 3 oz. Greek yogurt
- 1 tbs. Olive oil
- 2 tsp. Vinegar
- 2 Garlic
- 1 tsp. Curcuma
- 1 tsp. Oregano
- Salt and pepper, to taste
- Sauce Tzatziki:
 - Yogurt
 - Fresh cucumber
 - Garlic

Description:

Cut the chicken thigh fillet into small pieces (2.5 cm) and place in a bowl. Mix yogurt, olive oil, vinegar, turmeric, oregano, and chopped garlic and pour over the chicken. Lightly salt and pepper and mix thoroughly. Leave to marinate for at least an hour. Take the skewers (wooden skewers) and spread the chicken pieces. Additionally, salt the future kebabs.

Barbecue can be cooked in the oven, on the grill or on the grill:

- in the oven preheated to 180 ° C, cooking will take about 20 minutes. After that, increase the temperature to a maximum of another five minutes until a golden crust appears;
- grilled chicken will be cooked for about 15 minutes. I prefer to fry kebabs on all four sides on average for 3-4 minutes each;

- cooking time on the grill varies from the grill itself and coal, therefore, just "to readiness")
Serve chicken with Tzatziki sauce (yoghurt + fresh cucumbers + garlic), fresh vegetables and feta cheese.
Bon Appetit

Nutrition:

- Calories: 150
- Fat: 10
- Carb: 1
- Fiber: 1
- Protein: 16

Casserole with beef and mushrooms.

Hearty, juicy and warming casserole is ideal for cool September evenings! So, I suggest to practice. I recommend that you buy a grain-fed beef tenderloin. Yes, she is not so fat, but much more useful.

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

- 4 oz. Butter
- 10 oz. Mushrooms
- 1 Onion
- 2 Large Bell pepper
- 1 lb. Beef tenderloin, finely chopped
- 1 pc. Garlic
- 1 tsp. Italian herbs
- 6.5 oz. Provolone Cheese (any cheese)
- 4 tbs. Marinara (tomato) sauce without sugar
- 4 tbs. Olive oil
- Salt, pepper, to taste

Description:

Slice the mushrooms, onions and peppers. Slightly fry in butter for 2-3 minutes and put in a bowl.

In the same pan, fry the beef for five minutes, add the garlic, salt and pepper. Return the vegetables and fry for another 3-5 minutes, sprinkle with Italian herbs. Put everything in a baking dish, sprinkle with grated cheese and send to a preheated 420 ° F oven for 15 minutes or until the casserole is covered with a golden crust.

Remove from the oven, brush with tomato sauce and lightly pour olive oil.

Bon Appetit

Nutrition:

- Calories: 806

- Fat: 68
- Carb: 9
- Fiber: 4
- Protein: 40

Keto Beef Wellington

Want to surprise your friends and family with a fantastic dish for a holiday, but do not know what to cook? It's complicated. One of the interesting dishes that can be ordered only in an expensive restaurant is beef Wellington, fried tenderloin with mushroom or vegetable pate in puff pastry. I bring to your attention keto recipe lightweight low-carb version.

When planning to surprise guests, pay special attention to the choice of meat. It is better to take a cut from the lumbar - it is tender, juicy and easy to cut. Make sure the meat is fresh and bright red.

Instead of vegetable, our keto recipe uses chicken liver pate. It has the consistency of cream cheese, so it is easily spread, and it tastes very similar to tuna. Just imagine, juicy medium tenderloin, fragrant spices, tender pate and crisp - you can afford such a dish, even while observing keto diet!

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 2

Ingredients:

- 2 Beef steaks cut in half
- 1 tbs. Butter
- 8 fl. oz. Ground Mozzarella Cheese
- 4.5 oz. Almond flour
- 4 tbs. Liver paste
- Salt and spices, to taste

Description:

Season the steaks with salt and pepper.

Melt the butter in a pan over medium heat.

Once the butter has melted, carefully place the meat in the pan.

Turn steaks every 2-3 minutes, fry them on each side, before removing them from the heat and cool completely. It is important!

While the steaks are cooling, heat the mozzarella in the microwave for 1 minute.

Mix quickly with the almond flour and make the dough.

While the dough is warm, place it on parchment paper.

Place another piece of parchment paper on top of the dough and use a rolling pin to roll out the dough.

Spread a tablespoon of dough on a dough sufficient to accommodate one piece of meat.

Cut the dough to wrap it around the meat.

Make also with the remaining meat and dough.

Bake at 390 ° F until the dough turns golden brown, about 20-30 minutes.

Bon Appetit

Nutrition:

- Calories: 308
- Fat: 22.7
- Carb: 3.8
- Fiber: 1.5
- Protein: 23.6

Keto meatballs baked in Italian

On the keto diet, we all miss Italian cuisine, but with this keto recipe it is possible to plunge into the world of pizza and pasta flavors again! Though we will cook meatballs) Meatballs are made with Italian greens and plentifully filled with tomato sauce with the addition of Mozzarella!

Preparation time: 15 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 1 lb. Ground beef
- 10 oz. Fresh tomatoes
- 2 oz. Grated mozzarella
- 2 oz. Red onion
- 2 tsp. Tomato Paste
- 2 Garlic head
- Italian herbs, salt, pepper, to taste

Description:

Beef mince, Italian herbs, salt and pepper are mixed in a large bowl.

Roll 16 meatballs. Fry over medium heat until the meatballs are light.

Put the tomatoes in their own juice, red onion, garlic and tomato paste in the pan. Mix thoroughly and simmer for 10-15 minutes.

Put the meatballs in a baking bowl and cover with tomato sauce.

Spread the mozzarella evenly. Then, top tightly with foil and bake in a preheated to 350 ° F oven for 20-25 minutes.

After that, remove the foil and bake another 5-10 minutes until golden brown!

Bon Appetit

Nutrition:

- Calories: 308
- Fat: 22.7
- Carb: 3.8
- Fiber: 1.5

- Protein: 23.6

KETO Desserts

**You are rich, when you content and happy
with what you have**

Pumpkin cheesecake

After Halloween, there were a couple of pumpkins left and I just couldn't help but let them go! Please love and favor - pumpkin keto cheesecake! I once tried a lot of recipes for pumpkin desserts, but this is probably my favorite)

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 12

Ingredients:

- 7 oz. Walnuts
- 3 tbs. Butter
- 1 tsp. Cinnamon
- Vanilla, to taste
- 1 lb. Cream cheese
- 5 fl. oz. Fatty cream
- 5 oz. Pumpkin Puree
- 4 oz. Erythritol
- Spices, to taste

Description:

For the base: Blend the walnuts, butter, cinnamon, flavoring and 20 g of erythritol to the consistency of dough. Put the future base in a baking dish (24 cm) and press it to the bottom. Bake for 15 minutes in a preheated oven to 350 ° F. Remove and cool to room temperature. For the cream: In a bowl, mix cream cheese, cream, spices, and the remaining erythritol; beat with a mixer at medium speed until smooth.

Add puree, spices and mix thoroughly with a mixer.

Put the stuffing on the base and refrigerate for at least 4 hours

Bon Appetit

Nutrition:

- Calories: 346
- Fat: 33
- Carb: 6

- Fiber: 2
- Protein: 6

Lemon pie

I share a wonderful lemon pie recipe! Cooked here the other day, when the guests came - everyone was delighted!

A couple of tips:

Optionally, add vanilla flavoring. I didn't have it at hand, but I think it won't be worse

Cool the cake at room temperature before chopping.

If you decide to sprinkle or spread something delicious, cut it first. So it turns out much neater

Preparation time: 15 minutes

Cooking time: 60 minutes

Servings: 8

Ingredients:

- 3 ½ oz. Butter, melted
- 5 ½ oz. Almond flour
- 4 oz. Erythritol
- 3 Lemon
- 3 Large egg
- Salt, to taste

Description:

Mix butter, 3 oz. flour, 1 oz. erythritol and salt. Pour the dough into the mold and bake for 20 minutes in the oven preheated to 350 ° F.

Grate zest from one lemon and squeeze out juice from all three. In a bowl, mix the zest, juice, eggs, 3 oz. of erythritol, 2 oz. of flour and salt. Put the mixture on the base and bake another 25 minutes.

Bon Appetit

Nutrition:

- Calories: 272
- Fat: 26
- Carb: 6
- Fiber: 2
- Protein: 8

Chocolate cake

A very simple recipe for chocolate keto cake! At the same time, the perfect texture, rich chocolate flavor, delicate butter cream ... such a cake quenches any chocolate thirst)

Preparation time: 10 minutes

Cooking time: 35 minutes

Servings: 9

Ingredients:

- 3 ½ oz. Coconut flour
- 5 oz. Erythritol
- 3 oz. Cocoa
- 2 tsp. Baking powder
- 6 Large egg
- 11 ½ fl. oz. Whipping cream
- 3 oz. Butter, melted
- Vanilla Flavoring, to taste

Description:

Put coconut flour, 3 oz. erythritol, 1 ½ oz. cocoa, baking powder, eggs, 5 ½ oz. cream and butter in a bowl and mix thoroughly with a mixer.

Pour the dough into the mold and bake in the oven preheated to 350 ° F for 25 minutes.

After, remove from the oven and cool at room temperature.

Beat 7 oz. of cream, add 2 oz. of erythritol, 1 ½ oz. of cocoa and vanilla to them. Continue to beat until smooth.

Put the cream on the cooled cake and refrigerate for at least 30 minutes.

Bon Appetit

Nutrition:

- Calories: 358
- Fat: 33
- Carb: 11
- Fiber: 6
- Protein: 8

Homemade gingerbread cookies

The colder the evenings become, the more often you want to get warm with fragrant hot tea. And what kind of tea without cookies?)

My new sweet favorite is an incredible recipe for homemade ginger cookies. Here you have a pleasant texture, excellent taste, and, most importantly, a cozy aroma of ginger, cinnamon and nutmeg!

Preparation time: 15 minutes

Cooking time: 30 minutes

Servings: 24

Ingredients:

- 25 fl. oz. Almond flour
- 8 fl. oz. Erythritol
- ½ tsp. Ginger powder
- ½ tsp. Cinnamon
- ¼ tbs. Nutmeg
- ½ tsp. Baking powder
- 2 ½ fl. oz. Coconut oil
- 4 fl. oz. Butter
- 2 Large egg
- Vanilla, salt, to taste

Description:

Mix all dry ingredients. In a separate bowl, mix the butter and coconut oil with a blender, add the eggs, flavor and mix thoroughly.

Pour the liquid ingredients into the dry and knead the dough. Roll the balls, place on a baking sheet and press with a fork, giving the shape of a cookie. Bake in the oven preheated to 350 ° F for 15-18 minutes

Bon Appetit

Nutrition:

- Calories: 153
- Fat: 14.7
- Carb: 10.8

- Fiber: 9.6
- Protein: 3.5

Crispy Keto Meringue

This is a keto recipe for a delicate, airy cookie that just melts in your mouth! It smells pleasantly of almonds and contains almost no carbohydrates. They are easy to cook in a hurry, if you suddenly wanted something sweet!

Preparation time: 10 minutes

Cooking time: 40 minutes

Servings: 18

Ingredients:

- 4 Large egg
- 6 tsp. Sweetener
- ½ tsp. Almond Extract
- Salt

Description:

Preheat the oven to 220 ° F. Mix 4 squirrels in a bowl. Begin to beat the whites with a mixer, first at minimum speed, gradually moving to medium. When the proteins start to foam a little, stop beating and add 3 teaspoons of sweetener, almond extract and salt.

Beat at high speed until the whites become a smooth, medium consistency. Add the remaining 3 spoons of the sweetener.

Continue to beat at high speed until the mass becomes taut and dense. Stop the mixer, scrape the dough from the whisk and from the edges of the bowl, and then whisk again to make sure everything is mixed evenly and evenly. Transfer the meringues to a pastry bag with a big star shaped nozzle. Spread a sheet of parchment for baking on a baking sheet and form meringue rosettes at a distance from each other.

Bake meringues for about 40 minutes at a temperature of 220 ° F.

When they are ready, turn off the oven, slightly open its door and without taking out the meringue, let them cool for half an hour.

Bon Appetit

Nutrition:

- Calories: 4.1
- Fat: 0.01
- Carb: 0.1
- Fiber: 0
- Protein: 0.8

Conclusions and Tips

At the very beginning it can be hard to stick to Keto Diet. However, the popularity of "clean" food is becoming wider, which makes it easier to find high-quality low-carb foods.

1. Make a simple and strict path. The best results can be achieved by those who strictly limit the intake of carbo. In the first month try to keep the level of carbo consumed as low as possible. Remove from your diet as extra sugar and artificial sweeteners (for example, diet soda). Excluding them from the diet significantly reduces sugar cravings.
2. Drink water and replenish electrolytes. Most of the common problems are caused by dehydration and lack of electrolytes. When you start a keto diet (or if you've been sticking to it for a long time), make sure you drink enough water, add some multivitamin to your diet. If you still encounter side effects, order electrolytes as a separate supplement.
3. Keep a nutrition diary. Going beyond the acceptable carbo level is very easy. Hidden carbo is found in almost every product you eat. Recording what you eat helps control the amount of net carbo consumed and feel responsible for your diet.

When things go wrong, don't go with them

GOOD LUCK

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