

THE COMPLETE KETO DIET FOR BEGINNERS

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THE COMPLETE

KETO 

DIET

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FOREWORD

This book is dedicated to all those who want to change their habits and lifestyle. The Complete Keto Diet is like opening the door to a new world. Interesting, beautiful and bright. Every day will be full of new discoveries. Over time, you will notice how you begin to change. This is an incredible feeling. Which you want to feel again and again.

This book is not an almanac or direct guide to action. These are recommendations derived from personal experience. I am pleased to share this with you.

Just start and you will succeed, I'm sure.

Any journey begins with the first step.

Good luck!

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.

PART ONE

Foods such as meat, fish, eggs, butter, nuts, healthy fats, avocados and vegetables that are low in carbohydrates should make up the bulk of your diet

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 keto diets 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, 25% protein and 5% 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 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. A 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.

Getting into Ketosis. 7 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 less 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.

PART TWO

On the ketogenic diet, you can eat varied, satisfying, tasty and healthy



The 14-Day Meal Plan

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.

WEEK One Meal Plan and Shopping List

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

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

DAY 6

Total: 1604 Kcal

Fat: 122 g

Protein: 89 g

Carb: 19.5 g

Breakfast:

3 eggs (scramble 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.

WEEK TWO Meal Plan and Shopping List

DAY 1

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

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

DAY 2

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 3

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

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

DAY 4

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, any one

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 5

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

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

DAY 6

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 7

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

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

PART THREE

Ketogenic diet significantly increases insulin sensitivity and leads to the loss of excess fat, which allows you to effectively deal with type 2 diabetes and prediabetes



7 The Most Useful Nuts





- Advantage



- Useful materials



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 Cardiovisular system



Pine nut

B

E

C

C

M

Zn



Against insomnia, fatigue,
neurosis



Treatment of seizures

Allowed 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

These are all foods high in carbohydrates or sugars.

- **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**

7 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 a good metabolism. On ketodiet 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 ketodiet 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 ketodiet 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 ketodiet: 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.

Shrimp

These seafoods 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 ketodiet, 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.

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

PART FOUR

THE RECIPES

A ketogenic diet can help you lose more weight than a low-fat diet. However, you rarely experience hunger

CHAPTER ONE Smoothies



Morning Fruit Smoothie

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 1

1 Banana

2 Kiwi

4 oz. Frozen raspberries

10 Hazelnuts

1 tbsp. Flower honey

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

PER SERVING

Calories: 656. Fat: 34 g. Protein: 13 g. Carbs: 77

Invigorating Banana Smoothie

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 2

1 banana

17 fl. oz. Almond milk

2 tbsp. Almond oil

6 prune

1 tsp. Cinnamon

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

PER SERVING

Calories: 690. Fat: 45 g. Protein: 12 g. Carbs: 64

Smoothie with Chia Seeds and Goji Berries

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 4

12 fl. oz. Milk

7 fl. oz. Yoghurt

2 cup Blueberry

2 tbsp. Honey

1 tbsp. Goji berry

1 tbsp. Chia seed

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

PER SERVING

Calories: 172. Fat: 9 g. Protein: 7 g. Carbs: 21

Fruit Avocado Smoothie for Desire

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 1

4 oz. Apricot

1 Apple

4 oz. Strawberry

4 oz. Fig

1 Avocado

1 Mango

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

2. Put in a glass.

PER SERVING

Calories: 473. Fat: 27 g. Protein: 6 g. Carbs: 49

Spicy Tomato Smoothie with Pumpkin Seeds

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 4

2 oz. Celery stalk

1 Beetroot

1 Carrots

2 Tomatoes

2 garlic, cloves

$\frac{1}{4}$ tsp. Curry

$\frac{1}{4}$ tsp. Turmeric

$\frac{1}{4}$ tsp. Cumin

2 oz. Peeled pumpkin seeds

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

* Instead of tomatoes, you can use tomato juice.

PER SERVING

Calories: 117. Fat: 7 g. Protein: 5 g. Carbs: 10

Detox Effect Smoothie with Beetroot and Avocado

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 2

1 Beetroot

½ Avocado

1 celery stalk

4 oz. Strawberry

1 Apple

Lemon juice to taste

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

PER SERVING

Calories: 487. Fat: 27 g. Protein: 8 g. Carbs: 57

Chocolate and Nutty Smoothies

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 2

1 tbsp. Nutella

1 banana

½ cup Milk

2 oz. Walnuts

1. Cut the banana into slices, add a cup of milk and a tablespoon of chocolate paste and walnuts (6–8 pieces).

2. 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.

PER SERVING

Calories: 351. Fat: 23 g. Protein: 8 g. Carbs: 33

CHAPTER TWO Breakfast



Keto Taco

Prep. time: 10 minutes / Cook time: 20 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.

8 oz. Mozzarella cheese, shredded;

6 Eggs, large

2 tbsp. Butter

3 Bacon stripes

$\frac{1}{2}$ Avocado

1 oz. Cheddar cheese, shredded

Pepper and salt to taste

1. 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.
2. While bacon is cooked, put 3 oz. of mozzarella in a clean pan and cook cheese over medium heat.
3. Wait for the cheese to roast around the edges (about 2-3 minutes).
4. Use a pair of tongs and a wooden spoon to make a cheese shell for tacos.
5. Do the same with the rest of your cheese.
6. Cook the eggs in the oil, stirring occasionally. Season with salt and pepper.
7. Place a third of the eggs, avocado and bacon in each hardened taco casing.
8. Sprinkle with cheddar cheese. Add hot sauce and cilantro if desired.

PER SERVING

Calories: 444. Fat: 36 g. Protein: 26 g. Carbs: 2.3

Keto Omelet with Goat Cheese and Spinach

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 1

3 Large eggs

1 Medium green onion

1 oz. Goat cheese

$\frac{1}{4}$ Onion

2 tbsp. Butter

2 cups Spinach

2 tbsp. Heavy cream

Salt and pepper to taste

1. Cut the onion into long strips and fry it in oil until caramelized. Add the spinach to the pan and fry a little.
2. Remove the vegetables from the pan. Mix 3 large eggs, cream, salt and pepper together.
3. Pour the egg mixture into the pan and cook on medium heat.
4. 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.
5. When the top of the omelet is ready, you can serve. If you like, decorate with onions on top.

PER SERVING

Calories: 621. Fat: 55 g. Protein: 37 g. Carbs: 4.8

Chicken and Cheese Quesadilla

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 4

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)

1. Mix in a bowl all the ingredients for the cakes, whisk well and let the dough stand for 8-10 minutes.
2. 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.
3. 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 extra egg white. However, you will need to test and adjust the amount of flour used to obtain the desired consistency.

PER SERVING

Calories: 382. Fat: 31 g. Protein: 23 g. Carbs: 2.3

Vegetarian Scramble

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 5

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

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

1. Wrap the tofu in several layers of paper or cloth towels, and gently squeeze some water. Put aside.
2. In a skillet over medium heat, fry the chopped onion in 1/3 tbsp. Avocado butter until onion is soft and translucent.
3. Place the tofu in the pan and stir well with a fork.
4. Pour the remaining oil and sprinkle with dry seasoning.
5. Fry the tofu over medium heat, stirring occasionally until most of the liquid has evaporated.
6. 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.
7. Serve hot and store leftovers in the refrigerator for a maximum of three days.

PER SERVING

Calories: 211. Fat: 17.6 g. Protein: 10 g. Carbs: 4.7

Burger with Guacamole and Egg

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 1

Sometimes in the morning you really want a juicy burger with various spices. Therefore, I have prepared for you this wonderful recipe. 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.

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

1. In a small bowl, mix ground beef with Italian seasoning, salt and pepper. Form a small patty.
2. Put on a cutting board 4 strips of bacon crosswise, cutlet on top, and then wrap bacon around it.
3. 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.
4. Add the remaining 1/2 tablespoons of oil to the pan and fry the egg, with the liquid yolk inside.
5. Put a guacamole, a fried egg on a cutlet, and, if necessary, season with salt and pepper. Cut in half and serve immediately.

PER SERVING

Calories: 443. Fat: 33 g. Protein: 32.5 g. Carbs: 2.4

Stuffed Avocado

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 1

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

1. Clean out most of the avocado pulp, leaving about 1.5 cm around.
2. 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.
3. 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.
4. 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.
5. Mix the bacon and scrambled eggs together, and then fill the avocado halves with the mixture.

PER SERVING

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

Omelet with Mushrooms and Goat Cheese

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 1

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

1. Heat olive oil in a pan. Fry the mushrooms until soft, about. 4 minutes.
2. While the mushrooms are cooking, beat the eggs with heavy cream and a small amount of seasoning.
3. Pour the egg mixture over the mushrooms and cook for about 2-3 minutes.
4. Add goat cheese. Fold the omelet in half and continue cooking until the cheese starts to melt.
5. Serve with spring onions or another side dish to your taste.

PER SERVING

Calories: 515. Fat: 39.5 g. Protein: 21 g. Carbs: 4.2

CHAPTER THREE Fat Bombs



Neapolitan Fatty Bombs

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 24

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

1. Using a blender, mix all the ingredients (except cocoa powder, vanilla and strawberry) in a bowl.
2. Divide the mixture between 3 bowls. Add cocoa powder to one, vanilla to another, and strawberries to third.
3. Pour the chocolate mixture into the mold and place in the freezer for 30 minutes. Repeat the process with vanilla and strawberry layers.
4. Now put all freeze for at least 1 hour.

PER SERVING

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

Chocolate-Coconut Fat Bombs with Almonds

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 12

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

1. Put 2 tablespoons of melted coconut oil, coconut milk, sweetener, coconut chips, vanilla extract and salt in a small bowl.
2. 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.
3. Melt the chocolate chips together with 2 teaspoons of coconut oil in the microwave.
4. Remove the bombs from the freezer, pour each of the chocolate mixture and cool.

PER SERVING

Calories: 92. Fat: 9 g. Protein: 2 g. Carbs: 1.5

Spicy Fat Bombs

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 12

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

1. Mix all the dry ingredients in a small bowl.
2. Add warm water and mix until smooth.
3. Spread the mixture evenly over 12 silicone molds, about 1 tbsp. l on each.
4. Put in the fridge so that the fat bombs are well frozen. Always keep them frozen, otherwise they will quickly melt.

PER SERVING

Calories: 81. Fat: 8 g. Protein: 1 g. Carbs: 1.5

Coffee Fat Bombs

Prep. time: 5 minutes / Cook time: 30 minutes / Serves 12

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

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

PER SERVING

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

Almond Coconut Fat Bombs

Prep. time: 5 minutes / Cook time: 20 minutes / Serves 10

2 fl. oz. Almond oil

2 fl. oz Coconut oil

2 tbsp. Cocoa powder

2 fl. oz Erythritol, to your taste

1. Mix almond and coconut oil in a microwave dish.
2. 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.
3. Pour the mass into mini cupcake molds and refrigerate in the refrigerator.

PER SERVING

Calories: 89. Fat: 9.3 g. Protein: 1.5 g. Carbs: 1

Pumpkin Fat Spice Bombs

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 9

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)

1. Put all the ingredients in a food processor and mix to form a dough.
2. Lightly grease your hands with 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).
3. Decorate fat bombs with savory coconut chips.
4. Such fatty bombs can be eaten immediately, or stored in a refrigerator / freezer.

PER SERVING

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

Cheese Fat Bombs in Bacon

Prep. time: 5 minutes / Cook time: 20 minutes / Serves 20

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)

1. Microwave half the cheese for 45-60 seconds or until it melts and becomes sticky.
2. Heat the butter in the microwave for 15-20 seconds until completely melted, then mix it with cheese and egg.
3. Add psyllium husks, almond flour and spices. Mix again and lay out the dough rectangle.
4. Fill the rectangle with the rest of the cheese and fold it in half (horizontally), then in half (vertically).
5. Trim the edges and form into a rectangle. Cut 20 square pieces.
6. Wrap each piece of dough with a piece of bacon, using toothpicks to fasten it.
7. Put each piece in boiling oil and cook for 1-3 minutes.

PER SERVING

Calories: 93. Fat: 8 g. Protein: 5 g. Carbs: 1

CHAPTER FOUR Salads



Vegetable Salad with Bacon and Cheese

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 6

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

1. In a small bowl, mix the sour cream and mayonnaise.
2. Mix with half the blue cheese and set aside.
3. In a large salad bowl, mix the remaining ingredients.
4. Spread the salad into portions and place the blue cheese dressing on top.

PER SERVING

Calories: 183. Fat: 16 g. Protein: 6.5 g. Carbs: 2.5

Salad with Chicken Breast and Greens

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 2

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
 $\frac{1}{4}$ Avocado, diced
6 Cherry tomatoes
1 tbsp. Fresh basil for decoration

1. Prepare the marinade by mixing pesto, balsamic vinegar and olive oil.
2. Set aside a portion of the marinade for the salad, and pour the remaining chicken breast. Refrigerate marinate for at least 20 minutes.
3. Take the salad. Start with greens, then layered with fresh mozzarella, avocado and tomatoes.
4. Once the chicken is pickled, heat the medium-sized griddle, and then add a little olive oil.
5. Fry each side of the breast for 7-10 minutes.
6. Slice the chicken breast and place on the previously prepared salad.
7. Pour the remaining balsamic pesto and add some chopped fresh basil.

PER SERVING

Calories: 306. Fat: 16 g. Protein: 25 g. Carbs: 6.5

Salmon Salad

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 2

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

1. Rinse well and clean the lettuce leaves - they will serve as plates.
2. Mix lemon juice, chopped basil and garlic powder.
3. Add mayonnaise and mix well. Set aside.
4. Fill each "plate" of lettuce with half of the finely chopped salmon, and then avocado and onion rings.
5. Top with evenly arrange the mayonnaise (earlier about 2 tablespoons per serving), then place the parmesan cubes.

PER SERVING

Calories: 373. Fat: 31 g. Protein: 19.6 g. Carbs: 2.5

Simple Cabbage and Egg Keto Salad

Prep. time: 10 minutes / Cook time: 10 minutes / Serves 6

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

1. 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.
2. In a small bowl, mix mayonnaise, mustard, dill, a pinch of salt and pepper. Set aside.
3. Crush 4 eggs and add to the cauliflower bowl. Slice the remaining two eggs.
4. Add pickled cucumber, celery, 1/4 teaspoon salt, pepper and red onion. Add all the ingredients to the cauliflower and shake gently.
5. Garnish with the remaining chopped eggs and sprinkle with paprika.

PER SERVING

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

Light Pea and Green Onion Salad

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 2

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

1. Slice the green onions and peas diagonally.
2. Mix the chopped vegetables with the remaining ingredients and mix. Cover and refrigerate for 2 hours.
3. Serve with the main course of your choice - grilled chicken, shrimps, salmon, etc.

PER SERVING

Calories: 136. Fat: 14 g. Protein: 2.5 g. Carbs: 3

Keto-Salsa with Avocado and Shrimps

Prep. time: 10 minutes / Cook time: 10 minutes / Serves 4

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

1. Season the shrimp with salt and pepper. Put the pan on a 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.
2. Remove the shrimps from the pan and put them on a cutting board. Slice and transfer to a large bowl.
3. Squeeze the marinade lemon juice into the bowl. Mix well and let stand for a while.
4. Add pieces of avocado, tomatoes and cucumbers to the bowl.
5. Mix with chopped onion and cilantro. Mix well all together.

PER SERVING

Calories: 283. Fat: 18.8 g. Protein: 18 g. Carbs: 6.2

Keto Salad Taco

Prep. time: 10 minutes / Cook time: 20 minutes / Serves 4

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

1. Heat a large skillet over medium heat and pour in some coconut oil. Add ground beef and all seasonings.
2. Mix well and fry until brown. Remove from heat and cool slightly.
3. Mix roman lettuce, vegetables, cheese and chopped avocado. Top with meat, salsa and a generous portion of lime juice. Mix everything well.

PER SERVING

Calories: 430. Fat: 31 g. Protein: 29 g. Carbs:

CHAPTER FIVE Snacks



Quick Keto Bread

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 10

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

1. Mix all ingredients in a small bowl and whisk until smooth.
2. Grease a glass bowl or microwave dish with butter, ghee or coconut oil.
3. Pour the dough into a mold and place in the microwave at high temperature for 90 seconds.
4. Slice and pour melted butter as desired.

PER SERVING

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

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.

Energy Keto Bars with Nuts and Seeds

Prep. time: 10 minutes / Cook time: 25 minutes / Serves 8

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

1. 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.
2. Melt butter or coconut oil with vanilla extract and syrup in a small saucepan over low heat.
3. Pour the hot mixture over the nuts and seeds, and shake well. If necessary, add keto sweetener (erythritol, stevia, etc.)
4. Pour the resulting mass into the prepared baking dish.
5. Bake for about 22-25 minutes until the top turns golden brown. Allow the mixture to cool for at least 45 minutes.
6. 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.
7. Put in the freezer for 10-15 minutes. Remove from the mold and cut into 8 pieces.

PER SERVING

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

Low-Carb Flax Bread

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 8

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)

1. Mix together all the dry ingredients, then mix the wet ones.
2. Stir dry ingredients with wet ones.
3. Spread the dough into a lightly oiled form.
4. Bake at 350 °F degrees for 8–10 minutes.

PER SERVING

Calories: 35. Fat: 42 g. Protein: 14 g. Carbs: 6

Keto Mini Pizza

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 4

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

1. Heat the oven to 400 °F degrees.
2. Mix all the ingredients well to form a dough. Make sure there are no lumps in it.
3. Leave the dough to stand for about 5 minutes.
4. Divide the dough into 3-4 small balls, about 2.5 cm in diameter.
5. Lay out a baking sheet with parchment paper. Put dough balls on the parchment and press down on them to make small pizzas.
6. Put the stuffing on the raw dough and bake for 7-9 minutes.

PER SERVING

Calories: 112. Fat: 28 g. Protein: 4 g. Carbs: 2

Baked Eggs with Ham and Asparagus

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 2

6 Eggs

6 slices (about 4 oz.) Italian ham

8 oz. Asparagus

A few sprigs of fresh marjoram

1 tbsp. Butter or ghee

1. Heat the oven to 350 °F degrees.
2. Grease a muffin tray.
3. Lay the ham down and around the hole so as to cover the bottom and sides.
4. Add a few twigs of marjoram.
5. Pour 1 egg into each form.
6. Put in the oven and bake 10 - 12 minutes until cooked.
7. Pull out and allow to cool for a few minutes.
8. Steam the asparagus, then season it with butter.
9. Put all the ingredients on a plate and enjoy.

PER SERVING

Calories: 424. Fat: 33 g. Protein: 30 g. Carbs: 2.5

Eggplant Keto Chips

Prep. time: 5 minutes / Cook time: 20 minutes / Serves 4

2 fl. oz. Olive oil

1 Large eggplant (thinly sliced)

Sal and pepper to taste

1 tsp. Garlic powder

½ tsp. Dry basil

½ tsp. Dried oregano

2 tbsp. Parmesan cheese

1. Preheat oven to 350 °F degrees.
2. 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.
3. Bake for about 15-20 minutes, until the chips are evenly fried. Turn them over a couple of times during cooking.
4. Remove from the oven and sprinkle with Parmesan cheese (optional)

PER SERVING

Calories: 60. Fat: 5 g. Protein: 2 g. Carbs: 1

Cheese Keto Sticks

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 3

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

1. Put the cheese in the freezer overnight so that it hardens.
2. Then add coconut oil to a medium sized cast iron skillet and heat it over low to medium heat.
3. Break the egg into a shallow bowl and whisk well. In a separate bowl, mix the almond flour, parmesan cheese and seasonings.
4. 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.
5. Place chopsticks on paper towels to soak up the oil.
6. Serve with low-carb marinara sauce and parsley (optional).

PER SERVING

Calories: 436. Fat: 39 g. Protein: 20 g. Carbs: 5

CHAPTER SIX Lunch



Chicken Keto Nuggets

Prep. time: 15 minutes / Cook time: 6 hours / Serves 4

1 oz. Whipped egg whites

1 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

1. Mix shredded chicken with coconut flour, baking powder and seasoning. The mixture should look very dry.
2. Add butter and mix again. Add whipped egg whites and mix until smooth.
3. 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.
4. Serve with whipped cream, diluted with water, like “milk”.

PER SERVING

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

Champignon Keto Burger

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 4

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

1. 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.
2. Cook the bacon in a frying pan over medium heat until crisp, turning a couple of times to fry each side evenly. Set aside.
3. 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.
4. 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.
5. Assemble the hamburger with bacon and the rest of the stuffing between the mushroom caps.

PER SERVING

Calories: 771. Fat: 67 g. Protein: 37 g. Carbs: 4

Nourishing Beef Soup

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 8

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

1. Fry the bacon over medium heat, then place it on paper towels to remove excess fat. Then crush it into pieces.
2. Then fry the ground beef over medium heat. After cooking, drain the fat and transfer the minced meat to a bowl.
3. In the same pan, melt butter over medium heat. Add chopped garlic and fry until fragrant.
4. Add the celery and cook until slightly softened, about 5 minutes.
5. 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.
6. To obtain the desired thickness, add psyllium powder.
7. Pour into portions and add a side dish in the form of cheese, green onions and sour cream (optional).

PER SERVING

Calories: 349. Fat: 27 g. Protein: 23 g. Carbs: 3

Keto Cheeseburger with Bacon

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 2

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

Salad Leaves for Garnish (Optional)

1. Preheat oven to 420 °F degrees.
2. 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.
3. 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.
4. Heat the olive oil in a frying pan over medium heat, put the patties in bacon and fry for 3 minutes on each side.
5. 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.
6. Put the burger in the oven, coat with beaten egg, sprinkle with sesame seeds and bake for 15-20 minutes or until golden brown.
7. Take out and serve with sheets of greens.

PER SERVING

Calories: 411. Fat: 32 g. Protein: 27 g. Carbs: 3

Spicy Keto Soup with Mushrooms

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 4

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

1. Pour oil into a large saucepan and put on medium heat. Add the onion and cook for 2-3 minutes until soft.
2. Add the remaining ingredients to the pan (except eggs and noodles). Cook over low heat for 20-30 minutes.
3. Remove the noodles from the package and rinse well under cold water.
4. Add seasoning to the broth and mix with noodles.
5. Pour the broth into portions. Add hard-boiled eggs, chopped chicken or beef, cilantro, sesame seeds, chopped green onions and chili sauce (all optional).

PER SERVING

Calories: 103. Fat: 13 g. Protein: 12 g. Carbs: 7

Greek Keto Moussaka

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 4

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

1. Lay out 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.
2. 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.
3. 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.
4. 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.
5. Let the dish stand for 5 minutes before serving. May be served with green salad or greens.

PER SERVING

Calories: 358. Fat: 29 g. Protein: 20 g. Carbs: 4

Almond Pancakes with Shrimp and Cheese

Prep. time: 10 minutes / Cook time: 10 minutes / Serves 8

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

1. Mix the shrimp, egg, almond flour, cheese, dill and seasonings in a bowl and mix well until smooth.
2. Using a tablespoon to form pancakes. The size of each depends on your taste.
3. Heat the oil in a pan over medium heat and fry pancakes for 3-4 minutes on each side or until cooked.
4. Put on a plate and serve with herbs and aioli, or any other sauce of your choice.

PER SERVING

Calories: 364. Fat: 21 g. Protein: 41 g. Carbs: 2

CHAPTER SEVEN Dinner



Baked Halibut Cheese Breaded

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 6

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

1. Preheat the oven to 400 °F degrees. Mix all ingredients thoroughly in a bowl, except the plate.
2. Dry the fish fillets with a paper towel and place each piece on a greased buttered parchment tray.
3. Spread the cheese mixture into pieces of fish so that it covers its top.
4. Bake the fish for 10-12 minutes (turn the baking tray at least once).
5. Increase heat for 2–3 minutes until the top is golden brown. Check readiness with a fork.

PER SERVING

Calories: 330. Fat: 30 g. Protein: 13 g. Carbs: 2

Tandoori Chicken Legs

Prep. time: 10 minutes / Cook time: 25 minutes / Serves 2

2 Whole chicken legs
4 fl. oz. Fatty Greek yogurt
2 tbsp. Olive oil
½ tsp. Cumin
½ tsp. Turmeric
½ tsp. Coriander
1/4 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

1. 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.
2. Mix in a bowl yogurt with spiced oil, lime juice, ginger, chopped garlic, salt and pepper.
3. Make 3-4 deep cuts on each leg and pour spicy yogurt into them. Cover and refrigerate for 6 hours.
4. 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.
5. Set the oven to 360 °F degrees and continue cooking for 25 minutes.
6. Serve with cauliflower rice.

PER SERVING

Calories: 372. Fat: 28 g. Protein: 30 g. Carbs: 2

Baked Eggplant with Cheese

Prep. time: 15 minutes / Cook time: 60 minutes / Serves 4

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

1. 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.
2. Mix the chopped pork cracklings, parmesan cheese and Italian seasoning in a shallow dish. Set aside.
3. In a separate small plate, beat an egg.
4. Melt the butter and grease the baking dish with it.
5. Dip each piece of eggplant in a beaten egg, and then in a mixture of parmesan and cracklings, covering each side with crumbs.
6. 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.
7. Top with tomato sauce and sprinkle with chopped mozzarella.
8. Return the mold to the oven for another 5 minutes, or until the cheese has melted.

PER SERVING

Calories: 376. Fat: 28 g. Protein: 19 g. Carbs: 7

Shrimp and Zucchini with Alfredo Sauce

Prep. time: 5 minutes / Cook time: 15 minutes / Serves 6

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

1. Use the scoop to make zucchini noodles.
2. Heat the butter in a frying pan, add the chopped garlic, red pepper and fry for 1 minute, stirring constantly.
3. Add shrimp and simmer for about 3 minutes. Add salt and pepper, remove from pan and set aside.
4. In the same pan (with shrimp juice), add heavy cream, lemon juice, parmesan, and cook for 2 minutes.
5. Add the noodles from zucchini and cook another 2 minutes, stirring occasionally.
6. Put the shrimp back in the pan and mix well.
7. If necessary, add salt and pepper, garnish with parmesan and chopped parsley (optional) and serve immediately.

PER SERVING

Calories: 404. Fat: 28 g. Protein: 32 g. Carbs: 5

Chicken Breasts in a Garlic-Cream Sauce

Prep. time: 10 minutes / Cook time: 25 minutes / Serves 4

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

1. 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.
2. 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.
3. 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.
4. If you like sauce thicker - remove the lid and simmer it to the desired consistency.
5. Serve with steamed broccoli or any other low-carb product to your taste.

PER SERVING

Calories: 319. Fat: 21 g. Protein: 27 g. Carbs: 3.9

Salmon Fillet with Cream Sauce

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 3

- 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

1. 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.
2. As soon as the salmon is cooked, remove it from the pan and set aside.
3. In the same pan, roast the chopped garlic over medium heat to a flavorful state.
4. Add heavy cream, cream cheese, lemon juice and capers.
5. Bring the mixture to a light boil, stirring often to thicken.
6. As soon as the sauce begins to thicken, put the salmon back in the pan and cover it with creamy sauce.
7. Reduce heat to medium-low - just to warm the fillet.
8. Garnish with fresh dill and grated Parmesan cheese.

PER SERVING

Calories: 494. Fat: 31 g. Protein: 53 g. Carbs: 2.5

Beef Casserole with Cabbage and Cheese

Prep. time: 15 minutes / Cook time: 30 minutes / Serves 8

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

1. 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.
2. Fry the onions in bacon fat until it is golden brown.
3. Add ground beef and fry well. Add the Worcestershire sauce and, if necessary, seasonings. Transfer the mixture to a large bowl.
4. 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.
5. Add chopped bacon and egg to beef mixture and mix well.
6. Place the ground beef on the bottom of the baking dish, and put the cauliflower puree on top.
7. Sprinkle casserole with chopped cheddar cheese and bacon.
8. Bake at 400 °F for 30 minutes.
9. If you want, sprinkle the finished dish with chopped onion.

PER SERVING

Calories: 443. Fat: 35 g. Protein: 24 g. Carbs: 5.4

Creamy Spinach

Prep. time: 10 minutes / Cook time: 20 minutes / Serves 4

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

1. Heat the cream and olive oil in a frying pan at medium-high temperature.
2. Add garlic and onions, and stir continuously for 2-3 minutes until soft.
3. Add the spinach (handful at a time) and fry until it withers. Put in a fine strainer and squeeze the liquid.
4. Return the spinach to the pan, season with pepper and salt, and add the heavy cream. Cook until bubbles in the cream.
5. Mix with cream cheese until it is completely melted, and the mixture is thick and bubbly. Remove from heat and serve.

PER SERVING

Calories: 277. Fat: 21 g. Protein: 9 g. Carbs: 7

Fried Cod with Tomato Sauce

Prep. time: 10 minutes / Cook time: 20 minutes / Serves 4

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

A fish:

1. 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.
2. 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.
3. 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:

1. Melt the butter.
2. Boil egg yolks and warm water (1 tablespoon of water for each egg yolk) for two minutes until thick and creamy.
3. 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.
4. Season with salt and pepper. You can also add herbs if you want.
5. Add tomato paste and mix.
6. Add lemon juice and adjust the consistency with a little warm water to slightly dilute the sauce.

PER SERVING

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

Braised Beef in Orange Sauce

Prep. time: 10 minutes / Cook time: 90 minutes / Serves 6

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

1. Cut vegetables and meat into cubes. Squeeze orange juice and rub it in zest.
2. Heat coconut oil in a cast iron skillet.
3. Add seasoned meat (salt + pepper) to the pan in batches. Do not overfill the pan.
4. Fry it until brown and remove from the pan.
5. As soon as your beef is ready, add vegetables to the pan. Cook for 1-2 minutes.
6. Add orange juice and then put all the other ingredients in the pan, with the exception of rosemary, sage and thyme.
7. Cook for 30 seconds, and then add all other ingredients.
8. Stew for 3 hours.
9. Open the pan and add the remaining spices. Let it cook for 1-2 hours.

PER SERVING

Calories: 337. Fat: 14 g. Protein:42 g. Carbs: 5

Meatloaf

Prep. time: 10 minutes / Cook time: 60 minutes / Serves 8

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

1. Mix the meat with salt, pepper, garlic and cumin. Put the stuffing in the form, leaving in the middle a place for the filling.
2. Put cheese on the bottom of the roll.
3. Add onions, spinach and mushrooms.
4. Use the remaining meat to cover the top with spinach and mushrooms as a lid.
5. Bake at 370 °F for one hour.

PER SERVING

Calories: 248. Fat: 21 g. Protein: 15 g. Carbs: 2

Keto Chili

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 6

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

1. 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 minimum.
2. Fry the beef until brown. Season with salt, pepper and spices.
3. Once the beef is fried, add the spinach. Cook for 2-3 minutes, then mix well.
4. Add tomato sauce, mix well, then reduce the heat to medium-low and cook for 10 minutes.
5. Add Parmesan cheese and mix everything together. Then add the vegetables and mix again. Cook for a few minutes.

PER SERVING

Calories: 404. Fat: 27 g. Protein: 31 g. Carbs: 5

Beef Croquettes with Sausage and Cheese

Prep. time: 10 minutes / Cook time: 30 minutes / Serves 12

- 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

1. Preheat oven to 380 °F degrees.
2. Cut the sausage into small pieces and mix well with the beef.
3. Add pork skins, spices, cheese and eggs.
4. Mix everything together until you can form the meatballs.
5. Place them on a baking sheet with a baking sheet.
6. Bake in the oven for 30-35 minutes.
7. Top with tomato sauce.

PER SERVING

Calories: 142. Fat: 12 g. Protein: 7 g. Carbs: 1

Eggplant with Bacon

Prep. time: 10 minutes / Cook time: 20 minutes / Serves 6

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

1. Slice the bacon and fry it in a large frying pan over medium heat.
2. When the bacon is crispy, pull it out of the pan and place it on a paper towel. Save all the fat.
3. Peel and slice the eggplant. Cook it in bacon fat until it softens.
4. As cooking progresses, the eggplant will absorb all the fat. Clean the center of the place and pour 2 tablespoons of oil into it. Stir everything so that the eggplants are covered in melted butter, then add the grated garlic.
5. Pour a cup of heavy whipped cream into the pan. Then add white wine and lemon juice.
6. Add a cup of shredded Parmesan cheese and mix.
7. Mix everything with about half the bacon.
8. Serve with the remaining bacon, laid out on top. You can also chop fresh basil from above.

PER SERVING

Calories: 564. Fat: 51 g. Protein: 16 g. Carbs: 6

CHAPTER EIGHT Desserts



Cheesecake Keto-Cupcakes

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 12

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

1. Heat the oven to 350 °F degrees. Lay out the parchment 12 molds for muffins.
2. Mix together the almond flour and butter, then spread the mixture with a spoon over the forms and slightly push it inside.
3. Mix cream cheese, eggs, sweetener and vanilla extract with a mixer until smooth. Spread the spoon on top of the dough in the tins.
4. Bake in a preheated oven for 15 to 17 minutes.
5. Before serving, cupcakes should stand in the refrigerator for about 8 hours.

PER SERVING

Calories: 204. Fat: 21 g. Protein: 4.9 g. Carbs: 2

Chocolates with Berries

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 12

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

1. 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.
2. Pour the chocolate mixture into the silicone tray for at least 12 forms. Sprinkle berries evenly (along with any other additives, if used).
3. Place the tray in the fridge for about 15 minutes.
4. Store leftovers in a refrigerator in a closed container.

PER SERVING

Calories: 61. Fat: 6 g. Protein: 1 g. Carbs: 2

Keto Cookies with Raspberry Jam

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 12

2 cup Almond flour

1/4 tsp Xanthan gum

½ tsp. Baking powder

4 oz. Soft butter

2 oz. Erythritol or other keto-friendly sweetener

1 tsp. Vanilla extract

1 Egg

3 tbsp. Raspberry jam / sugar free jam

1. Preheat the oven to 370 °F degrees and place a baking sheet with parchment paper.
2. Mix flour, xanthan gum, baking powder and salt in a small bowl. Put aside.
3. In a separate bowl, beat the butter and sweetener until the mass becomes airy.
4. Add egg and vanilla extract.
5. Add the flour mixture and mix well.
6. Divide the dough into 12 balls and place on the prepared baking sheet.
7. Click on the center of each ball to make a cookie. In the center of each place 1/2 tsp. of jam.
8. Bake cookies for 10–12 minutes, until the edges are light golden brown.
9. Allow to cool until the jam hardens.

PER SERVING

Calories: 168. Fat: 16 g. Protein: 4 g. Carbs: 2

Chocolate Brownie in a Mug

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 12

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

1. Oil one large cup or two small shapes. Put aside.
2. Add all ingredients to a small bowl and mix with a small whisk until smooth.
3. 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.

PER SERVING

Calories: 140. Fat: 9 g. Protein: 11 g. Carbs: 3

Lemon Blueberry Keto-Cakes

Prep. time: 10 minutes / Cook time: 20 minutes / Serves 12

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

1. Preheat the oven to 370 °F degrees.
2. In a large bowl, mix the eggs, coconut milk and vanilla.
3. Add coconut flour, xylitol, baking powder, xanthan gum and salt, and beat well. Add melted butter and mix again.
4. Carefully add fresh blueberries.
5. Fill 12 cupcakes with dough, about half.
6. Place a baking tray with forms on the central grid of the oven and bake for about 20 minutes.
7. Remove from oven and cool.
8. Mix lemon juice with powdered sweetener and pour each cupcake with a small amount of icing. Garnish with fresh lemon peel.

PER SERVING

Calories: 136. Fat: 7 g. Protein: 9 g. Carbs: 6

Chocolate Keto Fudge

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 12

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)

1. Add coconut and almond oil, and cocoa powder in a blender, and beat until smooth.
2. Add vanilla, sweetener and salt. If desired, add walnuts or other ingredients to your taste.
3. 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

PER SERVING

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

Cheesecake Mint

Prep. time: 10 minutes / Cook time: 15 minutes / Serves 64

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

1/4 tsp. Mint extract.

1. Preheat the oven to 176 degrees.
2. Place a square baking sheet with parchment paper.
3. In a large bowl, mix the almond flour and half a cup of erythritol.
4. Pour the melted butter into the bowl and mix the ingredients until the dough is formed.
5. Put the dough on a baking sheet and bake for 8 minutes or until light brown.
6. Remove the pan from the oven and cool.
7. Make the filling, whipping cream cheese and remaining erythritol with a mixer until smooth.
8. Put mint leaves and heavy cream in a food processor and blend until smooth.
9. Add the mint mixture to the cream cheese filling and mix well.
10. Put the stuffing on the dough in a baking sheet, then put it in the freezer for 3 hours.
11. Take out the cheesecake from the pan, cut into 64 squares and put it back in the freezer.
12. Melt the chocolate in the microwave, stirring often, until it becomes liquid.
13. Add mint extract, then dip or sprinkle each piece of cheesecake with mint chocolate and let it cool.

PER SERVING

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

CHAPTER NINE Staples



Homemade Keto Mayo

Prep. time: 5 minutes / Cook time: 10 minutes / Serves 12

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

1. Start by adding oils to the blender bowl to measure them. Make sure your coconut oil is not hot.
2. Add all other ingredients.
3. Start mixing without lifting the blender.
4. Continue mixing by holding the blender at the bottom of the container.
5. Move the blender up and down until the mayonnaise is fully emulsified.
6. 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.

PER SERVING (1 tbsp.)

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

Homemade Sambal Sauce

Prep. time: 5 minutes / Cook time: 30 minutes / Serves 10

1 Onion

2 tsp. Chili peppers, dried

3 tbsp. Low-sugar ketchup

2 tbsp. Coconut oil

Salt, to taste

1. Cut the onion and mix until smooth. Set aside.
2. 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.
3. In a heated frying pan, melt coconut oil. Then add all the ingredients and mix thoroughly.

PER SERVING (1 tbsp.)

Calories: 36. Fat: 3 g. Protein: 0.5 g. Carbs: 1.5

Low Carb Ketchup

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 10

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

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

2. Adjust the salt and sweetener to taste.

PER SERVING (1 tbsp.)

Calories: 20. Fat: 0 g. Protein: 1 g. Carbs: 2

Dutch Keto Sauce

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 10

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.

1. 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.
2. Set the blender to low speed and quickly pour the oil through the top of the blender. Beat about 10-15 seconds until smooth.

PER SERVING (serve for 10 oz.)

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

Tapenade Keto Sauce

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 8

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

1. Put all the ingredients in a blender or food processor, and beat at low speed until completely homogeneous.
2. Pour into dishes and store in the refrigerator for up to 1 week.

PER SERVING

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

Meat Keto Sauce

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 8

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

1. Mix all ingredients except olive oil in a food processor. Continuing to beat, pour the oil through the top of a continuous stream.
2. Season to taste and add more oil and / or a couple of tablespoons of water, if necessary, so that the sauce is more fluid.

PER SERVING

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

Quick Pickled Keto Vegetables

Prep. time: 5 minutes / Cook time: 5 minutes / Serves 10

1½ cup Filtered water

1½ cup Apple cider vinegar

1½ tbsp. Pink Himalayan salt

Optional: ¼ 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 sliced red onion

1. 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).

2. 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).

PER SERVING

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

ADVICE FOR GOING OUT TO EAT

It is not so difficult to turn many of the restaurant menus into dishes that are suitable for keto-diets. Here is a few tips how to make it easier.

Most establishments offer meat and fish dishes. Order them, and ask them to replace the high-carb side dish with vegetables.

Egg dishes such as scrambled eggs or bacon and eggs are also great.

Another great option is a burger without a bun. You can simply not eat bread.

In Mexican restaurants, you can enjoy meat dishes with a satisfied portion of cheese, salsa and guacamole sauces and sour cream.

NOTE: When eating out, choose meat, fish or egg dishes. And order an extra portion of vegetables.



CONCLUSION

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.

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.

Mrink 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.

Kee 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.

The ketogenic diet is a low-carb, high-fat diet. Lowers blood sugar and insulin levels, shifts metabolism from carbohydrates to fats and ketones.

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.

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