

SIMPLY KETO

*Your Essential 21-Day Full
Plan with 125 Recipes*



By Michael Stewart

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Foreword

If you are tired of the excess weight and the feeling of depression will not let go.

If you feel insecure and shy about your body.

If you constantly limit yourself to food and painful training does not help.

If you do not know what to choose from a huge number of fashionable diets and complex methods of losing weight.

If you want fast results and stable and tasty food.

Then this book especially for you.

The Ketogenic diet is a modern low-carb diet with high fat intake. The fast result with good nutrition.

By following the Keto Diet, you can lose up to 20 pounds a month. The result will be after only 1 week.

In this book you will find a practical guide to make your diet as comfortable and enjoyable as possible.

By following the tips, you will avoid stress and tight eating restrictions. Instead, more than 125 recipes of dishes will give pleasure every day.

Simply Keto will help you become energetic and lose weight. Well-being and self-confidence will allow you to enjoy life every day.

I am very pleased that you have purchased my book. I am sure that in this book you will find everything that you are looking for and achieving your goals will become even easier and more enjoyable. If you like this book feel free to leave your feedback or wish on the site. I will read it and try to do everything in my power.

Chapter 1. The Keto

What is Keto Diet?

Keto diet (Ketogenic diet) this is a low-carb diet with a high percentage of fat in the diet, in which the body produces ketones in the liver and uses them as energy.

Initially, the main most familiar and accessible source of energy for our body is glucose. When you eat something high in carbohydrates, our body processes them into glucose, which increases the blood sugar and for its stabilization and the distribution of glucose in the cells of the body, the pancreas produces insulin.

Glucose is the simplest molecule in our body that is converted and used as energy, so it will be chosen over any other source of energy.

Insulin is produced to process glucose in the blood by moving it throughout the body.

Since glucose is used as an energy source, your fats are not needed and therefore accumulate. Typically, in a normal, higher carbohydrate diet, the body will use glucose as the main form of energy. By reducing carbohydrate intake, the body is induced into a condition known as ketosis.

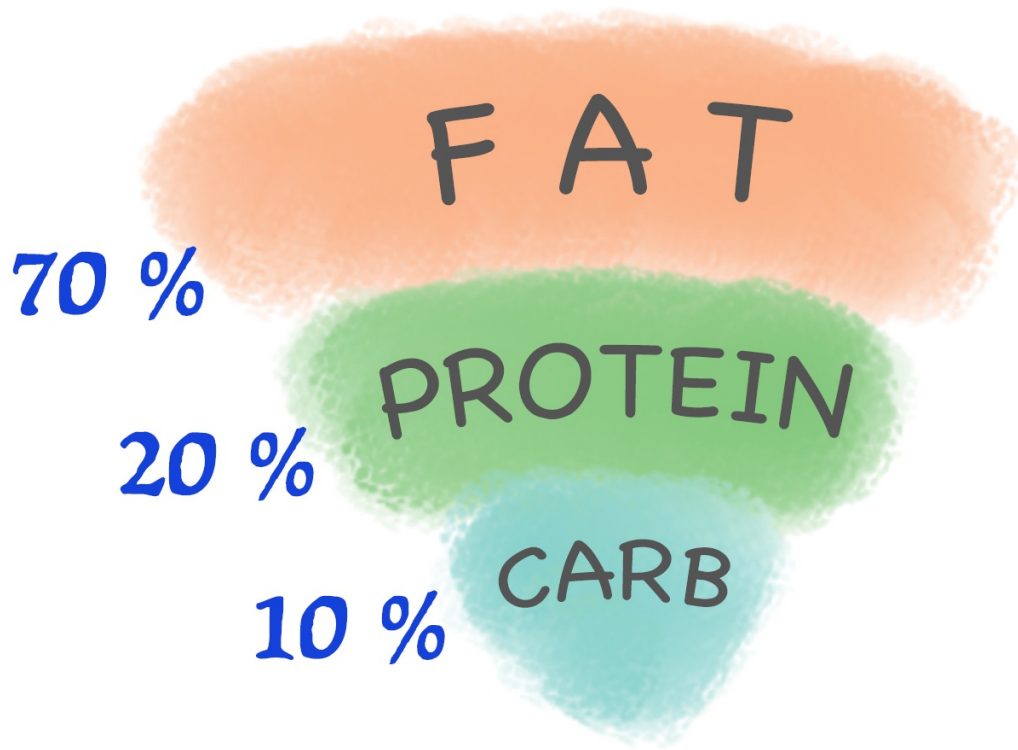
Ketosis is a natural condition of our body, which starts with a low content of glucose in the diet. With it, the body produces ketones, splitting fatty acids, to provide us with a sufficient level of energy, nutrition of brain cells and organs.

The main goal and ultimate goal of the keto diet is to switch us to the state of ketosis. It is important to understand that it does not start with a low-calorie intake, but with a low carbohydrate content in the diet.

Our bodies are incredibly adaptive - as soon as they lack glucose, they easily switch to ketosis and begin to use fats as the main source of energy.

The optimal level of ketones and low blood sugar levels give us a lot of advantages: from a general improvement in health and a decrease in the percentage of subcutaneous fat to an increase in mental concentration, energy level, and vitality.

A keto-diet implies a high-fat content, a moderate protein content and a very low carbohydrate content. Nutrient intake should be about 70% fat, 20% - 25% protein, and 5% - 10% carbohydrates.



Benefits of Keto Diet

There are a number of many benefits of keto diets: from losing weight and increasing energy levels to improving various medical health indicators. Below you will find a list of the main benefits you can get from the ketogenic diet.

Weight loss

The ketogenic diet switches your body to use fat as the main source of energy, so with a calorie deficit, your body is more likely to pinch and burn your fat layer. First of all, this is due to the constant level of sugar in the blood and, as a result, the lack of insulin emissions.

Studies show that in the long-term keto diet is much more effective for losing weight than any counterparts.

Sugar control

As written above, due to the almost complete absence of carbohydrates in the diet, you always maintain an even level of sugar in the blood and do not cause significant insulin emissions. This makes the keto diet a great solution for preventing and even treating diabetes.

Mental focus

A high intake of fatty acids and the absence of sugar jumps in the blood is an excellent method to increase concentration for a long period of time and to improve the focus of attention. Many people notice significant improvements in mental activity after two to three weeks on a keto diet.

Increased energy and appetite control

Fats are a good source of energy that helps us feel fresh and energetic throughout the day. In addition, high-fat foods are very satisfying, and if you want to lose weight, it will be much easier to stick to the required level of calories and control your appetite.

Lower cholesterol and pressure

A ketogenic diet is an effective method of reducing “bad” cholesterol, and by reducing weight, which usually occurs on a keto diet, blood pressure is normalized.

Insulin resistance

Insulin resistance a violation of the metabolism of insulin in the blood. In particular, the pancreas begins to produce more insulin for the distribution of glucose into cells than is necessary for a healthy person. Elevated plasma levels of insulin can cause overweight and type 2 diabetes.

A typical reason for the occurrence of such a disease is a diet with a high content of carbohydrates and, as a result, constant jumps in blood sugar levels.

Acne treatment

Those who have switched to a ketogenic diet almost always notice improvements in their skin condition. Studies suggest that acne is often caused by malfunctions in glucose metabolism and its increased dietary intake. Also, a decrease in the level of consumption of dairy products (in particular, lactose) in almost 100% of cases has a positive effect on the condition of the epidermis.

The Keto Flu and how to avoid it.

Keto flu is not a virus that infects only those who decide to try a ketogenic diet. This is the body's response to carbohydrate restriction.

The most common symptoms of keto-flu are craving for sugar, dizziness, irritability, fog in the head and poor concentration, stomach pain, nausea, cramps, muscle soreness, and insomnia.

To avoid this, follow these simple rules:

1. Drink more water (with a pinch of unrefined salt).

Hydration is vital, especially when you are on a ketogenic diet. If during a keto diet you do not drink enough water, you can easily dehydrate and experience side effects.

2. Supplement your diet with sodium, potassium, and magnesium.

To get enough potassium, add avocados and leafy greens such as spinach to your diet. Add a little crude salt to each meal and to water to replenish sodium levels.

Magnesium is another important mineral that can significantly ease your transition to ketosis. Although you do not lose magnesium, while limiting carbohydrates, it is important to help you prevent and eliminate cramps, improve sleep quality and increase insulin sensitivity. Simply add pumpkin seeds, almonds, and spinach to your diet.

3. Eat more fat.

To help your body adapt, eat more fat. Fat provides Acetyl-CoA liver cells, which they can use to make ketones.

4. In the morning, do exercises with low intensity.

When you wake up, fill the bottle with water and a pinch of salt, and go for a walk. The walk should be at a pace where you can easily talk without gasping. It is desirable to walk for about an hour.

As you continue walking, you should feel better and better and more and more awake. This is a form of low-intensity exercise that will help increase fat burning, and you will not have to suffer from keto flu.

5. Relieve stress through meditation.

When you start a ketogenic diet, you may be tenser and more irritable than usual. This is due to the fact that your cortisol levels are slightly higher than usual.

To help reduce cortisol levels and improve overall well-being, it is best to do daily meditation.

Every day, for 15 minutes, just sit silently, inhaling and exhaling slowly and deeply.

The purpose of meditation is not to be thoughtless, so as not to be distracted by the thought, but to concentrate on breathing. This is how you train your mind so that life is less stressful.

6. Good sleep is the key to success.

Another way to reduce stress levels is to ensure good sleep. Good sleep is especially important for ketogenic diets. Without this, cortisol levels will increase, which complicates keto-flu and keto-adaptation. Sleep at least 7-9 hours every night, and if you feel tired in the middle of the day, lie down for 30 minutes or meditate.

To fall asleep faster at night, turn off all lights (including the phone) at least 30 minutes before you go to bed. This will help you translate your mind from work mode to sleep mode.

How to know when you are in Ketosis?

There are some key signs of ketosis by which you can determine that your body is in this state. These signs allow you to assess the level of ketones and reduce the risk of ketoacidosis.

The following symptoms are indicative of ketosis:

- Dry mouth
- Bad or "fruity" breath, metallic taste in the mouth
- Strong urine odor
- Poor appetite.
- Euphoric feeling, excess energy
- Increased thirst

Getting into Ketosis. Easy steps

Entering the state of ketosis is quite simple, but at first glance, it may seem complicated and confusing.

Here is what you need to do in order of importance:

1. Limit your carbohydrates.

Most people tend to focus only on pure carbohydrates. If you need great results, limit them. Try to stay below 20 grams of pure carbohydrates and below 35 grams of carbohydrates per day.

2. Limit protein intake.

Too much protein can lead to lower levels of ketosis. Ideal for weight loss - between 0.6 g and 0.8 g protein per pound of lean body mass.

3. Stop worrying about fat.

During the ketogenic diet, fat is the main source of energy - so make sure you feed your body enough. Being on a keto diet, you do not lose weight because of hunger.

4. Drink water.

Try to drink about 1 gallon (3.8 liters) of water per day. It helps not only to regulate many vital body functions but also to control hunger levels.

5. Stop snacking.

Weight loss tends to improve when you have fewer insulin splashes during the day. Unnecessary snacks can stop or slow down weight loss.

6. Start fasting.

This can be a great tool for raising ketones throughout the day.

7. Add exercise.

It is known that exercise is improving. If you want to make the most of your ketogenic diet, consider adding 20-30 minutes of exercise per day. Even a short walk can help regulate weight loss and blood sugar levels.

Note: Always be vigilant and make sure that you check the composition of the product on the labels. You will often find hidden carbohydrates in foods that seem useful during keto.

How to save on the 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 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.

Interesting fact

The keto diet and LCHF are becoming more and more popular - not least because many stars follow these feeding methods, such as Kim Kardashian, Matthew McConaughey, and Rihanna, and the tabloids willingly pick up this topic. But one can hope that studies like this will help the method to gain popularity among medical professionals. The authors of the work refer to a published analysis, the authors of which - 26 doctors and scientists - list facts that, in their opinion, are not familiar enough to practicing doctors:

- Restricting carbohydrates - the most effective way to reduce blood sugar levels.
- Restricting carbohydrates benefits health without weight loss.
- The amount of consumption of both all fats and saturated fats does not correlate with the risks of cardiovascular diseases.
- Limiting carbohydrate intake is the most effective way (with the exception of starvation) of reducing triglyceride levels and increasing high-density lipoprotein levels.

Shopping list

Cereals and legumes

Quinoa - it does not contain gluten and cooks in 5 minutes, so it is indispensable when you need to quickly prepare lunch or dinner - curry or quinoa pie. Red lentils are a great base for quick hummus. Green and black lentils are germinated and stored in the freezer - it makes delicious pancakes and salads. Oatmeal is useful not only for cereal. You can grind them into flour and make cookies and granola. With buckwheat, they cook a delicious Russian Majadera dish, and from the adzuki bean curry with peanut butter.

Pasta

Spelt (it has less gluten than in wheat, and it is not subjected to intensive industrial processing).

Oils and refills

Olive oil - for salads and frying. Coconut (liquid) butter - for baking (by the way, it gives the dough the necessary density and texture). Tahini (sesame paste) - for sandwiches, desserts, as a salad dressing and pasta.

Almond oil

A good thickener for soups, fruit puree for the child, any desserts. Attention, life hacking: if you urgently need almond milk for dough, just whisk 1 tsp. almond oil and 6 fl. oz. water in a blender.

Hazelnut oil

Adds the taste of "Nutella" to the desserts, but without sugar.

6 Peanut butter.

It goes well with Asian sauces, soups (for example, peanut) and dough for biscuits.

Apple sauce

Replaces eggs in baking and, by the way, part of the liquid butter in recipes can also be replaced by apple sauce.

Canned tomatoes

Strengthen the taste of any dish with tomatoes and indispensable for pizza.

Natural sweeteners

100% maple syrup - unlike the date syrup, it does not give the dishes a pronounced flavor and does not change their color. At the same time, it is important to understand that it is still sugar and use it carefully.

Flour

The favorite for baking is spelled flour, it has a minimum of gluten, so it is easier for the stomach to digest it, plus it is tasty and undergoes minimal industrial processing. Tapioca flour is actually starch, good as a thickener for dough. Almond flour is ideal for cookies, crumbs, and pies. Chickpea flour and red lentil flour is also a thickener for pancakes, omelets, stuffed peppers.

Soymilk

Best replaces milk in coffee and baking.

Vanilla extract

It gives a wonderful taste to cakes, desserts, ice cream. It is important to buy an extract with natural vanilla, and not an artificial flavoring.

Apple cider vinegar

Together with baking soda, it perfectly loosens the dough for muffins and pies.

Soy sauce and tamari (gluten-free soy sauce)

For vegetable dishes, it goes well with peanut butter and rice.

Coconut oil (solid)

Unlike a liquid, it does not give the dishes a coconut flavor, so you can safely use in any recipe with butter.

Curry paste

Adds spicy willow to vegetable stews and curry.

Nutritional Yeast

They improve the taste of cheeses, curry, risotto, vegetable dishes, and savory pies and crumbs.

IN FREEZER

Nuts (yes, they keep the quality in the freezer for the longest!)

Cashew - the basis for various cheeses, pies, ice cream. Blanched almonds for cheesecakes. Plain almonds, walnuts, and pecans are for salads.

Sprouts of cereals and legumes

It is convenient to sprout a lot at once (you can do it once every 2 weeks), and store leftovers in the fridge, add to salads.

Ready muffins and curry

The same thing - it is convenient to do a little more and store the stock in the freezer so that you can always have a light pastry at hand and have curry for lunch.

Products on Keto Diet

White cabbage
Broccoli
Cauliflower
Brussels sprouts
Chinese cabbage (salad)
Green lettuce leaves
Celery Stalks
Onion
Green beans
Zucchini
Cucumbers
Tomatoes (very few)
Greenery
Mushrooms
Meat
Bird
Fish
Seafood
Offal
Eggs
Cheese
Cottage cheese
Butter
Vegetable oils

Prohibited Products on Keto Diet

Sugar

Candy, chocolate, ice cream

Desserts, pastries, cookies, waffles, etc.

Preserves, jams

Dried fruits

Cereals

Bread

Pasta

Fruits

Powdered drinks

Crab sticks and meat (imitation)

Soda

Sweet dairy products

Starch

Potatoes, beets and other starchy vegetables

Beer

Products on fructose and sorbitol

Milk

Juices

The nuts

Bran

Legumes

Sunflower seeds

Honey

Top Main Products for Keto Lifestyle

So, as you already understood, the main food in the ketogenic diet is fat, which should make up 75% of the diet. These are, of course, the most beneficial vegetable oils (olive, coconut), nuts, fatty fish, cheeses and dairy products.

Proteins should account for 20% of the diet. They need to get from different types of meat, eggs, mushrooms. It is important that meat products should not be processed (sausage and sausages contain sugar). Along with proteins you need to remember about fiber because it is very important for good metabolism. On keto diet allowed any green vegetables, as well as tomatoes.

Carbohydrates should be no more than 5% of the diet, and they certainly must be "useful" and light. These are, first of all, berries and fruits with low sugar content. By the way, about sugar: it (as well as any flour and, alas, pasta) will have to be abandoned altogether. The same applies to any alcohol and sugary drinks.

Note: despite the lack of restrictions on calories, stay within your daily allowance. If you eat 4000 kcal daily, even the most effective diet will not bring results.

Before choosing such a diet for yourself, be sure to consult with your nutritionist: keto ration and any other low-carb diets are dangerous for anyone suffering from metabolic disorders.

Meat

Since the keto diet is a low-carb diet, meat is the most welcome "guest" in this nutritional system. Eat beef, veal, rabbit, and even pork in small quantities: all of these foods contain a lot of protein and animal fats, which are supposed to be the basis of your diet.

Fish

Fish, like meat, fits perfectly into a carbohydrate-free diet. The "favorites" of keto diet are fat salmon, salmon, tuna and herring. This fish is incredibly healthy, as it contains a lot of important vitamins and minerals.

Chicken

We all know that dishes with lean chicken form the basis of any diet aimed at losing weight. So, with a keto diet: chicken is an indispensable product that contains a lot of protein and does not contain carbohydrates. In addition, it is always easy and pleasant to cook.

Zucchini

Zucchini is a very low-calorie (about 17 kcal per 100 g) product, and therefore it is recommended to add it to the diet on any diet. It is rich in vitamins A and C, carotene, and potassium. Low-carb diets are known to inevitably lead to digestive problems, but zucchini helps speed up metabolism and normalize metabolism.

Avocado

A low-carb, high-fat diet is simply unimaginable without avocado. This product is supersaturated with healthy fats, vitamins, and minerals, without which both a healthy diet and a diet would be inadequate.

Shrimps

These seafood are rich in iodine and other beneficial trace elements, as well as vitamins A, D, E. Shrimps are great for a diet, and for keto-nutrition - especially because they contain valuable protein and beneficial Omega 3 acids.

Eggs

Eggs are the most balanced source of protein and healthy fats. Be sure to include them in your diet, observing the keto diet, since this product not only fits well into the low-carb concept of the diet but also contains a lot of healthy microelements and vitamins.

Nuts and seeds

What nuts and seeds are best for keto vegetarian diet?

Although all seeds and nuts are good for health, some of them are most suitable for keto or very low-carb lifestyle. The following are the best ones that you can include in your diet on a regular basis.

Least of all pure carbohydrates (per 28 g serving)

- Flaxseed: 0.8 g
- Pecan: 1.2 g
- Hemp seeds: 1.3 g
- Brazil nuts: 1.4 g
- Macadamia: 1.5 g
- Chia seeds 1.7 g
- Walnuts: 2 g
- Hazelnuts: 2 g
- Almond: 2.6 g

The greatest amount of fiber (per serving in 28 g)

- Chia Seeds: 10.6 g (2.7 g soluble)
- Flaxseed: 3.6 g (1.9 g soluble) per 14 g
- Almond: 3.5 g (0.35 g soluble)
- Sesame seeds: 3.3 g (0.8 g soluble)
- Pistachios: 2.9 g (0.7 g soluble)
- Hazelnuts: 2.7 g (1.1 g soluble)
- Pecan: 2.7 g (0.5 g soluble)

The best ratio of omega-6 to omega-3 fats

- Chia Seeds: 1: 3
- Flaxseed: 1: 4
- Hemp seeds: 2.5: 1

The Most Useful Nuts

Peanuts

Folic acid, Protein

- Nervous system
- The cardiovascular system

Almond

P, Zn, Cu, Fe, Ca, Mg

- Relieves headache
- Digestion

Cashew

A, B1, B2, Fe, Ca, P

- The immune system
- Toothache
- The cardiovascular system

Hazelnut

Folic acid, Protein, E, Fe, B

- Brain activity
- Diabetes
- The cardiovascular system

Pistachio

Folic acid, Zn, E

- Removes cholesterol
- Relives fatigue

Walnut

Cellulose, Fe, Co

- Brain activity
- The cardiovascular system

Pine nut

B, E, C, M, Zn, Co

- Against insomnia, fatigue, neurosis
- Treatment of seizures

How to Lose up to 20 Pounds. The 21-Day Meal Plan

With all the rules of the keto diet, the body is rebuilt to burn its own fat in a week. A month on a keto diet can help lose up to 20 pounds.

Tips before starting

Make purchases in advance and do not buy anything that you will not eat. Some products may deteriorate if you buy them a week in advance. In this case, put them in the freezer or buy just a few days before you cook.

If you need to take food with you to work, prepare it the day before.

Check the menu plan and always be ready to cook low-carb foods (hard-boiled eggs, crispy bacon, bone broth, mayonnaise, pesto, mustard, etc.).

If you do not like the ingredient that is presented in this menu, replace it with another ingredient with the same amount of pure carbohydrates (beef for pork, blackberries for raspberries, etc.).

Monitor your intake of magnesium, potassium, and sodium. Electrolytes are necessary for your health and weight loss, especially during the first few days of the ketogenic diet.

This diet plan may not suit you so you will need to make small adjustments. If you need less protein, reduce the amount of meat and eggs. Do not worry about a small excess of protein, it will not expel you from ketosis. If you need to add more fat (or less), focus on adding oils and fatty foods.

And of course, don't forget that good collaboration of keto meal and sports exercise are provide the best results. Walk on the fresh air or jogging is a minimum what you have to do every day.

DAY 1

Total: 1650 Kcal

Fat: 132 g Protein: 88 g Carb: 14 g

Breakfast:

Spinach frittata with feta cheese

Coffee with 2 tablespoons of whipped cream

Snack:

1/2 avocado with salt and pepper

Lunch:

1/2 cup simple egg salad (eggs, mayonnaise, a little mustard, salt and pepper to taste)

4 leaves of lettuce

2 slices of fried bacon

Snack:

24 raw almond nuts

Dinner:

170 grams of grilled chicken

3/4 cup casserole with cauliflower

2 cups chopped lettuce salad

2 tbsp. of Caesar salad dressing (without sugar)

Dessert:

2 squares of dark 90% chocolate

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

DAY 2

Total: 1636 Kcal

Fat: 126 g Protein: 88 g Carb: 18.5 g

Breakfast:

Spinach frittata with feta cheese

Coffee with 2 tablespoons of whipped cream

Snack:

5 sticks of celery with 2 tbsp. spoons of almond

Lunch:

2 cups chopped lettuce salad

2 tbsp. of Caesar salad dressing (without sugar)

1 cup of sliced chicken meat

Snack:

1/2 half avocado with salt and pepper

Dinner:

1 Italian sausage, cooked and sliced

1 cup boiled broccoli

1 piece of butter

2 tbsp. of grated Parmesan cheese or other hard

Dessert:

2 squares of dark 90% chocolate

DAY 3

Total: 1512 Kcal

Fat: 119 g Protein: 78 g Carb: 18 g

Breakfast:

2 cheese fritters

2 pcs. fried bacon

Coffee with 2 tbsp. of whipped cream

Snack:

2 pieces of cheese

Lunch:

1 Italian sausage, cooked and sliced

3/4 cauliflower casserole

Snack:

1 cup of bone broth

Dinner:

1.5 (one and a half) cups of pumpkin pasta with minced meat and spicy sauce)

2 cups raw spinach

1 tbsp. Ranch sauce (without sugar)

Dessert:

2 squares of dark 90% Chocolate

DAY 4

Total: 1386 Kcal

Fat: 112 g Protein: 69 g Carb: 19.5 g

Breakfast:

Spinach frittata with feta cheese

Coffee with 2 tbsp. of whipped cream

Snack:

1/2 half avocado with salt and pepper

Lunch:

1.5 (one and a half) cups of pumpkin pasta with minced meat and spicy sauce

Snack:

1 cup of bone

Dinner:

1/2 cup anti-pasta salad

4 meatballs from dried tomatoes and feta cheese

2 cups raw spinach (14 calories, no fat, 1g carbohydrate, 2g protein)

1 tbsp. Italian dressing (without sugar)

Dessert:

2 squares of dark 90% chocolate

DAY 5

Total: 1649 Kcal

Fat: 132 g Protein: 81 g Carb: 18.5 g

Breakfast:

2 cheese fritters

2 pcs. fried bacon

Coffee with 2 tbsp. of whipped cream

Snack:

1 cup of bone broth

Lunch:

1/2 cup anti-pasta

4 meatballs from dried tomatoes and feta cheese

Snack:

5 sticks of celery with 2 tbsp. almond

Dinner:

1 Cuban pot (taco salad style)

2 cups chopped lettuce salad

2 tbsp. sour cream

1 tbsp. chopped cilantro (optional)

1/4 cup crushed cheddar

Dessert:

2 squares of bitter 90% Chocolate

DAY 6

Total: 1604 Kcal

Fat: 122 g Protein: 89 g Carb: 19.5 g

Breakfast:

3 eggs (scrambled or fried eggs)

1 tsp oils

2 pcs. fried

Coffee with 2 tbsp. of whipped cream

Snack:

24 pieces of raw

Lunch:

1 Cuban frying pot (taco salad style)

2 cups chopped lettuce salad

2 tbsp. sour cream

1 tbsp. chopped cilantro (optional)

1/4 cup crushed cheddar cheese

Snack:

1 cup of bone broth

Dinner:

1.5 cups of pumpkin pasta with minced meat and spicy sauce

2 cups raw spinach

1 tbsp. ranch sauce (without sugar)

DAY 7

Total: 1609 Kcal

Fat: 128 g Protein: 90 g Carb: 18 g

Breakfast:

2 cheese fritters

2 pcs. fried

Coffee with 2 tbsp. of whipped cream

Snack:

2 slices of cheese

Lunch:

1/2 cup anti-pasta salad

4 meatballs from dried tomatoes and feta cheese

Snack:

1 cup of bone broth

Dinner:

1 Cuban pot (taco salad style)

2 cups chopped lettuce salad

2 tbsp. sour cream

1 tbsp. chopped cilantro (optional)

1/4 cup crushed cheddar cheese

Dessert:

2 squares Lindt 90% Chocolate

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

DAY 8

Total: 1752 Kcal

Fat: 144 g Protein: 89.2 g Carb: 18.3 g

Breakfast:

1.5 oz. Blackberry, raspberry or strawberry; fresh or frozen

1 oz. Almond powder

4 oz. Coconut milk

Snack:

1/2 avocado with salt and pepper

Lunch:

6.3 oz Canned tuna

3.5 oz Crispy Salad

2 Boiled eggs

1 onion, lemon juice

Salt and homemade mayonnaise, to taste

Snack:

24 raw almond nuts

Dinner:

2 Large domestic eggs

2.8 oz. frozen spinach

Optional: crispy bacon pate, ham pate, or smoked salmon

3.5 oz. Avocado

1 tbsp. Olive oil

Dessert:

2 squares of dark 90% chocolate

DAY 9

Total: 1615 Kcal

Fat: 129 g Protein: 89.2 g Carb: 11.2 g

Breakfast:

Omelet with 4 oz. slow cooked meat

2.5 oz. Cabbage

Snack:

5 sticks of celery with 2 tbsp. spoons of almond

Lunch:

1/2 Avocado

3.5 oz. Crispy salad, 1/2 onion

2 Hard-boiled eggs

Snack:

1/2 half avocado with salt and pepper

Dinner:

6 oz pork chops, grilled

4 oz asparagus, grilled

2 tablespoons of grated Parmesan cheese or other hard

Dessert:

2 squares of dark 90% chocolate

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

DAY 10

Total: 1465 Kcal

Fat: 108 g Protein: 92.3 g Carb: 18.6 g

Breakfast:

1 Large egg
3.5 oz. Homemade ham
5.5 oz. Stewed spinach
5.5 oz. Blackberry

Snack:

2 pieces of cheese

Lunch:

7 oz. Shrimp, fried
2.5 oz. Fresh spinach or other greens
1 oz. Green or black olives

Snack:

1 cup of bone broth

Dinner:

5.5 oz. Slow cooked meat
9 oz. Crispy tomato salad

Dessert:

2 squares of dark 90% Chocolate

DAY 11

Total: 1670 Kcal

Fat: 125 g Protein: 104 g Carb: 19.1 g

Breakfast:

3 Scrambled eggs with a bunch of onions
1 oz. Bacon or ham
3 oz. Mushrooms
2.5 oz. Cherry tomatoes
3 oz. Stewed spinach, to enhance magnesium

Snack:

1/2 half avocado with salt and pepper

Lunch:

5.5 oz. Slow cooked meat
3 oz. Crisp greens, anyone

Snack:

1 cup of bone

Dinner:

7 oz. Large trout or salmon fillet, fried
7 oz. Green beans, fried

Dessert:

2 squares of dark 90% chocolate

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

DAY 12

Total: 1544 Kcal

Fat: 127 g Protein: 69.4 g Carb: 17 g

Breakfast:

2 Scrambled eggs with a bunch of onions

2 oz. Bacon or ham

1/2 Avocado

2.5 oz. Cabbage

Snack:

1 cup of bone broth

Lunch:

Quick Avocado Salad:

1/2 Avocado

3.5 Crispy salad

2 Hard boiled eggs

1 Medium onion

Snack:

5 sticks of celery with 2 tbsp. almond

Dinner:

5.5 oz. Slow cooked meat

9 oz. Crispy tomato salad

1/4 cup crushed cheddar

Dessert:

2 squares of bitter 90% Chocolate

DAY 13

Total: 1683 Kcal

Fat: 135 g Protein: 81.5 g Carb: 20.7 g

Breakfast:

1.5 oz. Blackberry, raspberry or strawberry; fresh or frozen

1 oz. Almond powder

4 oz. Coconut milk

Snack:

24 pieces of raw

Lunch:

Quick chicken salad:

5.5 oz. Cooked chicken thighs

3.5 oz. Crisp lettuce, onion

2 Hard-boiled eggs

Snack:

1 cup of bone broth

Dinner:

3.5 oz. Baked salmon or trout, fillet

6.5 oz. Steamed broccoli

*** For better taste you can add a Pink Himalayan salt, Lemon juice and Olive oil to each meal.

DAY 14

Total: 1788 Kcal

Fat: 149 g Protein: 74.8 g Carb: 17.5 g

Breakfast:

2 Large eggs (any preparation)

1 oz. Bacon or ham

1/2 Avocado

5.5 oz. Stewed spinach

2.5 oz. Fresh berries

Snack:

2 slices of cheese

Lunch:

Avocado, Bacon and Spinach Salad:

2 oz. Homemade bacon

3.5 oz. Fresh spinach or other greens

7 oz. Avocado

Snack:

1 cup of bone broth

Dinner:

6 oz Pork chops, grilled

7 oz Asparagus, grilled

2 tbsp. Grated Parmesan cheese or other hard

Dessert:

2 squares Lindt 90% Chocolate

DAY 15

Total: 1512 Kcal

Fat: 119 g Protein: 78 g Carb: 18 g

Breakfast:

2 cheese fritters

2 pcs. fried

Coffee with 2 tbsp. of whipped cream

Snack:

2 pieces of cheese

Lunch:

5.5 oz. Slow cooked meat

3 oz. Crisp greens, anyone

Snack:

1 cup of bone broth

Dinner:

1.5 (one and a half) cups of pumpkin pasta with minced meat and spicy sauce)

2 cups raw spinach

1 tbsp. Ranch sauce (without sugar)

Dessert:

2 squares of dark 90% Chocolate

DAY 16

Total: 1670 Kcal

Fat: 125 g Protein: 104 g Carb: 19.1 g

Breakfast:

1.5 oz. Blackberry, raspberry or strawberry; fresh or frozen

1 oz. Almond powder

4 oz. Coconut milk

Snack:

1/2 half avocado with salt and pepper

Lunch:

1 Italian sausage, cooked and sliced

3/4 cauliflower casserole

Snack:

1 cup of bone

Dinner:

7 oz. Large trout or salmon fillet, fried

7 oz. Green beans, fried

Dessert:

2 squares of dark 90% chocolate

DAY 17

Total: 1609 Kcal

Fat: 128 g Protein: 90 g Carb: 18 g

Breakfast:

2 cheese fritters

2 pcs. fried bacon

Coffee with 2 tbsp. of whipped cream

Snack:

2 slices of cheese

Lunch:

1/2 cup anti-pasta salad

4 meatballs from dried tomatoes and feta cheese

Snack:

1 cup of bone broth

Dinner:

1 Cuban pot (taco salad style)

2 cups chopped lettuce salad

2 tbsp. sour cream

1 tbsp. chopped cilantro (optional)

1/4 cup crushed cheddar cheese

Dessert:

2 squares Lindt 90% Chocolate

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

DAY 18

Total: 1615 Kcal

Fat: 129 g Protein: 89.2 g Carb: 11.2 g

Breakfast:

Omelet with 4 oz. slow cooked meat

2.5 oz. Cabbage

Snack:

5 sticks of celery with 2 tbsp. spoons of almond

Lunch:

1/2 Avocado

3.5 oz. Crispy salad, 1/2 onion

2 Hard-boiled eggs

Snack:

1/2 half avocado with salt and pepper

Dinner:

3.5 oz. Baked salmon or trout, fillet

6.5 oz. Steamed broccoli

Dessert:

2 squares of dark 90% chocolate

DAY 19

Total: 1683 Kcal

Fat: 135 g Protein: 81.5 g Carb: 20.7 g

Breakfast:

Spinach frittata with feta cheese

Coffee with 2 tbsp. of whipped cream

Snack:

24 pieces of raw

Lunch:

Quick chicken salad:

5.5 oz. Cooked chicken thighs

3.5 oz. Crisp lettuce, onion

2 Hard-boiled eggs

Snack:

1 cup of bone broth

Dinner:

3.5 oz. Baked salmon or trout, fillet

6.5 oz. Steamed broccoli

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

DAY 20

Total: 1386 Kcal

Fat: 112 g Protein: 69 g Carb: 19.5 g

Breakfast:

1.5 oz. Blackberry, raspberry or strawberry; fresh or frozen

1 oz. Almond powder

4 oz. Coconut milk

Snack:

1/2 half avocado with salt and pepper

Lunch:

1.5 (one and a half) cups of pumpkin pasta with minced meat and spicy sauce

Snack:

1 cup of bone

Dinner:

1/2 cup anti-pasta salad

4 meatballs from dried tomatoes and feta cheese

2 cups raw spinach (14 calories, no fat, 1g carbohydrate, 2g protein)

1 tbsp. Italian dressing (without sugar)

Dessert:

2 squares of dark 90% chocolate

DAY 21

Total: 1683 Kcal

Fat: 135 g Protein: 81.5 g Carb: 20.7 g

Breakfast:

3 Scrambled eggs with a bunch of onions
1 oz. Bacon or ham
3 oz. Mushrooms
2.5 oz. Cherry tomatoes
3 oz. Stewed spinach, to enhance magnesium

Snack:

24 pieces of raw

Lunch:

Quick chicken salad:
5.5 oz. Cooked chicken thighs
3.5 oz. Crisp lettuce, onion
2 Hard-boiled eggs

Snack:

1 cup of bone broth

Dinner:

6 oz pork chops, grilled
4 oz asparagus, grilled
2 tablespoons of grated Parmesan cheese or other hard

*** For better taste you can add a Pink Himalayan salt, Lemon juice, and Olive oil to each meal.

Chapter 2. Recipes

Snacks

Keto Eggs Benedict

Ready in about: 20 minutes | Serves 1

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!

Ingredients

2 Egg
2 Slices of bacon
1 Egg yolk
½ tbsp Lemon juice
Salt and 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!

Nutritional info per serving:

Calories: 361. Fat: 5 g. Protein: 11 g. Carbs: 1 g.

Baked Celery Roots with Mushrooms and Gorgonzola (Canape)

Ready in about: 45 minutes | Serves 4

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, with mushrooms, hazelnuts, and spinach, it began to play with new colors of taste!

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

Directions

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.

Nutritional info per serving:

Calories: 428. Fat: 36 g. Protein: 12 g. Carbs: 9 g.

Eggs Marinated in a Spicy Sauce

Ready in about: 20 minutes | Serves 4

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!

Ingredients

6 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

Directions

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 egg whites and garnish with green onions. If desired, you can sprinkle the appetizer with pink salt and red pepper.

Nutritional info per serving:

Calories: 220. Fat: 18 g. Protein: 10 g. Carbs: 3 g.

Smoked Salmon Canapes with Goat Cheese

Ready in about: 20 minutes | Serves 16

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!

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

Directions

Finely chop the oregano, rosemary and fresh basil. Finely cut 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.

Nutritional info per serving:

Calories: 46. Fat: 4 g. Protein: 2.5 g. Carbs: 1 g.

Keto Bread

Ready in about: 15 minutes | Serves 16

Ingredients

2 tbsp Almond flour

½ tbsp Coconut flour

1/4 tsp Baking powder

1 Egg

½ tbsp Ghee or butter

1 tbsp Unsweetened milk of your choice

Directions

Mix all ingredients in a small bowl and whisk until smooth.

Grease a glass bowl or microwave dish with butter, ghee or coconut oil.

Pour the dough into a mold and place in the microwave at high temperature for 90 seconds. Slice and pour melted butter as desired.

Note: If you do not have a microwave, try frying the dough in a small amount of butter / coconut oil or ghee. The same cooking time, the same easy recipe is just a slightly different texture.

Nutritional info per serving:

Calories: 45. Fat: 20 g. Protein: 7 g. Carbs: 3 g.

Energy Keto Bars with Nuts and Seeds

Ready in about: 30 minutes | Serves 8

Ingredients

2 tbsp Butter or coconut oil
2 fl. oz Sugar-free
1 tsp Vanilla extract
8 oz Almond, chopped
8 oz Raw macadamia nuts (finely chopped)
4 oz Pumpkin seed
2 tbsp Hemp seed
1-2 tsp Keto sweetener (if necessary)
4 oz Low sugar chocolate chips
½ tsp Coconut or butter, or ghee oil

Directions

Preheat the oven to 350 °F degrees and lay out a baking dish with parchment paper. Put all the nuts and seeds in a large bowl, and mix.

Melt butter or coconut oil with vanilla extract and syrup in a small saucepan over low heat.

Pour the hot mixture over the nuts and seeds, and shake well. If necessary, add keto sweetener (erythritol, stevia, etc.)

Pour the resulting mass into the prepared baking dish.

Bake for about 22-25 minutes until the top turns golden brown. Allow the mixture to cool for at least 45 minutes.

Melt the chocolate and 1/2 tsp of coconut oil in the microwave or on the stove. Pour a mixture of baked nuts and seeds.

Put in the freezer for 10-15 minutes. Remove from the mold and cut into 8 pieces.

Nutritional info per serving:

Calories: 303. Fat: 29 g. Protein: 8 g. Carbs: 4 g.

Low-Carb Flax Bread

Ready in about: 25 minutes | Serves 8

Ingredients

1 oz Almond flour

1½ Flaxseed

1 tsp Baking powder

Salt, to taste

½ tsp Vinegar

4 drops Liquid stevia

3 oz Raw whisked egg

1 fl. oz Coconut oil or butter (melted)

Directions

Mix together all the dry ingredients, then mix the wet ones. Stir dry ingredients with wet ones.

Spread the dough into a lightly oiled form. Bake at 350 °F degrees for 8–10 minutes.

Nutritional info per serving:

Calories: 29. Fat: 42 g. Protein: 12 g. Carbs: 6 g.

Keto Mini Pizza

Ready in about: 20 minutes | Serves 4

Ingredients

1 oz Keto mayonnaise
1 tbsp Raw eggs
2 tsp Coconut oil, melted
2 tsp Almond flour
1 tsp Coconut flour
½ tsp Psyllium powder
A pinch of baking powder and baking soda

Directions

Heat the oven to 400 °F degrees. Mix all the ingredients well to form a dough. Make sure there are no lumps in it.

Leave the dough to stand for about 5 minutes. Divide the dough into 3-4 small balls, about 2.5 cm in diameter.

Lay out a baking sheet with parchment paper. Put dough balls on the parchment and press down on them to make small pizzas.

Put the stuffing on the raw dough and bake for 7-9 minutes.

Nutritional info per serving:

Calories: 115. Fat: 29 g. Protein: 4 g. Carbs: 2 g.

Baked Eggs with Ham and Asparagus

Ready in about: 20 minutes | Serves 2

Ingredients

6 Eggs
6 slices (about 4 oz) Italian ham
8 oz Asparagus
A few sprigs of fresh marjoram
1 tbsp Butter or ghee

Directions

Heat the oven to 350 °F degrees. Grease a muffin tray.

Lay the ham down and around the hole so as to cover the bottom and sides.

Add a few twigs of marjoram. Pour 1 egg into each form.

Put in the oven and bake 10 - 12 minutes until cooked.

Pull out and allow to cool for a few minutes. Steam the asparagus, then season it with butter. Put all the ingredients on a plate and enjoy.

Nutritional info per serving:

Calories: 424. Fat: 33 g. Protein: 25 g. Carbs: 3 g.

Eggplant Chips

Ready in about: 25 minutes | Serves 14

Ingredients

2 fl. oz Olive oil

1 Large eggplant (thinly sliced)

Salt and pepper to taste

1 tsp Garlic powder

½ tsp Dry basil

½ tsp Dried oregano

2 tbsp Parmesan cheese

Directions

Preheat oven to 350 °F degrees. Add 1/4 cup olive oil and dried spices to a small bowl. Roll the sliced eggplant in oil and spices, and place it on a baking sheet.

Bake for about 15-20 minutes, until the chips are evenly fried. Turn them over a couple of times during cooking. Remove from the oven and sprinkle with Parmesan cheese (optional).

Nutritional info per serving:

Calories: 60 Fat: 6 g. Protein: 2 g. Carbs: 1 g.

Keto Cheese Sticks

Ready in about: 20 minutes | Serves 3

Ingredients

3 Mozzarella cheese sticks (cut in half)

4 oz Almond flour

1 tbsp Italian seasoning mixes

2 tbsp Grated parmesan cheese

1 Big egg

Salt, to taste

2 tbsp Coconut oil

1 tbsp Chopped parsley

Directions

Put the cheese in the freezer overnight so that it hardens. Then add coconut oil to a medium-sized cast iron skillet and heat it over low to medium heat.

Break the egg into a shallow bowl and whisk well. In a separate bowl, mix the almond flour, parmesan cheese, and seasonings.

Roll cheese sticks in an egg, then dry breading. Put on a wire rack and bake until golden brown on all sides for about 1-2 minutes.

Place chopsticks on paper towels to soak up the oil. Serve with low-carb marinara sauce and parsley (optional).

Nutritional info per serving:

Calories: 436. Fat: 41 g. Protein: 18 g. Carbs: 5 g.

Breakfast

Omelet with Mushrooms

Ready in about: 20 minutes | Serves 1

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)

Ingredients

3 Eggs
3 ½ oz Mushrooms
1 oz Butter
1 oz Parmesan cheese
1 oz Onion
Salt and ground black pepper, to taste

Directions

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.

Nutritional info per serving:

Calories: 510. Fat: 43 g. Protein: 20 g. Carbs: 4 g.

Keto Pizza Frittata

Ready in about: 45 minutes | Serves 8

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!

Ingredients

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

Directions

Thaw spinach in the microwave, then squeezes 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

Nutritional info per serving:

Calories: 510. Fat: 43 g. Protein: 22 g. Carbs: 4 g.

Keto Casserole with Ham, Ricotta and Spinach

Ready in about: 50 minutes | Serves 15

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!

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 Provencal herbs

Salt to taste

Directions

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.

Nutritional info per serving:

Calories: 310. Fat: 25 g. Protein: 13 g. Carbs: 3 g.

Baked Egg Mini Pizza

Ready in about: 30 minutes | Serves 1

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.

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

Directions

Pour 1 tablespoon of finely chopped mozzarella and Italian herbs into small containers suitable for a 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 cooling 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!

Nutritional info per serving:

Calories: 333. Fat: 24 g. Protein: 19 g. Carbs: 5 g.

Keto Porridge

Ready in about: 20 minutes | Serves 1

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.

Ingredients

5 oz Almond milk

3 tbsp Flour from light flax seeds

2 tbsp Coconut flour

2 tbsp Vegetarian protein

Sweetener, to taste

Directions

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!

Nutritional info per serving:

Calories: 249. Fat: 13 g. Protein: 15 g. Carbs: 11 g.

Vegetarian Keto Breakfast of Kefir and Banana

Ready in about: 15 minutes | Serves 2

It is very good to have breakfast or snack with this kefir drink (you can substitute with yogurt) and a banana. Cook quickly, eat tastily.

Ingredients

1 Banana
1 tbsp Honey
10 fl. oz Kefir (yogurt) fat
2 tbsp Hazelnut, crushed
Cinnamon, to taste

Directions

Peel banana and knead well, then mix with honey. Add chopped hazelnuts and kefir to the mixture, mix everything well.

Pour the mixture into glasses and sprinkle with cinnamon on top. Vegetarian breakfast of kefir and banana is ready!

Nutritional info per serving:

Calories: 77. Fat: 11 g. Protein: 2 g. Carbs: 3 g.

Yogurt Cocktail with Fruit

Ready in about: 16 minutes | Serves 2

A useful drink for those who monitor their health and figure, when you really want to put something in your mouth, but you can't. This cocktail contains almost no calories.

Ingredients

8 fl. oz Yogurt fat

1 Apple

3 Plum

5 Strawberry

1 tbsp Honey

Directions

Peel plums and apples. Add strawberries and honey. Beat the blender.

Add kefir and mix well (with a blender).

About 12 fl. oz is obtained from this amount of drink. Done!

Nutritional info per serving:

Calories: 54. Fat: 9 g. Protein: 3 g. Carbs: 2 g.

Italian Cheese Bread

Ready in about: 30 minutes | Serves 4

Provolone cheese and hot peppers, wrapped in cheese dough - an excellent recipe for a hearty meal for those who follow the keto diet. Do not forget about vitamins and fiber - add fresh spinach salad to baking.

Ingredients

5 oz Monterey ground cheese

4 tbsp Coconut flour

3 tbsp Flax seed Flour

1 Egg

1 tsp Italian seasoning

2 ½ oz Provolone Cheese

1 oz Fresh spinach

1 oz Bell pepper

1 tbsp Olive oil

1 Egg yolk

Directions

Preheat oven to 356 F. Combines coconut flour, flaxseed flour, and seasoning together in a small bowl. Rub the Monterey cheese into a large bowl and microwave until it is completely melted.

Leave the cheese for a minute, then add the egg and mix thoroughly. Add the dry mixture to the cheese and knead the dough. Spread parchment paper, then lay cheese dough on it and cover with another sheet of paper on top, then roll it with a rolling pin.

Put the spinach leaves on the dough and place them on top. Add pepper rings and drizzle with one teaspoon of olive oil. Using a knife, cut the dough into strips diagonally. Fold the dough into a pigtail.

Beat the egg yolk and put the mixture on the bread. Bake it for 15–20 minutes, until the spit is golden brown.

Nutritional info per serving:

Calories: 277. Fat: 28 g. Protein: 12 g. Carbs: 3 g.

Cauliflower Pancakes

Ready in about: 30 minutes | Serves 12

A delicious, very simple and incredibly useful recipe for cauliflower almond flour with almond flour!

- Rich and balanced: only 2 g of carbohydrates, more than 5 g of fat and 5 g of protein in each thing;
- Vitamin B12 promotes the production of red blood cells and regulates protein metabolism in the body;
- Monounsaturated fatty acids help the heart work.

Ingredients

1 tsp Cornstarch
1 Cauliflower
½ tsp Salt
3 oz Almond flour
2 oz Tofu
1 tbsp Avocado Oil
Vegan sour cream

Directions

Grind cauliflower in a blender. Transfer to a bowl, salt and leave for 10 minutes. Then add almond flour, tofu, and cornstarch to the cabbage. Mix thoroughly.

Heat a pancake pan on medium heat, add avocado oil and fry pancakes for 3-4 minutes on each side. When removing the pancakes from the pan, put them on a paper towel so that they give off excess oil and moisture.

Serve with sour vegan sour cream and green onions!

Nutritional info per serving:

Calories: 78. Fat: 7 g. Protein: 5 g. Carbs: 2 g.

Keto Taco

Ready in about: 25 minutes | Serves 3

Want to start the day unusual?

Morning keto is such an amazing start to a beautiful day. Light and wonderful with a lot of bright colors and emotions.

Ingredients

8 oz Mozzarella cheese, shredded;

6 Eggs

2 tbsp Butter

3 Bacon stripes

½ Avocado

1 oz Cheddar cheese, shredded

Pepper and salt to taste

Directions

Heat an oven to 375 °F. Put the foil on a baking sheet and spread the bacon on it. Cook it for 15-20 minutes. While bacon is cooked, put 3 oz of mozzarella in a clean pan and cook cheese over medium heat.

Wait for the cheese to roast around the edges (about 2-3 minutes). Use a pair of tongs and a wooden spoon to make a cheese shell for tacos. Do the same with the rest of your cheese.

Cook the eggs in the oil, stirring occasionally. Season with salt and pepper.

Place a third of the eggs, avocado, and bacon in each hardened taco casing.

Sprinkle with cheddar cheese. Add hot sauce and cilantro if desired.

Nutritional info per serving:

Calories: 444. Fat: 36 g. Protein: 26 g. Carbs: 3 g.

Keto Omelet with Goat Cheese and Spinach

Ready in about: 15 minutes | Serves 1

Ingredients

3 Large eggs
1 Medium green onion
1 oz Goat cheese
¼ Onion
2 tbsp Butter
2 cups Spinach
2 tbsp Heavy cream
Salt and pepper to taste

Directions

Cut the onion into long strips and fry it in oil until caramelized. Add the spinach to the pan and fry a little. Remove the vegetables from the pan. Mix 3 large eggs, cream, salt, and pepper together.

Pour the egg mixture into the pan and cook on medium heat. As soon as the edges of the omelet begin to fry, add a spoonful of spinach and onions to 1/2 omelet. Sprinkle with chopped goat cheese.

When the top of the omelet is ready, you can serve. If you like, decorate with onions on top.

Nutritional info per serving:

Calories: 621. Fat: 55 g. Protein: 35 g. Carbs: 5 g.

Chicken and Cheese Quesadilla

Ready in about: 20 minutes | Serves 4

Ingredients

For lozenges:

6 Eggs
4 oz Coconut flour
6 oz Heavy cream
½ tsp Xanthan gum
Pink salt and pepper
1 tbsp Olive oil for frying

For the quesadilla:

4 oz Cheddar cheese, shredded
8 oz Chicken breast cooked and shredded
1 tbsp Parsley, chopped (optional)

Directions

Mix in a bowl all the ingredients for the cakes, whisk well and let the dough stand for 8-10 minutes. Heat the oil in a frying pan over medium heat and fry the tortillas for 2-3 minutes on each side or until cooked. Set aside to cool.

Heat a clean griddle over medium heat, put one tortilla, sprinkle with cheese, cover with a lid and wait until the cheese begins to melt. Then add chopped chicken meat, more cheese, and cover with a second flat cake.

When the cheese has melted, remove the quesadilla from the pan, cut into four slices and sprinkle with fresh parsley before serving (optional).

NOTE: For best results, use ground coconut flour. This will help with the texture, and you can make thinner cakes. Xanthan gum will help make the tortilla strong and elastic.

You can substitute fat cream with unsweetened almond milk. You can also reduce the number of eggs and add an extra egg white. However, you will need to test and adjust the amount of flour used to obtain the desired consistency.

Nutritional info per serving:

Calories: 382. Fat: 31 g. Protein: 23 g. Carbs: 2.5 g.

Vegetarian Scramble

Ready in about: 20 minutes | Serves 5

The recipe is easy to prepare but tasty avocados, tomatoes, and cheeses will lift your spirits and energize for great deeds.

Ingredients

1 lb. Tofu cheese
3 tbsp Avocado oil
2 tbsp Chopped onion
1½ tbsp Food yeast
½ tsp Garlic powder
½ tsp Turmeric
½ tsp Salt
1 cup Spinach
3 Grape tomatoes
3 oz Vegan Cheddar Cheese

Directions

Wrap the tofu in several layers of paper or cloth towels, and gently squeeze some water. Put aside. In a skillet over medium heat, fry the chopped onion in 1/3 tbsp. Avocado butter until onion is soft and translucent.

Place the tofu in the pan and stir well with a fork. Pour the remaining oil and sprinkle with dry seasoning. Fry the tofu over medium heat, stirring occasionally until most of the liquid has evaporated.

Add the spinach, dice the tomatoes and cheddar cheese, and cook for a minute or until the spinach has faded and the cheese has melted. Serve hot and store leftovers in the refrigerator for a maximum of three days.

Nutritional info per serving:

Calories: 211. Fat: 18 g. Protein: 10 g. Carbs: 4 g.

Burger with Guacamole and Egg

Ready in about: 15 minutes | Serves 1

Sometimes in the morning you really want a juicy burger with various spices. Therefore, I have prepared this wonderful recipe for you. Juicy meat, cheerful guacamole, an egg and 10 minutes is all you need to enjoy your favorite keto burgher. Everyone around will want the same.

Ingredients

5 oz Ground beef

4 Bacon, slices

3 oz Guacamole

1 Egg

1 tbsp Olive oil (for frying)

½ tsp Italian seasoning

Salt and pepper to taste

Directions

In a small bowl, mix ground beef with Italian seasoning, salt, and pepper. Form a small patty. Put on a cutting board 4 strips of bacon crosswise, cutlet on top, and then wrap bacon around it.

Heat 1/2 tablespoons of olive oil in a frying pan over medium heat, add the cutlet in bacon and fry 3 minutes (or more, depending on thickness) on each side.

Add the remaining 1/2 tablespoons of oil to the pan and fry the egg, with the liquid yolk inside. Put guacamole, a fried egg on a cutlet, and, if necessary, season with salt and pepper. Cut in half and serve immediately.

Nutritional info per serving:

Calories: 443. Fat: 33 g. Protein: 28 g. Carbs: 3 g.

Stuffed Avocado

Ready in about: 15 minutes | Serves 1

Ingredients

- 1 Avocado, pitted and cut in half
- 1 tbsp Butter, salted
- 3 Large eggs
- 3 slices of bacon, cut into small pieces
- Salt and black pepper, to taste

Directions

Clean out most of the avocado pulp, leaving about 1.5 cm around. Place a large frying pan over low heat and add butter. While the butter is melting, break the eggs into a bowl and whisk them, adding a pinch of salt and pepper.

Place bacon on one side of the pan and fry for a couple of minutes. On the other side pour the egg mixture and stir them regularly.

Eggs and bacon should be prepared 5 minutes after adding eggs to the pan. If you find that the eggs are cooked a little before the bacon, remove the scrambled eggs and place them in a bowl.

Mix the bacon and scrambled eggs together, and then fill the avocado halves with the mixture.

Nutritional info per serving:

Calories: 500. Fat: 40 g. Protein: 25 g. Carbs: 11 g.

Omelet with Mushrooms and Goat Cheese

Ready in about: 15 minutes | Serves 1

Ingredients

3 Large eggs
2 tsp Heavy cream
3 oz Chopped mushrooms
1 tsp Olive oil
2 oz Crumbled goat cheese
Seasoning to taste
Green onions for garnish

Directions

Heat olive oil in a pan. Fry the mushrooms until soft, about 4 minutes. While the mushrooms are cooking, beat the eggs with heavy cream and a small amount of seasoning.

Pour the egg mixture over the mushrooms and cook for about 2-3 minutes.

Add goat cheese. Fold the omelet in half and continue cooking until the cheese starts to melt. Serve with spring onions or another side dish to your taste.

Nutritional info per serving:

Calories: 515. Fat: 40 g. Protein: 21 g. Carbs: 4 g.

Salads

Crispy Bacon Salad

Ready in about: 25 minutes | Serves 2

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.

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

Directions

Turn the oven at 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 adds 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.

Nutritional info per serving:

Calories: 538. Fat: 52 g. Protein: 12 g. Carbs: 6 g.

Vegetarian Keto Club Salad

Ready in about: 25 minutes | Serves 3

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!

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

Directions

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.

Nutritional info per serving:

Calories: 330. Fat: 27 g. Protein: 15 g. Carbs: 6 g.

Keto Salad with Tomatoes and Mozzarella

Ready in about: 35 minutes | Serves 2

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.

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

Directions

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. The salad is ready.

Nutritional info per serving:

Calories: 202. Fat: 18 g. Protein: 7 g. Carbs: 2 g.

Keto Club Salad

Ready in about: 20 minutes | Serves 3

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!

Ingredients

10 oz Lettuce Salad
4 ½ oz Cheddar Cheese
3 oz Cucumber (sliced)
2 oz Cherry tomatoes (cut in half)
3 Large eggs (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

Directions

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.

Nutritional info per serving:

Calories: 330. Fat: 26 g. Protein: 15 g. Carbs: 4.5 g.

Fresh Carrot Salad with Peanuts and Raisins

Ready in about: 25 minutes | Serves 4

Fresh carrot salad with peanuts and raisins in which a rather unusual combination of ingredients, gives a feeling of celebration, and does not overload us with extra calories. Very good for the triumph, not a single guest will refuse, and dressing the orange juice salad with zest makes it tender and you want to eat more and more.

Ingredients

1 lb. Carrot
1 Green Sweet Pepper
2 oz Peanuts
2 oz Raisins
1 tbsp Poppy Seed
1 Orange
2 tbsp Vegetable Oil
1 tsp French Mustard

Directions

Boil poppy seeds in a separate bowl. Raisin pours boiling water separately. Let stand. Grate the orange zest. Squeeze the juice from the orange into the glass. Combine in a container (blender) orange juice, vegetable oil, mustard. Beat up.

Grate carrots put in a bowl, add pepper, peanuts, poppy seeds, raisins. Mix everything. Pour the mixture in a bowl with prepared orange juice dressing. Fresh carrot salad with peanuts and raisins - ready!

Nutritional info per serving:

Calories: 129. Fat: 9 g. Protein: 5 g. Carbs: 3 g.

Caprese Salad

Ready in about: 20 minutes | Serves 4

Caprese is a very famous salad that can be cooked in 15 minutes. Ingredients in our time freely available.

Ingredients

1 lb. Tomatoes
1 lb. Mozzarella cheese
2 Basil sprigs
4 oz Basil fresh
2 oz Parmesan cheese
2 tbsp Pine nuts
1 Garlic clove
5 tbsp Olive oil
Salt and pepper, to taste
Pesto sauce, to taste

Directions

For the sauce, grind parmesan on a fine grater. Separate the leaves from the twigs at the basil. Add all in a blender, add pine nuts, olive oil, garlic, and salt. Grind to a smooth mass.

Cut tomatoes into thick circles. Mozzarella cut as well as tomatoes in thick circles.

We collect the salad, spread on a serving dish, alternating between rings of tomato and mozzarella. Sprinkle with pepper, decorate with basil leaves. Add the sauce to taste.

Nutritional info per serving:

Calories: 161. Fat: 15 g. Protein: 7 g. Carbs: 2 g.

Exotic Salad

Ready in about: 15 minutes | Serves 4

Exotic salad includes a combination of rather unusual, sweet and salty and a little bitter. It looks festive, pleasure is guaranteed.

Ingredients

1 Orange
1 Avocado
6 oz Pitted olives
4 Cherry tomatoes
1 Lettuce leaves, bunch
1 Red Onion
For refueling:
1-2 tsp Apple vinegar
3 tbsp Vegetable oil
½ tsp Mustard
Salt, pepper, to taste
Sour cream to taste

Directions

Onion cut into thin half-rings, peel the orange and cut into cubes, avocados also into cubes, cut olives into rings. Cut lettuce leaves with scissors.

Cherry tomatoes cut into quarters. Combine all ingredients.

Apple cider vinegar, vegetable oil, mustard, salt, pepper, sugar mix in a separate bowl. Chopped and folded vegetables and fruits to fill the prepared sauce. Done!

Nutritional info per serving:

Calories: 111. Fat: 11 g. Protein: 7 g. Carbs: 2 g.

Salad with Green Bean and Walnut

Ready in about: 30 minutes | Serves 3

A simple recipe is delicious and healthy. Fill with vitality and energy during the daytime.

Ingredients

1 lb. String beans, frozen
2 oz Walnuts, peeled
3 tbsp Olive oil
1 tbsp Apple vinegar
3 Garlic, clove
1 Parsley, small bunch
Salt, pepper, to taste

Directions

Boil the bean pods in boiling salted water for 1-2 minutes after boiling. Immediately drain the water and cool the beans in ice water.

Ready boiled beans should keep the color and remain crispy. Chop garlic. Grind the walnuts with garlic to a heterogeneous oily mass. Add vinegar, salt, and pepper - to taste.

Parsley finely chopped. Boiled beans to shift in a bowl, season with olive oil and mix with chopped greens. Add nut salad dressing to salad and mix thoroughly with other ingredients.

The finished salad must be allowed to brew in the salad in the fridge for 30 minutes. Upon request, when serving, you can decorate the salad with pomegranate seeds and walnut slices.

Nutritional info per serving:

Calories: 150. Fat: 13 g. Protein: 3 g. Carbs: 2.5 g.

Colorful Shoots Salad

Ready in about: 25 minutes | Serves 2

Colorful vegetarian salad from shoots looks spectacular and full of the most useful for the body of useful substances. Preparing it for a snack, or for dinner, you will enjoy and eating this beautiful dish, while not delivering the body to the hassle of processing unnecessary extra calories.

Ingredients

1 Peking cabbage
5 oz Champignons
5 oz Soybean sprouts
3 Tomatoes

For sauce:

5 tbsp Yogurt
2 tbsp Sour cream
Salt, pepper, to taste
4 tbsp Greens (basil, parsley, sorrel)
1 tbsp Olive oil

Directions

Thinly chop Chinese cabbage, clean the mushrooms and also cut them into thin slices. Rinse and dry the soybean sprouts. Peel tomatoes from hard bases and cut each into eight pieces.

Mix yogurt and sour cream, add there chopped greens and olive oil. The resulting sauce pours a mixture of vegetables. Walnuts are beautifully laid out on a serving dish.

Nutritional info per serving:

Calories: 47. Fat: 12 g. Protein: 2 g. Carbs: 3 g.

Warm Salad with Green Beans

Ready in about: 16 minutes | Serves 4

This salad will always help if there is no time but you really want to eat.
This recipe is suitable for busy people.

Ingredients

13 oz Green string beans
12 Cherry tomatoes
5 Basil leaves
1 lemon
2 tbsp Olive oil
1 tbsp Sesame
Salt, pepper to taste
2 oz. Walnut

Directions

Boil the beans for 2-3 minutes, then transfer them to a salad bowl, add chopped tomatoes, chopped basil, sprinkle with olive oil and lemon juice, sprinkle with sesame, walnut, salt, pepper, and mix. Serve warm.

Nutritional info per serving:

Calories: 80. Fat: 12 g. Protein: 6 g. Carbs: 4 g.

Vegetable Salad with Bacon and Cheese

Ready in about: 10 minutes | Serves 16

Ingredients

4 oz Lettuce
3 oz Spinach
2 oz Curly cabbage
6 slices of cooked bacon
12 pcs. Grape tomato
1 Avocado, peeled and sliced
2 oz Blue cheese
3 tbsp Sour cream
2 ½ tbsp Mayonnaise

Directions

In a small bowl, mix the sour cream and mayonnaise. Mix with half the blue cheese and set aside.

In a large salad bowl, mix the remaining ingredients. Spread the salad into portions and place the blue cheese dressing on top.

Nutritional info per serving:

Calories: 183. Fat: 16 g. Protein: 6 g. Carbs: 2 g.

Salad with Chicken Breast and Greens

Ready in about: 30 minutes | Serves 2

Ingredients

2 tbsp Pesto sauce
2 fl. oz Balsamic vinegar
1 tsp Olive oil
6 oz Chicken breast
4 cup Spring greens
1 oz Fresh mozzarella
¼ Avocado, diced
6 Cherry tomatoes
1 tbsp Fresh basil for decoration

Directions

Prepare the marinade by mixing pesto, balsamic vinegar, and olive oil.

Set aside a portion of the marinade for the salad, and pour the remaining chicken breast. Refrigerate marinate for at least 20 minutes.

Take the salad. Start with greens, then layered with fresh mozzarella, avocado, and tomatoes. Once the chicken is pickled, heat the medium-sized griddle, and then add a little olive oil.

Fry each side of the breast for 7-10 minutes. Slice the chicken breast and place on the previously prepared salad. Pour the remaining balsamic pesto and add some chopped fresh basil.

Nutritional info per serving:

Calories: 306. Fat: 18 g. Protein: 22 g. Carbs: 5 g.

Salmon Salad

Ready in about: 10 minutes | Serves 2

Ingredients

2 Sheets of lettuce
6 leaves, Fresh basil, finely chopped
½ tsp Garlic powder
1 tsp Lemon juice
4 tbsp Mayonnaise
5 oz Salmon
1 oz Red onion, chopped
½ Avocado, diced
2 tbsp Parmesan cheese, diced

Directions

Rinse well and clean the lettuce leaves - they will serve as plates. Mix lemon juice chopped basil and garlic powder. Add mayonnaise and mix well. Set aside.

Fill each “plate” of lettuce with half of the finely chopped salmon, and then avocado and onion rings. Top with evenly arrange the mayonnaise (earlier about 2 tablespoons per serving), then place the parmesan cubes.

Nutritional info per serving:

Calories: 373. Fat: 31 g. Protein: 18 g. Carbs: 3 g.

Simple Cabbage and Egg Keto Salad

Ready in about: 15 minutes | Serves 6

Ingredients

1 lb. Cauliflower flowers
4 oz Keto mayonnaise
1 tsp Yellow mustard
1½ tsp Fresh dill
Ground black pepper and salt, to taste
2 oz Finely chopped dill
1 Celery stalk, finely chopped
2 oz Red onion, chopped
1 tbsp Salted keto cucumber, chopped
6 Hard-boiled eggs, chopped
Paprika, for garnish

Directions

Pour some water (about 2.5 cm) into a large saucepan, put 1 tsp. of salt and bring to a boil. Add cauliflower and cook until ready, from 8 to 10 minutes. Drain and set aside in a large bowl.

In a small bowl, mix mayonnaise, mustard, dill, a pinch of salt and pepper. Set aside. Crush 4 eggs and add to the cauliflower bowl. Slice the remaining two eggs.

Add pickled cucumber, celery, 1/4 teaspoon salt, pepper, and red onion. Add all the ingredients to the cauliflower and shake gently. Garnish with the remaining chopped eggs and sprinkle with paprika.

Nutritional info per serving:

Calories: 222. Fat: 20 g. Protein: 8 g. Carbs: 2 g.

Light Pea and Green Onion Salad

Ready in about: 10 minutes | Serves 2

Ingredients

2 oz Pea
2 tsp Green onions
½ tsp Soy sauce
2 tsp Olive oil
½ tsp Apple vinegar
½ tsp Sesame oil
½ tsp Sesame seeds
Garlic powder, to taste

Directions

Slice the green onions and peas diagonally. Mix the chopped vegetables with the remaining ingredients and mix. Cover and refrigerate for 2 hours.

Serve with the main course of your choice - grilled chicken, shrimps, salmon, etc.

Nutritional info per serving:

Calories: 136. Fat: 15g. Protein: 3 g. Carbs: 2 g.

Keto-Salsa with Avocado and Shrimps

Ready in about: 20 minutes | Serves 4

Ingredients

8 oz Peeled raw shrimp
1 tbsp Olive oil
1 Lemon (juice)
1 Avocado, diced
1 Tomato, diced
1 Cucumber, diced
1/4 Onion, diced
2 oz Cilantro, chopped
Salt and black pepper, to taste

Directions

Season the shrimp with salt and pepper. Put the pan on medium-high heat and pour olive oil. Once the oil has warmed up, add the shrimp and fry one side for 2-3 minutes, then turn to the other.

Remove the shrimps from the pan and put them on a cutting board. Slice and transfer to a large bowl. Squeeze the marinade lemon juice into the bowl. Mix well and let stand for a while.

Add pieces of avocado, tomatoes, and cucumbers to the bowl. Mix with chopped onion and cilantro. Mix well all together.

Nutritional info per serving:

Calories: 283. Fat: 19 g. Protein: 15 g. Carbs: 5 g.

Keto Salad Taco

Ready in about: 25 minutes | Serves 4

Ingredients

1 lb. Ground beef from grass-fed meat
1 tsp Ground cumin
½ tsp Chili powder
1 tbsp Garlic powder
½ tbsp Paprika
Salt and pepper, to taste
4 cup Roman lettuce
1 Tomato
4 oz Cheddar cheese
4 oz Cilantro
1 Avocado
4 oz Favorite salsa
2 small limes
1 cup Cucumber, sliced

Directions

Heat a large skillet over medium heat and pour in some coconut oil. Add ground beef and all seasonings. Mix well and fry until brown. Remove from heat and cool slightly.

Mix roman lettuce, vegetables, cheese, and chopped avocado. Top with meat, salsa and a generous portion of lime juice. Mix everything well.

Nutritional info per serving:

Calories: 430. Fat: 31 g. Protein: 23 g. Carbs: 5 g.

Soups

Cream Soup of Broccoli and Cheese

Ready in about: 20 minutes | Serves 6

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;
- vitamin C prevents the occurrence of fine and deep wrinkles, blocking free radicals.
- in general, eat broccoli more often.

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

Directions

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

Nutritional info per serving:

Calories: 277. Fat: 21 g. Protein: 15 g. Carbs: 4 g.

Asiago Tomato Soup

Ready in about: 20 minutes | Serves 4

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 fewer 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!

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

Directions

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.

Nutritional info per serving:

Calories: 301. Fat: 26 g. Protein: 9 g. Carbs: 8 g.

Buffalo Chicken Soup

Ready in about: 25 minutes | Serves 4

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.

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

Directions

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.

Nutritional info per serving:

Calories: 531. Fat: 41 g. Protein: 35 g. Carbs: 8 g.

Fried Poblano Soup with Cheddar Cheese

Ready in about: 50 minutes | Serves 4

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!

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

Directions

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.

Nutritional info per serving:

Calories: 242. Fat: 18 g. Protein: 10 g. Carbs: 9 g.

Light Vegetable Soup from Zucchini and Lentils

Ready in about: 30 minutes | Serves 6

Sometimes you want a light meal, zucchini grown on your site or purchased from a farmer will be the main ingredient in the recipe of this light soup. Lentil will give it density, a little fat from vegetable oil. The soup is very vegetarian and low-calorie.

Ingredients

- 7 oz Red lentils
- 2 Carrots
- 3 tbsp Vegetable oil
- 1 Onion
- ½ Young squash
- ½ oz Zucchini
- 1 Tomatoes
- 22 fl. oz Water
- 2 tbsp Chopped greens
- Salt, to taste
- Ground black pepper, to taste
- 2 Garlic, cloves

Directions

Fill the lentils with water and set on fire, bring to a boil, add carrots, cut not large. Leave to cook until done. Finely chopped onion fry in vegetable oil in a frying pan.

Zucchini finely cut and add to the onions. Cut the tomatoes into small cubes and add them to the rest of the vegetables in the pan. Fry for about 7 minutes.

Add the vegetables to the pan with lentils, salt, and pepper, bring to a boil. Add chopped greens. Light vegetable soup of zucchini and lentils - a vegetarian dish is ready!

Nutritional info per serving:

Calories: 22. Fat: 4 g. Protein: 2 g. Carbs: 1 g.

Broccoli Soup with Chickpeas and Corn

Ready in about: 40 minutes | Serves 6

Soup prepared according to this recipe is very nourishing, despite the fact that without meat. Broccoli, chickpea, corn fill the soup with flavor and give the necessary richness. Lunch may well consist only of this dish.

Ingredients

4 oz Chickpea
4 oz Broccoli
4 oz Carrot
1 Onion
1 Corn, cup
1/4 Celery, root
Salt, to taste
Mayo or Sour cream
2 tbsp Olive oil
3-pint Water

Directions

Soak the chickpeas in the evening, for 8 hours. When we start to make soup, we send the chickpeas to the pan first. Onions and celery cut into small cubes, and when the water boils, half of them are sent to a saucepan with water, in which we cook the soup, the rest in a frying pan with heated vegetable oil.

Grate carrots on a coarse grater. Half of the carrots put in a saucepan, the rest in the pan. Add whole pepper to the pan. Add vegetable oil to the pan, break broccoli into inflorescences (you can cut the inflorescences into four parts) and send them to the pan. Finely cut the greens.

Mix everything in the pan, fry almost until cooked. In the boiling vegetable broth add the contents of the pan, salt, pepper, add bay leaf and corn. Bring to a boil and turn off. Let it brew for about 15 minutes. Done! Add sour cream or mayonnaise, as you like!

Nutritional info per serving:

Calories: 41. Fat: 7 g. Protein: 3 g. Carbs: 2 g.

Lentil Soup

Ready in about: 55 minutes | Serves 10

Lentil soup puree is a very simple but healthy dish. Quickly cooked, lentils are quickly boiled soft. The minimum number of calories and the richest set of vitamins and trace elements necessary for the body, this is especially important for vegetarians, who, because of the lack of meat in the diet, do not receive the necessary amino acids. Legumes, and in this case, lentils will fill this shortcoming.

Ingredients

2-pint Water

½ lb. Lentil

4 oz Onions

5 oz Carrot

1 oz Tomato paste

1 fl. oz Vegetable oil

6 oz Fresh Tomato

4 fl. oz Sour cream (Soy)

½ oz Garlic

Salt, pepper, to taste

Directions

Rinse lentils well, put in a saucepan and pour cold water, put on the fire and bring to a boil, then reduce the heat and cook for 20 minutes.

Onions, carrots clean, finely chopped and fry in hot vegetable oil until golden brown. Peel tomatoes on the skin, chop and add to the vegetables in a frying pan, fry and add tomato paste, fry everything well.

Add simmered vegetables to the simmering soup, boil for another 10 minutes.

The soup boiled, add spices, salt, sour cream and turn off the heat. Stir with a blender. When serving, decorate with greens.

Nutritional info per serving:

Calories: 80. Fat: 21 g. Protein: 5 g. Carbs: 4 g.

Mushroom Soup

Ready in about: 25 minutes | Serves 4

Simple and tasty soup for every day.

Ingredients

4 oz Vegetable oil
1 Shallot onion
1 lb. Forest mushrooms
1 Garlic
½ tsp Dry Thyme
24 fl. oz Water
9 fl. oz Vegan sour cream
9 oz Celery root
1 tbsp White wine vinegar
Fresh parsley (optional)

Directions

Wash and slice the mushrooms and celery root. Peel and finely chop the onion and garlic. Fry the onions and garlic in a deep-frying pan for 2-3 minutes in vegetable oil, then add the mushrooms and celery and fry until done. Set aside a couple of mushrooms for serving.

Pour the water into the pan, put the thyme, vinegar, cube and bring to a boil. Boil for 15 minutes until celery is tender. Pour the vegan sour cream into the soup and grind to a smooth consistency.

Pour into plates, garnish with a couple of fried mushrooms and sprinkle with chopped parsley.

Nutritional info per serving:

Calories: 468. Fat: 45 g. Protein: 6 g. Carbs: 8 g.

Gazpacho

Ready in about: 20 minutes | Serves 4

A tomato does not lose its beneficial properties during heat treatment; on the contrary, it increases the concentration of lycopene, a strong antioxidant. Useful for heart diseases.

Ingredients

3 Tomato
2 Cucumber
1 Sweet pepper
1 Onion
1 tbsp Olive oil
3 Cloves of garlic
Parsley and others herbs, to taste
2 oz Rye cracker

Directions

Scald tomatoes with boiling water, peel skin. Grind vegetables in a blender.

Add spices, olive oil, juice lemon. Cool the soup. Before serving add sprinkle with herbs and crackers.

Nutritional info per serving:

Calories: 82. Fat: 16 g. Protein: 2 g. Carbs: 3 g.

Nourishing Beef Soup

Ready in about: 30 minutes | Serves 8

Ingredients

1 lb. Ground beef
5 Slices of bacon
1 tbsp Olive oil
1 tbsp Minced garlic
1 cup Chopped celery
1½ cup Bone broth
1 cup Shredded cheddar
2 fl. oz Fat whipped cream
2 tsp Psyllium powder
4 oz Shredded cheddar cheese
½ oz Chopped green onions
½ cup Sour cream

Directions

Fry the bacon over medium heat, then place it on paper towels to remove excess fat. Then crush it into pieces. Then fry the ground beef over medium heat. After cooking, drain the fat and transfer the minced meat to a bowl.

In the same pan, melt butter over medium heat. Add chopped garlic and fry until fragrant. Add the celery and cook until slightly softened about 5 minutes.

Put the ground beef in the pan. Add beef broth, cheddar, rich whipped cream, sautéed celery with garlic, bacon, salt, and pepper. Cook for 20 minutes, stirring occasionally.

To obtain the desired thickness, add psyllium powder. Pour into portions and add a side dish in the form of cheese, green onions and sour cream (optional).

Nutritional info per serving:

Calories: 349. Fat: 27 g. Protein: 18 g. Carbs: 4 g.

Spicy Keto Soup with Mushrooms

Ready in about: 10 minutes | Serves 2

Ingredients

1 tbsp Olive oil
1 Onion (thinly sliced)
1 tbsp Fresh grated ginger
3 Garlic, cloves (finely chopped)
1 tsp Chile
1 tbsp Fish sauce
2 fl. oz Soy sauce
2 fl. oz Rice vinegar
4 oz Mushrooms (thinly sliced)
4 Hard boiled eggs
2-3 packets of shirataki noodles
5 cup Bone broth

Directions

Pour oil into a large saucepan and put on medium heat. Add the onion and cook for 2-3 minutes until soft. Add the remaining ingredients to the pan (except eggs and noodles). Cook over low heat for 20-30 minutes.

Remove the noodles from the package and rinse well under cold water.

Add seasoning to the broth and mix with noodles.

Pour the broth into portions. Add hard-boiled eggs, chopped chicken or beef, cilantro, sesame seeds, chopped green onions and chili sauce (all optional).

Nutritional info per serving:

Calories: 103. Fat: 13 g. Protein: 12 g. Carbs: 5 g.

Lunch

Sandwich with Bacon, Avocado and Chicken

Ready in about: 45 minutes | Serves 6

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!

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

Directions

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 whisks 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 squarer 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.

Nutritional info per serving:

Calories: 406. Fat: 31 g. Protein: 20 g. Carbs: 5 g.

Keto Spaghetti with Chicken and Pesto

Ready in about: 30 minutes | Serves 2

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!

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

Directions

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!

Nutritional info per serving:

Calories: 892. Fat: 62 g. Protein: 55 g. Carbs: 14 g.

Zucchini Stuffed with Chicken and Broccoli

Ready in about: 50 minutes | Serves 2

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!

Ingredients

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

Directions

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!

Nutritional info per serving:

Calories: 492. Fat: 33 g. Protein: 30 g. Carbs: 12 g.

Tofu with Sesame and Eggplant

Ready in about: 25 minutes | Serves 4

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

Ingredients

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

Directions

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.

Nutritional info per serving:

Calories: 293. Fat: 25 g. Protein: 10 g. Carbs: 8 g.

Salmon Cutlets with Fresh Herbs

Ready in about: 40 minutes | Serves 12

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.

Ingredients

1 lb. Canned salmon
2 tbsp 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 tbsp Olive oil
Salt and pepper, to taste

Directions

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.

Nutritional info per serving:

Calories: 418. Fat: 25 g. Protein: 35 g. Carbs: 20 g.

Chicken Nuggets

Ready in about: 20 minutes | Serves 4

Ingredients

1 oz Whipped egg whites

10 oz Chicken breast cooked and minced

½ oz Coconut flour

½ tsp Baking powder

1 fl. oz Olive oil

½ oz Melted butter

1 oz Fatty 40% cream

Salt, pepper, a pinch of garlic powder, optional

Directions

Mix shredded chicken with coconut flour, baking powder, and seasoning. The mixture should look very dry. Add butter and mix again. Add whipped egg whites and mix until smooth.

Pour olive oil into a small non-stick pan. Spread the chicken-egg mixture in small pieces and fry for about 1 minute on each side. Serve with whipped cream, diluted with water, like “milk”.

Nutritional info per serving:

Calories: 136. Fat: 41 g. Protein: 9 g. Carbs: 2 g.

Champignon Burger

Ready in about: 20 minutes | Serves 4

Ingredients

2 Large champignons, without legs
2 tbsp Olive oil
1 tbsp Balsamic vinegar
2 Slices of bacon
4 oz Ground beef
½ tsp Garlic powder
½ tsp Onion powder
½ tsp Worcestershire Sauce
1 Cheddar cheese, slice
1 Slice of tomato
2 oz Mixed greens or arugula
1 tbsp Low-sugar ketchup

Directions

Put the mushroom caps in a bowl or shallow plate, and add olive oil, balsamic vinegar, and half the salt and pepper; marinate for at least 30 minutes. Cook the bacon in a frying pan over medium heat until crisp, turning a couple of times to fry each side evenly. Set aside.

Preheat the oven and turn on the grill function (270 °F degrees). Mix in a bowl ground beef, garlic and onion powder, Worcestershire sauce, and the remaining salt and pepper. Form the patties for burgers.

Put the caps of champignons and cutlets on the grill, and cook for about 3-4 minutes on each side until they are soft. At the last minute, put the cheese on the cutlets so that it melts.

Assemble the hamburger with bacon and the rest of the stuffing between the mushroom caps.

Nutritional info per serving:

Calories: 771. Fat: 67 g. Protein: 32 g. Carbs: 4 g.

Cheeseburger with Bacon

Ready in about: 30 minutes | Serves 2

Ingredients

For the dough:

8 oz. Mozzarella, shredded

4 oz. Almond flour

1 tbsp. Cream cheese

For filling:

5 oz. Ground beef

1 Slice of cheddar cheese, cut into quarters

1 tsp. Mustard

4 Bacon, slices

1 Whisked egg

1 tsp. Sesame

1 tsp. Olive oil

Directions

Preheat oven to 420 °F degrees. Mix mozzarella, almond flour and cream cheese in a bowl. Heat the mixture in the microwave for 1 minute, mix and re-set in the microwave for 1 minute.

Form two patties from ground beef. Put on the cutting board 4 strips of bacon crosswise, cutlet on top, then cheddar slices, the second cutlet, and then wrap all the bacon.

Heat the olive oil in a frying pan over medium heat, put the patties in bacon and fry for 3 minutes on each side. Roll the dough between 2 sheets of parchment paper. Remove the top sheet and place mustard in the center of the dough. On top, put the patty in bacon and wrap the dough.

Put the burger in the oven, coat with beaten egg, sprinkle with sesame seeds and bake for 15-20 minutes or until golden brown. Take out and serve with sheets of greens.

Nutritional info per serving:

Calories: 411. Fat: 32 g. Protein: 23 g. Carbs: 3 g.

Greek Moussaka

Ready in about: 30 minutes | Serves 4

Ingredients

For filling:

- ½ Chopped eggplant
- 10 oz. Minced chicken
- 3 tbsp. Marinara sauce
- 1 Minced garlic
- ½ Chopped onion
- 1 tsp. Dried oregano
- 1 tsp. Paprika
- ½ tsp. Ground cinnamon
- 2 tbsp. Olive oil

For the sauce:

- 3 tbsp. Heavy cream
- 3 tbsp. Cream cheese
- 3 oz. Crushed cheddar cheese
- 1 Minced garlic

Directions

Layout a foil baking sheet. Cut the eggplants, put them on a baking sheet and pour olive oil. Bake the eggplants for 5 minutes or until golden brown.

Heat olive oil in a frying pan, add chopped onion, chopped garlic and fry until soft. Add chopped chicken and seasonings, and fry until the meat is cooked. Add the marinara sauce, mix and cook for another 3 minutes.

Mix half the crushed cheddar cheese, cream cheese, heavy cream, garlic, and salt in a saucepan, and cook on low heat until the cheese is melted and the sauce becomes thick and uniform.

Preheat oven to 400 °F degrees. Place the pieces of fried eggplant on a baking sheet, top the chicken mixture, pour the sauce, sprinkle with the remaining cheese and bake for 20 minutes.

Let the dish stand for 5 minutes before serving. May be served with green salad or greens.

Nutritional info per serving:

Calories: 358. Fat: 29 g. Protein: 17 g. Carbs: 4 g.

Almond Pancakes with Shrimp and Cheese

Ready in about: 20 minutes | Serves 8

Ingredients

- 1 lb. Shrimp cooked and chopped
- 2 oz Almond flour
- 1 Whisked egg
- 2 oz Mozzarella, shredded
- 3 tbsp Parmesan cheese, grated
- 1 tbsp Fresh dill, chopped
- 1½ tbsp Olive or coconut oil, for frying
- Salt and pepper, to taste

Directions

Mix the shrimp, egg, almond flour, cheese, dill, and seasonings in a bowl and mix well until smooth. Using a tablespoon to form pancakes. The size of each depends on your taste.

Heat the oil in a pan over medium heat and fry pancakes for 3-4 minutes on each side or until cooked. Put on a plate and serve with herbs and aioli, or any other sauce of your choice.

Nutritional info per serving:

Calories: 364. Fat: 21 g. Protein: 30 g. Carbs: 2 g.

Dinner

Biscuit with Tomato, Basil and Mozzarella

Ready in about: 40 minutes | Serves 3

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 number 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!

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

Directions

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.

Nutritional info per serving:

Calories: 323. Fat: 24 g. Protein: 11 g. Carbs: 9 g.

Stuffed Chicken Breasts with Mozzarella

Ready in about: 35 minutes | Serves 6

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!

Ingredients

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

Directions

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.

Nutritional info per serving:

Calories: 338 Fat: 22 g. Protein: 29 g. Carbs: 4 g.

Chicken Kebab with Tzatziki Sauce

Ready in about: 25 minutes | Serves 4

Tzatziki is a classic Greek sauce made from yogurt, cucumber, and garlic. In this keto recipe, this will be the basis of the marinade for the chicken kebab. I prefer to use chicken thigh fillets. With them, 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.

Ingredients

1 lb. Chicken thigh fillet

3 oz Greek yogurt

1 tbsp Olive oil

2 tsp Vinegar

2 Garlic

1 tsp Curcuma

1 tsp Oregano

Salt and pepper, to taste

Sauce Tzatziki:

Yogurt

Fresh cucumber

Garlic

Directions

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 350 ° F, 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 (yogurt + fresh cucumbers + garlic), fresh vegetables and feta cheese.

Nutritional info per serving:

Calories: 150. Fat: 12 g. Protein: 9 g. Carbs: 1 g.

Casserole with Beef and Mushrooms.

Ready in about: 30 minutes | Serves 4

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

Ingredients

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

Directions

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.

Nutritional info per serving:

Calories: 806. Fat: 71 g. Protein: 34 g. Carbs: 9 g.

Keto Beef Wellington

Ready in about: 65 minutes | Serves 2

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!

Ingredients

2 Beef steaks cut in half

1 tbsp Butter

8 fl. oz Ground Mozzarella Cheese

4.5 oz Almond flour

4 tbsp Liver paste

Salt and spices, to taste

Directions

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.

Nutritional info per serving:

Calories: 308. Fat: 24 g. Protein: 17 g. Carbs: 4 g.

Keto Meatballs Baked in Italian

Ready in about: 45 minutes | Serves 4

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!

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

Directions

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!

Nutritional info per serving:

Calories: 210. Fat: 22 g. Protein: 15 g. Carbs: 4 g.

Mushroom Risotto

Ready in about: 45 minutes | Serves 4

You do not have to take cooking courses to impress guests with gastronomic delights. Meet the risotto with forest mushrooms, keto version.

Ingredients

1 lb. Cauliflower
10 fl. oz Vegetable broth
9 oz Forest mushrooms
2 Slice of garlic
1 Onion
9 fl. oz Fatty cream
1½ Vinegar
6 oz Parmesan cheese, grated
5 oz Butter
Provencal herbs, to taste
Salt and pepper, to taste

Directions

Fry the mushrooms in butter until golden brown, then add the onion and garlic. Fry another 3 minutes. Finely chop the cauliflower and add to the pan.

Boil the broth and pour into the pan, add vinegar and bring to a boil. Salt, pour in the cream and continue to boil until the cabbage is soft and the excess liquid is evaporated.

Remove from heat, add Parmesan and stir until it melts. Put risotto on plates and sprinkle with olive herbs.

Nutritional info per serving:

Calories: 624. Fat: 52 g. Protein: 17 g. Carbs: 8 g.

Vegetable Pizza

Ready in about: 25 minutes | Serves 2

In traditional Italian pizza dough is appreciated, it is a well-known fact. In our version, we appreciate the simplicity and ease of vegetables. Pizza should be accessible to all.

Ingredients

Dough:

2 cup Cauliflower, grated

2 tbsp. Coconut flour

1/2 tsp salt

4 Egg (powder)

1 tbsp. Psyllium powder

Filling:

To your taste - it can be avocado, greens, spinach, olive oil, chimichurri sauce, fried vegetables or sauerkraut.

Directions

Heat the oven to 176 degrees. Layout a parchment form for pizza or baking sheet. Mix the ingredients for the dough, then set it aside for 5 minutes to allow the coconut flour and psyllium to absorb the liquid and thicken.

Pour the dough into a mold or baking tray and carefully level. Bake for 15 minutes or until golden brown. Remove from the oven, then place the top of your choice on top.

Nutritional info per serving:

Calories: 454. Fat: 31 g. Protein: 20 g. Carbs: 8 g.

Teriyaki Casserole with Cauliflower

Ready in about: 50 minutes | Serves 6

This keto casserole recipe is one of my favorites! The fact is that I am a big fan of Asian cuisine - in particular, wok, teriyaki sauce and the method of cooking stir fry. Of course, I had to give up roasting, but I kept the ingredients and sauce.

Ingredients

- 1 tsp Ground Ginger
- 1 tsp Garlic, powder
- 1 tbsp Rice wine vinegar
- 3 fl. oz Soy sauce
- 4 fl. oz Water
- 1 fl. oz Olive oil
- 14 oz Cauliflower
- 2 oz Carrot
- 4 oz Broccoli

Directions

In a bowl, mix ginger, garlic, and vinegar. Add water and soy sauce.

Add olive oil to the sauce. Stir the sauce thoroughly until it is smooth and thicker.

Put the diced broccoli, diced carrots, and cauliflower in a baking dish.

Pour above all teriyaki sauce, mix, cover with foil and bake in the oven preheated to 356 °F for an hour.

Nutritional info per serving:

Calories: 304 Fat: 19 g. Protein: 25 g. Carbs: 4 g.

Eggplant with Tofu and Mushrooms

Ready in about: 50 minutes | Serves 4

A wonderful recipe for dinner for a family or company of good friends.

Ingredients

13 oz Champignon

13 oz Eggplant

1 Onion

2 Tomato

3½ oz Tofu

3 fl. oz Mayo

Directions

Wash and clean the mushrooms. Cut them into slices. Cut tomatoes and onions.

Cut the eggplants. Grate the tofu.

Lay out on a baking sheet in layers: eggplants - cheese - mushrooms - eggplants - cheese - mushrooms - cheese - tomatoes - mayonnaise - cheese.

Nutritional info per serving:

Calories: 99. Fat: 9 g. Protein: 3 g. Carbs: 2 g.

Gluten Free Pizza

Ready in about: 45 minutes | Serves 4

This recipe is for those who cannot live without pizza. You can add your favorite products and arrange as you like. This pizza is very tasty and healthy.

Ingredients

4 oz Rice flour
2 fl. oz Sunflower or olive oil
2 fl. oz Sour Cream
5 oz Vegan cheese (for your taste)
4 oz Tomato
4 oz Bell pepper
2 oz Zucchini
Provencal herbs, to taste
Salt and pepper, to taste

Directions

Mix flour and vegetable oil until crumbs. Add sour cream and mix again thoroughly. Form the dough into a ball and send it to the freezer for 30 minutes.

Cut tomato, zucchini, pepper. Roll out the pizza slice. Brush with tomato paste and layout and zucchini. Put tomatoes and peppers on top.

Send to oven for 15 minutes at 330 °F. Grate cheese, sprinkle cheese pizza and send to the oven for 3 minutes.

Nutritional info per serving:

Calories: 242. Fat: 20 g. Protein: 10 g. Carbs: 9 g.

Cauliflower with Almonds

Ready in about: 30 minutes | Serves 4

Cauliflower improves metabolic processes in the body, promotes healing of ulcers in the mucous membrane due to the delicate fiber, which is easily perceived by the body without causing discomfort. Almonds contain proteins, calcium, phosphorus and iron, essential for the body.

Ingredients

1 Cauliflower
4 tbsp Olive oil
Handful petals of almond
4 Garlic, cloves
Salt, pepper, to taste

Directions

Preheat oven to 360 °F. Wash a cabbage, disassemble into inflorescences and blanch in boiling salted water 5 minutes. Cut the garlic into slices.

Grease the baking dish with oil, spread out the cabbage. Pour the dressing out chopped garlic and almonds with salt, pepper, mix (most conveniently with your hands).

Send the cabbage to the oven for 20-25 minutes. Slightly crush before serving.
Serve as a separate dish or in addition to mushrooms.

Nutritional info per serving:

Calories: 119. Fat: 11 g. Protein: 4 g. Carbs: 3 g.

Biscuit with Tomato, Basil and Tofu

Ready in about: 35 minutes | Serves 3

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.

Ingredients

3 oz Almond flour
2 tbsp Potato starch
½ oz Ground dried garlic
1 oz Tofu cheese (minced)
½ oz Pesto sauce
4 Fresh basil
4 Cherry tomatoes

Directions

Preheat oven to 360 °F. and spread on a baking sheet parchment for baking.

Mix almond flour, dried garlic, and some water. Add potato starch and mix until smooth.

Form a large ball of dough and place it on the prepared parchment for baking. Slightly press the ball in the middle the biscuit should be about 0.5 inches thick. It may be sticky, so wet your hands with water before this.

Spread pesto in the center of the biscuit, leaving free edges. Put on the pesto filling tofu, 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.

Nutritional info per serving:

Calories: 323. Fat: 24 g. Protein: 12 g. Carbs: 8 g.

Baked Halibut Cheese Breaded

Ready in about: 20 minutes | Serves 6

Ingredients

2 lb. Halibut (about 6 fillets)
1 tbsp Butter
3 tbsp Grated parmesan cheese
1 tbsp Bread crumbs
2 tsp Garlic powder
1 tbsp Dried parsley
Salt and pepper, to taste

Directions

Preheat the oven to 400 °F degrees. Mix all ingredients thoroughly in a bowl, except the plate. Dry the fish fillets with a paper towel and place each piece on a greased buttered parchment tray.

Spread the cheese mixture into pieces of fish so that it covers its top. Bake the fish for 10-12 minutes (turn the baking tray at least once). Increase heat for 2–3 minutes until the top is golden brown. Check readiness with a fork.

Nutritional info per serving:

Calories: 330. Fat: 30 g. Protein: 11 g. Carbs: 2 g.

Tandoori Chicken Legs

Ready in about: 30 minutes | Serves 2

Ingredients

2 Whole chicken legs
4 fl. oz Fatty Greek yogurt
2 tbsp Olive oil
½ tsp Cumin
½ tsp Turmeric
½ tsp Coriander
¼ tsp Cardamom
½ tsp Cayenne pepper
1 tsp Paprika
Pinch of Nutmeg
1 Minced garlic clove
½ tsp Fresh ginger
2 tbsp Lime juice
Salt and pepper, to taste

Directions

Heat olive oil in a small frying pan over medium heat. Add cumin, turmeric, coriander, cardamom, cayenne pepper, paprika and a pinch of nutmeg. Heat the spices, then remove from heat and cool.

Mix in a bowl yogurt with spiced oil, lime juice, ginger, chopped garlic, salt, and pepper. Make 3-4 deep cuts on each leg and pour spicy yogurt into them. Cover and refrigerate for 6 hours.

Lubricate the rack for frying olive oil and place on a baking sheet. Put the chicken on the rack and fry for 5 minutes on each side. Set the oven to 360 °F degrees and continue cooking for 25 minutes. Serve with cauliflower rice.

Nutritional info per serving:

Calories: 372. Fat: 31 g. Protein: 24 g. Carbs: 2 g.

Baked Eggplant with Cheese

Ready in about: 60 minutes | Serves 4

Ingredients

- 1 Large eggplant, sliced
- 1 Big egg
- ½ cup Parmesan cheese, grated
- ¼ cup Pork dough
- ½ tbsp Italian seasoning
- 1 cup low-sugar tomato sauce
- ½ cup Mozzarella, shredded
- 4 tbsp Butter

Directions

Preheat oven to 400 °F degrees. Put the sliced eggplant on a baking sheet lined with a paper towel and sprinkle with salt on both sides. Let stand for at least 30 minutes so that all the water comes out of the eggplant.

Mix the chopped pork cracklings, parmesan cheese and Italian seasoning in a shallow dish. Set aside. In a separate small plate, beat an egg. Melt the butter and grease the baking dish with it.

Dip each piece of eggplant in a beaten egg, and then in a mixture of parmesan and cracklings, covering each side with crumbs. Place the eggplants in a baking dish and bake for 20 minutes.

Turn the eggplant slices over and bake for another 20 minutes or until golden brown. Top with tomato sauce and sprinkle with chopped mozzarella. Return the mold to the oven for another 5 minutes, or until the cheese has melted.

Nutritional info per serving:

Calories: 376. Fat: 31 g. Protein: 17 g. Carbs: 6 g.

Shrimp and Zucchini with Alfredo Sauce

Ready in about: 20 minutes | Serves 6

Ingredients

8 oz Shrimp, peeled
2 tbsp Butter
½ tsp Minced garlic
1 tbsp Fresh lemon juice
2 Zucchini
2 oz Heavy cream
3 oz Parmesan cheese
Salt and pepper to taste

Directions

Use the scoop to make zucchini noodles. Heat the butter in a frying pan, add the chopped garlic, red pepper and fry for 1 minute, stirring constantly. Add shrimp and simmer for about 3 minutes. Add salt and pepper, remove from pan and set aside.

In the same pan (with shrimp juice), add heavy cream, lemon juice, parmesan, and cook for 2 minutes. Add the noodles from zucchini and cook another 2 minutes, stirring occasionally.

Put the shrimp back in the pan and mix well. If necessary, add salt and pepper, garnish with parmesan and chopped parsley (optional) and serve immediately.

Nutritional info per serving:

Calories: 404. Fat: 38 g. Protein: 28 g. Carbs: 5 g.

Chicken Breasts in a Garlic-Cream Sauce

Ready in about: 30 minutes | Serves 4

Ingredients

For chicken:

- 2 Chicken breasts
- 1 tbsp. Lemon juice
- 1/4 tsp. Chili powder
- 1 tsp. Fresh grated ginger
- 1 Minced garlic
- 1/2 tsp. Coriander powder
- 1/2 tsp. Turmeric
- 1 oz. Butter

For the sauce:

- 4 oz. Heavy cream
- 3 tbsp. Crushed tomatoes
- 4 fl. oz. Chicken broth
- 1 Onion, diced
- 1 Garlic clove, minced
- 1/4 tsp. Chili powder
- 1 tsp. Fresh grated ginger
- 1/4 tsp. Cinnamon

Directions

Cut the chicken breasts into small pieces, then mix them in a bowl with lemon juice, chili powder, grated ginger, chopped garlic, coriander powder, turmeric, salt, and pepper.

Heat 2 tablespoons of butter in a frying pan over medium heat, then add the onions and garlic and simmer for 2 minutes or until fragrant. Add chicken pieces and cook for 4-5 minutes.

When the chicken is white, add heavy cream, chicken broth, chopped tomatoes, seasonings and mix well. Bring to a boil, then reduce the heat to minimum, cover and simmer for 6-7 minutes.

If you like sauce thicker - remove the lid and simmer it to the desired consistency. Serve with steamed broccoli or any other low-carb product to your taste.

Nutritional info per serving:

Calories: 319 Fat: 31 g. Protein: 24 g. Carbs: 4 g.

Salmon Fillet with Cream Sauce

Ready in about: 20 minutes | Serves 3

Ingredients

2 tbsp Olive oil
3 Salmon fillets
2 Garlic cloves, minced
1 cup Heavy whipped cream
1 oz Cream cheese
2 tbsp Capers
1 tbsp Lemon juice
2 tsp Fresh dill
2 tbsp Parmesan cheese, grated

Directions

Place a large frying pan over medium heat and heat the olive oil. Once the pan is hot, add the salmon fillet, frying each side for about five minutes. As soon as the salmon is cooked, remove it from the pan and set aside.

In the same pan, roast the chopped garlic over medium heat to a flavorful state. Add heavy cream, cream cheese, lemon juice, and capers. Bring the mixture to a light boil, stirring often to thicken.

As soon as the sauce begins to thicken, put the salmon back in the pan and cover it with a creamy sauce. Reduce heat to medium-low - just to warm the fillet. Garnish with fresh dill and grated Parmesan cheese.

Nutritional info per serving:

Calories: 494. Fat: 41 g. Protein: 48 g. Carbs: 3 g.

Beef Casserole with Cabbage and Cheese

Ready in about: 40 minutes | Serves 8

Ingredients

2 lb. Cauliflower
8 oz Softened cream cheese
1 lb. Ground beef
½ Onion, diced
1 tbsp Worcestershire Sauce
1 cup Shredded cracklings
1 Big egg
2 cup Cheddar cheese, grated
5 oz Bacon
Salt and pepper, to taste
Extra side dish: chopped onion

Directions

Cut the bacon, and then fry it in a hot frying pan. Put it on a paper towel to absorb excess fat. Remove most of the fat from the pan, you will need only a few tablespoons. Fry the onions in bacon fat until it is golden brown.

Add ground beef and fry well. Add the Worcestershire sauce and, if necessary, seasonings. Transfer the mixture to a large bowl. In a separate bowl, mix the cabbage and cream cheese, then whisk everything together using a hand mixer or blender.

The consistency of everything should be like mashed potatoes. If necessary, add seasoning. Add chopped bacon and egg to the beef mixture and mix well. Place the ground beef on the bottom of the baking dish, and put the cauliflower puree on top.

Sprinkle casserole with chopped cheddar cheese and bacon. Bake at 400 °F for 30 minutes. If you want, sprinkle the finished dish with chopped onion.

Nutritional info per serving:

Calories: 443. Fat: 37 g. Protein: 21 g. Carbs: 5 g.

Creamy Spinach

Ready in about: 25 minutes | Serves 4

Ingredients

2 tbsp Butter
2 tbsp Olive oil
1 Onion, diced
2 Garlic cloves, minced
9 oz Fresh spinach
2 fl. oz Cream cheese
2 fl. oz Heavy cream

Directions

Heat the cream and olive oil in a frying pan at medium-high temperature. Add garlic and onions, and stir continuously for 2-3 minutes until soft. Add the spinach (a handful at a time) and fry until it withers. Put in a fine strainer and squeeze the liquid.

Return the spinach to the pan, season with pepper and salt, and add the heavy cream. Cook until bubbles in the cream. Mix with cream cheese until it is completely melted, and the mixture is thick and bubbly. Remove from heat and serve.

Nutritional info per serving:

Calories: 277. Fat: 23 g. Protein: 9 g. Carbs: 5 g.

Fried Cod with Tomato Sauce

Ready in about: 30 minutes | Serves 4

Ingredients

A fish:

- 1 lb. (4 fillets) Cod
- 1 tbsp Butter
- 1 tbsp Olive oil
- Salt and pepper, to taste

Tomato sauce:

- 3 Large egg yolks
- 3 tbsp Warm water
- 8 oz Butter
- 2 tbsp Tomato paste
- 2 tbsp Fresh lemon juice

Directions

A fish:

Season the fillets on both sides. Note that the salt must be put at the last minute, before cooking, so as not to burn the fish. Pour olive oil over the bottom of the anti-grate pan and turn on medium heat. Add butter.

When they begin to sizzle, add cod fillet and fry for two or three minutes, then turn it over to the other side. Tilt the pan, collect the oil with a spoon and dip the fish in it. Continue cooking for another two or three minutes.

Tomato sauce:

Melt the butter. Boil egg yolks and warm water (1 tablespoon of water for each egg yolk) for two minutes until thick and creamy.

Once the yolks have reached the desired consistency, remove them from the heat. Begin to beat them, slowly pouring in the butter. Beat until smooth.

Season with salt and pepper. You can also add herbs if you want.

Add tomato paste and mix. Add lemon juice and adjust the consistency with a little warm water to slightly dilute the sauce.

Nutritional info per serving:

Calories: 589. Fat: 56 g. Protein: 20 g. Carbs: 2 g.

Braised Beef in Orange Sauce

Ready in about: 120 minutes | Serves 6

Ingredients

2 lb. Beef
3 cups Beef broth
3 tbsp Coconut oil
1 Onion
Peel and juice of 1 orange
2 tbsp Apple vinegar
1 tbsp Fresh thyme
2½ tsp Garlic, chopped
2 tsp Ground cinnamon
2 tsp Erythritol
1 tsp Soy sauce
Rosemary, sage, bay leaf, salt, pepper, to taste

Directions

Cut vegetables and meat into cubes. Squeeze orange juice and rub it in zest.

Heat coconut oil in a cast iron skillet. Add seasoned meat (salt + pepper) to the pan in batches. Do not overfill the pan.

Fry it until brown and remove from the pan. As soon as your beef is ready, add vegetables to the pan. Cook for 1-2 minutes. Add orange juice and then put all the other ingredients in the pan, with the exception of rosemary, sage, and thyme.

Cook for 30 seconds, and then add all other ingredients. Stew for 1 hour. Open the pan and add the remaining spices. Let it cook for 1 hour.

Nutritional info per serving:

Calories: 337. Fat: 24 g. Protein: 32 g. Carbs: 55 g.

Meatloaf

Ready in about: 60 minutes | Serves 8

Ingredients

- 1 lb. Ground beef
- ½ tsp Garlic powder
- ½ tsp Cumin
- 6 slices Cheddar cheese
- 2 oz Sliced onions
- 2 oz Green onions, chopped
- ½ cup Spinach
- ¼ cup Mushrooms

Directions

Mix the meat with salt, pepper, garlic, and cumin. Put the stuffing in the form, leaving in the middle a place for the filling. Put cheese on the bottom of the roll.

Add onions, spinach, and mushrooms. Use the remaining meat to cover the top with spinach and mushrooms as a lid. Bake at 370 °F for one hour.

Nutritional info per serving:

Calories: 248. Fat: 24 g. Protein: 12 g. Carbs: 2 g.

Keto Chili

Ready in about: 30 minutes | Serves 6

Ingredients

2 lb. Young beef
8 oz Spinach
1 cup Tomato sauce
2 oz Parmesan cheese
2 Green bell peppers
1 Onion
1 tbsp Olive oil
1 tbsp Cumin
1½ tbsp Chili powder
2 tsp Cayenne pepper
1 tsp Garlic powder
Salt and pepper, to taste

Directions

Slice the onions and peppers. Then season with salt and pepper, and simmer in olive oil at medium-high temperature, stirring occasionally. After the vegetables are ready, reduce the heat to a minimum.

Fry the beef until brown. Season with salt, pepper, and spices. Once the beef is fried, add the spinach. Cook for 2-3 minutes, then mix well. Add tomato sauce, mix well, then reduce the heat to medium-low and cook for 10 minutes.

Add Parmesan cheese and mix everything together. Then add the vegetables and mix again. Cook for a few minutes.

Nutritional info per serving:

Calories: 404. Fat: 32 g. Protein: 27 g. Carbs: 5 g.

Beef Croquettes with Sausage and Cheese

Ready in about: 30 minutes | Serves 12

Ingredients

1 lb. Minced beef
1 Chorizo sausage
1 cup Cheddar cheese
8 fl. oz Tomato sauce
3 oz Shredded pork skins
2 Large eggs
1 tsp Cumin
1 tsp Chili

Directions

Preheat oven to 380 °F degrees. Cut the sausage into small pieces and mix well with the beef. Add pork skins, spices, cheese, and eggs.

Mix everything together until you can form the meatballs. Place them on a baking sheet with a baking sheet. Bake in the oven for 30-35 minutes. Top with tomato sauce.

Nutritional info per serving:

Calories: 142. Fat: 14 g. Protein: 7 g. Carbs: 1 g.

Eggplant with Bacon

Ready in about: 25 minutes | Serves 6

Ingredients

- 1 lb. Bacon
- 1 lb. Eggplant
- 1 cup Heavy whipped cream
- 2 tbsp Butter
- 2 Garlic cloves, grated
- 1 tbsp White wine
- 1 tbsp Lemon juice
- 1 cup Parmesan cheese, shredded

Directions

Slice the bacon and fry it in a large frying pan over medium heat. When the bacon is crispy, pull it out of the pan and place it on a paper towel. Save all the fat.

Peel and slice the eggplant. Cook it in bacon fat until it softens. As cooking progresses, the eggplant will absorb all the fat. Clean the center of the plate and pour 2 tablespoons of oil into it. Stir everything so that the eggplants are covered in melted butter, then add the grated garlic.

Pour a cup of heavy whipped cream into the pan. Then add white wine and lemon juice. Add a cup of shredded Parmesan cheese and mix. Mix everything with about half the bacon. Serve with the remaining bacon, laid out on top. You can also chop fresh basil from above.

Nutritional info per serving:

Calories: 546. Fat: 51 g. Protein: 14 g. Carbs: 5 g.

Desserts

Pumpkin cheesecake

Ready in about: 50 minutes | Serves 12

Please love and favor - pumpkin keto cheesecake! I once tried a lot of recipes for pumpkin desserts, but this is probably my favorite.

Ingredients

7 oz Walnuts

3 tbsp 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

Directions

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

Nutritional info per serving:

Calories: 346. Fat: 34 g. Protein: 6 g. Carbs: 6 g.

Lemon Pie

Ready in about: 60 minutes | Serves 8

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

Ingredients

3 ½ oz Butter, melted

5 ½ oz Almond flour

4 oz Erythritol

3 Lemon

3 Large egg

Salt, to taste

Directions

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.

Nutritional info per serving:

Calories: 273. Fat: 26 g. Protein: 8 g. Carbs: 6 g.

Chocolate Cake

Ready in about: 35 minutes | Serves 9

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.

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

Directions

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.

Nutritional info per serving:

Calories: 358. Fat: 34 g. Protein: 9 g. Carbs: 10 g.

Homemade Gingerbread Cookies

Ready in about: 35 minutes | Serves 24

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!

Ingredients

25 fl. oz Almond flour

8 fl. oz Erythritol

½ tsp Ginger powder

½ tsp Cinnamon

¼ tbsp Nutmeg

½ tsp Baking powder

2 ½ fl. oz Coconut oil

4 fl. oz Butter

2 Large egg

Vanilla, salt, to taste

Directions

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.

Nutritional info per serving:

Calories: 153. Fat: 16 g. Protein: 5 g. Carbs: 8 g.

Crispy Meringue

Ready in about: 40 minutes | Serves 12

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!

Ingredients

4 Large egg

6 tsp Sweetener

½ tsp Almond Extract

Salt

Directions

Preheat the oven to 220 ° F. Mix 4 egg whites 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.

Nutritional info per serving:

Calories: 4. Fat: 0.5 g. Protein: 1 g. Carbs: 0.1 g.

Cream Cheese Truffles

Ready in about: 15 minutes | Serves 24

This is a keto recipe for an exquisite delicacy with the taste of chocolate, coffee, and rum. Most truffles, instead of chocolate, consist of cocoa powder without sugar and cream cheese and are very easy to make.

Ingredients

1 lb. Creamy Cheese (Soy cream)
2 oz Cocoa powder without sugar
4 tbsp Sweetener
1/4 tsp Liquid stevia extract
1/2 tsp Rum Extract
1 tbsp Instant Coffee
2 tbsp Water
1tsp Fat whipped cream
24 pieces- Paper molds for candy (for serving)

Directions

In a large container, mix cream cheese, half cocoa powder, sweetener, stevia, rum extract, instant coffee, water, and cream. Using a mixer, mix all ingredients together until smooth.

Take the remaining half of cocoa powder. Approximately a teaspoon with a hill of the resulting mixture roll in your hands into a ball, and then roll in cocoa powder. You should get 24 truffles. Carefully place them in individual paper molds for candy.

Put in a fridge for an hour before serving.

Nutritional info per serving:

Calories: 73. Fat: 10 g. Protein: 2 g. Carbs: 1 g.

Cauliflower Muffins

Ready in about: 45 minutes | Serves 12

Amazing keto recipe - just 2 g of carbohydrates in one muffin! Where else do you see this? Besides, they are very easy to cook!

Ingredients

3,5 oz Chopped Cauliflower

1 oz Almond flour

½ tsp Chees Feta

2 tsp Baking powder

2 tsp Garlic powder

2 tsp Celery

2 tsp Oregano

2 tbsp Oat-flakes

Paprika to taste

Salt and pepper

Directions

Grind the cauliflower, place in a large bowl and add all the dry ingredients.

Finely chop the cauliflower and add to the pan. Pour oatmeal with hot water and mix thoroughly until the mixture begins to hold the form.

Spread the mixture in cupcake molds. Sprinkle with Feta cheese. Bake for 35 minutes in a preheated oven to 356 °F.

Nutritional info per serving:

Calories: 109 Fat: 10 g. Protein: 5 g. Carbs: 2 g.

Coconut Cookie

Ready in about: 20 minutes | Serves 6

These delicious bombs containing a large amount of fat. If you miss the sweet, then boldly prepare this cookie.

Ingredients

4 fl. oz Tofu

Soy milk

4 oz Coconut shavings

1 tsp Xylitol, to taste

Directions

Place the tofu in a blender with a sufficient amount of soy milk, mix smoothly.

Add sugar substitute and coconut chips to the protein mass, mix gently.

Heat oven to 356 °F. Form small balls. Put the coconut balls on a baking sheet. Bake cookies for 10-15 minutes until golden brown.

Nutritional info per serving:

Calories: 483. Fat: 43 g. Protein: 11 g. Carbs: 9 g.

Cheesecake Keto-Cupcakes

Ready in about: 20 minutes | Serves 12

Ingredients

4 oz Almond flour

2 oz Butter, melted

8 fl. oz Soft cream cheese

2 Eggs

6 oz Granulated keto sweetener

1 tsp Vanilla extract

Directions

Heat the oven to 350 °F degrees. Lay out the parchment 12 molds for muffins.

Mix together the almond flour and butter, then spread the mixture with a spoon over the forms and slightly push it inside.

Mix cream cheese, eggs, sweetener, and vanilla extract with a mixer until smooth. Spread the spoon on top of the dough in the tins.

Bake in a preheated oven for 15 to 17 minutes. Before serving, cupcakes should stand in the refrigerator for about 8 hours.

Nutritional info per serving:

Calories: 204. Fat: 21 g. Protein: g. Carbs: 2 g.

Chocolates with Berries

Ready in about: 15 minutes | Serves 12

Ingredients

4 tbsp Solid coconut oil

2 tbsp Cocoa powder

1 tbsp Erythritol or xylitol

1 tbsp Liquid coconut oil

2 tbsp Cocoa butter

1 cup Fresh berries mix

Optional: grated unsweetened coconut or raw chopped nuts

Directions

Add solid coconut oil, cocoa butter, liquid coconut oil, salt, cocoa powder, and sweetener to taste in a saucepan, then stir over low heat until completely dissolved.

Pour the chocolate mixture into the silicone tray for at least 12 forms. Sprinkle berries evenly (along with any other additives, if used). Place the tray in the fridge for about 15 minutes. Store leftovers in a refrigerator in a closed container.

Nutritional info per serving:

Calories: 61. Fat: 7 g. Protein: 1 g. Carbs: 2 g.

Cookies with Raspberry Jam

Ready in about: 20 minutes | Serves 12

Ingredients

2 cup Almond flour
1/4 tsp Xanthan gum
½ tsp Baking powder
4 oz Soft butter
2 oz Erythritol or another keto-friendly sweetener
1 tsp Vanilla extract
1 Egg
3 tbsp Raspberry jam / sugar free jam

Directions

Preheat the oven to 370 °F degrees and place a baking sheet with parchment paper. Mix flour, xanthan gum, baking powder and salt in a small bowl. Put aside.

In a separate bowl, beat the butter and sweetener until the mass becomes airy. Add egg and vanilla extract. Add the flour mixture and mix well. Divide the dough into 12 balls and place on the prepared baking sheet.

Click on the center of each ball to make a cookie. In the center of each place 1/2 tsp. of jam. Bake cookies for 10–12 minutes, until the edges are light golden brown. Allow cooling until the jam hardens.

Nutritional info per serving:

Calories: 168. Fat: 17 g. Protein: 4 g. Carbs: 2 g.

Chocolate Brownie in a Mug

Ready in about: 15 minutes | Serves 12

Ingredients

- 1 Big egg
- 2 tbsp Almond flour
- ½ tsp Baking powder
- 2 tbsp Unsweetened cocoa powder
- 1 tbsp Butter or coconut oil
- ½ tsp Vanilla extract
- 1 tbsp Stevia or keto-friendly sweetener of your choice

Directions

Oil one large cup or two small shapes. Put aside. Add all ingredients to a small bowl and mix with a small whisk until smooth.

Pour the dough into the prepared form and place in the microwave for about 1 minute (two servings) or 75 seconds per serving in a mug.

Nutritional info per serving:

Calories: 140. Fat: 9 g. Protein: 1 g. Carbs: 3 g.

Lemon Blueberry Keto-Cakes

Ready in about: 25 minutes | Serves 12

Ingredients

Dough:

4 Eggs
3/4 cup Fatty coconut milk
1 tsp Pure vanilla extract
1/2 cup Coconut flour
1 1/2 tbsp Xylitol
1 tsp Baking powder
1/2 tsp Xanthan gum
1/8 tsp Pink Himalayan salt
3 tbsp Herbal unsalted butter, melted
3/4 cup Fresh blueberries

Lemon icing:

1 Lemon, juice and zest
5 tbsp Powdered (non-granular) stevia or xylitol

Directions

Preheat the oven to 370 °F degrees. In a large bowl, mix the eggs, coconut milk, and vanilla. Add coconut flour, xylitol, baking powder, xanthan gum, and salt, and beat well. Add melted butter and mix again.

Carefully add fresh blueberries. Fill 12 cupcakes with dough, about half. Place a baking tray with forms on the central grid of the oven and bake for about 20 minutes.

Remove from oven and cool. Mix lemon juice with powdered sweetener and pour each cupcake with a small amount of icing. Garnish with fresh lemon peel.

Nutritional info per serving:

Calories: 139. Fat: 9 g. Protein: 7 g. Carbs: 5 g.

Chocolate Keto Fudge

Ready in about: 15 minutes | Serves 12

Ingredients

½ cup Almond oil

½ cup Coconut oil

2 oz Unsweetened cocoa powder

3 tbsp Keto sweetener

1 tsp Vanilla extract

2 oz Walnuts (optional)

Directions

Add coconut and almond oil, and cocoa powder in a blender, and beat until smooth. Add vanilla, sweetener, and salt. If desired, add walnuts or other ingredients to your taste.

Pour the mixture into a baking dish lined with parchment paper. Put it in the fridge until it is completely cool, then pull it out and cut it into 16 small squares.

Note:

You can try to add the following toppings:

Low carb chocolate crumb

Some peanut butter

Cream cheese

Sea salt

A few drops of peppermint oil

Nutritional info per serving:

Calories: 137. Fat: 13 g. Protein: 3 g. Carbs: 2 g

Cheesecake Mint

Ready in about: 20 minutes | Serves 64

Ingredients

1½ cup Almond flour
2½ cup Powdered erythritol
5 tbsp Melted butter
1 lb. Soft cream cheese
15 Whole mint leaves
2 fl. oz cup Heavy cream
6 oz. Low-carb black chocolate
¼ tsp Mint extract

Directions

Preheat the oven to 176 degrees. Place a square baking sheet with parchment paper. In a large bowl, mix the almond flour and half a cup of erythritol. Pour the melted butter into the bowl and mix the ingredients until the dough is formed.

Put the dough on a baking sheet and bake for 8 minutes or until light brown. Remove the pan from the oven and cool. Make the filling, whipping cream cheese and remaining erythritol with a mixer until smooth.

Put mint leaves and heavy cream in a food processor and blend until smooth. Add the mint mixture to the cream cheese filling and mix well. Put the stuffing on the dough in a baking sheet, then put it in the freezer for 3 hours.

Take out the cheesecake from the pan, cut into 64 squares and put it back in the freezer. Melt the chocolate in the microwave, stirring often, until it becomes liquid. Add mint extract, then dip or sprinkle each piece of cheesecake with mint chocolate and let it cool.

Nutritional info per serving:

Calories: 121. Fat: 12 g. Protein: 3 g. Carbs: 2 g.

Smoothies

Detox Effect Smoothie with Beetroot and Avocado

Ready in about: 10 minutes | Serves 2

Ingredients

1 Beetroot
½ Avocado
1 Celery stalk
4 oz Strawberry
1 Apple
Lemon juice to taste

Directions

Choose small beetroot. Wash all ingredients. Cut into medium-sized pieces and place in a blender, beat.

Nutritional info per serving:

Calories: 487. Fat: 32 g. Protein: 8 g. Carbs: 48 g.

Morning Smoothie

Ready in about: 10 minutes | Serves 1

Ingredients

1 Banana
2 Kiwi
4 oz Frozen raspberries
10 Hazelnuts
1 tbsp Flower honey

Directions

Mix the fruits in a blender to a puree, pre-cut into cubes, except raspberries. Beat the nuts in a blender (so that small crumb remains). Pour the smoothie into a glass, stir in honey, sprinkle with nuts, mix.

Nutritional info per serving:

Calories: 656. Fat: 34 g. Protein: 13 g. Carbs: 57 g.

Goji Berries Smoothie with Chia Seeds

Ready in about: 10 minutes | Serves 4

Ingredients

12 fl. oz Milk

7 fl. oz Yoghurt

2 cup Blueberry

2 tbsp Honey

1 tbsp Goji berry

1 tbsp Chia seed

Directions

Everything is extremely simple. Place all ingredients in a bowl and grind until smooth. Serve garnished with fresh berries.

Nutritional info per serving:

Calories: 172. Fat: 12 g. Protein: 7 g. Carbs: 17 g.

Invigorating Banana Smoothie

Ready in about: 10 minutes | Serves 2

Ingredients

1 Banana
17 fl. oz. Almond milk
2 tbsp. Almond oil
6 Prune
1 tsp. Cinnamon

Directions

In a blender mix with milk and almond oil, prunes, cinnamon, and banana. Pour into 2 bottles and put in a refrigerator. If you are looking for a drink Perfectly stored in the refrigerator for 2 day

Nutritional info per serving:

Calories: 690. Fat: 45 g. Protein: 12 g. Carbs: 51 g.

Avocado Smoothie for Desire

Ready in about: 10 minutes | Serves 1

Ingredients

4 oz Apricot
1 Apple
4 oz Strawberry
4 oz Fig
1 Avocado
1 Mango

Directions

Aphrodisiacs are needed here: make a mixture of apricot, apple, strawberry, fig, avocado and mango.
Put in a glass.

Nutritional info per serving:

Calories: 473. Fat: 31 g. Protein: 6 g. Carbs: 39 g.

Nutty and Chocolate Smoothies

Ready in about: 10 minutes | Serves 2

Ingredients

1 tbsp Nutella

1 Banana

½ cup Milk

2 oz Walnuts

Directions

Cut the banana into slices, add a cup of milk and a tablespoon of chocolate paste and walnuts (6–8 pieces). For 1–2 minutes, ready to smooth with chocolate chips.

* Nutella can be replaced with half a melted chocolate bar. From nuts, you can use hazelnuts.

Nutritional info per serving:

Calories: 351. Fat: 29 g. Protein: 8 g. Carbs: 25 g.

Spicy Tomato Smoothie with Pumpkin Seeds

Ready in about: 15 minutes | Serves 4

Ingredients

2 oz Celery stalk

1 Beetroot

1 Carrots

2 Tomatoes

2 Garlic, cloves

¼ tsp Curry

¼ tsp Turmeric

¼ tsp Cumin

2 oz Peeled pumpkin seeds

Directions

Pure all in a blender, pre-cut the ingredients into cubes.

* Instead of tomatoes, you can use tomato juice.

Nutritional info per serving:

Calories: 117. Fat: 10 g. Protein: 5 g. Carbs: 9 g.

Fat Bombs

Neapolitan Fatty Bombs

Ready in about: 20 minutes | Serves 24

Ingredients

½ cup Butter
½ cup Coconut oil
½ cup Sour cream
½ cup Cream cheese
2 tbsp Erythritol
25 drops Liquid stevia
2 tbsp Cocoa powder
1 tsp Vanilla extract
2 medium strawberries

Directions

Using a blender, mix all the ingredients (except cocoa powder, vanilla, and strawberry) in a bowl. Divide the mixture between 3 bowls. Add cocoa powder to one, vanilla to another, and strawberries to third.

Pour the chocolate mixture into the mold and place in the freezer for 30 minutes. Repeat the process with vanilla and strawberry layers. Now put all freeze for at least 1 hour.

Nutritional info per serving:

Calories: 102. Fat: 11 g. Protein: 1 g. Carbs: 0.5 g.

Chocolate-Coconut Fat Bombs with Almonds

Ready in about: 15 minutes | Serves 12

Ingredients

1 cup Coconut chips
3 tbsp Fat coconut milk
3 tbsp Coconut oil (melted)
½ tsp Vanilla extract
4 oz Chocolate chips, no sugar
A pinch of salt
2 oz Keto-friendly sweetener
24 Almond, pieces

Directions

Put 2 tablespoons of melted coconut oil, coconut milk, sweetener, coconut chips, vanilla extract and salt in a small bowl. Divide the mixture into 12 servings and place them on a baking sheet with parchment paper.

Put in the freezer for 5 minutes, then put on each fat bomb 1-2 things almonds. Melt the chocolate chips together with 2 teaspoons of coconut oil in the microwave. Remove the bombs from the freezer, pour each of the chocolate mixture and cool.

Nutritional info per serving:

Calories: 192. Fat: 9 g. Protein: 2 g. Carbs: 1.5 g.

Spicy Fat Bombs

Ready in about: 15 minutes | Serves 12

Ingredients

6 MCT powder, scoops
10 Liquid stevia, drops
1 tsp Turmeric
1 tbsp Black sesame seeds
Pinch Chinese 5 Spice Blend
A pinch of black pepper
½ tsp Cinnamon
2½ fl. oz Warm water

Directions

Mix all the dry ingredients in a small bowl. Add warm water and mix until smooth. Spread the mixture evenly over 12 silicone molds, about 1 tbsp. l on each.

Put in the fridge so that the fat bombs are well frozen. Always keep them frozen, otherwise, they will quickly melt.

Nutritional info per serving:

Calories: 81. Fat: 9 g. Protein: 1 g. Carbs: 1 g.

Coffee Fat Bombs

Ready in about: 30 minutes | Serves 12

Ingredients

4 oz Butter
2 oz Ghee butter (melted)
2 oz Heavy cream
1 tbsp Milk to your taste
Double espresso
2 oz Keto-friendly sweetener of your choice
1 tsp Vanilla extract
A pinch of salt

Directions

Add all ingredients to a small food processor and whip at high speed until airy. Add sweetener to taste. Pour into molds and refrigerate for 30 minutes (or more if you wish).

Nutritional info per serving:

Calories: 61. Fat: 5 g. Protein: 1 g. Carbs: 1 g.

Almond Coconut Fat Bombs

Ready in about: 20 minutes | Serves 10

Ingredients

2 fl. oz Almond oil

2 fl. oz Coconut oil

2 tbsp Cocoa powder

2 fl. oz Erythritol, to your taste

Directions

Mix almond and coconut oil in a microwave dish. Heat the mixture in the microwave for 30-45 seconds and mix until a homogeneous mass.

Add erythritol and cocoa powder, and mix to complete the mix. Pour the mass into mini cupcake molds and refrigerate in the refrigerator.

Nutritional info per serving:

Calories: 89. Fat: 10 g. Protein: 2 g. Carbs: 1 g.

Pumpkin Fat Spice Bombs

Ready in about: 15 minutes | Serves 9

Ingredients

8 oz Raw cashews
4 oz Raw macadamia nuts
4 oz Coconut chips
3 fl. oz Pumpkin puree
2 tbsp MCT oils
2 tsp Cinnamon, ground
2 tsp Ginger, ground
Neutral oil (avocado oil)

Directions

Put all the ingredients in a food processor and mix to form a dough.

Lightly grease your hands with a neutral oil, such as avocado oil. Using a spoon, take about 3.5 -4 oz. of the batter into lightly oiled hands and form a ball. Postpone and repeat the process (about 9 "bombs" in total).

Decorate fat bombs with savory coconut chips. Such fatty bombs can be eaten immediately, or stored in a refrigerator/freezer.

Nutritional info per serving:

Calories: 217. Fat: 19 g. Protein: 5 g. Carbs: 4 g.

Cheese Fat Bombs in Bacon

Ready in about: 20 minutes | Serves 20

Ingredients

8 oz Mozzarella cheese
4 tbsp Almond flour
4 tbsp Butter, melted
3 tbsp Psyllium powder
1 Egg
Salt, to taste
1 tsp Black pepper
1/8 tsp Garlic powder
1/8 tsp Onion powder
20 Bacon, slices
1 cup oil or lard (for frying)

Directions

Microwave half the cheese for 45-60 seconds or until it melts and becomes sticky. Heat the butter in the microwave for 15-20 seconds until completely melted, then mix it with cheese and egg.

Add psyllium husks, almond flour, and spices. Mix again and lay out the dough rectangle. Fill the rectangle with the rest of the cheese and fold it in half (horizontally), then in half (vertically).

Trim the edges and form into a rectangle. Cut 20 square pieces. Wrap each piece of dough with a piece of bacon, using toothpicks to fasten it. Put each piece in boiling oil and cook for 1-3 minutes.

Nutritional info per serving:

Calories: 93. Fat: 9 g. Protein: 4 g. Carbs: 1 g.

Staples

Keto Homemade Mayo

Ready in about: 16 minutes | Serves 12

Ingredients

6 fl. oz Olive oil

4 fl. oz Coconut oil

1 Egg

2 Egg yolks

1 tsp Dijon mustard

Pinch of salt and smoked paprika

3 drops Liquid stevia

Directions

Start by adding oils to the blender bowl to measure them. Make sure your coconut oil is not hot.

Add all other ingredients.

Start mixing without lifting the blender.

Continue mixing by holding the blender at the bottom of the container.

Move the blender up and down until the mayonnaise is fully emulsified.

Put mayonnaise in a glass jar with a lid and place in the refrigerator. If you are using whey, leave on a rack for 7 hours, then refrigerate.

NOTE:

If you do not have a dip blender, put all ingredients, except butter, in your blender or food processor, and turn it on. Very carefully and very slowly start adding oil. As the mayonnaise begins to emulsify, you can start adding oil a little faster, until you reach a steady stream.

Nutritional info per serving (1 tbsp.):

Calories: 130. Fat: 14 g. Protein: 1 g. Carbs: 0.5 g.

Sambal Homemade Sauce

Ready in about: 25 minutes | Serves 10

Ingredients

1 Onion
2 tsp Chili peppers, dried
3 tbsp Low-sugar ketchup
2 tbsp Coconut oil
Salt, to taste

Directions

Cut the onion and mix until smooth. Set aside.

Cut the dried chilies and remove the seeds. Boil the peppers for about 30 minutes or until soft. Then turn the pepper into a paste.

In a heated frying pan, melt coconut oil. Then add all the ingredients and mix thoroughly.

Nutritional info per serving (1 tbsp.):

Calories: 36. Fat: 4 g. Protein: 0.5 g. Carbs: 1 g.

Keto Ketchup Low Carb

Ready in about: 10 minutes | Serves 10

Ingredients

3/4 cup Tomato paste
2 tbsp Apple cider vinegar
2 tsp Keto sweetener
Pinch of salt
1 tsp Garlic powder
3/4 tsp Onion powder
Pinch of Cayenne Pepper
1 cup Water

Directions

Add all the ingredients to a large bowl and whisk well.

Adjust the salt and sweetener to taste.

Nutritional info per serving (1 tbsp.):

Calories: 20. Fat: 0 g. Protein: 1 g. Carbs: 1,5 g.

Dutch Keto Sauce

Ready in about: 10 minutes | Serves 10

Ingredients

6 Egg yolks

1 drop Worcestershire sauce

1 drop Low carb hot sauce

1 Lemon, juice

Pinch of salt and ground black pepper

8 oz Butter

NOTE:

The key to success is to make sure your butter is hot enough to lightly cook eggs. It is imperative that you add the oil immediately after removing it from the microwave.

Directions

Put the first 5 ingredients in a blender. Heat the butter in the microwave (cover with a paper towel so that it does not splash) for 2-3 minutes.

Set the blender to low speed and quickly pour the oil through the top of the blender. Beat about 10-15 seconds until smooth.

Nutritional info per serving (1 tbsp.):

Calories: 120. Fat: 12 g. Protein: 2 g. Carbs: 1 g.

Keto Tapenade Sauce

Ready in about: 10 minutes | Serves 8

Ingredients

- 1 cup Black olives in brine
- 1 oz Capers
- 4 fl. oz Mix Olive and Avocado oils
- 2 Garlic, cloves
- 3 tbsp Lemon juice
- 2 tsp Apple cider vinegar
- 1 cup Fresh basil
- 1 cup Fresh parsley
- ½ tsp Black pepper

Directions

Put all the ingredients in a blender or food processor, and beat at low speed until completely homogeneous.

Pour into dishes and store in the refrigerator for up to 1 week.

Nutritional info per serving (1 tbsp.):

Calories: 134. Fat: 14 g. Protein: 1 g. Carbs: 2 g.

Sauce for Meat

Ready in about: 10 minutes | Serves 8

Ingredients

1 Shallot
4 Garlic, cloves
½ cup Cilantro
½ cup Parsley
1 Lemon juice
3 tbsp Red wine vinegar
2 tsp Crushed red pepper
Pinch of salt and black pepper
¼ cup Olive oil

Directions

Mix all ingredients except olive oil in a food processor. Continuing to beat, pour the oil through the top of a continuous stream.

Season to taste and add more oil and / or a couple of tablespoons of water, if necessary, so that the sauce is more fluid.

Nutritional info per serving (1 tbsp.):

Calories: 46. Fat: 4 g. Protein: 1 g. Carbs: 1 g.

Quick Pickled Keto Vegetables

Ready in about: 10 minutes | Serves 10

Ingredients

½ cup Filtered water

½ cup Apple cider vinegar

½ tbsp Pink Himalayan salt

Optional: 1/4 tsp Granulated stevia

Suggested vegetables for quick pickling:

6 small whole carrots

½ Asparagus, with cut ends

½ cup Thinly sliced cucumber

½ cup Thinly red onion

Directions

In a small saucepan over medium heat, mix all the ingredients for the brine. Heat the liquid to a gentle boil until the salt and sweetener dissolve (about 2 minutes).

Spread the vegetables into the jars and carefully fill them with brine. Allow the jars to cool, then close the lids and store in the refrigerator (up to 2 months).

Nutritional info per serving (1 tbsp.):

Calories: 10. Fat: 0.1 g. Protein: 0.1 g. Carbs: 2 g.

Vegetarian Sour Cream

Ready in about: 10 minutes | Serves 10

This milk-free sour cream is an excellent substitute for ordinary as well as all types of light or generally low-fat yogurts.

Ingredients

1 lb. Soft tofu
1 tbsp Olive oil
5 tsp Lemon juice
2 tsp Apple vinegar
1 tsp Sugar or sweetener
Salt, to taste

Directions

Put all the ingredients in a blender.

Beat five minutes until the mass is very creamy and smooth.

Cool the vegetarian sour cream for two hours so that it can thicken.

Serve with what you want and fresh vegetable salads. Use within 5-6 days.

Nutritional info per serving (1 tbsp.):

Calories: 92. Fat: 21 g. Protein: 8 g. Carbs: 2 g.

Caesar Sauce in 5 Minutes in Keto Style in

Ready in about: 10 minutes | Serves 16

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

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.

Nutritional info per serving (1 tbsp.):

Calories: 100. Fat: 12 g. Protein: 1 g. Carbs: 0.5 g.

Pesto

Ready in about: 15 minutes | Serves 10

Traditional pesto sauce is based on basil, pine nuts and olive oil. But Any combination of greens is possible. The sauce is rich vitamins and minerals perfectly suited to boiled vegetables and fish, if you eat them.

Ingredients

2 oz Cilantro
2 oz Parsley
1 tbsp Olive oil
9 Almond, nut (pre-soaked and peeled)
2 tbsp Pine nut
1 tbsp Olive oil
Salt, to taste

Directions

Rinse the cilantro and parsley, dip it in boiling water for a few seconds (until it appears bright green), cool, add the nuts and grind in a blender.

Add oil and salt and stir for a few more seconds.

You can add a clove of garlic and pumpkin seeds.

Nutritional info per serving (1 tbsp.):

Calories: 349. Fat: 36 g. Protein: 3,5 g. Carbs: 5 g.

Guacamole

Ready in about: 15 minutes | Serves 8

Avocado is a healthy fruit with a delicate flavor and high in nutrients. In him. There are vitamins B6, C, K, folic acid; copper, potassium; carotenoids; cellulose; monounsaturated fats; tryptophan. Due to its high content Vitamin E Avocado is very beneficial for skin and hair.

Ingredients

1 tbsp Red onion, crushed
1 Lime (juice)
2 Avocado
1 Tomato
2 Celery
2 Fresh chopped chili peppers,
Salt, to taste

Directions

Cut the avocado in half, remove bone and scrub the pulp with a spoon.
Combine with the remaining ingredients.
Blend all until smooth.
Very tasty with dried toasts.

Nutritional info per serving (1 tbsp.):

Calories: 110. Fat: 11 g. Protein: 2 g. Carbs: 3,5 g.

Lean Mayo

Ready in about: 15 minutes | Serves 10

Vegetarians also want delicious salad dressings. This homemade mayonnaise is natural, without industrial harmful additives and products of animal origin, and the taste is just as good as the best sorts of ready-made mayonnaise.

Ingredients

5 fl. oz Sunflower oil

3 oz Oatmeal milk

1 tbsp Mustard

2 tbsp Lemon juice

Salt, to taste

Directions

First you need to cook oatmeal milk. The easiest way is to pour 4 oz. of oatmeal with 10 fl. oz of water and leave it at room temperature overnight. In the morning, strain and squeeze through cheesecloth healthy oatmeal milk is ready.

Then proceed to the preparation of mayonnaise.

The main tool is an immersion blender. In oat milk, add salt, mustard, lemon juice, whip, then pour in a thin stream of oil.

You can add mustard seeds for piquancy.

The principle - the more oil, the thicker mayonnaise.

Nutritional info per serving (1 tbsp.):

Calories: 588. Fat: 64 g. Protein: 1 g. Carbs: 3 g.

Food index

Porridge

Product	Proteins	Fat	Carbo	Kcal
Buckwheat	4,5	1,6	27,4	137
Cornflakes	6,5	2,9	83,8	372
Semolina	2,5	0,3	16,4	77
Oatmeal	3,2	1,8	15,4	93
Cereals	11,9	7,5	69,1	358
Barley porridge	3,2	0,5	22,7	102
Millet porridge	3	0,8	17,2	92
Rice porridge	1,5	0,2	17,3	79
Barley porridge	1,4	0,3	18,7	84
Barley Flakes	9,1	3,2	79,7	345

Butter, margarine, fats

Product	Proteins	Fat	Carbo	Kcal
Chicken fat	0	99,7	0	896
Pork fat melted	0	99,5	0	882
Cream margarine	0,5	82,3	0	746
Milk table margarine	0,5	82	0,9	744
Mayonnaise 67%	3,3	67	2,4	624
Linseed oil	0	99,8	0	898
Olive oil	0	99,8	0	898
Sunflower oil	0	99,9	0	899
Butter 82,5%	0,5	82,5	1	747
Ghee	0,4	98,1	0,5	885

Milk products

Product	Proteins	Fat	Carbo	Kcal
Yogurt 1.5%	4,3	1,5	8,4	65
Yogurt 3.2%	5	3,2	8,9	87
Kefir 0%	2,8	0	3,8	29
Kefir 1%	2,8	1	4,0	37
Kefir 2.5%	3	2,5	4,0	51
Kefir 3.2%	3,2	3,2	4,1	57
Milk 0%	2,8	0	4,6	34
Milk 1%	2,8	1	4,6	43
Milk 2.5%	2,8	2,5	4,6	53
Milk 3.2%	2,8	3,2	4,6	58
Raw goat milk	3,1	4,2	4,7	71
Raw cow milk	3,2	3,6	4,7	63
Skimmed milk	2,1	0,1	4,5	30
Whole powdered milk	25,2	25	39,6	477
Condensed milk	7,3	7,7	9,7	139
Sour milk 3.2%	2,9	3,2	4,0	57
Ryazhenka 2.5%	2,9	2,5	4,1	53
Ryazhenka 4.0%	2,9	4	4,1	68
Cream 10%	2,8	10	4,1	121
Cream 20%	2,8	20	3,9	209
Sour cream 10%	3	10	2,9	118
Sour cream 15%	3	15	2,9	163
Sour cream 20%	3	20	2,9	208
Curds from curd mass	7,3	23	27,6	344
Dutch cheese	26,4	26,5	0	352
Russian cheese	24,1	29,8	0,4	366
Fat cottage cheese	14	18	1,9	236
Low fat cottage cheese	18,2	0,6	1,8	89
Cottage cheese bold	16,5	9	1,9	156

Vegetables

Product	Proteins	Fat	Carbo	Kcal
Eggplant	0,6	0,1	7,5	22
Beans	6,1	0,1	8,1	59
Swede	1,2	0,1	8,4	38
Green peas	5,4	0,2	13,6	75
Zucchini	0,8	0,3	5,9	30
White cabbage	1,9	0	5,7	31
Red Cabbage	1,9	0	6,3	34
Cauliflower	2,7	0	5,2	30
Cooked Potatoes	2	0,3	16,5	80
Fried potato	2,6	9,7	23,5	198
Potatoes young	2,2	0,3	12,5	57
Green onions (feather)	1,4	0	4,2	21
Leek	3,2	0	7,1	38
Onion	1,6	0	9,3	41
Carrot	1,3	0,1	6,3	29
Ground Cucumbers	0,7	0	3,1	15
Greenhouse Cucumbers	0,7	0	1,6	9
Olives	0,6	10,2	6,7	111
Sweet Green Pepper	1,2	0	4,8	24
Sweet red pepper	1,2	0	5,5	26
Parsley (greens)	3,8	0	8	45
Parsley (root)	1,6	0	11,2	48
Radish	1,5	0	4,2	22
Radish	1,7	0	7,1	33
Turnip	1,6	0	5,8	27
Salad	1,6	0	2,1	15
Beet	1,7	0	10,5	46
Tomatoes (ground)	0,7	0	4,1	19
Tomatoes (greenhouse)	0,7	0	2,6	12
Beans	4,4	0	4,4	36
Horseradish	2,6	0	16,1	70
Garlic	6,6	0	21,1	103

Spinach	2,5	0	2,6	22
Sorrel	1,6	0	5,5	29

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Nuts, dried fruits

Product	Proteins	Fat	Carbo	Kcal
Peanut	26,2	45,3	9,9	555
Walnut	13,5	61,5	10,6	662
Raisin with bone	1,7	0	70,7	273
Raisin	2,5	0	71,4	285
Cashew nuts	25,8	54,3	13,3	647
Dried apricots	5,7	0	65,3	270
Almond	18,3	57,9	13,4	643
Sunflower seed	20,9	52,5	5,4	582
Dried apricots	5,3	0	67,9	279
Dates	2,5	0,4	69,6	277
Pistachios	20	50,5	7,3	555
Hazelnut	16,3	66,7	9,8	701
Prunes	2,7	0	65,3	262
Dried apples	3,1	0	68,3	275

Fruits and berries

Product	Proteins	Fat	Carbo	Kcal
Apricots	0,7	0	10,1	44
Quince	0,6	0	8,7	37
Cherry plum	0,3	0	7,6	35
A pineapple	0,3	0	11,9	49
Orange	0,8	0	8,6	38
Bananas	1,7	0	22,1	87
Cowberry	0,6	0	8,8	42
Grapes	0,5	0	17,8	73
Cherry	0,9	0	11,1	46
Garnet	0,9	0	11,9	53
Grapefruit	0,8	0	7,5	37
Pear	0,5	0	10,6	41
Blueberry	1,1	0	7,4	35
Melon	0,8	0,3	7,3	34
Blackberry	1,9	0	5,1	31
Wild strawberry	1,9	0	7,1	40
Figs	0,9	0	13,7	57
Kiwi	1	0,7	9,7	46
Dogwood	1,1	0	9,4	42
Strawberry	0,6	0,4	7	30
Cranberry	0,7	0	4,9	27
Gooseberry	0,8	0	9,7	43
Lemon	0,9	0	3,3	30
Raspberries	0,7	0	9,2	43
Mandarin	0,9	0	8,8	39
Mango	0,6	0,4	11,8	69
Cloudberry	0,9	0	6,9	33
Sea buckthorn	0,8	0	5,6	31
Peaches	0,9	0	10,1	42
Pomelo	0,6	0,1	6,1	29
Rowan	1,6	0	12,2	57
Plum	0,8	0	9,7	41

White currant	0,4	0	8,5	37
Red currants	0,6	0	8,7	39
Black currant	1,0	0	8,0	38
Persimmon	0,7	0	15,7	61
Cherries	1,3	0	12,5	54
Blueberries	1,2	0	8,8	41
Mulberry	0,6	0	12,5	50
Rosehip fresh	1,5	0	24,2	106
Dried rosehip	4,5	0	60,1	259
Apples	0,5	0	11,4	48

Measurement Conversion Table

Liquid Volume Equivalents

US STANDART OUNCES	US STANDART TBSP	US STANDART TSP	METRIC
1/2 fl. oz	1 Tbsp	3 tsp	15 ml
1 fl. oz.	2 Tbsp	6 tsp	30 ml
2 fl. oz.	4 Tbsp	12 tsp	60 ml
4 fl. oz.	8 Tbsp	24 tsp	120 ml
6 fl. oz.	12 Tbsp	36 tsp	180 ml
8 fl. oz.	16 Tbsp	48 tsp	240 ml

Oven Temperatures

Fahrenheit (F)	Celsius (C)
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

Weight

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb.	453 g

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.

I am very pleased that you have purchased my book. I am sure that in this book you will find everything that you are looking for and achieving your goals will become even easier and more enjoyable. If you like this book feel free to leave your feedback or wish on the site. I will read it and try to do everything in my power.

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