



KISS MY  
KETO

# 101 KETO RECIPES



# SUMMARY

## BREAKFAST

7



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soufflé

08

18



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09

19



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10

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Cream cheese  
waffles



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Zucchini  
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Raspberry  
muffins



Almond-peanut  
muffins



Egg and bacon



Hazelnut Pumpkin  
Pancakes





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Bake







# BREAKFAST





# CHEDDAR HAM SOUFFLÉ

## INGREDIENTS:

- ¼ cup olive oil
- 3 teaspoons garlic, minced
- 6 eggs
- 7oz. turkey ham
- ½ cup heavy cream
- 1 ¼ cups Cheddar cheese, grated
- 2 tablespoons chopped chives
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat oven to 400F and prepare six ramekins.
- 2 Heat the oil in a skillet and add the garlic.
- 3 Cook until fragrant, for 1 minute.
- 4 In a bowl, combine the eggs, ham, heavy cream, cheddar cheese, chives, salt, and pepper.
- 5 Add the garlic, with olive oil and stir to combine.
- 6 Spoon the mixture into ramekins and bake for 20 minutes.
- 7 Serve after.

### Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	374.2
<b>Total Fat</b>	32.4 g
Saturated Fat	13.5 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	14.4 g
<b>Cholesterol</b>	256.6 mg
<b>Sodium</b>	652.8 mg
<b>Potassium</b>	219.5 mg
<b>Total Carbohydrate</b>	2.4 g
Dietary Fiber	0.0 g
Sugars	0.4 g
<b>Protein</b>	18.4 g



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 6





# MINI PIES

## INGREDIENTS:

- 2 chicken sausages, smoked (or pork sausages)
- 1 cup cheddar cheese, grated
- 5 large egg yolks
- ¼ cup melted coconut oil
- ¼ cup coconut flour
- 2 tablespoons water
- ½ teaspoon dried thyme
- 2 teaspoons lemon juice
- ¼ teaspoon baking soda
- 1 pinch red pepper flakes
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat oven to 375F and prepare four mini pie ramekins.
- 2 Heat the non-stick skillet over medium-high heat.
- 3 Brush with coconut oil and fry the chopped sausage until browned. Remove from the heat.
- 4 In a bowl, combine half the cheddar cheese, coconut flour, thyme, salt, pepper, baking soda, and red pepper flakes.
- 5 In a separate bowl, whisk the egg yolks until almost pale. Add the water, lemon juice, and coconut oil. Beat until blended.
- 6 Fold in the dry ingredients and stir until combined.
- 7 Transfer the dough into ramekins and top with sausages and remaining cheese. Bake the mini pies for 25 minutes.
- 8 Serve after.



Preparation time: 10 minutes  
Cooking time: 25 minutes



Servings: 4 mini pies

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	344.8
<b>Total Fat</b>	30.9 g
Saturated Fat	20.4 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	278.6 mg
<b>Sodium</b>	504.0 mg
<b>Potassium</b>	50.5 mg
<b>Total Carbohydrate</b>	1.6 g
Dietary Fiber	0.3 g
Sugars	0.5 g
<b>Protein</b>	15.7 g



# SCOTCH EGGS WITH PARMESAN

## INGREDIENTS:

- 4 hardboiled eggs, peeled
- 2 large eggs, whisked
- ¼ cup Parmesan cheese
- ¼ cup almond flour
- 8 slices bacon
- 1 tablespoon olive oil
- 2 tablespoons melted coconut oil

## DIRECTIONS:

- 1 In a bowl, combine the parmesan cheese and almond flour.
- 2 In a separate bowl, whisk the eggs, with a pinch of salt if preferred.
- 3 Wrap the eggs with 2 slices bacon per egg, one slice horizontally, one vertically.
- 4 Heat the olive oil and coconut oil in a skillet.
- 5 Dip the wrapped eggs into eggs, then parmesan mixture, shake off the excess.
- 6 Place the eggs into heated oil and fry until fully browned, all sides.
- 7 Transfer the eggs onto paper towels to drain.
- 8 Serve after.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	346.3
<b>Total Fat</b>	28.4 g
Saturated Fat	9.8 g
Polyunsaturated Fat	3.9 g
Monounsaturated Fat	13.1 g
<b>Cholesterol</b>	303.9 mg
<b>Sodium</b>	547.5 mg
<b>Potassium</b>	247.4 mg
<b>Total Carbohydrate</b>	2.2 g
Dietary Fiber	0.7 g
Sugars	0.5 g
<b>Protein</b>	20.4 g



Preparation time: 10 minutes  
Cooking time: 10 minutes



Servings: 4





# DELI WRAPS

## INGREDIENTS:

- 4 slices black forest deli ham (dry cured smoked ham)
- 6 slices Genoa salami, pork or beef
- 2 tablespoons mayonnaise
- 1 cup coleslaw mix
- 1 teaspoon milk
- 1 teaspoon vinegar, white
- 4 slices Gouda cheese
- 1 teaspoon Erythritol

## DIRECTIONS:

- 1 Combine the mayonnaise, vinegar, milk and Erythritol in a bowl.
- 2 Add coleslaw and toss to combine.
- 3 Place 2 slices of ham in front of you so they are slightly overlapping.
- 4 Place on top with 3 slices salami and two slices cheese.
- 5 Repeat with remaining ham, salami and cheese. Spread over coleslaw mix and roll.
- 6 Serve after.

### Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	406.3
<b>Total Fat</b>	30.9 g
Saturated Fat	11.5 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	5.0 g
<b>Cholesterol</b>	83.8 mg
<b>Sodium</b>	1,600.4 mg
<b>Potassium</b>	231.5 mg
<b>Total Carbohydrate</b>	5.1 g
Dietary Fiber	1.0 g
Sugars	2.3 g
<b>Protein</b>	25.7 g



Preparation time: 5 minutes



Servings: 2



# PANCAKE DONUTS

## INGREDIENTS:

- ¼ cup almond flour
- 1 teaspoon vanilla extract
- 3 large eggs
- 4oz. cream cheese
- 1 tablespoon coconut flour
- 1 teaspoon baking powder
- 4 tablespoons Erythritol
- 3 slices bacon, cooked crumbled

## DIRECTIONS:

- 1 In a food blender, combine the almond flour, vanilla, eggs, cream cheese, coconut flour, baking powder, and Erythritol.
- 2 Blend until smooth and well combined.
- 3 Heat the donut maker and spray with some cooking oil. Pour in batter until almost full.
- 4 Cook for 3 minutes, flip, and cook for 2 minutes.
- 5 Remove donuts, repeat with remaining batter and serve with bacon.

## Nutrition Facts

6 Servings

### Amount Per Serving

<b>Calories</b>	150.3
<b>Total Fat</b>	12.6 g
Saturated Fat	5.2 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	4.5 g
<b>Cholesterol</b>	118.7 mg
<b>Sodium</b>	173.9 mg
<b>Potassium</b>	112.3 mg
<b>Total Carbohydrate</b>	2.6 g
Dietary Fiber	1.2 g
Sugars	0.9 g
<b>Protein</b>	7.5 g



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 6 donuts





# OMELET WITH CHEESE

## INGREDIENTS:

- 4oz. soft goats cheese, crumbled
- 6 eggs, whisked lightly
- 2 tablespoons parsley, fresh, chopped
- 2 tablespoons butter
- Salt and pepper – to taste
- 1 tablespoon fresh chives, snipped

## DIRECTIONS:

- 1 Whisk eggs with parsley in a bowl, season with salt and pepper to taste.
- 2 Melt the butter in a non-stick skillet over medium-high heat, until it starts to bubble.
- 3 Add eggs and cook for 4 minutes, sprinkle the eggs with crumbled cheese.
- 4 Fold the eggs in half and continue cooking for 1 minute, then serve, sprinkled with chives.

### Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	469.8
<b>Total Fat</b>	37.9 g
Saturated Fat	20.2 g
Polyunsaturated Fat	3.7 g
Monounsaturated Fat	11.5 g
<b>Cholesterol</b>	615.2 mg
<b>Sodium</b>	423.2 mg
<b>Potassium</b>	225.4 mg
<b>Total Carbohydrate</b>	1.7 g
Dietary Fiber	0.0 g
Sugars	1.1 g
<b>Protein</b>	29.5 g



Cooking time: 5 minutes



Servings: 2





# HARD BOILED EGGS WITH RICOTTA

## INGREDIENTS:

- 4 eggs, whole
- 2 tablespoons butter, room temperature
- 2 tablespoons Mascarpone cheese
- 1 tablespoon chives, fresh and chopped
- Salt and pepper – fresh ground, to taste

## DIRECTIONS:

- 1 Cook eggs in pot of simmering water for 7 minutes, remove from the heat and leave in warm water for 5 more minutes. Place eggs in cold water and rinse quickly under cold water and peel.
- 2 Chop the rinsed eggs and divide between two bowls.
- 3 Add chives, ricotta, and butter and stir well to combine. Season with salt and pepper before serving.

### Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	311.1
<b>Total Fat</b>	27.7 g
Saturated Fat	14.7 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	8.4 g
<b>Cholesterol</b>	403.1 mg
<b>Sodium</b>	143.6 mg
<b>Potassium</b>	141.7 mg
<b>Total Carbohydrate</b>	1.3 g
Dietary Fiber	0.0 g
Sugars	0.4 g
<b>Protein</b>	13.6 g

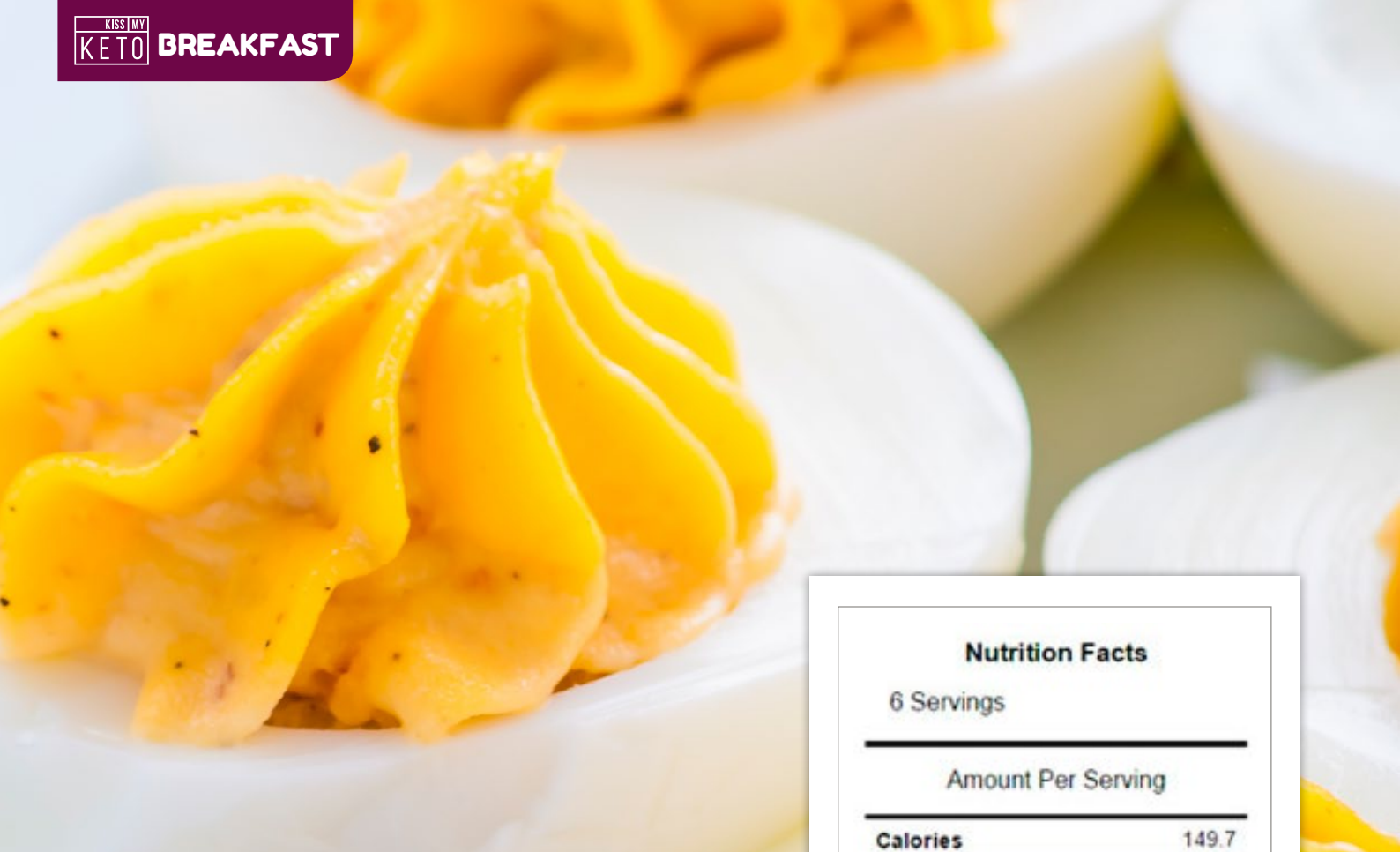


Cooking time: 10 minutes



Servings: 2





# EGGS WITH CREAMY FILLING

## INGREDIENTS:

- 6 large eggs
- 1 tablespoon melted butter
- 2 garlic cloves
- ¼ cup mayonnaise
- ¼ teaspoon Dijon mustard
- 1 jalapeno pepper, seeded and minced
- Salt and white pepper – to taste

## DIRECTIONS:

- 1 Cook the eggs for 10 minutes in simmering water over medium-high heat, remove from the heat and set aside for 3 minutes. Pour hot water out and add cold, let the eggs rest for 8 minutes.
- 2 Peel the eggs and cut in half, lengthwise, remove the egg yolks and place in a bowl.
- 3 Break up the egg yolks with a fork and stir in melted butter, white onion, mayonnaise, mustard, and jalapeno and season to taste with salt and pepper.
- 4 Arrange the egg white shells onto plate and fill with prepared egg yolk mixture, using a spoon or piping bag.
- 5 Cover and refrigerate until ready to serve.

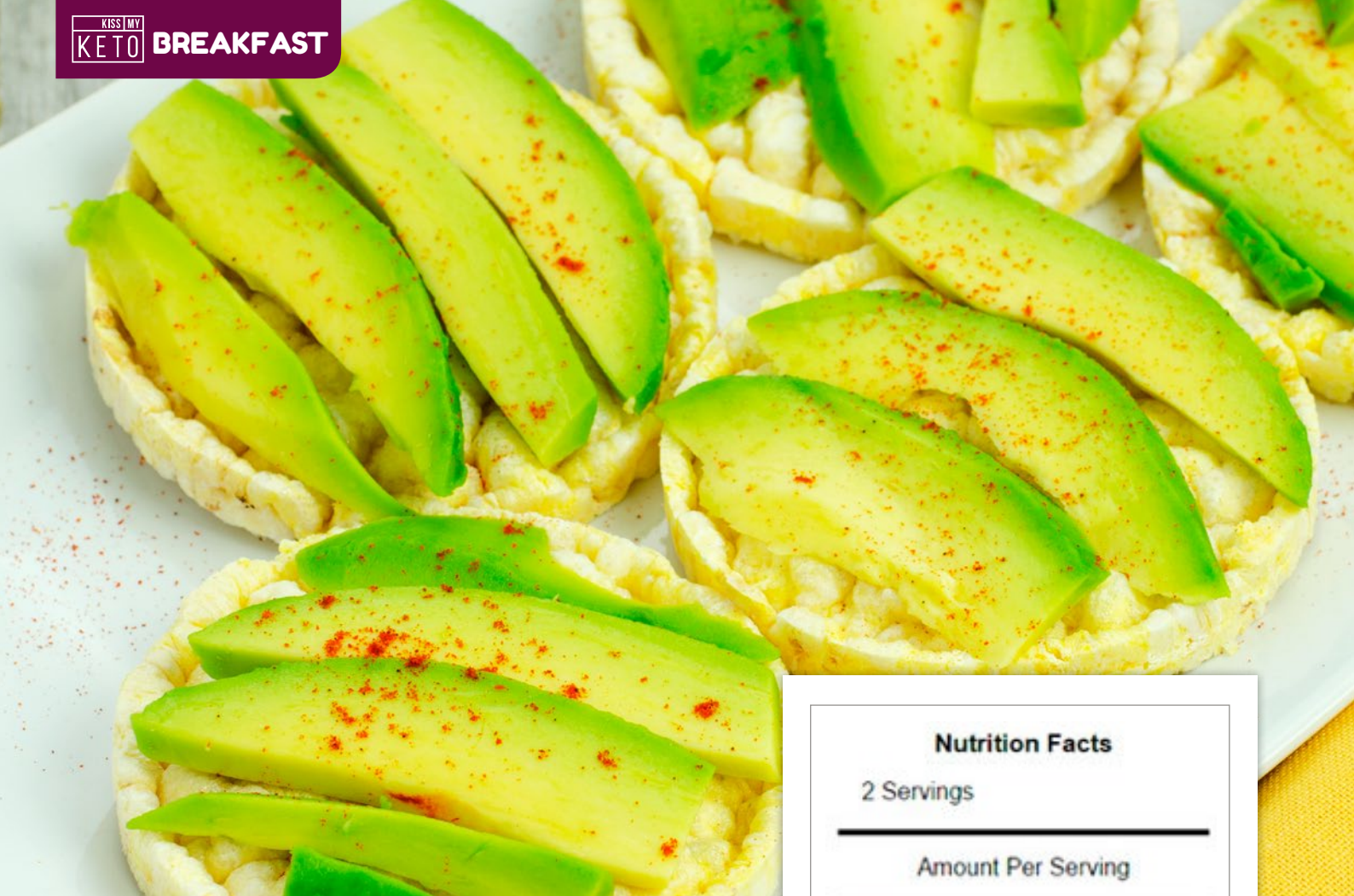
Nutrition Facts	
6 Servings	
Amount Per Serving	
<b>Calories</b>	149.7
<b>Total Fat</b>	13.4 g
Saturated Fat	3.8 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	2.4 g
<b>Cholesterol</b>	193.7 mg
<b>Sodium</b>	118.0 mg
<b>Potassium</b>	75.5 mg
<b>Total Carbohydrate</b>	0.5 g
Dietary Fiber	0.1 g
Sugars	0.3 g
<b>Protein</b>	6.4 g



Cooking time: 20 minutes



Servings: 12 deviled eggs



# SAVORY CHEDDAR WAFFLES

## INGREDIENTS:

- 3 eggs, whole
- 3oz. cream cheese
- 1oz. sharp Cheddar cheese, grated
- 2 tablespoons coconut flour
- 1 teaspoon baking powder
- 1 jalapeno, seeded and minced
- 1 pinch cumin, ground
- Salt and pepper – to taste

## DIRECTIONS:

- 1 Combine eggs, cream cheese, coconut flour, baking powder and cumin in food blender; blend until smooth.
- 2 Once the ingredients are smooth add cheddar and jalapeno; process until blended thoroughly.
- 3 Preheat waffle iron and pour over prepared waffle mix, cover and cook for 5-6 minutes.
- 4 Top with salsa or avocado before serving.

Nutrition Facts	
2 Servings	
Amount Per Serving	
<b>Calories</b>	239.4
<b>Total Fat</b>	19.4 g
Saturated Fat	9.6 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	317.8 mg
<b>Sodium</b>	258.9 mg
<b>Potassium</b>	147.4 mg
<b>Total Carbohydrate</b>	1.7 g
Dietary Fiber	0.0 g
Sugars	1.1 g
<b>Protein</b>	14.6 g



Cooking time: 10 minutes



Servings: 2





# BREAKFAST PATTIES

## INGREDIENTS:

- 1lb. ground pork
- 2 tablespoons powdered Erythritol
- 1 teaspoon pure maple extract
- 1 teaspoon salt
- 2 tablespoons fresh sage, chopped or 2 teaspoons dried
- 2 garlic cloves, minced
- ¼ teaspoon black pepper

## DIRECTIONS:

- 1 In a bowl, combine all the ingredients.
- 2 Shape the mixture into 8 patties. Press each patty with oiled hands to 1-inch thick.
- 3 Heat large skillet over medium-high heat. Add some oil.
- 4 Cook the patties for 4 minutes per side.
- 5 Serve while still hot.



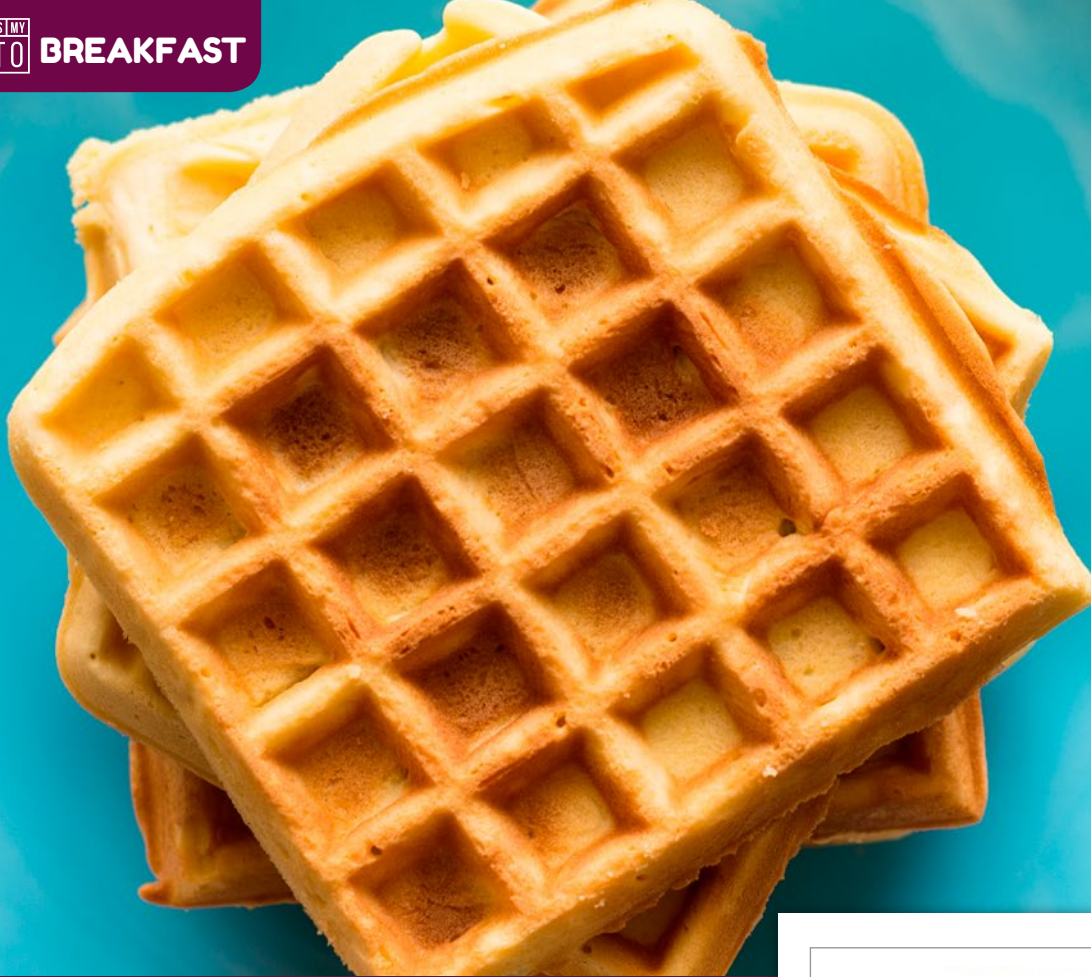
Preparation time: 5 minutes  
Cooking time: 8 minutes



Servings: 8 patties

Nutrition Facts	
8 Servings	
Amount Per Serving	
<b>Calories</b>	227.6
<b>Total Fat</b>	18.2 g
Saturated Fat	6.9 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	8.1 g
<b>Cholesterol</b>	59.3 mg
<b>Sodium</b>	332.2 mg
<b>Potassium</b>	209.9 mg
<b>Total Carbohydrate</b>	0.4 g
Dietary Fiber	0.1 g
Sugars	0.0 g
<b>Protein</b>	14.6 g





# COCONUT-FLAX WAFFLES

## INGREDIENTS:

- 8 whole eggs
- ½ tablespoon Ceylon cinnamon, ground
- 2 tablespoons coconut milk or whole milk
- ½ teaspoon nutmeg, ground
- ½ cup flax flour
- ½ teaspoon baking soda
- 2 tablespoons melted butter

## DIRECTIONS:

- 1 Place all ingredients in a food blender.
- 2 Pulse until blended thoroughly and place aside to rest for 5 minutes.
- 3 Meanwhile, preheat the waffle iron to medium-high heat. Drop batter in center of waffle iron and cook for 3-4 minutes.
- 4 Serve while still hot.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	252.1
<b>Total Fat</b>	19.0 g
Saturated Fat	7.4 g
Polyunsaturated Fat	4.8 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	388.3 mg
<b>Sodium</b>	185.9 mg
<b>Potassium</b>	193.3 mg
<b>Total Carbohydrate</b>	4.1 g
Dietary Fiber	3.0 g
Sugars	0.8 g
<b>Protein</b>	15.1 g



Preparation time: 5 minutes  
Cooking time: 4 minutes



Servings: 4





# CREAM CHEESE WAFFLES

## INGREDIENTS:

- 4oz. cream cheese
- 4 eggs, whole
- ½ teaspoon cinnamon, ground
- 1 pinch nutmeg
- Some butter and sugar free syrup – to serve with

## DIRECTIONS:

- 1 Place all ingredients in food blender and pulse until blended thoroughly.
- 2 Place the batter aside to rest for few minutes and meanwhile, preheat the waffle iron.
- 3 Pour the batter over waffle iron to cover ¾ of the surface and cook waffles for 4-5 minutes.
- 4 Serve while still hot, with butter and sugar-free syrup.



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 4

Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b>	169.0
<b>Total Fat</b>	14.6 g
Saturated Fat	7.1 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	4.2 g
<b>Cholesterol</b>	217.0 mg
<b>Sodium</b>	154.9 mg
<b>Potassium</b>	108.0 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.0 g
Sugars	1.1 g
<b>Protein</b>	8.4 g



# SALMON EGG ROLL

## INGREDIENTS:

- 3 eggs, whole
- 1.5oz. salmon, smoked, sliced
- 1 spring onion, medium, chopped
- 1 tablespoon butter
- ½ avocado, sliced
- 2 tablespoons cream cheese
- 2 tablespoons chives, fresh and chopped
- Salt and pepper – to taste

## DIRECTIONS:

- 1 Beat eggs with salt and pepper in a bowl.
- 2 Combine chives and cream cheese in separate bowl.
- 3 Melt butter in medium-size skillet over medium-high heat, add the whisked eggs and cook for 30 seconds until edges are set, pull the edges gently so runny eggs slide to bottom of pan. Continue cooking for 1-2 minutes until you get a kind a tortilla.
- 4 Transfer the omelet onto a plate and spread over cream cheese; top with salmon, avocado and spring onion; wrap and serve.

Nutrition Facts	
1 Serving	
Amount Per Serving	
<b>Calories</b>	466.8
<b>Total Fat</b>	37.8 g
Saturated Fat	18.0 g
Polyunsaturated Fat	4.3 g
Monounsaturated Fat	12.1 g
<b>Cholesterol</b>	630.6 mg
<b>Sodium</b>	1,150.9 mg
<b>Potassium</b>	325.0 mg
<b>Total Carbohydrate</b>	2.4 g
Dietary Fiber	0.0 g
Sugars	1.5 g
<b>Protein</b>	28.9 g



Preparation time: 5 minutes  
 Cooking time: 5 minutes



Servings: 1





# RASPBERRY WRAPS

## INGREDIENTS:

- 4 eggs, whole
- 4oz. cream cheese
- 2/3 cup raspberries
- 2 tablespoons Erythritol
- 3 tablespoons whipped cream, sugar-free
- Some additional blueberries
- 1/2 teaspoon vanilla extract

## DIRECTIONS:

- 1 Blend the cream cheese, vanilla, blueberries, and sweetener in a food blender.
- 2 Heat non-stick skillet over medium-high heat and grease slightly with some butter; pour 1/3 cup of batter into skillet and cook for 2 minutes, flip carefully and cook for 1 minute more.
- 3 Spread whipped cream over tortillas and sprinkle with blueberries; wrap and serve.



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 2

## Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	361.7
<b>Total Fat</b>	30.2 g
Saturated Fat	14.8 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	8.8 g
<b>Cholesterol</b>	437.4 mg
<b>Sodium</b>	317.0 mg
<b>Potassium</b>	242.0 mg
<b>Total Carbohydrate</b>	6.7 g
Dietary Fiber	0.6 g
Sugars	4.5 g
<b>Protein</b>	17.1 g



# ZUCCHINI MUFFINS

## INGREDIENTS:

- 1 ½ cups flax flour
- 1 ½ cups zucchini, shredded and squeezed
- 3 eggs, whisked lightly
- ⅓ cup (80ml) almond milk
- ¾ cup (115g) feta, crumbled
- 1 tablespoon chives, chopped
- 1 teaspoon basil, dried, crushed
- ¼ teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons coconut flour
- ¼ teaspoon onion powder
- 3 tablespoons butter, melted

## DIRECTIONS:

- 1 In a large bowl whisk together the almond flour, salt, coconut flour, basil, onion powder, garlic powder and baking powder.
- 2 In a separate bowl whisk the eggs with milk and until blended. Fold liquid ingredients in flour mixture and add chives, followed by feta cheese; stir until combined. Stir in zucchinis.
- 3 Line 12-hole muffin tin with paper cases and fill with prepared mixture to 2/3 full.
- 4 Bake the muffins in preheated oven for 30 minutes at 325F/160C or until firm to the touch. Place on wire rack to cool slightly before removing from muffin tin and serving. Blend the cream cheese, vanilla, blueberries, and sweetener in a food blender.

## Nutrition Facts

12 Servings

Amount Per Serving

<b>Calories</b>	125.6
<b>Total Fat</b>	9.6 g
Saturated Fat	4.1 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	2.6 g
<b>Cholesterol</b>	78.1 mg
<b>Sodium</b>	134.3 mg
<b>Potassium</b>	129.9 mg
<b>Total Carbohydrate</b>	4.1 g
Dietary Fiber	3.0 g
Sugars	0.5 g
<b>Protein</b>	5.6 g



Preparation time: 5 minutes  
Cooking time: 30 minutes



Servings: 12 muffins





# RASPBERRY MUFFINS

## INGREDIENTS:

- ½ cup raspberries, fresh
- 3 eggs, whole and room temperature
- ⅓ cup coconut flour
- ½ teaspoon vanilla
- 15 drops Stevia
- ¼ cup butter, melted
- 1 pinch salt
- 3-4 tablespoons water
- ½ teaspoon baking powder

## DIRECTIONS:

- 1 Preheat oven to 375F and line 6-hole muffin tin with paper cases.
- 2 Whisk eggs until well blended; add butter, whisking to blend thoroughly.
- 3 Add salt, Stevia and vanilla and continue mixing; mix in baking soda, coconut flour and mix until almost combined.
- 4 Add raspberries and mix gently to incorporate in prepared batter; spoon the mixture into paper cases and bake for 18 minutes.
- 5 Place on wire rack to cool slightly before serving.

### Nutrition Facts

6 Servings

#### Amount Per Serving

<b>Calories</b>	142.2
<b>Total Fat</b>	13.0 g
Saturated Fat	7.7 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	3.6 g
<b>Cholesterol</b>	117.9 mg
<b>Sodium</b>	55.9 mg
<b>Potassium</b>	67.3 mg
<b>Total Carbohydrate</b>	2.1 g
Dietary Fiber	1.1 g
Sugars	0.4 g
<b>Protein</b>	4.7 g



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 6 muffins



# ALMOND-PEANUT MUFFINS

## INGREDIENTS:

- 6 whole eggs
- 1 teaspoon cinnamon
- ¼ cup peanut butter, organic
- ⅔ cup almond flour
- 2 tablespoons coconut oil
- 1 pinch salt
- 10 drops Stevia
- ¼ teaspoon nutmeg
- 1 tablespoon butter
- ¼ cup (60ml) heavy cream
- ¼ cup (40g) crushed and toasted almonds
- 2 tablespoons Erythritol

## DIRECTIONS:

- 1 Preheat oven to 375F and line 12-hole muffin tin with paper cases.
- 2 Combine together almond flour, cinnamon, nutmeg, salt and Erythritol in a bowl.
- 3 Combine butter, peanut butter and coconut oil in microwave safe bowl; microwave for 30 seconds; stir well and pour over almond flour mix.
- 4 Stir in the eggs, Stevia and heavy cream and mix well. Spoon the batter into paper cases, sprinkle with crushed almonds and bake for 20-25 minutes; place on wire rack to cool slightly before serving.

Nutrition Facts	
12 Servings	
Amount Per Serving	
<b>Calories</b>	149.0
<b>Total Fat</b>	13.2 g
Saturated Fat	4.7 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	5.3 g
<b>Cholesterol</b>	99.9 mg
<b>Sodium</b>	69.8 mg
<b>Potassium</b>	135.4 mg
<b>Total Carbohydrate</b>	3.2 g
Dietary Fiber	1.4 g
Sugars	0.9 g
<b>Protein</b>	6.3 g



Preparation time: 5 minutes  
Cooking time: 25 minutes



Servings: 12 muffins





# EGG AND BACON

## INGREDIENTS:

- ¼ cup butter, room temperature
- 4 slices bacon, cooked and crumbled
- 2 tablespoons mayonnaise
- 1 pinch chili powder
- 2 eggs, whole, large
- Fresh ground salt and pepper – to taste

## DIRECTIONS:

- 1 Boil the eggs for 10 minutes (if large) and remove from the heat. Transfer the eggs into bowl filled with cold water and when chilled peel. Rinse quickly under cold water and slice.
- 2 Cut the softened butter into a bowl and add sliced eggs.
- 3 Mash all with a fork and add mayonnaise, chili powder and season to taste with salt and pepper.
- 4 Cover with plastic wrap and refrigerate for 30 minutes. Meanwhile, crumble the bacon and place into shallow dish. Form balls from the egg mixture and roll into crumbled bacon. Refrigerate for 10 minutes more before serving.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	226.1
<b>Total Fat</b>	22.0 g
Saturated Fat	9.8 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	5.6 g
<b>Cholesterol</b>	136.0 mg
<b>Sodium</b>	234.4 mg
<b>Potassium</b>	86.5 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.0 g
Sugars	0.1 g
<b>Protein</b>	6.9 g



Preparation time:  
10 minutes + inactive time



Servings: 4



# HAZELNUT PUMPKIN PANCAKES

## INGREDIENTS:

- 2oz. hazelnut flour
- 2oz. flax meal
- 1 cup heavy cream
- 2 eggs
- 1oz. egg white protein
- 1 teaspoon vanilla extract
- 4 drops stevia
- 1 teaspoon baking powder
- 1 pinch salt
- ½ cup unsweetened pumpkin puree

## DIRECTIONS:

- 1 Place all ingredients in a food blender.
- 2 Blend until smooth.
- 3 Place the batter aside to rest for 10 minutes. If you feel it is too dry add ¼ cup water or coconut milk.
- 4 Heat 1 teaspoon of coconut oil in a skillet. Pour a ladle of batter onto oil and cook for 2-3 minutes per side.
- 5 Transfer onto a plate and serve.



Preparation time: 12 minutes  
Cooking time: 10 minutes



Servings: 4

Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b>	396.9
<b>Total Fat</b>	34.8 g
Saturated Fat	15.3 g
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	14.1 g
<b>Cholesterol</b>	174.5 mg
<b>Sodium</b>	154.6 mg
<b>Potassium</b>	347.5 mg
<b>Total Carbohydrate</b>	9.1 g
Dietary Fiber	3.7 g
Sugars	0.8 g
<b>Protein</b>	14.0 g





# MAIN COURSES (LUNCH AND DINNER)





# GINGERED BEEF

## INGREDIENTS:

- 2 4oz. beef ribeye steak, cut into strips
- 4 tablespoons bacon grease
- 2 garlic cloves, minced
- 2 teaspoons ground ginger
- 1 tablespoon coconut aminos
- 2 tomatoes, diced
- ¼ cup (60ml) apple cider vinegar
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat the bacon grease in a large skillet.
- 2 When hot, add the beef and cook until browned. Remove from the skillet.
- 3 Add the garlic and cook until fragrant. Add the ginger, coconut aminos, tomatoes, cider vinegar, salt and pepper.
- 4 Bring to simmer and reduce heat. Add the beef strips and cook until the sauce is reduced.
- 5 Serve while still hot.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	248.3
<b>Total Fat</b>	20.0 g
Saturated Fat	5.9 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	6.7 g
<b>Cholesterol</b>	14.3 mg
<b>Sodium</b>	95.6 mg
<b>Potassium</b>	98.8 mg
<b>Total Carbohydrate</b>	5.0 g
Dietary Fiber	0.3 g
Sugars	3.3 g
<b>Protein</b>	12.3 g

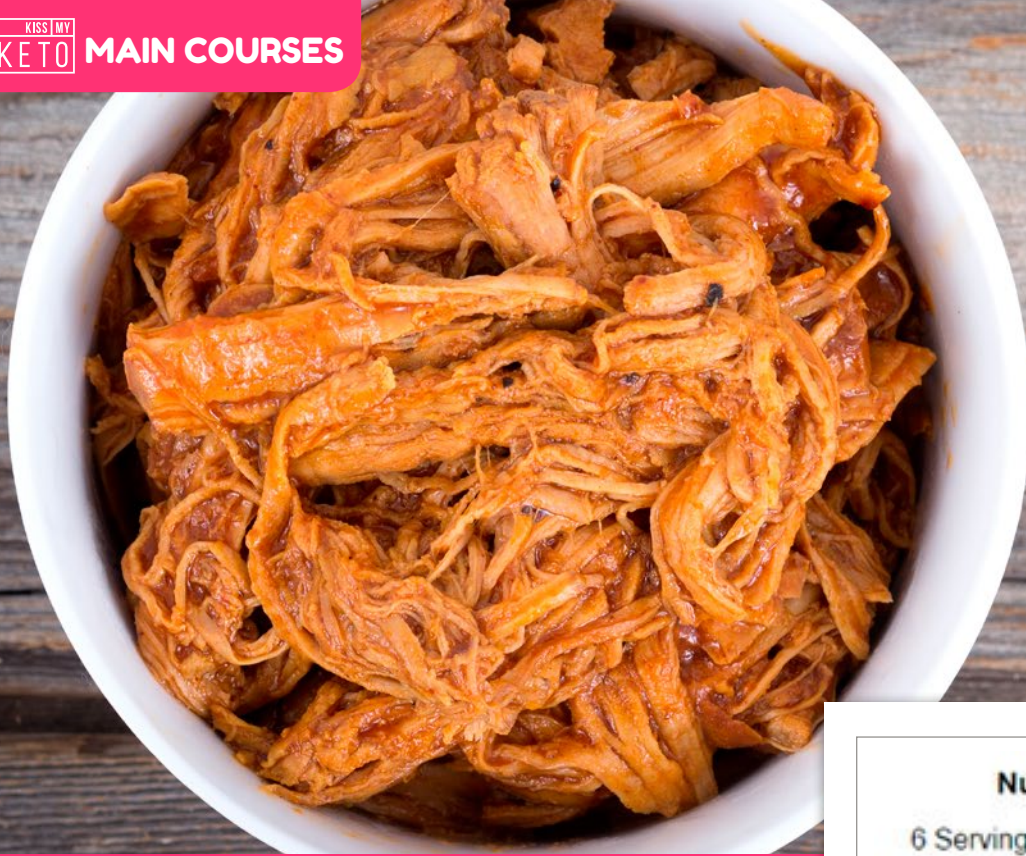


Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 4





# PORK STEW

## INGREDIENTS:

- 4 tablespoons lard
- 0.75lb. cooked and shredded pork shoulder
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 4 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- 7oz. mushrooms, sliced
- 1 jalapeno pepper, seeded, sliced
- 2 tablespoons chopped onion
- 1 green bell pepper, seeded, sliced
- 2 cups bone broth
- ¼ cup tomato paste

## DIRECTIONS:

- 1 Heat the olive oil in a pan. Add the mushrooms, jalapeno, garlic, onion, and bell pepper into the pan. Cook until tender.
- 2 Add the spices and cook for 1-2 minutes, stirring.
- 3 Add the bone broth and beef broth. Bring to a boil. Add the pork, tomato paste and simmer for 20 minutes.
- 4 Serve after.



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 6

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	297.9
<b>Total Fat</b>	24.2 g
Saturated Fat	9.2 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	11.1 g
<b>Cholesterol</b>	64.4 mg
<b>Sodium</b>	585.5 mg
<b>Potassium</b>	572.0 mg
<b>Total Carbohydrate</b>	4.6 g
Dietary Fiber	1.4 g
Sugars	2.4 g
<b>Protein</b>	16.1 g



# MIXED MEATBALLS WITH YOGURT



## INGREDIENTS:

0.5lb. ground lamb  
 0.5lb. ground pork  
 2 tablespoons chopped cilantro  
 4 garlic cloves, minced  
 2 teaspoons chopped fresh thyme  
 1 teaspoon ground coriander  
 ½ teaspoon smoked paprika  
 Salt and pepper, to taste

## For the yogurt:

1 tablespoon water  
 1 cup Greek yogurt  
 2 teaspoons lemon juice  
 2 teaspoons cumin  
 Salt, to taste

## DIRECTIONS:

- 1 Prepare the yogurt: combine all the yogurt ingredients in a bowl. Cover and chill until ready to use.
- 2 Prepare the meatballs: heat oven to 350F and line a baking sheet with parchment paper.
- 3 In a large bowl, combine all ingredients. Mix with clean hands and shape into meatballs. Arrange the meatballs onto baking sheet.
- 4 Bake the meatballs for 15-17 minutes or until the center is no longer pink.
- 5 Serve meatballs while still hot with chilled yogurt.

## Nutrition Facts

15 Servings

Amount Per Serving

<b>Calories</b>	285.0
<b>Total Fat</b>	25.0 g
Saturated Fat	12.7 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	9.1 g
<b>Cholesterol</b>	93.6 mg
<b>Sodium</b>	51.8 mg
<b>Potassium</b>	206.3 mg
<b>Total Carbohydrate</b>	1.3 g
Dietary Fiber	0.1 g
Sugars	0.1 g
<b>Protein</b>	13.4 g



Preparation time: 10 minutes  
 Cooking time: 15 minutes



Servings: 15 meatballs





# BACON TURKEY PATTIES

## INGREDIENTS:

1lb. ground turkey, meat from the legs  
 ½ cup almond meal  
 1 egg  
 ½ cup Parmesan, grated  
 6 bacon slices, cooked and crumbled  
 2 garlic cloves, minced  
 4 tablespoons parsley, fresh, chopped  
 2 tablespoons lard  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat non-stick skillet over medium-high heat.
- 2 Add the bacon and cook until crispy. Transfer onto paper towels and crumble.
- 3 In a bowl, combine all the ingredients, except the lard. Add crumbled bacon and stir to combine.
- 4 Mix well to combine and shape the mixture into 10 patties.
- 5 Heat some oil in a skillet. Add the patties and cook until golden brown. Serve after.

## Nutrition Facts

10 Servings

Amount Per Serving

<b>Calories</b>	176.7
<b>Total Fat</b>	14.7 g
Saturated Fat	5.4 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	6.7 g
<b>Cholesterol</b>	50.1 mg
<b>Sodium</b>	213.8 mg
<b>Potassium</b>	134.1 mg
<b>Total Carbohydrate</b>	1.4 g
Dietary Fiber	0.6 g
Sugars	0.2 g
<b>Protein</b>	9.6 g

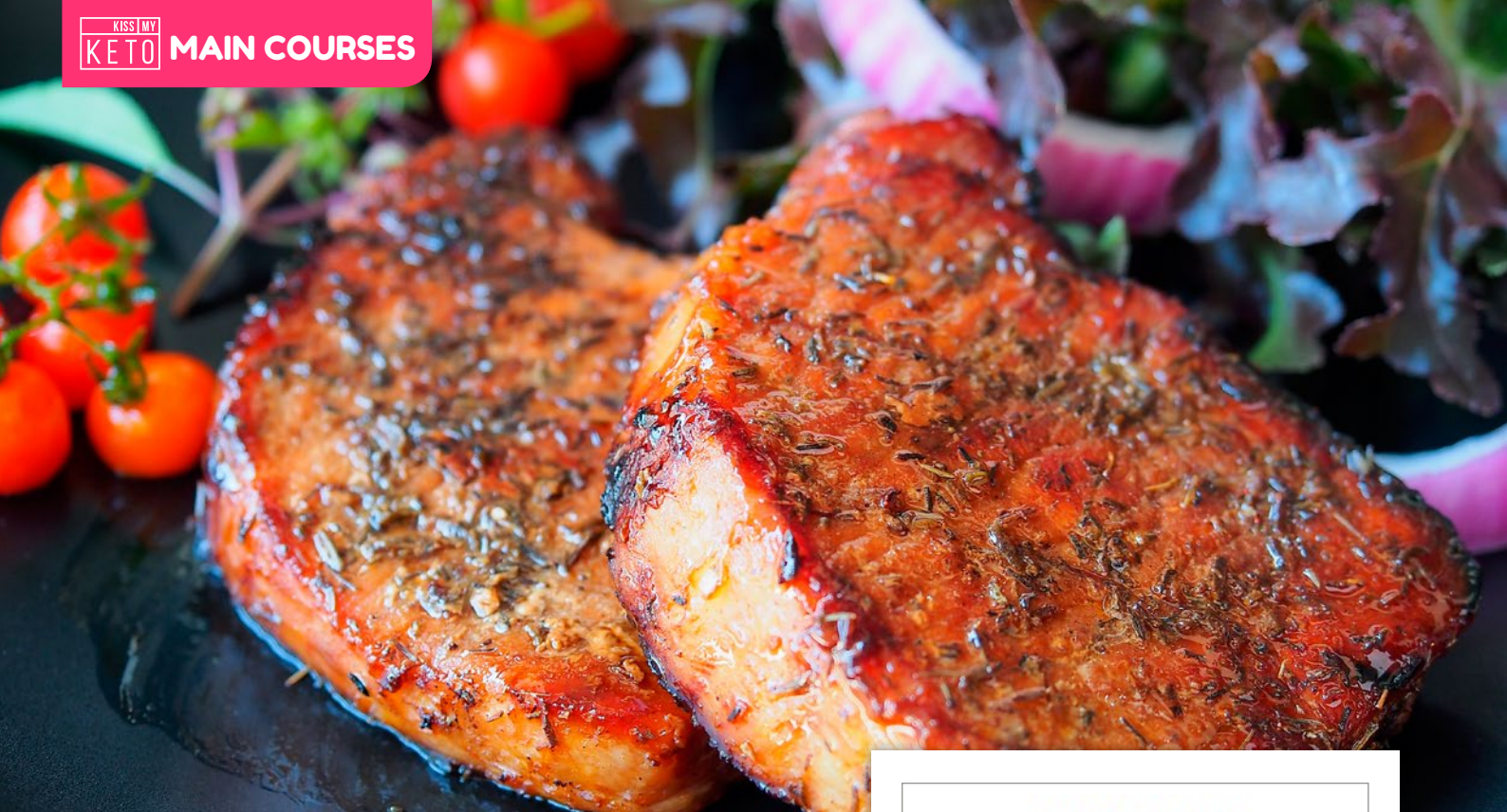


Preparation time: 10 minutes  
 Cooking time: 10 minutes



Servings: 10 patties





# CRUNCHY PORK CHOPS

## INGREDIENTS:

6 5oz. pork chops  
 ¼ cup flaxseeds  
 2 teaspoons ground cumin  
 1 teaspoon coriander seeds, ground  
 4 tablespoons bacon fat  
 Salt and pepper

## To serve with:

1 cup heavy cream  
 ¼ cup white wine  
 1 bay leaf  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Season the pork chops to taste.
- 2 In a shallow plate, combine the flaxseeds, cumin, and coriander.
- 3 Coat the pork chops with prepared mixture.
- 4 Heat the coconut oil in a skillet.
- 5 When the oil is melted and hot, add the pork and cook for 5 minutes per side.
- 6 Remove the pork from the skillet. Add the wine to deglaze the pan. Simmer, scraping any remaining bits. Add the bay leaf and cook until wine is reduced. Stir in the heavy cream and bring to a gentle boil. Season to taste and serve.
- 7 Serve after with prepared pork.

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	498.3
<b>Total Fat</b>	45.3 g
Saturated Fat	17.5 g
Polyunsaturated Fat	5.9 g
Monounsaturated Fat	18.4 g
<b>Cholesterol</b>	115.0 mg
<b>Sodium</b>	70.8 mg
<b>Potassium</b>	393.0 mg
<b>Total Carbohydrate</b>	3.5 g
Dietary Fiber	2.3 g
Sugars	0.0 g
<b>Protein</b>	19.4 g



Preparation time: 5 minutes  
 Cooking time: 10 minutes



Servings: 6





# ROASTED CHICKEN THIGHS

## INGREDIENTS:

8 chicken thighs, boneless  
4 garlic cloves, minced  
4 tablespoons bacon fat  
2 lemons, sliced into thin round  
2 tablespoons fresh thyme, chopped  
Salt and pepper, to taste

## For the dressing:

¼ cup sour cream  
¼ cup heavy cream  
2 spring onions, chopped  
½ cup mayonnaise  
1 tablespoon cider vinegar  
1 tablespoon chopped dill  
1 garlic clove, minced  
Salt and pepper, to taste

## DIRECTIONS:

- 1 Place the garlic with a pinch of salt in a food blender.
- 2 Blend until you have a paste. Gradually add the olive oil until all is emulsified.
- 3 Place the chicken in a large bag along with the garlic paste.
- 4 Shake and press well until the chicken is nicely coated. Pop in the fridge for 2 hours.
- 5 Heat the oven to 420F.
- 6 Arrange the lemon slices in the bottom of a baking pan. Top with the chicken and sprinkle with chopped rosemary. Season with salt and pepper.
- 7 Roast the chicken for 30 minutes.
- 8 Serve while still hot.



Preparation time:  
10 minutes + inactive time  
Cooking time: 30 minutes



Servings: 4

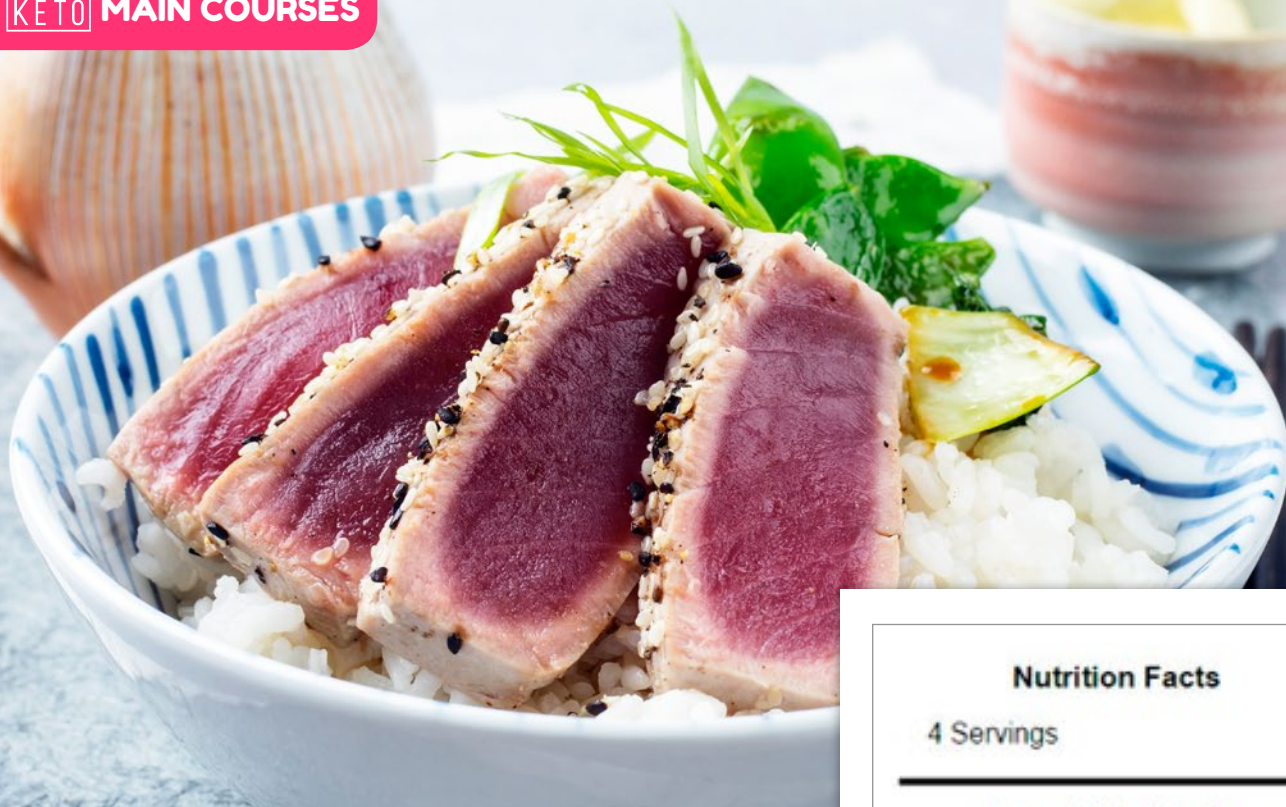
## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	735.1
<b>Total Fat</b>	60.0 g
Saturated Fat	18.7 g
Polyunsaturated Fat	5.7 g
Monounsaturated Fat	15.9 g
<b>Cholesterol</b>	174.6 mg
<b>Sodium</b>	282.5 mg
<b>Potassium</b>	582.2 mg
<b>Total Carbohydrate</b>	7.5 g
Dietary Fiber	2.6 g
Sugars	0.2 g
<b>Protein</b>	43.5 g

**NOTE:** you can use the cooking juices and turn into great sauce. Just strain through a sieve and cook until reduced.



# TUNA BOWLS

## INGREDIENTS:

1 lb. sushi grade tuna  
 ¼ cup coconut aminos  
 2 tablespoons toasted sesame oil  
 2 tablespoons lime juice  
 2 teaspoons Sriracha  
 4 green onions, chopped  
 Salt and pepper, to taste  
 1 tablespoon black sesame seeds

## For the cauliflower rice:

2 cups cauliflower  
 4 tablespoons butter  
 2 tablespoons rice vinegar  
 Salt, to taste

## Additional:

2 avocados, peeled, sliced

## DIRECTIONS:

- 1 Slice the salmon into 1-inch pieces and place in a bowl.
- 2 Add the remaining ingredients: coconut aminos, sesame seeds oil, lime juice, Sriracha, onions and salt. Stir to combine and cover. Refrigerate for 30 minutes at least.
- 3 Prepare the cauliflower rice: process the cauliflower in a food processor until the cauliflower is a rice like structure.
- 4 Heat the butter and cook the cauliflower for 5-6 minutes.
- 5 Remove from the heat and season with rice vinegar and salt.
- 6 Divide the cauliflower rice between bowls and top with salmon. Decorate with avocado slices and sprinkle all with sesame seeds.
- 7 Serve after.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	454.6
<b>Total Fat</b>	35.8 g
Saturated Fat	11.3 g
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	10.3 g
<b>Cholesterol</b>	89.7 mg
<b>Sodium</b>	354.8 mg
<b>Potassium</b>	336.6 mg
<b>Total Carbohydrate</b>	12.7 g
Dietary Fiber	3.9 g
Sugars	6.1 g
<b>Protein</b>	21.4 g

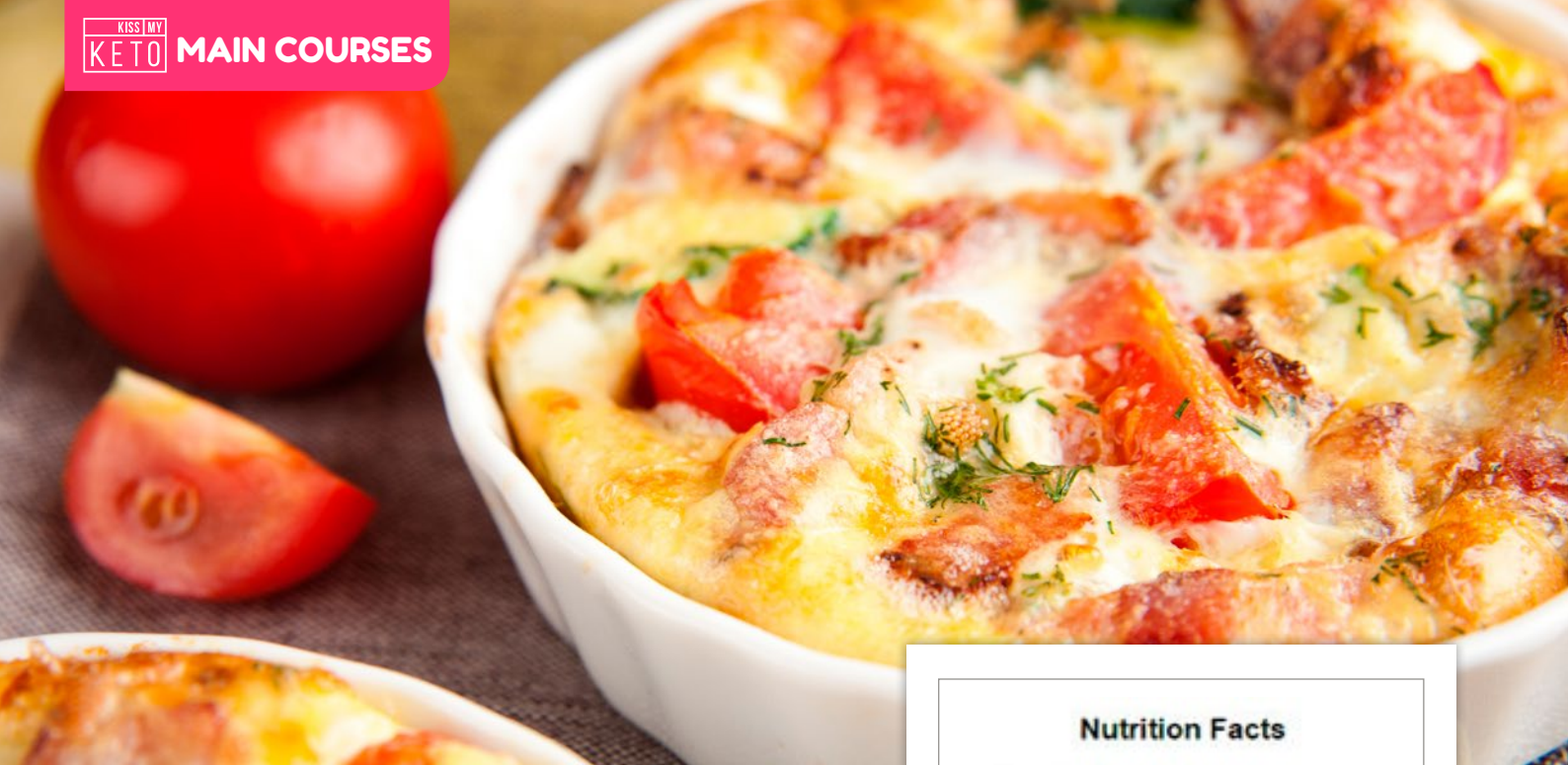


Preparation time: 15 minutes  
 Cooking time: 6 minutes



Servings: 4





# FRITTATA WITH PANCETTA

## INGREDIENTS:

- 10 organic eggs
- 9oz. asparagus spears
- 2 spring onions, chopped
- 1 shallot, chopped
- 1 green bell pepper, seeded, chopped
- ¼ cup full-fat heavy cream
- 5.5oz. soft goats cheese
- 4 tablespoons chopped parsley
- 2 tablespoons butter or ghee
- 3.5oz. Pancetta
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Prepare the veggies as described. Trim the asparagus.
- 2 Heat the butter in a large skillet. Add the asparagus, spring onions, shallots, and green bell pepper. Cook the veggies for 5 minutes. Transfer into a baking dish.
- 3 In a bowl, whisk the eggs with heavy cream, parsley, salt, and pepper.
- 4 Pour the egg mixture over veggies and top with crumbled goats cheese.
- 5 Heat the oven to 400F/200C and cook the eggs for 20 minutes. Remove from the oven and top with the Pancetta.
- 6 Reduce the heat to 350F/175C and cook the frittata for 15-20 minutes more.
- 7 Remove from the oven and place aside to cool. Slice before serving.



Preparation time: 5 minutes  
Cooking time: 35 minutes



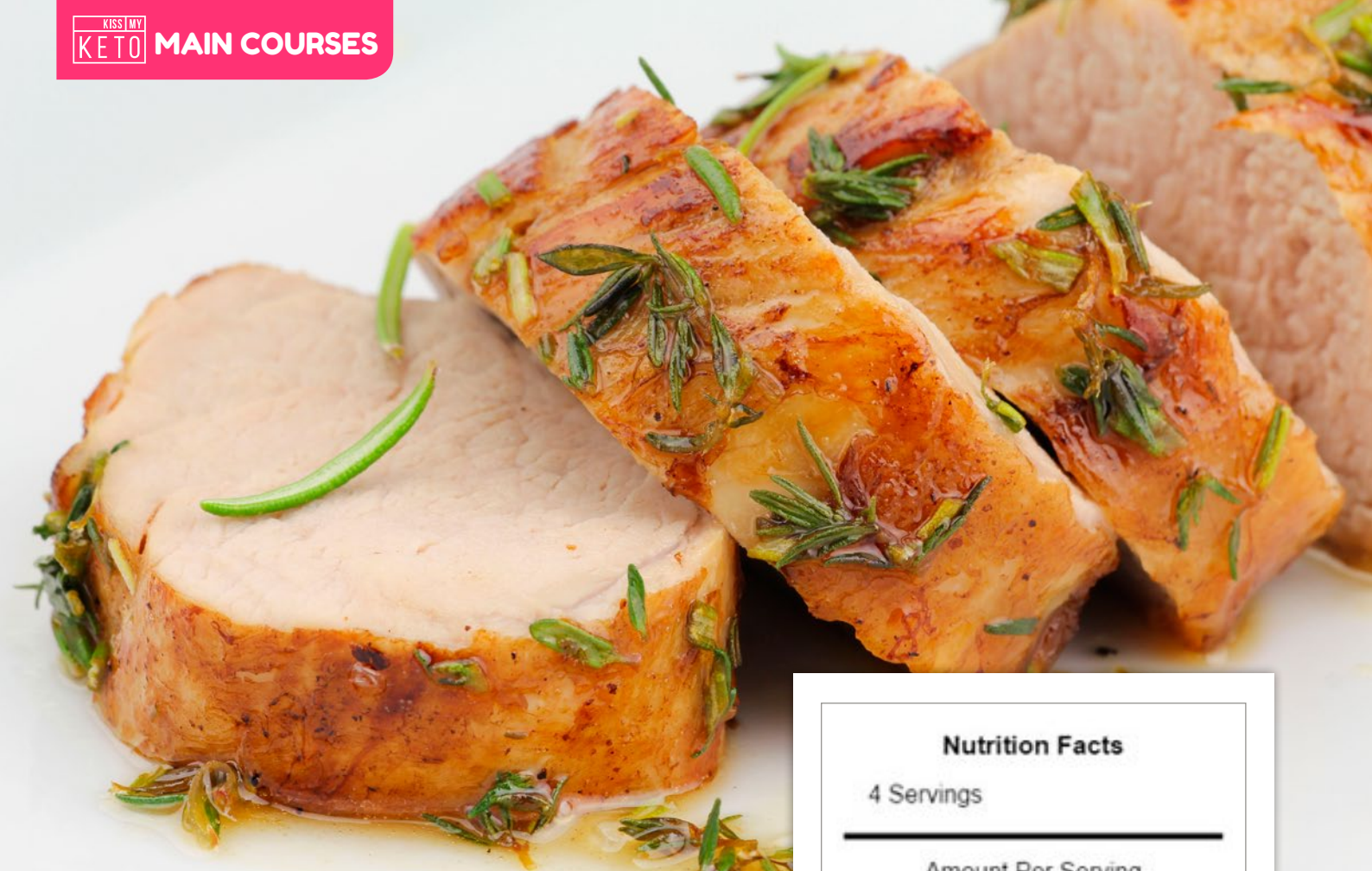
Servings: 4

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	663.0
<b>Total Fat</b>	43.2 g
Saturated Fat	21.1 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	7.5 g
<b>Cholesterol</b>	460.2 mg
<b>Sodium</b>	583.8 mg
<b>Potassium</b>	355.5 mg
<b>Total Carbohydrate</b>	6.3 g
Dietary Fiber	1.9 g
Sugars	1.6 g
<b>Protein</b>	31.7 g



# AROMATIC PORK TENDERLOIN

## INGREDIENTS:

- 1 lb. pork tenderloin
- 1 tablespoon fresh rosemary, copped
- 1 teaspoon garlic powder
- 1 teaspoon lemon zest
- 1 teaspoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

## DIRECTIONS:

- 1 Preheat oven to 400F.
- 2 Preheat the grill pan over-medium-high heat.
- 3 Brush the pork tenderloin with olive oil, all sides. Sprinkle with salt, pepper, fresh rosemary, and orange zest.
- 4 Sear the pork tenderloin in a grill pan for 2 minutes per side. This way the pork will keep all the juices inside.
- 5 Transfer into a baking dish and bake for 18-20 minutes.
- 6 Remove from the oven and let the pork rest before slicing and serving.



Preparation Time: 10 minutes  
Cooking time: 20 minutes



Servings: 4

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	238.8
<b>Total Fat</b>	10.5 g
Saturated Fat	2.6 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.6 g
<b>Cholesterol</b>	89.5 mg
<b>Sodium</b>	101.2 mg
<b>Potassium</b>	494.3 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.1 g
Sugars	0.0 g
<b>Protein</b>	33.3 g





# SALMON AND CREAMY SPINACH

## INGREDIENTS:

4 4.5oz. salmon fillets  
 1lb. spinach  
 ½ cup heavy whipping cream  
 4 tablespoons butter  
 Salt and pepper, to taste

## For the sauce:

6 tablespoons butter  
 4 egg yolks, organic  
 1 teaspoon mustard  
 ¼ cup lemon juice  
 2 tablespoons water

## DIRECTIONS:

- 1 Prepare the salmon and spinach: heat the oven to 400F/200C. place the salmon in a baking dish and dot with half the butter. Season to taste. Cook for 20-25 minutes.
- 2 Meanwhile, prepare the spinach: heat the remaining butter in a skillet. Add the spinach and season to taste. Cook for 3-5 minutes. Add the heavy whipping cream remove from the heat and place aside.
- 3 Prepare the sauce: melt the butter in a water bath and keep aside making sure it is not too hot.
- 4 In a glass, heatproof bowl, mix the egg yolks, mustard, lemon juice and water.
- 5 Bring 1 cup water to a boil in a saucepot. Keep it on medium heat.
- 6 Place the bowl with the egg yolks over the saucepot, making sure the water is not touching the bowl.
- 7 Cook the egg yolks over simmering water until thick. Pour in the butter and keep stirring to avoid clumps.
- 8 To serve: place the spinach on a plate. Top with baked salmon and drizzle with the egg sauce.

## Nutrition Facts

4 Servings

Amount Per Serving

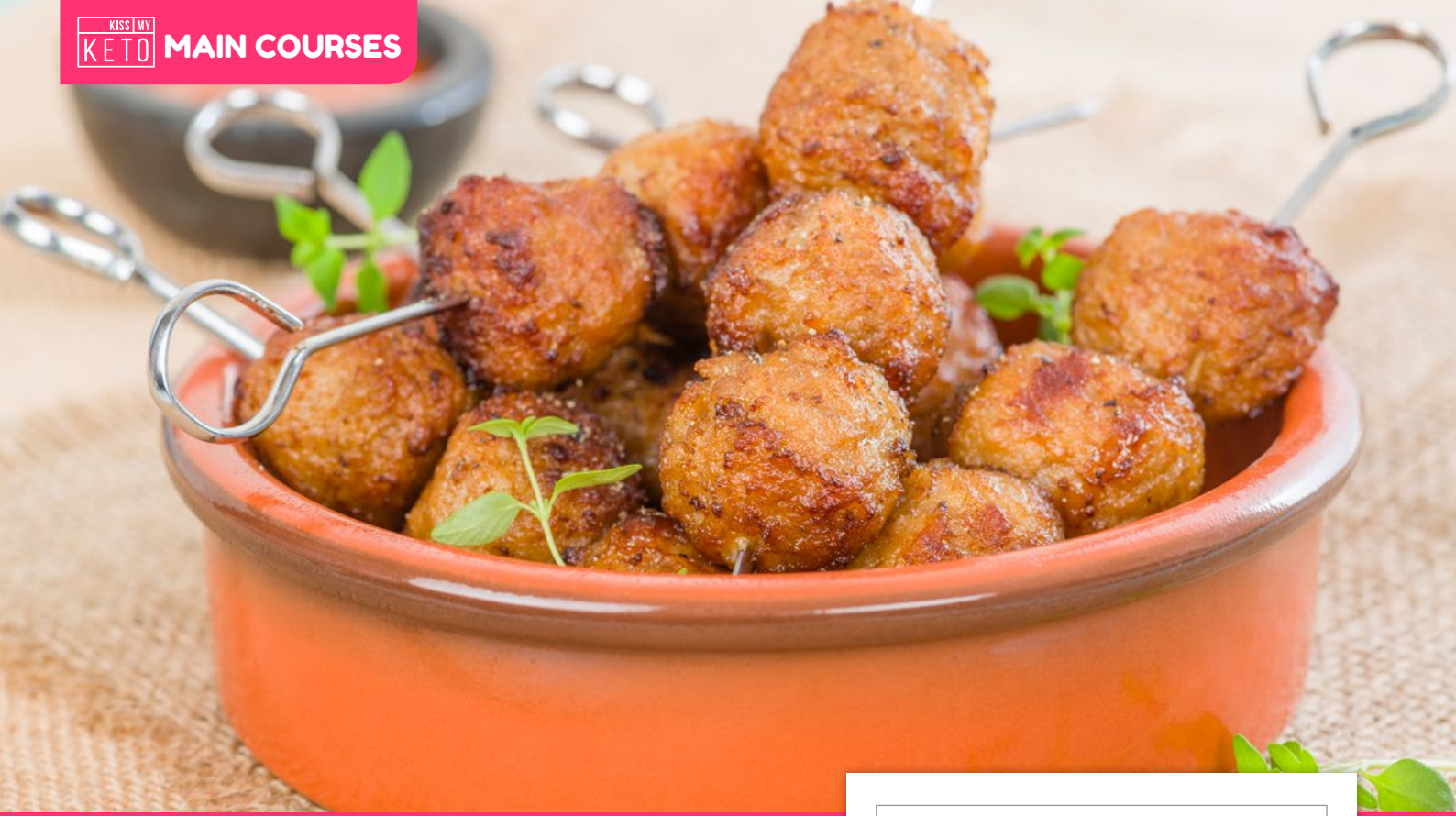
<b>Calories</b>	701.4
<b>Total Fat</b>	60.2 g
Saturated Fat	29.6 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	13.4 g
<b>Cholesterol</b>	386.3 mg
<b>Sodium</b>	210.0 mg
<b>Potassium</b>	698.2 mg
<b>Total Carbohydrate</b>	6.9 g
Dietary Fiber	2.6 g
Sugars	1.0 g
<b>Protein</b>	35.1 g



Preparation time: 10 minutes  
 Cooking time: 25 minutes



Servings: 4



# MEATBALLS AND CHORIZO ON SKEWERS

## INGREDIENTS:

- 1.5lb. ground beef
- 2 garlic cloves, minced
- 1 egg, organic
- 1 teaspoon paprika
- 3 tablespoons chopped fresh basil
- 7.5oz. chorizo sausage, sliced
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Combine all ingredients in a bowl, except the chorizo. Cover and refrigerate overnight, but you can use at once.
- 2 Form 24 meatballs from the mixture and arrange 3 meatballs onto skewer, with sliced chorizo at the beginning, at the end and in between.
- 3 Preheat the grill and grill the meatballs for 8 minutes.
- 4 Serve after.

## Nutrition Facts

6 Servings

### Amount Per Serving

<b>Calories</b>	528.4
<b>Total Fat</b>	44.5 g
Saturated Fat	17.6 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	20.0 g
<b>Cholesterol</b>	158.5 mg
<b>Sodium</b>	526.8 mg
<b>Potassium</b>	427.5 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.3 g
Sugars	0.1 g
<b>Protein</b>	28.6 g



Preparation time: 10 minutes  
Cooking time: 8 minutes



Servings: 6





# SALMON STUFFED AVOCADO

## INGREDIENTS:

- 3 medium avocados, pitted
- 4 3.5oz. salmon fillets
- 2 garlic cloves, minced or 1 spring onion, finely chopped
- 1 cup crème fraiche
- ¼ cup lemon juice
- 4 tablespoons melted butter
- 3 tablespoons chopped dill
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat the oven to 400F and line a baking sheet with parchment paper.
- 2 Drizzle with melted butter, half the lemon juice, and season to taste with salt.
- 3 Bake the salmon for 20-25 minutes. Place the salmon aside to cool down. Once cooled (5-10 minutes), flake the salmon. Transfer in a bowl and mix with garlic, crème fraiche, remaining lemon juice, and dill.
- 4 Scoop the avocado flesh leaving a thin shell. Chop the flesh and combine with the salmon.
- 5 Stuff the avocado shells with prepared mixture.
- 6 Serve and enjoy.

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	318.3
<b>Total Fat</b>	27.1 g
Saturated Fat	7.9 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	10.7 g
<b>Cholesterol</b>	54.2 mg
<b>Sodium</b>	41.4 mg
<b>Potassium</b>	453.6 mg
<b>Total Carbohydrate</b>	8.4 g
Dietary Fiber	5.9 g
Sugars	0.5 g
<b>Protein</b>	13.1 g

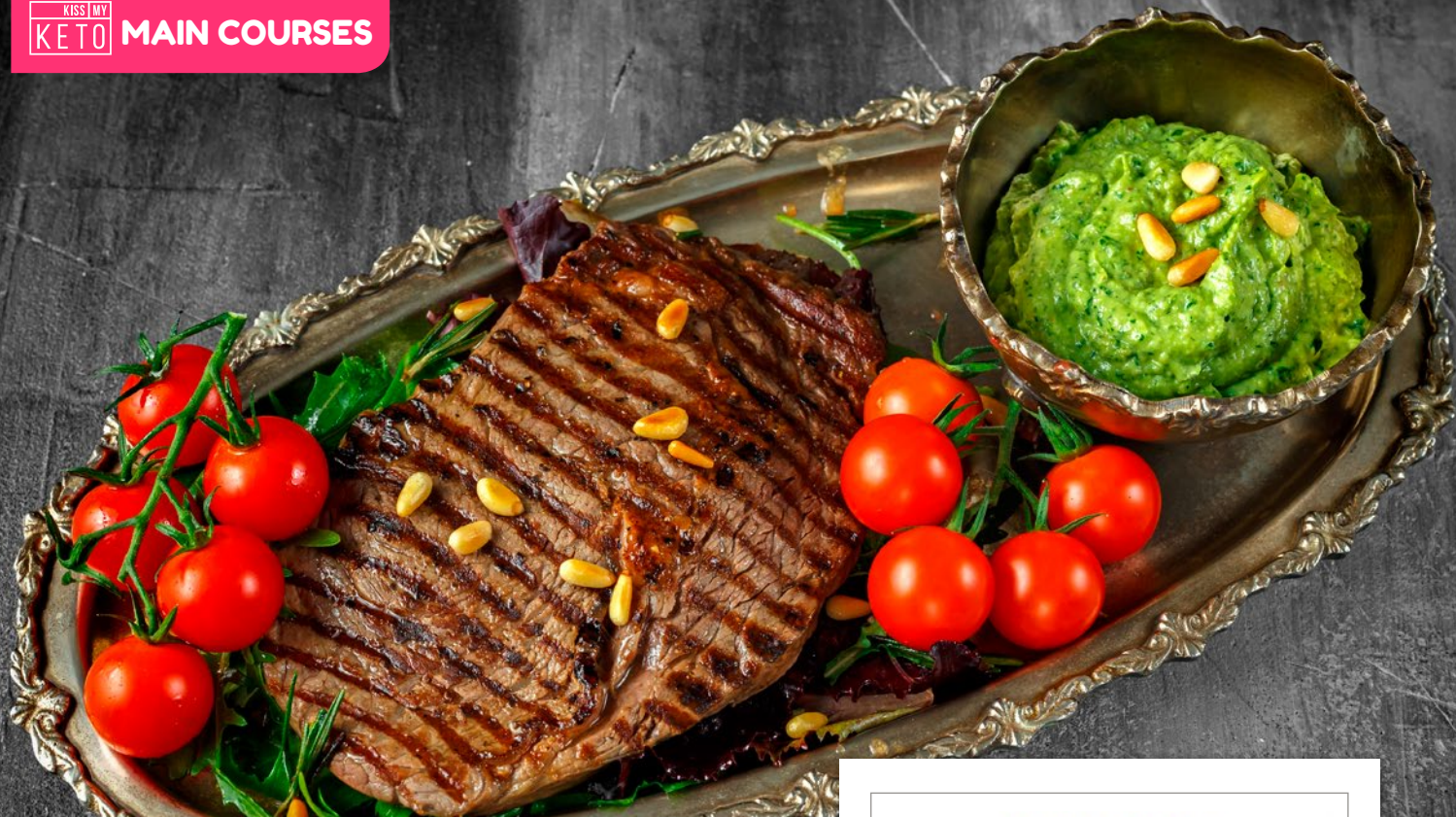


Preparation time: 10 minutes  
Cooking time: 25 minutes



Servings: 6





# RIB EYE STEAK WITH PESTO

## INGREDIENTS:

1lb. rib eye steaks,  
grass-fed  
2 tablespoons butter,  
softened  
Salt and pepper, to taste

### For the pesto:

½ cup (30g) parsley, chopped  
4 garlic cloves, minced  
1 tablespoon lemon zest, finely  
grated  
6 tablespoons butter

## DIRECTIONS:

- 1 Pat dry the steak with paper towels.
- 2 Season the steaks with salt and pepper and top with butter.
- 3 Place the steak aside and prepare the pesto: combine all ingredients in a mini blender. Blend for 10 seconds and place aside.
- 4 Prepare the steak: heat a grill pan over high heat. Add the steaks and fry 2-3 on each side minutes to close the pores and keep the juices within the meat.
- 5 Reduce heat to medium and cook for 7 minutes for medium, or 11 minutes for well done. If you like rare, 4 minutes are enough.
- 6 Remove the steaks from the pan and place aside to rest, covered with parchment paper.
- 7 Serve with prepared pesto.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	435.8
<b>Total Fat</b>	42.1 g
Saturated Fat	14.4 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	6.7 g
<b>Cholesterol</b>	287.2 mg
<b>Sodium</b>	80.8 mg
<b>Potassium</b>	61.0 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.3 g
Sugars	0.1 g
<b>Protein</b>	26.2 g



Preparation time: 10 minutes  
Cooking time: 15 minutes



Servings: 4





# CHORIZO MEATBALLS WITH CHEESE SAUCE

## INGREDIENTS:

1lb. ground pork, 20%fat  
 3oz. chorizo sausage, peeled, chopped  
 1 egg, organic  
 ½ cup almond flour  
 1 teaspoon ground cumin  
 2 garlic cloves, minced  
 1 teaspoon smoked paprika  
 1 tablespoon butter  
 Salt and pepper, to taste

## For the sauce:

¼ cup heavy whipping cream  
 2 tablespoons butter  
 ¼ cup cream cheese  
 ½ cup cheddar cheese, grated  
 Salt and pepper, to taste  
 Some water, to thin

## DIRECTIONS:

- 1 Prepare the meatballs: heat the butter in a skillet. Add the garlic and chorizo and cook for 6-8 minutes.
- 2 Remove from the heat and place aside.
- 3 In a large bowl, combine the ground pork with the egg, almond flour, cumin, smoked paprika, salt, and pepper. Mix to combine and add the chorizo mixture.
- 4 Shape the mixture into balls.
- 5 Heat the pan where you have cooked the chorizo and add the meatballs. Cook the meatballs for 2-3 minutes. Turn over and cook for 2 minutes.
- 6 Reduce heat and cook for 8-10 minutes.
- 7 Meanwhile, prepare the sauce: heat the butter in a saucepot.
- 8 Add the cream and once heated add the cream cheese. Stir until melted and bring to a gentle bubble. Remove from the heat and stir in the grated cheddar. Season to taste and mix until creamy. If needed, thin with water.
- 9 Serve meatballs with prepared sauce.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	703.6
<b>Total Fat</b>	57.5 g
Saturated Fat	24.4 g
Polyunsaturated Fat	5.2 g
Monounsaturated Fat	23.9 g
<b>Cholesterol</b>	229.8 mg
<b>Sodium</b>	457.2 mg
<b>Potassium</b>	633.2 mg
<b>Total Carbohydrate</b>	4.0 g
Dietary Fiber	1.7 g
Sugars	0.7 g
<b>Protein</b>	42.1 g



Preparation time: 10 minutes  
 Cooking time: 20 minutes



Servings: 4



# COD CAKES WITH CREAMY SAUCE

## INGREDIENTS:

8.5oz. cauliflower (processed in a food processor, to resemble the rice)  
 4 tablespoons coconut oil  
 1 garlic clove, minced  
 1.75lb. cod fillets, skinless  
 1 spring onion, finely chopped  
 1 teaspoon ground cumin  
 1 teaspoon lemon zest, finely grated  
 ½ cup grated parmesan  
 4 tablespoons flax meal  
 Salt and pepper, to taste

## For the sauce:

¾ cup avocado oil  
 1 egg yolk, organic  
 1 teaspoon mustard  
 1 tablespoon cider vinegar  
 1 tablespoon lemon juice  
 2 garlic cloves, minced  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Prepare the sauce: in a bowl, whisk the egg yolk and mustard.
- 2 While whisking, (by hand or electric whisk), gradually add the oil in a steady thin stream.
- 3 Once you have mayonnaise looking mixture, add the remaining ingredients. Whisk until incorporated.
- 4 Cover and place in a fridge.
- 5 Prepare the cauliflower rice: heat 1 tablespoon coconut oil in a skillet. Add the garlic and cook for 30 seconds.
- 6 Add the cauliflower (processed in a food processor) and cook for 6-8 minute or until crisp-tender. Season to taste and remove from the heat.
- 7 Prepare the fish cakes: heat 1 tablespoon coconut oil in a skillet. Add the fish fillets and cook for 3 minutes per side. Flake the fish and place in a bowl. add the remaining ingredients along with the cauliflower rice.
- 8 Shape 18 patties from the mixture. You can use ¼ cup measure to measure them out and to shape easily.
- 9 Heat the remaining oil in a skillet. Cook the patties for 4-5 minutes per side, without moving too much.
- 10 Serve the patties with prepared sauce.

Nutrition Facts	
4 Servings	
Amount Per Serving	
Calories	848.7
Total Fat	65.0 g
Saturated Fat	21.1 g
Polyunsaturated Fat	8.9 g
Monounsaturated Fat	33.5 g
Cholesterol	166.0 mg
Sodium	423.1 mg
Potassium	737.3 mg
Total Carbohydrate	7.2 g
Dietary Fiber	3.6 g
Sugars	0.4 g
Protein	53.4 g



Preparation time: 15 minutes  
 Cooking time: 10 minutes



Servings: 18 cakes





# TURKEY IN SAUCE

## INGREDIENTS:

- 1lb. turkey meat, from the thighs, thinly sliced
- 3 tablespoons duck fat or lard
- 2 garlic cloves, minced
- 1 cup mushrooms, sliced
- 2 celery stalks, medium, chopped
- 1 cup chicken stock
- 2 tablespoons lemon juice
- 1 cup heavy cream
- 1 teaspoon smoked paprika
- 4 egg yolks
- 2 tablespoons fresh parsley, chopped
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat 2 tablespoons duck fat in a skillet. Add the turkey and cook until browned.
- 2 Remove from the skillet and place aside.
- 3 Heat 1 tablespoon of the duck fat in the same skillet. Add the garlic. Cook for 2 minutes. Add the celery and sliced mushrooms and cook for 6-7 minutes over medium heat.
- 4 Add the broth, lemon juice, smoked paprika and bring to a boil. Reduce heat and simmer for 5 minutes.
- 5 In a separate bowl, whisk the egg yolks with heavy cream. Slowly drizzle in the turkey mix and season to taste.
- 6 Add the parsley and cook for 2 minutes. Place in the turkey and cook for 1 minute.
- 7 Serve with cauliflower rice.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	494.5
<b>Total Fat</b>	40.4 g
Saturated Fat	20.0 g
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	14.5 g
<b>Cholesterol</b>	375.0 mg
<b>Sodium</b>	378.6 mg
<b>Potassium</b>	611.3 mg
<b>Total Carbohydrate</b>	4.9 g
Dietary Fiber	0.8 g
Sugars	0.8 g
<b>Protein</b>	27.9 g



Preparation time: 5 minutes  
Cooking time: 15 minutes



Servings: 4





# SPICY CHICKEN SKEWERS

## INGREDIENTS:

1.5lb. chicken thighs, skinless, boneless  
1/3 cup spicy Harissa paste  
3/4 cup olive oil  
Salt, to taste

## DIRECTIONS:

- 1 Cut the chicken into 1 1/2-inch pieces.
- 2 Place the chicken in a bowl, with 2 tablespoons olive oil, some salt, and Harissa paste.
- 3 Cover and refrigerate for 1 hour.
- 4 Heat the oven to 440F and prepare baking pan.
- 5 Arrange the chicken meat onto skewers and place into a baking pan.
- 6 Bake/roast the chicken for 15 minutes. Remove from the oven and let the chicken cool for 5 minutes before serving.



Preparation time:  
5 minutes + inactive time  
Cooking time: 15 minutes



Servings: 6

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	511.0
<b>Total Fat</b>	45.7 g
Saturated Fat	6.7 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	31.2 g
<b>Cholesterol</b>	94.0 mg
<b>Sodium</b>	97.4 mg
<b>Potassium</b>	261.6 mg
<b>Total Carbohydrate</b>	1.9 g
Dietary Fiber	1.0 g
Sugars	1.1 g
<b>Protein</b>	22.7 g





# FRIED GRAVIERA CHEESE

## INGREDIENTS:

5.5oz. Graviera cheese, or Halloumi  
 3 tablespoons almond meal  
 3 tablespoons flax meal  
 ¼ cup heavy cream  
 Oil, to fry

## DIRECTIONS:

- 1 Cut the cheese into 1 ½ -inch thick slices.
- 2 Pour the cream in a bowl.
- 3 In a separate bowl, combine the almond and flax meal.
- 4 Dip each cheese slice in a heavy cream then coat with the almond/flax mixture.
- 5 Heat ¼-inch oil in the pan. Fry the cheese for 2 minutes per side.
- 6 Serve after, with lime wedges.

## Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	624.4
<b>Total Fat</b>	52.3 g
Saturated Fat	26.6 g
Polyunsaturated Fat	6.4 g
Monounsaturated Fat	17.0 g
<b>Cholesterol</b>	119.9 mg
<b>Sodium</b>	270.9 mg
<b>Potassium</b>	260.0 mg
<b>Total Carbohydrate</b>	10.3 g
Dietary Fiber	5.8 g
Sugars	2.5 g
<b>Protein</b>	30.5 g

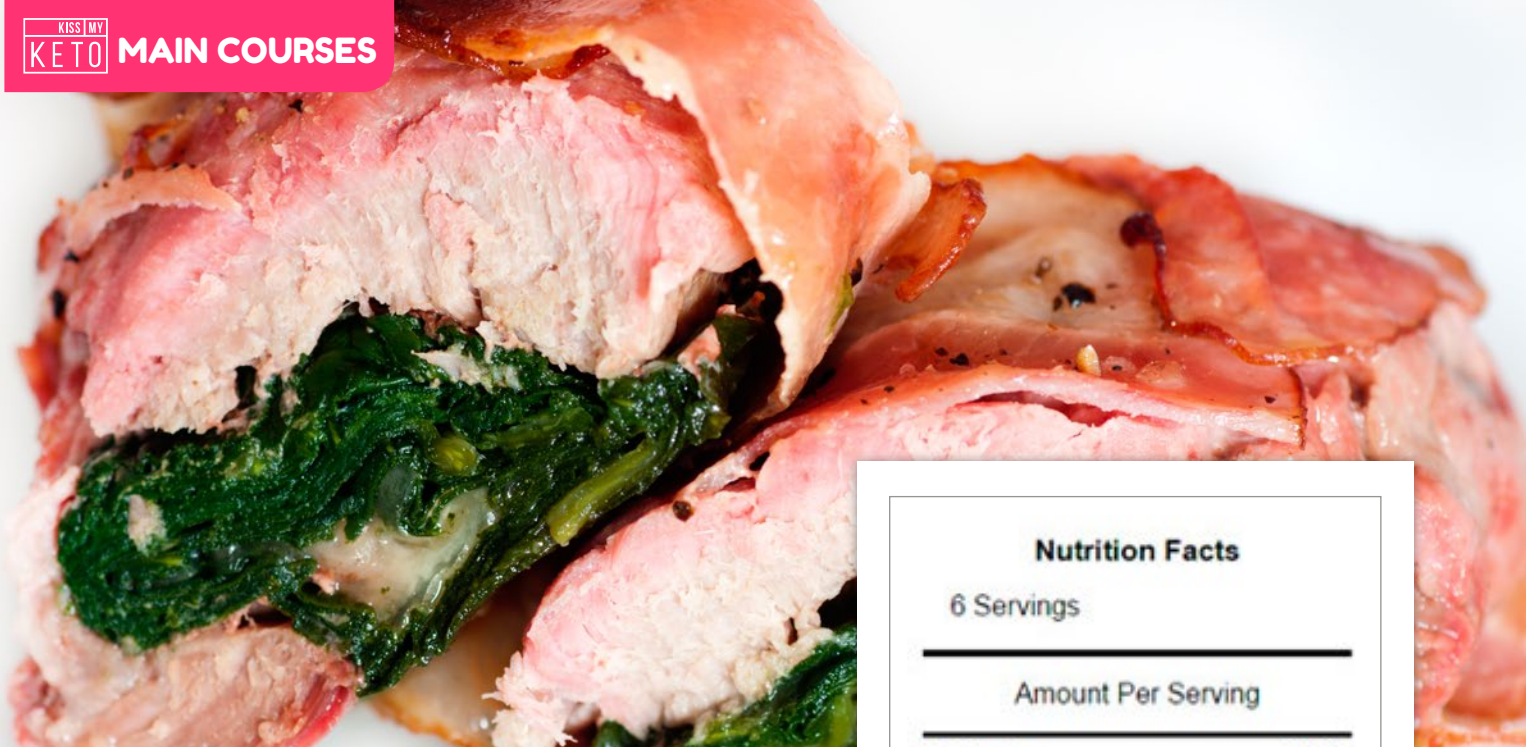


Preparation time: 10 minutes  
 Cooking time: 4 minutes



Servings: 2





# JUICY AND CRISPY PORK

## INGREDIENTS:

1lb. pork tenderloin  
 2 tablespoons bacon fat  
 2 garlic cloves  
 4oz. spinach  
 4oz. cream cheese  
 1 teaspoon dried thyme  
 4oz. Gruyere cheese, grated  
 16 bacon slices, thinly sliced  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat the bacon fat in a skillet. Add the garlic and cook for 30 seconds or until fragrant.
- 2 Add the thyme and spinach. Cook until just wilted. Season to taste and stir in the cream cheese. Remove from the heat.
- 3 Heat the oven to 375F.
- 4 Cut the pork tenderloin in half, but not completely. Leave ½-inch of bond between the sides of pork tenderloin. Cover the meat with foil and pound the meat with meat tenderizer, until ½-inch thick.
- 5 Create the bacon grid (#) from the bacon strips and place the tenderloin onto the strips. Spread the spinach mix over the pork and sprinkle with grated Gruyere cheese. Roll all together. Secure with toothpicks and transfer the pork onto baking sheet lined with parchment paper, seam side down.
- 6 Bake the pork for 40 minutes and for the extra crunchiness broil the pork for 2 minutes.
- 7 Let the pork rest for 10 minutes before slicing and serving. Remember to remove toothpicks.

### Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	493.9
<b>Total Fat</b>	40.7 g
Saturated Fat	18.4 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	15.4 g
<b>Cholesterol</b>	132.5 mg
<b>Sodium</b>	610.0 mg
<b>Potassium</b>	491.9 mg
<b>Total Carbohydrate</b>	1.6 g
Dietary Fiber	0.4 g
Sugars	0.8 g
<b>Protein</b>	29.8 g

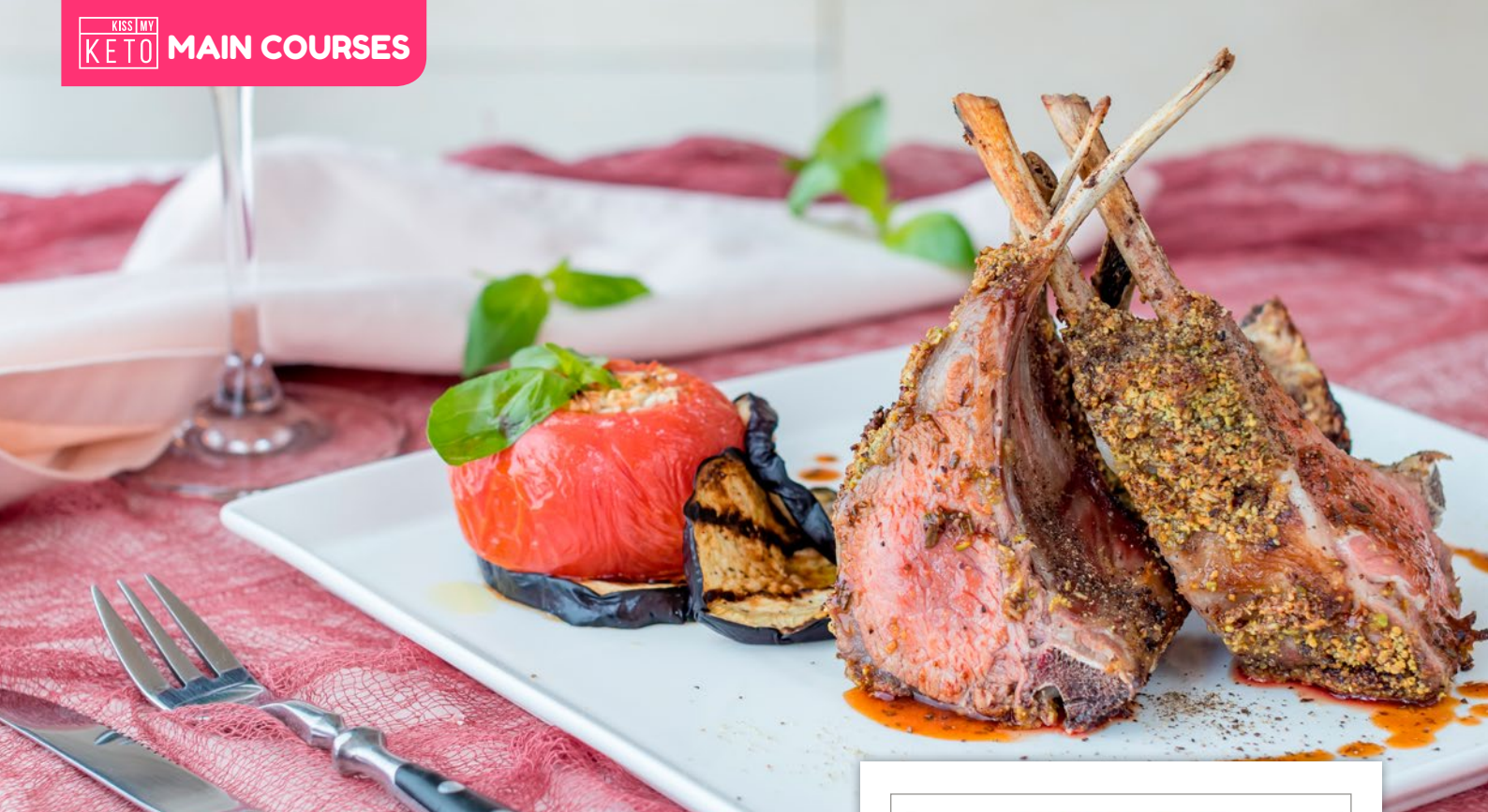


Preparation time: 10 minutes  
 Cooking time: 40 minutes



Servings: 6





# HERBED LAMB RACK WITH PORK RINDS

## INGREDIENTS:

2lb. lamb racks or 2 racks, will give 50% meat  
 4 tablespoons butter  
 1 tablespoon mustard  
 1 cup pork rinds, ground  
 4 garlic cloves, minced  
 2 sprigs rosemary  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat the oven to 400F.
- 2 Heat 1 tablespoon butter in a large skillet and sear the lamb, fatty side down for 2 minutes. Flip and sear for 30 seconds. Lift with the tongues and sear the bottom an upper side for 30 seconds, per side.
- 3 Place the lamb aside.
- 4 In a food blender, combine the remaining ingredients, except the mustard. Process until crumbly.
- 5 Brush the lamb with mustard, fatty part, and cover with prepared crumbly mixture.
- 6 Transfer the lamb onto baking tray and bake for 15 minutes for medium-rare or 20 minutes for medium.
- 7 Let the lamb rest for 10 minutes before serving.

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	394.9
<b>Total Fat</b>	33.2 g
Saturated Fat	15.3 g
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	11.3 g
<b>Cholesterol</b>	105.0 mg
<b>Sodium</b>	198.4 mg
<b>Potassium</b>	213.0 mg
<b>Total Carbohydrate</b>	0.7 g
Dietary Fiber	0.0 g
Sugars	0.0 g
<b>Protein</b>	22.8 g



Preparation time: 10 minutes  
 Cooking time: 20 minutes



Servings: 6





# CRISPY CHICKEN

## INGREDIENTS:

- 6 4oz. chicken thighs, skin on
- 1 cup (225g) butter
- 1 ½ tablespoons smoked paprika
- ½ teaspoon baking soda
- 1 ½ teaspoon cream of tartar
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat oven to 400F and line a baking sheet with parchment paper.
- 2 Pat dry the legs and arrange onto baking sheet or two sheets.
- 3 Lift the skin and place the ghee under the skin. Top the chicken with remaining ghee, if any left.
- 4 In a bowl, combine the paprika, cream of tartar and baking soda, with salt to taste.
- 5 Rub the chicken with prepared mixture and bake for 35 minutes.
- 6 Serve after with favorite sauce.

### Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	404.3
<b>Total Fat</b>	34.9 g
Saturated Fat	20.2 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	10.1 g
<b>Cholesterol</b>	169.5 mg
<b>Sodium</b>	97.9 mg
<b>Potassium</b>	390.1 mg
<b>Total Carbohydrate</b>	0.7 g
Dietary Fiber	0.1 g
Sugars	0.0 g
<b>Protein</b>	22.2 g



Preparation time: 5 minutes  
Cooking time: 35 minutes



Servings: 6





# BRISKET BURGERS

## INGREDIENTS:

1lb. veal or beef brisket, ground  
 1oz. butter, cut in four slices  
 2 garlic cloves, minced  
 1 tablespoon ghee  
 ½ teaspoon dried thyme  
 1 ½ tablespoon mayonnaise  
 1 tablespoon olive oil  
 4 slices Gouda cheese (optional)  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 In a bowl, combine the brisket, garlic, thyme, mayonnaise, salt, and pepper.
- 2 Shape the mixture into four burgers. Make a small pocket in each burger and place in the butter slice. Close the pocket.
- 3 Heat the olive oil in a skillet. Add the burgers and cook for 4 minutes, flip to the other side and add the ghee.
- 4 Top the burgers with cheese slices and cook for 4 minutes. If not using cheese cook for 4 minutes anyway.
- 5 Serve after.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	569.2
<b>Total Fat</b>	46.8 g
Saturated Fat	18.5 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	18.0 g
<b>Cholesterol</b>	155.9 mg
<b>Sodium</b>	165.1 mg
<b>Potassium</b>	335.5 mg
<b>Total Carbohydrate</b>	0.2 g
Dietary Fiber	0.0 g
Sugars	0.2 g
<b>Protein</b>	35.6 g



Preparation time: 5 minutes  
 Cooking time: 10 minutes



Servings: 4





# STUFFED PEPPERS

## INGREDIENTS:

- 16 mini peppers, colorful
- 8oz. cream cheese
- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1 lemon, zested
- 2 tablespoons chopped dill weed
- 8 slices bacon, cooked and crumbled
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Halve the mini peppers and remove seeds and membrane. Toss the peppers with olive oil, salt, and pepper in a bowl.
- 2 Heat the grill.
- 3 Grill the peppers for 2 minutes per side.
- 4 While the peppers are cooling, combine the cream cheese, garlic, dill weed, lemon zest, salt, and pepper.
- 5 Stuff the peppers with cream cheese filling. Sprinkle with bacon.
- 6 Serve after.



Preparation time: 5 minutes  
Cooking time: 5 minutes



Servings: 16 peppers

### Nutrition Facts

16 Servings

Amount Per Serving

<b>Calories</b>	89.6
<b>Total Fat</b>	7.7 g
Saturated Fat	3.5 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	2.7 g
<b>Cholesterol</b>	21.7 mg
<b>Sodium</b>	143.4 mg
<b>Potassium</b>	95.0 mg
<b>Total Carbohydrate</b>	1.9 g
Dietary Fiber	0.3 g
Sugars	1.2 g
<b>Protein</b>	3.5 g





# GREEN TURKEY SALAD

## INGREDIENTS:

6oz. grilled turkey dark meat, sliced  
2 cups arugula  
1 cup baby spinach  
¼ sliced avocado  
¼ cup raw pumpkin seeds

### For the dressing:

1 garlic clove, minced  
3 tablespoons olive oil  
2 tablespoons lemon juice  
¼ teaspoon salt  
1 pinch ground pepper  
1 tablespoon raw cider vinegar  
1 teaspoon mustard

## DIRECTIONS:

- 1 Prepare the dressing: in a mini blender combine all the dressing ingredients.
- 2 Blend until smooth.
- 3 Prepare the salad: toss the grilled turkey, arugula, baby spinach, pumpkin seeds, and avocado in a bowl.
- 4 Pour over prepared dressing and toss gently. Serve immediately.

## Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	384.7
<b>Total Fat</b>	28.8 g
Saturated Fat	3.3 g
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	15.5 g
<b>Cholesterol</b>	72.0 mg
<b>Sodium</b>	136.4 mg
<b>Potassium</b>	147.3 mg
<b>Total Carbohydrate</b>	5.8 g
Dietary Fiber	1.9 g
Sugars	0.7 g
<b>Protein</b>	26.5 g

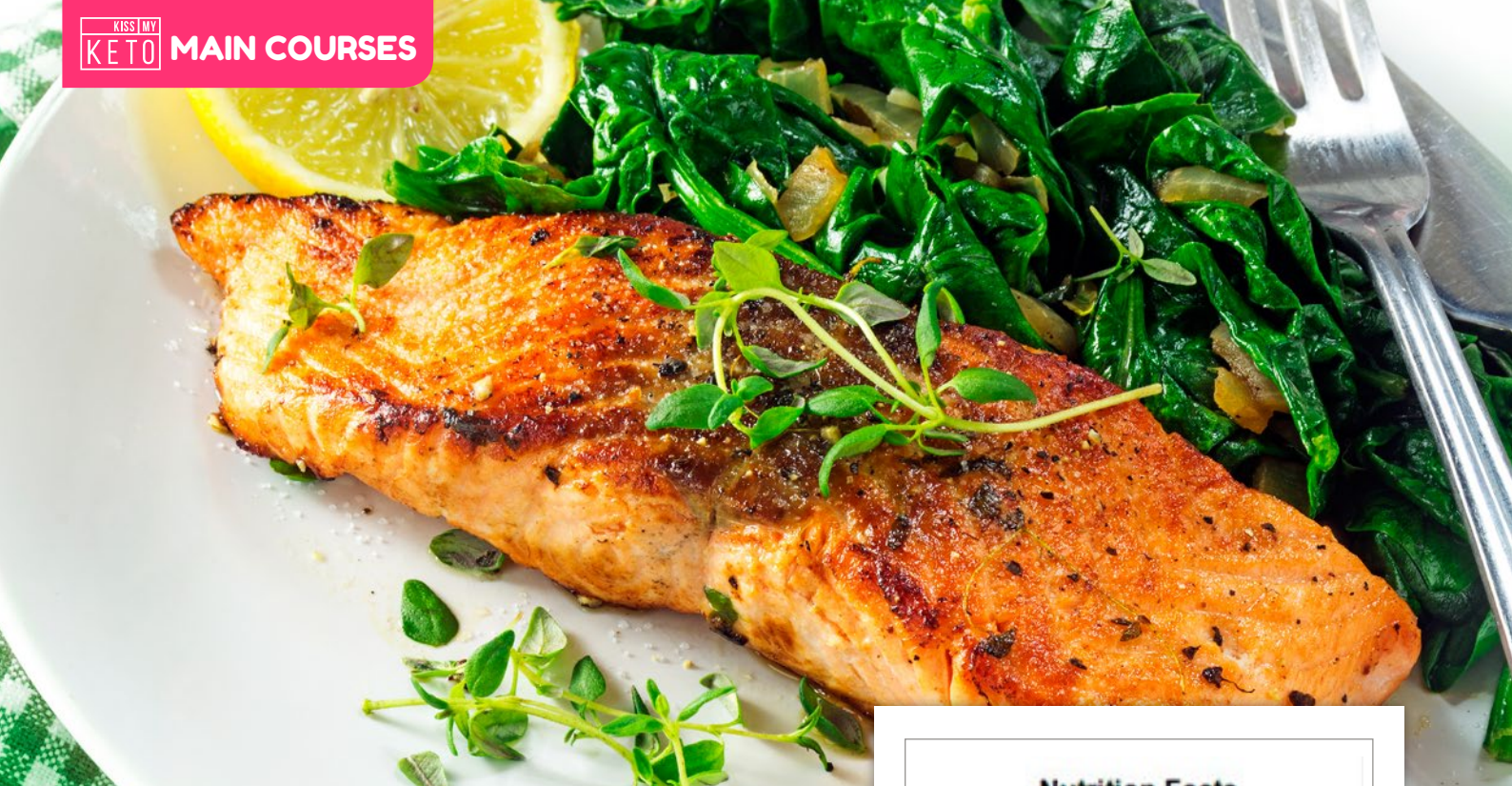


Preparation time: 15 minutes



Servings: 2





# SALMON WITH STIR-FRIED SALAD

## INGREDIENTS:

- 4 4oz. salmon fillets, skin on
- 2 tablespoons melted coconut oil
- 2 tablespoon coconut aminos
- 1 teaspoon chopped ginger
- 2 green bell peppers, sliced
- 1 red chili pepper, seeded and chopped
- 2 cups baby spinach
- 2 tablespoons coriander leaves
- ¼ teaspoon salt
- 1/8 teaspoon black pepper

## DIRECTIONS:

- 1 In a bowl, combine the 1 tablespoon coconut oil, coconut aminos, chopped ginger, and chili pepper.
- 2 Preheat the grill. Brush the salmon fillets with oil and season to taste.
- 3 Grill over 500F for, for total 8 minutes, starting with the skin down.
- 4 Heat the remaining oil in the pan. Once hot, add the bell peppers and coriander.
- 5 Stir-fry for 1-2 minutes over medium-high heat. Remove from the heat and stir in the spinach.
- 6 Pour over prepared coconut aminos dressing and toss to combine.
- 7 Serve with prepared salmon.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	205.3
<b>Total Fat</b>	11.3 g
Saturated Fat	6.9 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.4 g
<b>Cholesterol</b>	85.0 mg
<b>Sodium</b>	111.8 mg
<b>Potassium</b>	24.9 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.2 g
Sugars	0.5 g
<b>Protein</b>	23.1 g



Preparation Time: 5 minutes  
Cooking Time: 10 minutes



Servings: 4





# CHICKEN MEAT-BALLS WITH CHEESE

## INGREDIENTS:

- 1.5lb. ground chicken (thighs meat)
- 3.5oz. liquid egg whites
- 1 cup almond flour
- ½ green bell pepper, seeded, finely chopped
- 2 garlic cloves, minced
- 1 tablespoon dried basil
- 1 tablespoon onion powder
- 1 cup mozzarella, torn into pieces
- 1 jalapeno, seeded, minced
- 1 tablespoon olive oil

## DIRECTIONS:

- 1 Preheat oven to 450F.
- 2 In a bowl, combine all the ingredients.
- 3 Mix with clean hands and shape mixture into 10 meatballs.
- 4 Grease baking sheet with olive oil and arrange the meatballs onto baking sheet.
- 5 Bake the meatballs for 10-12 minutes or until golden brown.
- 6 Serve immediately.



Preparation Time: 5 minutes  
Cooking Time: 12 minutes



Servings: 10 meatballs

## Nutrition Facts

10 Servings

Amount Per Serving

<b>Calories</b>	191.7
<b>Total Fat</b>	12.1 g
Saturated Fat	2.7 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	2.5 g
<b>Cholesterol</b>	64.9 mg
<b>Sodium</b>	128.4 mg
<b>Potassium</b>	175.6 mg
<b>Total Carbohydrate</b>	3.1 g
Dietary Fiber	1.3 g
Sugars	0.7 g
<b>Protein</b>	18.2 g



# LETTUCE TURKEY FAJITA WRAP

## INGREDIENTS:

- 1lb. ground turkey, thighs meat
- 1 red bell pepper, seeded, sliced
- 2 garlic cloves, minced
- 1 cup chopped mushrooms
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon cumin powder
- ¼ teaspoon black pepper
- 4 leaves lettuce

## DIRECTIONS:

- 1 Heat large pan with oil over medium-high heat.
- 2 Add the turkey and cook until browned, for 6 minutes. Remove from the pan and place aside.
- 3 Heat remaining oil and toss in the mushrooms and bell pepper. Cook until tender for 5 minutes.
- 4 Add the garlic, oregano, and cumin. Cook for 1 minute.
- 5 Add back turkey and season with salt and pepper.
- 6 Cook all together for 1 minute. Divide the turkey between four lettuce leaves and wrap.
- 7 Serve after.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	207.5
<b>Total Fat</b>	15.1 g
Saturated Fat	3.7 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	1.7 g
<b>Cholesterol</b>	63.8 mg
<b>Sodium</b>	54.2 mg
<b>Potassium</b>	98.1 mg
<b>Total Carbohydrate</b>	1.4 g
Dietary Fiber	0.5 g
Sugars	0.7 g
<b>Protein</b>	15.8 g

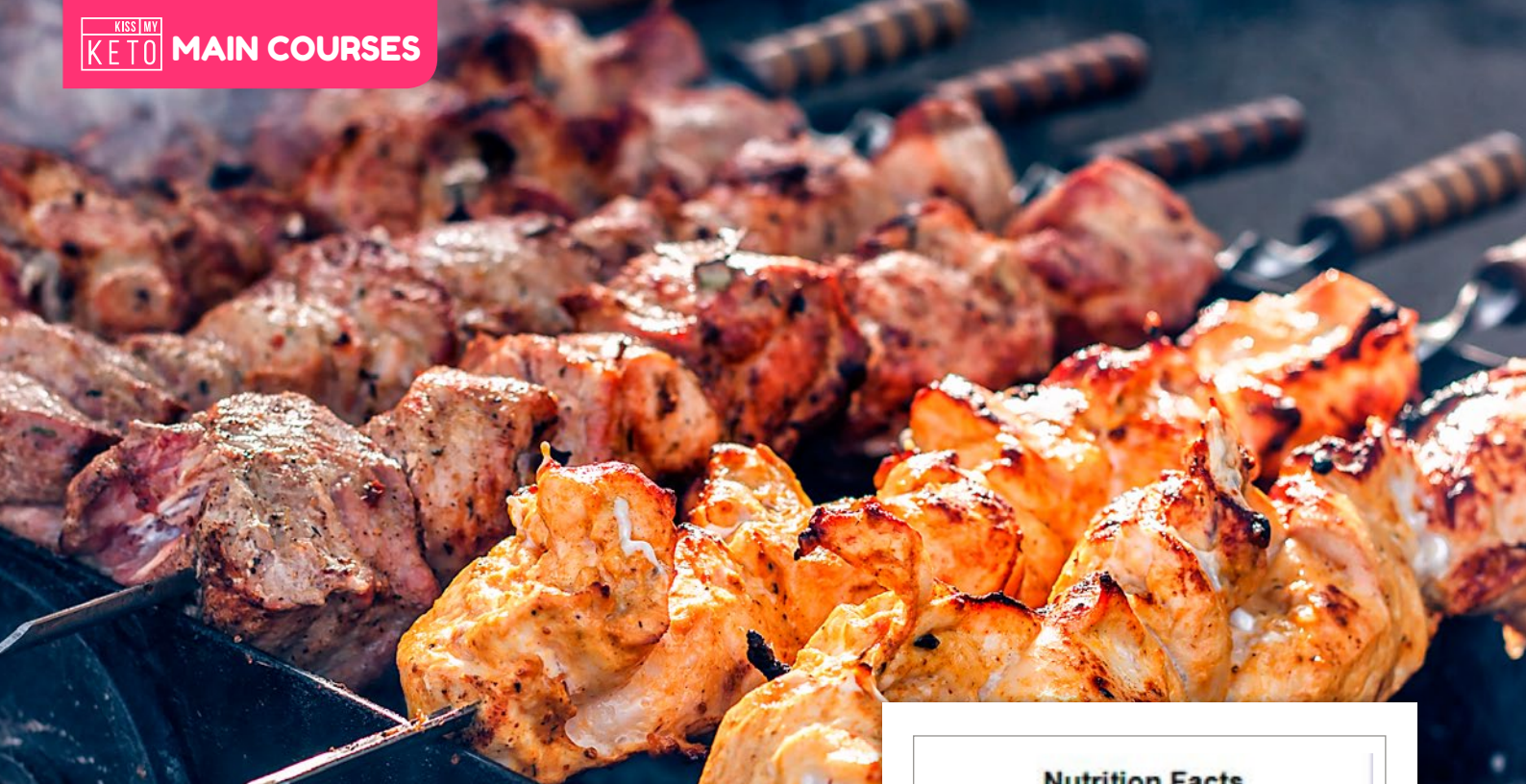


Preparation Time: 5 minutes  
Cooking Time: 10 minutes



Servings: 4 wraps





# MEDITERRANEAN KEBABS

## INGREDIENTS:

- ½ lb. beef tenderloin, cubed
- ½ lb. button mushrooms, stems removed
- 2 garlic cloves, finely chopped
- 1 teaspoon fresh chopped mint
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- ½ teaspoon smoked paprika
- 2 tablespoons lime juice
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons olive oil
- 1 teaspoon lime zest
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper

## DIRECTIONS:

- 1 In a mini blender, combine the garlic, mint, thyme, basil, paprika, lime juice, parsley, olive oil, lime zest, and cayenne pepper. Process until smooth.
- 2 Arrange the beef tenderloin and mushrooms onto skewers and season with salt. Preheat the grill to medium-high.
- 3 Brush the skewers with prepared herb mix. Grill the skewers for 4 minutes per side, brushing after each minute.
- 4 Serve while still hot.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	262.2
<b>Total Fat</b>	21.9 g
Saturated Fat	6.1 g
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	12.4 g
<b>Cholesterol</b>	42.5 mg
<b>Sodium</b>	34.1 mg
<b>Potassium</b>	392.8 mg
<b>Total Carbohydrate</b>	2.8 g
Dietary Fiber	0.8 g
Sugars	1.3 g
<b>Protein</b>	14.2 g



Preparation Time: 5 minutes  
Cooking Time: 10 minutes



Servings: 4 kebabs



# SWEET AND SOUR CHICKEN WITH CAULIFLOWER RICE

## INGREDIENTS:

- 1 lb. chicken thighs, deboned, skinned, sliced
- 3 tablespoons olive oil
- 1 tablespoons tomato paste, no sugar added
- 2 teaspoons garlic powder
- ½ cup chicken stock
- ¼ cup Erythritol
- 1 tablespoon coconut aminos
- ¼ cup white vinegar
- ½ medium head cauliflower
- ½ teaspoon black pepper
- 1 teaspoon arrowroot powder

## DIRECTIONS:

- 1 Cut the cauliflower into florets. Place in a food blender and process until resembles the rice. Place aside.
- 2 Heat oil in large pan. Season the chicken with garlic powder and black pepper. Cook for 4-5 minutes. Toss in the cauliflower and cook until done. Just a few minutes.
- 3 Meanwhile, in a saucepan combine the tomato paste, chicken stock, Erythritol, coconut aminos, vinegar and arrowroot.
- 4 Bring to boil. Reduce heat and simmer for 2 minutes or until slightly thickened. Pour over chicken and cauliflower.
- 5 Give it all a good stir and serve while still hot.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	198.1
<b>Total Fat</b>	13.3 g
Saturated Fat	2.2 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	8.5 g
<b>Cholesterol</b>	58.2 mg
<b>Sodium</b>	141.8 mg
<b>Potassium</b>	329.3 mg
<b>Total Carbohydrate</b>	4.6 g
Dietary Fiber	1.0 g
Sugars	1.6 g
<b>Protein</b>	15.1 g



Preparation Time: 5 minutes  
Cooking Time: 15 minutes



Servings: 4





# CHICKEN SATAY

## INGREDIENTS:

- 1lb. chicken thighs, skinless, deboned, sliced
- 3 teaspoons lime juice
- 2 tablespoons peanut oil
- 1 red chili pepper, seeded and chopped
- 2 teaspoons coconut aminos
- ¼ cup peanut butter
- 4 spring onions, chopped
- 1 teaspoon ginger
- 4 stalks coriander, chopped
- ¼ cup water
- 2 garlic cloves
- 1 pinch black pepper

## DIRECTIONS:

- 1 In a food blender, combine the lime juice, chili pepper, soy sauce, peanut butter, coriander, water, and garlic.
- 2 Pulse until smooth.
- 3 Slice the chicken and pour over half the prepared mixture.
- 4 Meanwhile, heat some coconut oil in a pan. Cook the spring onions and ginger for few minutes. Remove from the pan.
- 5 Remove the chicken breasts from the marinade and cook for 4 minutes per side.
- 6 Stir in the ginger and onions and toss gently.
- 7 Serve the chicken with remaining marinade, sprinkled with onions and ginger.



Preparation Time: 10 minutes  
Cooking Time: 10 minutes



Servings: 4

## Nutrition Facts

4 Servings

### Amount Per Serving

<b>Calories</b>	239.0
<b>Total Fat</b>	17.6 g
Saturated Fat	3.3 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	9.7 g
<b>Cholesterol</b>	57.3 mg
<b>Sodium</b>	134.4 mg
<b>Potassium</b>	264.2 mg
<b>Total Carbohydrate</b>	3.7 g
Dietary Fiber	1.2 g
Sugars	1.8 g
<b>Protein</b>	17.7 g



# SPICY AND FRUITY BURGERS

## INGREDIENTS:

- 1.5lb. ground pork
- 2 medium eggs
- 2 egg whites
- 1.5oz. raisins
- 1oz. dried cranberries
- ½ cup almond flour
- 2 spring onions, chopped
- ½ teaspoon ground powdered ginger
- ½ teaspoon ground coriander seeds
- ¼ teaspoon ground white pepper
- ¼ teaspoon turmeric
- ¼ teaspoon all spice
- ½ teaspoon salt
- 1 pinch cinnamon

## DIRECTIONS:

- 1 Preheat grill to medium-high.
- 2 In a bowl, combine all the ingredients.
- 3 Mix with clean hands. Shape the mixture into six burgers.
- 4 Grill the burgers for 15 minutes in total.
- 5 Serve after with low-carb toasted buns.



Preparation Time: 5 minutes  
Cooking Time: 15 minutes



Servings: 6 burgers

## Nutrition Facts

6 Servings

### Amount Per Serving

<b>Calories</b>	345.2
<b>Total Fat</b>	26.2 g
Saturated Fat	9.0 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	10.6 g
<b>Cholesterol</b>	81.0 mg
<b>Sodium</b>	82.3 mg
<b>Potassium</b>	362.0 mg
<b>Total Carbohydrate</b>	5.5 g
Dietary Fiber	1.0 g
Sugars	3.3 g
<b>Protein</b>	21.4 g





# MEXICAN CHICKEN WITH CAULIFLOWER

## INGREDIENTS:

- 1 lb. chicken thighs, deboned, cut into strips
- 2 tablespoons olive oil
- 2 green bell peppers, seeded, sliced
- 1 tablespoon tomato puree
- ½ bouillon cube, crumbled
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 5 oz. cauliflower florets
- 2 tablespoon Cajun seasoning

## DIRECTIONS:

- 1 Bring the small pot of water to boil over medium-high heat. Place in the stock cube and add the cauliflower florets. Boil for 5 minutes.
- 2 Meanwhile, heat the olive oil in a large pan. Cook the bell peppers for 5 minutes or until tender.
- 3 Remove the peppers from the pan. Add the chicken strips and cook until no longer pink.
- 4 Place back the peppers and mix with the chicken.
- 5 Add the seasoning and give it all a good stir. Toss in the cauliflower and tomato puree.
- 6 Cook, for 1 minute. Serve.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	174.6
<b>Total Fat</b>	15.2 g
Saturated Fat	2.2 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	10.0 g
<b>Cholesterol</b>	34.0 mg
<b>Sodium</b>	42.5 mg
<b>Potassium</b>	75.8 mg
<b>Total Carbohydrate</b>	1.3 g
Dietary Fiber	0.6 g
Sugars	0.5 g
<b>Protein</b>	8.6 g



Preparation Time: 5 minutes  
Cooking Time: 15 minutes



Servings: 4



# STEAK SALAD WITH RASPBERRIES

## INGREDIENTS:

- 1lb. beef T-bone steak
- 1 cup raspberries
- 4 cups baby spinach
- 3 tablespoons balsamic vinegar
- 1 tablespoon minced shallot
- ½ cup crushed almonds
- 1oz. crumbled blue cheese
- 3 tablespoons olive oil
- ½ teaspoon salt, divided

## DIRECTIONS:

- 1 Place ¼ cup raspberries, raspberry vinegar, shallot, ¼ teaspoon salt and ¼ cup almonds in the food blender.
- 2 Pulse until you have a paste. While the blender is running low, add the oil and pulse until smooth. Place aside.
- 3 Preheat the grill. Season the steak with remaining salt.
- 4 Grill the steak for 5 minutes per side for medium-rare. Let the steak rest for 5 minutes before slicing into strips.
- 5 In a bowl, combine the spinach with remaining raspberries, almonds and crumbled feta. Add the steak and drizzle all with prepared raspberry vinaigrette.
- 6 Gently toss and serve.

### Nutrition Facts

4 Servings

#### Amount Per Serving

<b>Calories</b>	461.9
<b>Total Fat</b>	35.3 g
Saturated Fat	5.2 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	12.8 g
<b>Cholesterol</b>	74.6 mg
<b>Sodium</b>	209.9 mg
<b>Potassium</b>	405.1 mg
<b>Total Carbohydrate</b>	5.2 g
Dietary Fiber	3.1 g
Sugars	1.9 g
<b>Protein</b>	30.1 g



Preparation Time: 10 minutes  
Cooking Time: 10 minutes



Servings: 4





# BURRITO BOWL

## INGREDIENTS:

- 8oz. grilled and sliced chicken thighs
- 1 cup broccoli florets
- 1 green bell pepper
- 1 cup red shredded cabbage
- ¼ cup Greek yogurt
- ¼ teaspoon cumin
- 2 pinches cayenne pepper
- 2 pinches garlic powder
- 2 tablespoons chopped coriander
- 2 green onions, chopped
- 1 pinch salt

## DIRECTIONS:

- 1 Char the pepper. **NOTE:** be careful. Ignite the gas burner. Grasp the pepper with kitchen tongs and place directly above the open flame. Twist and turn until the blisters appear and the pepper is charred. Place the pepper in the zip-lock bag. Let the pepper rest for 5-6 minutes.
- 2 Once the pepper is cool enough to handle, peel the charred skin, remove the seeds and membrane and slice the pepper into strips.
- 3 Steam the broccoli florets over simmering water, by placing the broccoli into steaming basket. Season the broccoli with the cumin, cayenne pepper, and garlic powder. Place aside.
- 4 Place the cabbage in a bowl. Season with salt. Top the cabbage with yogurt, peppers, cauliflower, and sliced chicken. Garnish with cilantro/coriander and sliced green onions.
- 5 Serve and enjoy.

### Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	310.4
<b>Total Fat</b>	13.1 g
Saturated Fat	3.5 g
Polyunsaturated Fat	3.1 g
Monounsaturated Fat	4.8 g
<b>Cholesterol</b>	129.4 mg
<b>Sodium</b>	143.5 mg
<b>Potassium</b>	530.0 mg
<b>Total Carbohydrate</b>	7.2 g
Dietary Fiber	2.1 g
Sugars	3.0 g
<b>Protein</b>	39.5 g



Preparation Time: 10 minutes  
Cooking Time: 5 minutes



Servings: 2 bowls



# FAST ASIAN STYLE FLOUNDER FILLETS

## INGREDIENTS:

- 4 6oz. flounder fillets or cod fillets
- 1 scallion, sliced
- 1 tablespoon minced ginger root
- 2 teaspoons rice vinegar
- 2 teaspoons coconut aminos
- ½ cup chopped coriander
- 1 tablespoon coconut oil
- ¼ teaspoon salt

## DIRECTIONS:

- 1 Season the fish fillets with salt.
- 2 Chop the scallion green parts. Cut the white tops into slices.
- 3 Heat oil in the pan. Add the ginger, scallions, rice vinegar and cook for 2-3 minutes. Remove from the pan.
- 4 Place the flounder in the same pan and cook for 3-5 minutes or until lightly brown.
- 5 Drizzle the flounder with coconut aminos and top with scallions, ginger and chopped coriander.
- 6 Toss in the pan gently and cover. Let the flavors combine for 5 minutes.
- 7 Serve.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	154.7
<b>Total Fat</b>	5.4 g
Saturated Fat	2.9 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.2 g
<b>Cholesterol</b>	60.0 mg
<b>Sodium</b>	110.2 mg
<b>Potassium</b>	3.5 mg
<b>Total Carbohydrate</b>	0.1 g
Dietary Fiber	0.0 g
Sugars	0.0 g
<b>Protein</b>	25.0 g

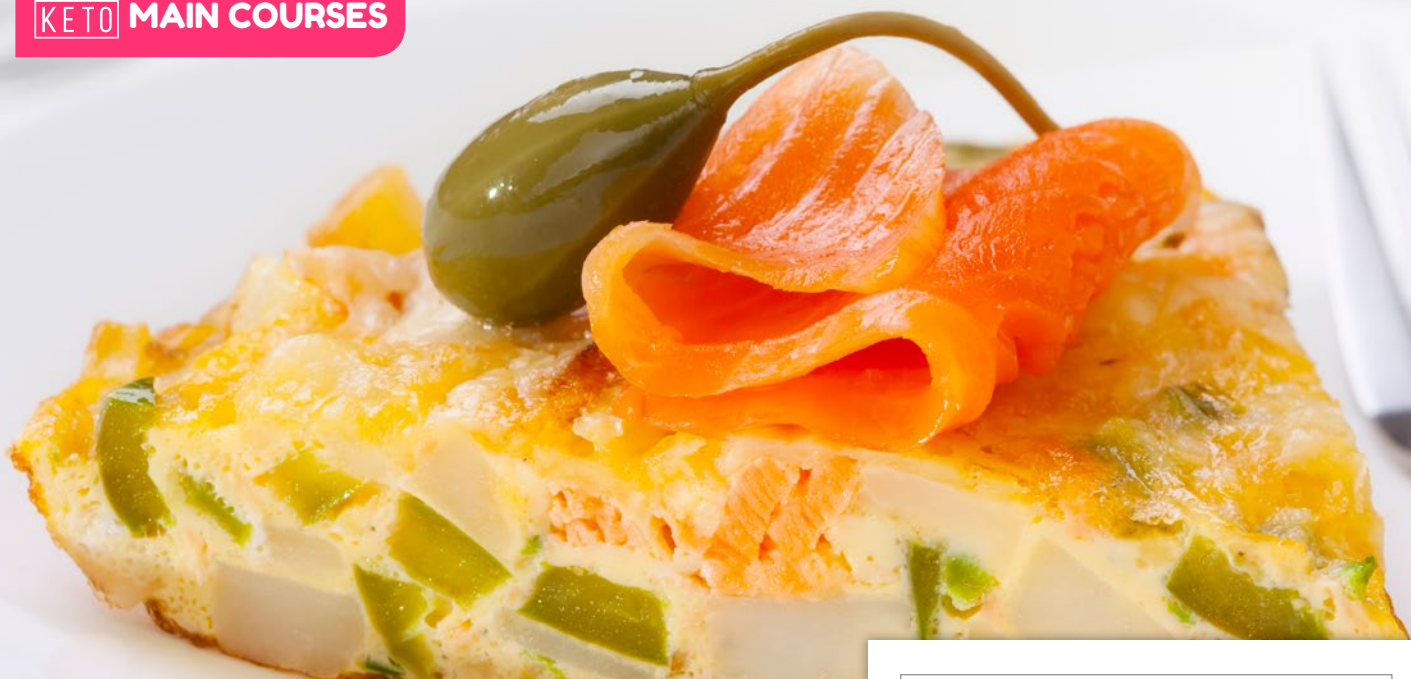


Preparation Time: 5 minutes  
Cooking Time: 10 minutes



Servings: 4 fillets





# SALMON FRITTATAS

## INGREDIENTS:

1 tablespoon olive oil  
 2 spring onions, sliced  
 1 ¼ cup smoked salmon, chopped  
 8 large egg whites  
 6 large eggs  
 ¼ cup heavy cream  
 4 tablespoons almond milk  
 4 asparagus spears, trimmed, sliced  
 Salt and pepper, to taste  
 Fresh chives, to garnish

## DIRECTIONS:

- 1 Heat oven to 375F.
- 2 Heat olive oil in a skillet.
- 3 Add onions and cook 5-6 minutes over medium-high heat.
- 4 Add salmon, and season to taste. Remove from heat.
- 5 In a large bowl, whisk egg whites, eggs, heavy cream, almond milk, salt, and pepper.
- 6 Coat 8 4oz. ramekins with some oil.
- 7 Divide salmon among ramekins and top with egg mixture.
- 8 Place ramekins onto baking sheet. Bake frittata 10 minutes. Remove from the oven and top the frittata with asparagus.
- 9 Bake 15 minutes more.
- 10 Remove from the oven, sprinkle with chives, and serve.

## Nutrition Facts

8 Servings

Amount Per Serving

<b>Calories</b>	132.0
<b>Total Fat</b>	8.7 g
Saturated Fat	3.2 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	3.7 g
<b>Cholesterol</b>	137.8 mg
<b>Sodium</b>	527.6 mg
<b>Potassium</b>	106.6 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.2 g
Sugars	1.1 g
<b>Protein</b>	11.5 g



Preparation time: 10 minutes  
 Cooking time: 25 minutes



Servings: 8 frittatas



# BAKED RASPBERRY POTS

## INGREDIENTS:

2 cups raspberries  
1 tablespoon lemon juice  
 $\frac{3}{4}$  tablespoon water  
 $\frac{1}{2}$  teaspoon vanilla paste  
or extract  
1 cup Greek yogurt  
 $\frac{1}{2}$  cup whipped  
heavy cream

## Almond crumbs:

2 tablespoons  
ground almonds  
3 tablespoons  
slivered almonds  
3 tablespoons  
unsweetened  
coconut flakes

## DIRECTIONS:

- 1 Preheat your oven to 375F.
- 2 Combine raspberries, lemon juice, water, and vanilla paste into small baking dish.
- 3 Bake 10 minutes.
- 4 In the meantime, combine almond crumb ingredients in a small bowl.
- 5 Divide the raspberries between four serving bowls.
- 6 In a bowl, combine whipped cream and yogurt.
- 7 Top the raspberries with yogurt mix and almond crumbs.
- 8 Serve and enjoy.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	155.5
<b>Total Fat</b>	11.5 g
Saturated Fat	6.9 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	3.4 g
<b>Cholesterol</b>	44.5 mg
<b>Sodium</b>	31.3 mg
<b>Potassium</b>	157.9 mg
<b>Total Carbohydrate</b>	7.8 g
Dietary Fiber	2.0 g
Sugars	4.9 g
<b>Protein</b>	6.5 g



Preparation time: 10 minutes  
Cooking time: 10 minutes



Servings: 4, 1 pot per serving





# ZUCCHINI PATTIES WITH POACHED EGGS

## INGREDIENTS:

1 large zucchini, trimmed, grated  
3 tablespoons grated Parmesan cheese  
4 tablespoons almond flour  
2 medium organic egg  
Salt and pepper, to taste  
1 tablespoon coconut oil

## Poached eggs:

4 eggs  
Salt and pepper, to taste  
Desired herbs (thyme, basil, parsley)

## DIRECTIONS:

- 1 Make the fritters; grate the zucchinis and squeeze out as much liquid as possible.
- 2 Place the zucchinis into a large bowl, and stir in Parmesan cheese, almond flour, eggs, salt, and pepper.
- 3 Let the mixture rest 5 minutes.
- 4 In the meantime, heat non-stick skillet over medium high heat. Coat it with coconut oil.
- 5 Drop four mounds of batter into skillet. Flatten gently with a spatula.
- 6 Cook the fritter 3 minutes per side.
- 7 Make the poached eggs; Bring a small pot of water to boil. Take four pieces of plastic heat-proof foil and place inside the cup, so sides are overhanging.
- 8 Crack an egg into each cut. Season the egg to taste with salt and pepper, and add desired herbs.
- 9 Wrap the eggs in the foil and clip to the side of the pot or hold with a hand in the water. You do not want to submerge the eggs in the water completely because seasonings will get ruined.
- 10 Poach the eggs 3 minutes and remove from the water.
- 11 Serve one patty onto plate and top with one poached egg. Repeat with remaining.
- 12 Serve and enjoy.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	161.6
<b>Total Fat</b>	11.7 g
Saturated Fat	6.1 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	3.2 g
<b>Cholesterol</b>	282.0 mg
<b>Sodium</b>	177.7 mg
<b>Potassium</b>	221.4 mg
<b>Total Carbohydrate</b>	2.5 g
Dietary Fiber	0.6 g
Sugars	1.0 g
<b>Protein</b>	11.3 g



Preparation time: 15 minutes  
Cooking time: 15 minutes



Servings: 4, 1 patty and  
1 egg per serving



# BEEF WITH ASPARAGUS GRATIN

## INGREDIENTS:

1lb. beef fillets (beef eye fillet)  
4 cups rainbow chard  
1 tablespoon coconut oil  
Salt and pepper, to taste

## Gratin:

6oz. white asparagus, trimmed, cut into small pieces (around ¼-inch)  
4oz. smoked bacon, boiled, chopped  
½ cup heavy cream  
½ cup almond milk, unsweetened  
2 tablespoons ground macadamia nuts  
2 tablespoons chopped chives  
Salt and pepper, to taste

## DIRECTIONS:

- 1 Make the gratin; Fry the chopped bacon until crispy in a non-stick skillet.
- 2 Drain the bacon and place aside.
- 3 Place the sliced asparagus in saucepot. Add the heavy cream and almond milk. Bring to a gentle simmer over medium heat.
- 4 Cook the asparagus 3 minutes. Remove the asparagus with a slotted spoon. Continue to cook the milk mixture until reduced by half. When creamy, place back in the asparagus and bacon.
- 5 Divide the asparagus between four ramekins. Sprinkle the asparagus with macadamia nuts, and chives. Place aside, while you make the beef.
- 6 Preheat your oven to 220C. Season the beef generously with salt and pepper, and place into a baking dish. Seal with aluminum foil and cook 10-12 minutes. Remove and allow to rest 10 minutes.
- 7 While the beef is baking, heat 1 tablespoon coconut oil in a skillet. Add the chard and cook until just wilted. Season to taste.
- 8 Preheat the broiler and broil the asparagus gratin until golden.
- 9 Serve the beef fillets with gratin and rainbow chard on top.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	444.3
<b>Total Fat</b>	29.7 g
Saturated Fat	11.9 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	6.2 g
<b>Cholesterol</b>	60.8 mg
<b>Sodium</b>	567.2 mg
<b>Potassium</b>	668.4 mg
<b>Total Carbohydrate</b>	5.6 g
Dietary Fiber	2.3 g
Sugars	2.2 g
<b>Protein</b>	33.2 g



Preparation time: 20 minutes  
Cooking time: 30 minutes



Servings: 4, 1 beef fillet,  
1 ramekin with artichokes





## CRUSTED SALMON WITH CREAMY LEMON SAUCE/SORBET

### INGREDIENTS:

- 1 lb. salmon fillet, pin bones removed, skin on
- 1 ½ teaspoons sea salt flakes
- ½ teaspoons white peppercorns, ground
- ½ cup almond flour
- 2 tablespoons chopped parsley
- ¼ cup chopped cilantro
- 3 tablespoons chopped dill

### Sauce\*:

- ½ cup heavy cream
- 2 tablespoons lemon juice
- 2 teaspoons olive oil
- 3 tablespoons chopped cilantro
- ½ clove garlic or one very small
- Salt, to taste

\*Besides chilling sauce, you can turn it into a creamy sorbet. If you have an ice-cream machine, pour the sauce into the machine and churn. If you do not have the ice cream maker, pour the sauce into a freezer-friendly container and freeze until firm. Scoop with an ice cream scoop and serve.



Preparation time: 15 minutes  
Cooking time: 12 minutes



Servings: 4

**DIRECTIONS:**

- 1 Make the sauce; mash the garlic with salt in a mortar and pestle. Add cilantro and oil and mash until you have a paste. You can also use a food processor for this, to speed up the things. Transfer the mixture to a bowl, and whisk in coconut milk and lemon juice. Chill briefly before serving. (Check a note for a different option)
- 2 Preheat your oven to 400F.
- 3 Line a baking tray with baking paper.
- 4 Season the salmon filets with sea salt flakes and white peppercorns.
- 5 In a large bowl, combine almond flour, parsley, cilantro, and dill.
- 6 Press almond herb mixture onto flesh side of salmon fillets.
- 7 Transfer the salmon onto baking tray, skin side down. Bake the salmon 10-12 minutes.
- 8 Serve warm with lime sorbet.

**Nutrition Facts**

4 Servings

**Amount Per Serving**

<b>Calories</b>	360.3
<b>Total Fat</b>	24.1 g
Saturated Fat	8.4 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	9.9 g
<b>Cholesterol</b>	116.1 mg
<b>Sodium</b>	108.1 mg
<b>Potassium</b>	581.3 mg
<b>Total Carbohydrate</b>	4.0 g
Dietary Fiber	1.5 g
Sugars	1.6 g
<b>Protein</b>	31.9 g

# CHICKEN CROQUETTE SALAD



See next page ▶



**INGREDIENTS:****Chicken croquettes:**

1 ½ cups cooked and shredded chicken thighs\*  
(or use chicken leftovers)  
1 tablespoon coconut oil  
1 tablespoon almond butter  
1 clove garlic, minced  
1 tablespoon parsley, chopped  
¼ cup cream cheese  
2 medium eggs  
½ cup almond flour  
Salt and pepper, to taste

**Salad dressing:**

1 soft boiled egg  
1 ½ tablespoons Dijon mustard  
1 tablespoon lemon juice  
1 tablespoon grated Parmesan cheese  
4 tablespoons extra-virgin olive oil

**Salad:**

4oz. spinach  
1 small head lettuce

**DIRECTIONS:**

- 1 In a large bowl, combine chicken meat, coconut oil, almond butter, garlic, parsley, and cream cheese. Season to taste.
- 2 Cover the mixture with a plastic foil and refrigerate until firm.
- 3 Once the mixture is firm, shape it into 12 balls.
- 4 Heat 2-inches oil in a skillet.
- 5 Place almond flour into a shallow dish. Beat egg into a separate shallow dish.
- 6 Dip the balls into egg and roll through the almond flour.
- 7 Fry the croquette in the heated oil, 2-3 minutes or until golden. Transfer the croquettes to a paper lined plate.
- 8 Make the dressing; combine soft-boiled egg, mustard and lemon juice in a food blender until smooth. Set the blender to a low speed and stream in in olive oil. Blend until emulsified (like the mayonnaise). Stir in the parmesan and chill 10 minutes in a fridge.
- 9 To serve; combine spinach and lettuce leaves in a large bowl. Add croquettes and top with a prepared dressing.
- 10 Serve salad and three croquettes per portion. Enjoy.

**Nutrition Facts**

4 Servings

Amount Per Serving

<b>Calories</b>	428.6
<b>Total Fat</b>	35.1 g
Saturated Fat	11.0 g
Polyunsaturated Fat	5.1 g
Monounsaturated Fat	16.6 g
<b>Cholesterol</b>	186.3 mg
<b>Sodium</b>	173.4 mg
<b>Potassium</b>	280.4 mg
<b>Total Carbohydrate</b>	2.6 g
Dietary Fiber	0.4 g
Sugars	0.8 g
<b>Protein</b>	26.5 g

**\*Cook the chicken thighs 12-15 minutes in a saucepan with chicken stock. This way chicken will be rich in flavor. Cool and shred until you have 1 ½ cups.**



Preparation time:  
30 minutes + inactive time  
Cooking time: 5 minutes



4, 12 croquettes in total,  
3 croquettes per serving



# KETO FALAFEL SALAD

## INGREDIENTS:

1 cup cauliflower, rice (just process the cauliflower in a processor until you get 1 cup- usually takes 1 small head)  
 ½ cup ground almonds  
 2 tablespoons slivered almonds  
 ½ tablespoon ground cumin  
 2 cloves garlic, minced  
 1 teaspoon fine salt  
 ½ teaspoon black pepper  
 1 pinch cayenne pepper  
 2 medium organic eggs  
 2 tablespoons sifted coconut flour

## Salad:

2 cups baby spinach  
 1 cup arugula  
 1 Lebanese cucumber, sliced

## Sauce:

2 tablespoons Tahini sauce  
 4 tablespoons almond butter  
 4 tablespoons water  
 1 ½ tablespoons lemon juice  
 1 clove garlic, minced  
 Salt, to taste

## DIRECTIONS:

- 1 Make the falafel; process the cauliflower until you have coarse crumbs. Transfer the cauliflower into a large bowl, and add the ground almonds. Stir to combine.
- 2 Fold in the remaining ingredients and stir until well blended.
- 3 Heat 1-inch olive oil in a skillet. While the oil is heating, shape the prepared mixture into eight patties.
- 4 Cook the patties 3-4 minutes per side, without moving.
- 5 Remove the patties to a paper lined plate to remove excess oil.
- 6 Make the sauce; combine all the sauce ingredients in a bowl.
- 7 In a large bowl, toss the spinach, arugula, and cucumbers. Top with warm falafel.
- 8 Just before serving drizzle all with prepared sauce.
- 9 Serve.



Preparation time: 15 minutes  
 Cooking time: 8 minutes



4, 2 falafel balls per serving

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	256.6
<b>Total Fat</b>	21.3 g
Saturated Fat	2.5 g
Polyunsaturated Fat	5.9 g
Monounsaturated Fat	11.3 g
<b>Cholesterol</b>	93.0 mg
<b>Sodium</b>	65.3 mg
<b>Potassium</b>	430.1 mg
<b>Total Carbohydrate</b>	9.6 g
Dietary Fiber	4.7 g
Sugars	1.9 g
<b>Protein</b>	10.3 g





# BEEF LETTUCE CUPS WITH MUSHROOM KETCHUP

## INGREDIENTS:

2 tablespoons olive oil  
 ½ lb. minced beef  
 ½ lb. minced lamb  
 2 cloves garlic, minced  
 1 red chili pepper, seeded, chopped  
 1 teaspoon lime zest  
 1 tablespoon lime juice  
 1 tablespoon minced ginger  
 1 tablespoon coconut aminos  
 2 spring onions, chopped  
 2 gem lettuces, leaves separated

## Mushrooms ketchup:

½ tablespoon olive oil  
 1 small scallion, chopped  
 2 cups brown mushrooms, sliced  
 0.5oz. wild dried mushrooms (soaked in ¼ cup warm water)  
 1 tablespoon lemon juice  
 1 pinch ground nutmeg  
 1 pinch ground mace  
 1 teaspoon coconut aminos  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Make the ketchup; heat olive oil in a saucepan. Cook the scallion in heated oil for 3-4 minutes over medium-high heat. Add garlic and cook until fragrant.
- 2 Toss in the sliced mushrooms and cook until soft.
- 3 Add the rehydrated wild mushrooms, nutmeg, mace, and coconut aminos.
- 4 Cook 2 minutes. Add the soaking liquid and remaining ingredients. Simmer over low heat 10 minutes.
- 5 Remove from the heat and transfer to a food blender. Blend until smooth. Season to taste with salt and pepper.
- 6 Make the beef; heat olive oil into a skillet. Cook the garlic 30 seconds over medium-high heat.
- 7 Add the chili pepper and ginger. Cook until fragrant. Add the beef and lamb and cook 5-7 minutes or until browned.
- 8 Remove from the heat and drain any fat. Stir in the lime zest, lime juice and spring onions. Cook 30 seconds more.
- 9 To serve; spoon some of the beef mixture into lettuce leaves. Top with mushrooms ketchup and serve.



Preparation time: 15 minutes  
 Cooking time: 15 minutes



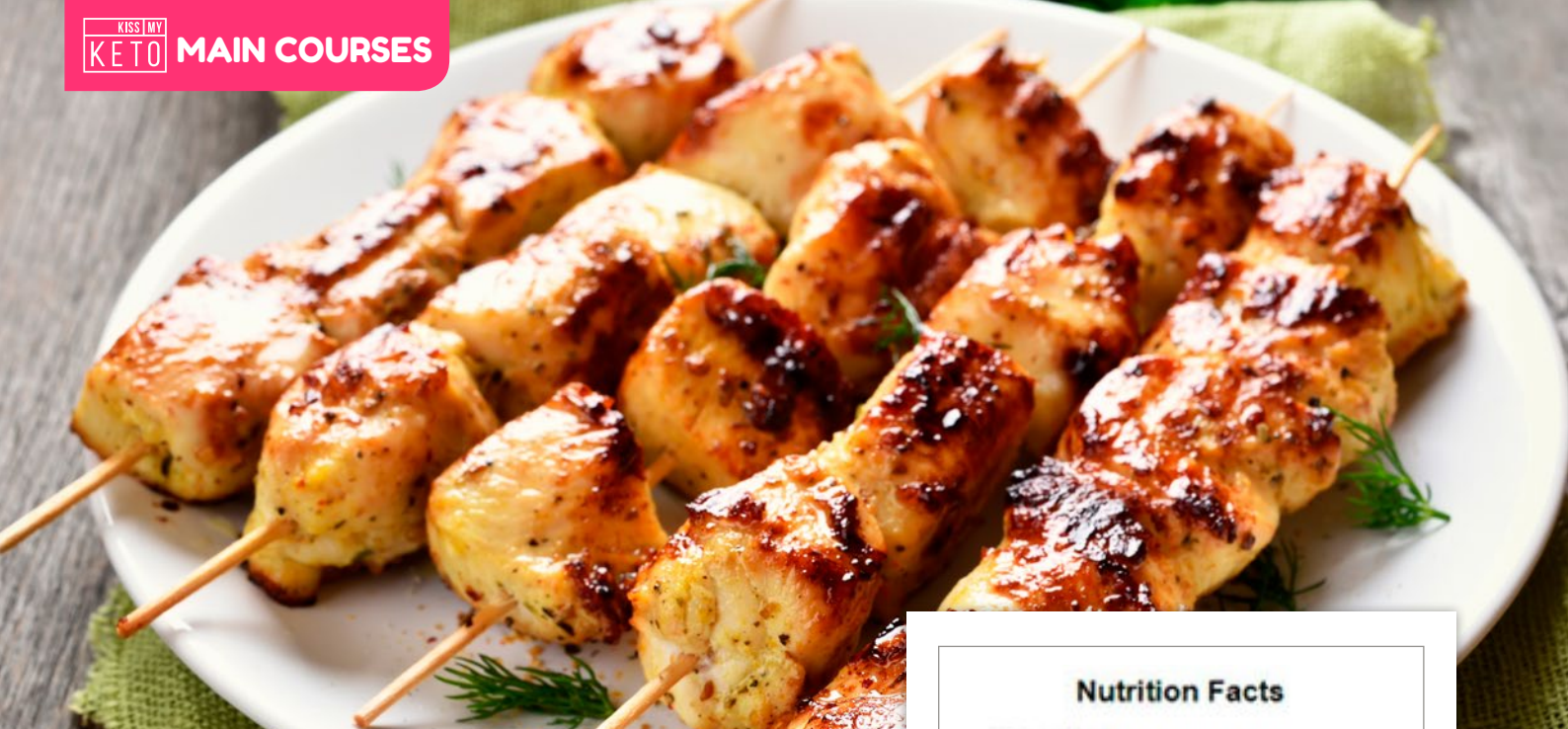
4, 2 lettuce cups per serving

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	430.1
<b>Total Fat</b>	38.4 g
Saturated Fat	15.7 g
Polyunsaturated Fat	2.3 g
Monounsaturated Fat	17.1 g
<b>Cholesterol</b>	88.9 mg
<b>Sodium</b>	73.0 mg
<b>Potassium</b>	366.5 mg
<b>Total Carbohydrate</b>	1.2 g
Dietary Fiber	0.5 g
Sugars	0.7 g
<b>Protein</b>	19.8 g



# CHICKEN SKEWERS WITH WILD AVOCADO KETCHUP

## INGREDIENTS:

### Chicken skewers:

1lb. chicken thighs,  
boneless, sliced  
1 chili pepper, seeded, chopped  
1 clove garlic, minced  
2 tablespoons olive oil  
1 teaspoon chopped coriander  
Salt and pepper, to taste

### Avocado Ketchup:

1 avocado  
2 tablespoons red wine vinegar  
1 teaspoon lemon juice  
2 wild garlic leaves  
Salt and pepper, to taste  
3 drops Stevia\* optional

## DIRECTIONS:

- 1 Cube the chicken into equal slices.
- 2 Place the chicken into a bowl, and add the remaining ingredients. Stir to coat the chicken evenly. Cover and refrigerate 30 minutes. In the meantime, soak eight bamboo skewers in water.
- 3 Preheat grill.
- 4 Arrange the chicken cubes onto eight bamboo skewers and grill 6-8 minutes, turning the skewers to ensure an even color.
- 5 Make the ketchup; blanch the wild garlic leaves in simmering water for 20 seconds. Plunge into ice cold water. Remove from the water and squeeze any liquid. Combine all ingredients into a food blender.
- 6 Blend until smooth.
- 7 Serve skewers with prepared ketchup/sauce.



Preparation time:  
15 minutes + inactive time  
Cooking time: 8 minutes



4, 2 skewers per serving

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	397.4
<b>Total Fat</b>	26.0 g
Saturated Fat	5.5 g
Polyunsaturated Fat	4.6 g
Monounsaturated Fat	13.5 g
<b>Cholesterol</b>	114.8 mg
<b>Sodium</b>	109.3 mg
<b>Potassium</b>	578.2 mg
<b>Total Carbohydrate</b>	7.5 g
Dietary Fiber	4.3 g
Sugars	1.9 g
<b>Protein</b>	33.5 g



KISS MY  
KETO

SNACKS



**SNACKS**



# CRISPY BACON FAT BOMBS

## INGREDIENTS:

- 4 thick bacon slices
- 4oz. cream cheese
- 1 green chile, seeded, chopped
- 1 teaspoon onion powder
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat the non-stick skillet over medium-high heat.
- 2 Cook the bacon in the skillet until crispy. Transfer onto paper towel and crumble. Keep the bacon fat.
- 3 In a bowl, combine the cream cheese, green chile, onion powder, salt, and pepper. Stir until just combined. Add the bacon fat and mix until evenly mixed.
- 4 Shape the mixture into four fat bombs.
- 5 Place the crumbled bacon onto plate and roll the fat bombs into the bacon.
- 7 Serve after or chill slightly before serving.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	141.4
<b>Total Fat</b>	12.9 g
Saturated Fat	6.5 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	3.8 g
<b>Cholesterol</b>	41.0 mg
<b>Sodium</b>	246.3 mg
<b>Potassium</b>	94.2 mg
<b>Total Carbohydrate</b>	1.4 g
Dietary Fiber	0.1 g
Sugars	1.0 g
<b>Protein</b>	5.7 g



Preparation time: 10 minutes  
Cooking time: 3 minutes



Servings: 4 bombs





# MEXICAN FRIED CHEESE

## INGREDIENTS:

- 6oz. Mexican soft cheese, like Queso Blanco
- 2 tablespoons olive oil
- ¼ teaspoon red pepper flakes
- 3oz. (85g) pitted green or black olives, to serve with

## DIRECTIONS:

- 1 Cut the cheese in cubes and place on a plate lined with parchment paper.
- 2 Pop the cubes in a freezer for 10 minutes.
- 3 Heat the olive oil in a medium sized skillet.
- 4 Place the cheese cubes into skillet and sprinkle with red pepper flakes. Reduce the heat and try to brown the cheese on all sides. We suggest that you cut the cheese in bigger cubes.
- 5 Once the cheese is browned, bring it all together and press with a spatula to bod it all together.
- 6 Cook the cheese for 10 seconds then flip in half. Press the cheese again with the spatula and continue cooking for 10 seconds.
- 7 Flip the cheese again and continue pressing and flipping until cheese has a nice crust. With a help of other spatula, shape the cheese mixture into block, with sealed edges.
- 8 Remove the cheese from the skillet and place aside for 5-10 minutes.
- 9 Cut the cheese into cubes and serve with olives.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	176.0
<b>Total Fat</b>	16.7 g
Saturated Fat	7.0 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	5.7 g
<b>Cholesterol</b>	15.0 mg
<b>Sodium</b>	320.7 mg
<b>Potassium</b>	1.3 mg
<b>Total Carbohydrate</b>	2.3 g
Dietary Fiber	0.4 g
Sugars	0.0 g
<b>Protein</b>	6.1 g



Preparation time: 10 minutes  
Cooking time: 10 minutes



Servings: 4



# MOZZARELLA BACON BITES

## INGREDIENTS:

- 10oz. mozzarella cheese
- 4 tablespoons almond meal
- ¼ cup melted butter, unsalted
- 1 large egg
- 3 tablespoons ground flax seeds
- 10 slices bacon
- Salt and pepper, to taste
- 1 cup lard, to fry

## DIRECTIONS:

- 1 Shred the mozzarella cheese and place half the cheese in a microwave safe bowl.
- 2 Microwave the cheese until melted and gooey. Add the melted butter and the egg and stir until combined.
- 3 Add the almond meal, flax seeds, and season to taste. At this point you can add some other spices.
- 4 Mix until you have a dough and transfer onto silicone mat or piece of parchment paper. Shape the dough into rectangle, ¼-inch thick.
- 5 Spread the remaining mozzarella over the dough, leaving 1-inch border free. Fold the dough over the cheese and pinch down the edges. Reshape the entire dough so it has a nice square form. Cut the dough into 20 mini squares.
- 6 Cut each bacon slice in half. Wrap the prepared mozzarella cubes with the bacon and secure with a toothpick.
- 7 Heat the lard in a saucepot. Add prepared wrapped snacks and fry until the bacon is crispy. Place onto paper towels to drip before serving.



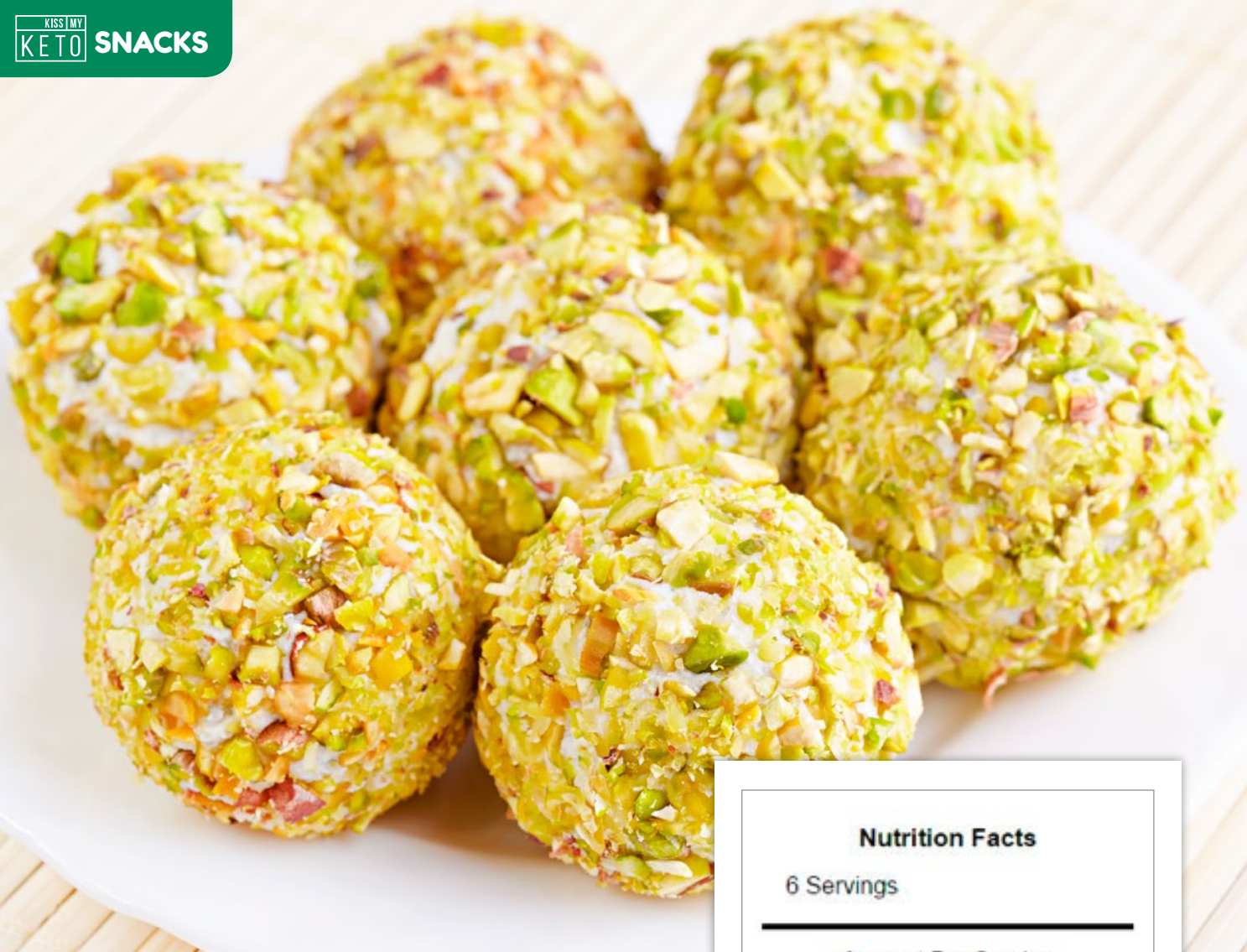
Preparation time: 15 minutes  
Cooking time: 10 minutes



Servings: 20 bites

Nutrition Facts	
20 Servings	
Amount Per Serving	
<b>Calories</b>	148.2
<b>Total Fat</b>	13.4 g
Saturated Fat	6.0 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	5.2 g
<b>Cholesterol</b>	36.6 mg
<b>Sodium</b>	173.9 mg
<b>Potassium</b>	52.9 mg
<b>Total Carbohydrate</b>	1.0 g
Dietary Fiber	0.5 g
Sugars	0.2 g
<b>Protein</b>	5.8 g





# PISTACHIO CHEESE BALLS

## INGREDIENTS:

5oz. goats cheese, semisoft  
 ½ cup pistachios, finely chopped  
 ½ tablespoon sun-dried tomatoes, chopped  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 In a bowl, combine the goats cheese, sun-dried tomatoes, salt and pepper.
- 2 Place the pistachios in a shallow plate.
- 3 Shape the cheese mixture into six balls and roll through the pistachios.
- 4 Once the balls are fully covered serve and enjoy.

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	143.9
<b>Total Fat</b>	11.6 g
Saturated Fat	5.4 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	4.1 g
<b>Cholesterol</b>	18.7 mg
<b>Sodium</b>	128.7 mg
<b>Potassium</b>	158.1 mg
<b>Total Carbohydrate</b>	3.7 g
Dietary Fiber	1.1 g
Sugars	1.5 g
<b>Protein</b>	7.3 g



Preparation time: 10 minutes



Servings: 6 balls





# CHEESY PEPPERONI BALLS

## INGREDIENTS:

5oz. cream cheese  
 2 tablespoons pureed sun-dried tomatoes  
 8 black olives, pitted and chopped  
 1.5oz. pepperoni slices, chopped + 6 slices (un-chopped)  
 1 tablespoon fresh basil, chopped  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 In a bowl, combine all the ingredients by order.
- 2 Season to taste and stir to blend.
- 3 Shape the mixture into six balls. Serve the balls onto pepperoni slices..

## Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	225.0
<b>Total Fat</b>	17.7 g
Saturated Fat	7.0 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	8.0 g
<b>Cholesterol</b>	51.1 mg
<b>Sodium</b>	929.1 mg
<b>Potassium</b>	171.2 mg
<b>Total Carbohydrate</b>	3.8 g
Dietary Fiber	0.8 g
Sugars	0.9 g
<b>Protein</b>	12.0 g



Preparation time: 10 minutes



Servings: 6 balls





# ROASTED BROCCOLI WITH CREAMY DIP

## INGREDIENTS:

4 cups broccoli florets  
1 tablespoon olive oil  
Salt and pepper, to taste

### For the dip:

5oz. cream cheese  
¼ cup sour cream  
½ cup mozzarella, shredded  
3 tablespoons mayonnaise  
¼ cup tomato sauce, no sugar added  
½ cup parmesan cheese

## DIRECTIONS:

- 1 Heat the oven to 375F.
- 2 Arrange the broccoli florets onto baking sheet. Drizzle with olive oil and season to taste. Place the broccoli in the oven, leaving some space.
- 3 In a bowl, combine the cream cheese, sour cream, mozzarella, and mayonnaise. Divide the mixture between four ramekins. Top each with tomato paste and sprinkle with parmesan.
- 4 Pop in the oven with the broccoli. Bake the cheese dip for 20 minutes and the broccoli for 25 minutes.
- 5 Serve at room temperature.



Preparation time: 5 minutes  
Cooking time: 25 minutes



Servings: 4

Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b>	299.3
<b>Total Fat</b>	25.0 g
Saturated Fat	12.4 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	5.3 g
<b>Cholesterol</b>	60.2 mg
<b>Sodium</b>	519.0 mg
<b>Potassium</b>	400.8 mg
<b>Total Carbohydrate</b>	7.8 g
Dietary Fiber	2.8 g
Sugars	1.4 g
<b>Protein</b>	13.6 g



# SALTED CARAMEL BACON BITES

## INGREDIENTS:

5 eggs, separated  
 ½ cup powdered Erythritol  
 ½ teaspoon vanilla paste  
 1 teaspoon maple extract  
 2 tablespoons coconut oil  
 ¼ teaspoon liquid stevia  
 2 tablespoons flax seeds flour  
 1 cup almond flour  
 2 tablespoons butter, softened  
 8 slices bacon, cooked crumbled  
 1 teaspoon baking powder  
 ½ teaspoon cream of tartar

## For the sauce:

6 tablespoons butter  
 6 tablespoons heavy cream  
 3 tablespoons chopped  
 sugar free caramels

## DIRECTIONS:

- 1 Heat oven to 325F. Line 8-inch baking sheet with a parchment paper.
- 2 Separate the eggs (yolks and whites) in two mixing bowls.
- 3 In the bowl where the yolks are, add the powdered erythritol, vanilla paste, maple extract, coconut oil, and stevia.
- 4 Beat with an electric whisk until pale. Stir in the flax seeds flour, almond flour, butter, and baking soda.
- 5 When you have a smooth batter, stir in the ¾ of the bacon.
- 6 Beat the egg whites with cream of tartar until soft peaks form. Stir 1/3 of the egg whites into bacon batter and stir until blended. Repeat until you use all the egg whites. Transfer the batter into baking sheet. Bake the sponge for 25 minutes.
- 7 Meanwhile, prepare the sauce; melt the butter in a saucepan. Cook in until browned and add the heavy cream and caramels.
- 8 Mix everything and cook until slightly reduced.
- 9 Slice the baked sponge into 24 pieces. Dip each piece in a prepared sauce and arrange onto plate, lined with parchment paper. Sprinkle with remaining bacon and serve.

## Nutrition Facts

24 Servings

Amount Per Serving

<b>Calories</b>	123.9
<b>Total Fat</b>	11.5 g
Saturated Fat	5.8 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	3.9 g
<b>Cholesterol</b>	63.4 mg
<b>Sodium</b>	127.7 mg
<b>Potassium</b>	79.1 mg
<b>Total Carbohydrate</b>	1.4 g
Dietary Fiber	0.7 g
Sugars	0.2 g
<b>Protein</b>	4.2 g



Preparation time: 10 minutes  
 Cooking time: 30 minutes



Servings: 24 bites





# AVOCADO FAT BOMBS

## INGREDIENTS:

- 2oz. butter, softened
- 3.5oz. avocado
- 1 tablespoon lime juice
- 2 garlic cloves, minced
- 2 tablespoons cilantro, chopped
- 1 jalapeno, seeded, chopped
- 4.2oz. bacon, cooked, crumbled (reserve bacon grease)
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Peel, pit, and slice the avocado. Place the avocado in a bowl with butter, lime juice, garlic, cilantro, jalapeno, salt, and pepper.
- 2 Mash the ingredients with a fork.
- 3 Pour in the reserved bacon grease and stir to combine. Cover and refrigerate for 20 minutes.
- 4 Place the crumbled bacon in a plate.
- 5 Form six balls from the chilled avocado mix (use ice cream scoop) and roll in the bacon.
- 6 Chill additional for 5-10 minutes and serve.

Nutrition Facts	
6 Servings	
Amount Per Serving	
<b>Calories</b>	184.5
<b>Total Fat</b>	16.5 g
Saturated Fat	7.4 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	6.8 g
<b>Cholesterol</b>	39.6 mg
<b>Sodium</b>	414.9 mg
<b>Potassium</b>	208.2 mg
<b>Total Carbohydrate</b>	2.3 g
Dietary Fiber	1.2 g
Sugars	0.2 g
<b>Protein</b>	7.0 g



Preparation time: 30 minutes



Servings: 6



# MARZIPAN COCOA BALLS

## INGREDIENTS:

- 2 cups blanched almond flour
- 2 scoops vanilla flavored protein powder
- ¼ cup coconut oil, melted
- ¾ teaspoon Stevia powder or 1/8 teaspoon liquid Stevia
- ¼ cup water
- 1 teaspoon almond extract
- 2 tablespoons unsweetened cacao powder

## DIRECTIONS:

- 1 In a large bowl, combine almond flour, protein powder, and sweetener.
- 2 Mix well.
- 3 Gradually add in melted coconut oil, almond extract, and water. Stir until crumbs form.
- 4 Add water and "knead" the dough with CLEAN hands.
- 5 Shape the mixture into 24 balls.
- 6 Roll the balls into cacao powder.
- 7 Chill 30 minutes before serving.



Preparation time:  
15 minutes + inactive time



Servings: 24 balls

### Nutrition Facts

24 Servings

#### Amount Per Serving

<b>Calories</b>	74.9
<b>Total Fat</b>	6.5 g
Saturated Fat	2.4 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.6 g
<b>Cholesterol</b>	5.6 mg
<b>Sodium</b>	4.5 mg
<b>Potassium</b>	68.5 mg
<b>Total Carbohydrate</b>	2.3 g
Dietary Fiber	1.1 g
Sugars	0.5 g
<b>Protein</b>	3.0 g



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SMOOTHIES



# SMOOTHIES



# CLASSIC PEANUT BUTTER SMOOTHIE

## INGREDIENTS:

- 1 cup almond milk
- ½ cup cottage cheese
- 2 tablespoons peanut butter
- 2 tablespoons coconut oil
- 1 cup ice cubes
- 4 drops liquid stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve immediately.



Preparation time: 5 minutes



Servings: 2

Nutrition Facts	
2 Servings	
Amount Per Serving	
<b>Calories</b>	279.7
<b>Total Fat</b>	24.5 g
Saturated Fat	14.0 g
Polyunsaturated Fat	2.8 g
Monounsaturated Fat	5.9 g
<b>Cholesterol</b>	5.8 mg
<b>Sodium</b>	350.0 mg
<b>Potassium</b>	246.5 mg
<b>Total Carbohydrate</b>	6.2 g
Dietary Fiber	1.5 g
Sugars	4.1 g
<b>Protein</b>	11.2 g





# VANILLA SMOOTHIE

## INGREDIENTS:

- 2 tablespoons almond butter
- ½ cup cottage cheese
- 1 teaspoon vanilla paste
- ½ tablespoon extra-virgin olive oil
- ½ cup water
- 3 drops liquid stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.

## Nutrition Facts

1 Serving

Amount Per Serving

<b>Calories</b>	353.0
<b>Total Fat</b>	27.6 g
Saturated Fat	3.5 g
Polyunsaturated Fat	5.5 g
Monounsaturated Fat	15.9 g
<b>Cholesterol</b>	11.5 mg
<b>Sodium</b>	379.0 mg
<b>Potassium</b>	337.6 mg
<b>Total Carbohydrate</b>	10.9 g
Dietary Fiber	3.2 g
Sugars	5.6 g
<b>Protein</b>	18.1 g



Preparation time: 5 minutes



Servings: 1



# FLUFFY SMOOTHIE

## INGREDIENTS:

4oz. egg whites  
1/3 cup almond milk  
1/3 cup heavy cream  
1 teaspoon vanilla paste  
6 drops stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.

### Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	183.5
<b>Total Fat</b>	15.2 g
Saturated Fat	9.4 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	4.3 g
<b>Cholesterol</b>	55.4 mg
<b>Sodium</b>	125.4 mg
<b>Potassium</b>	175.7 mg
<b>Total Carbohydrate</b>	3.9 g
Dietary Fiber	0.0 g
Sugars	2.2 g
<b>Protein</b>	8.1 g

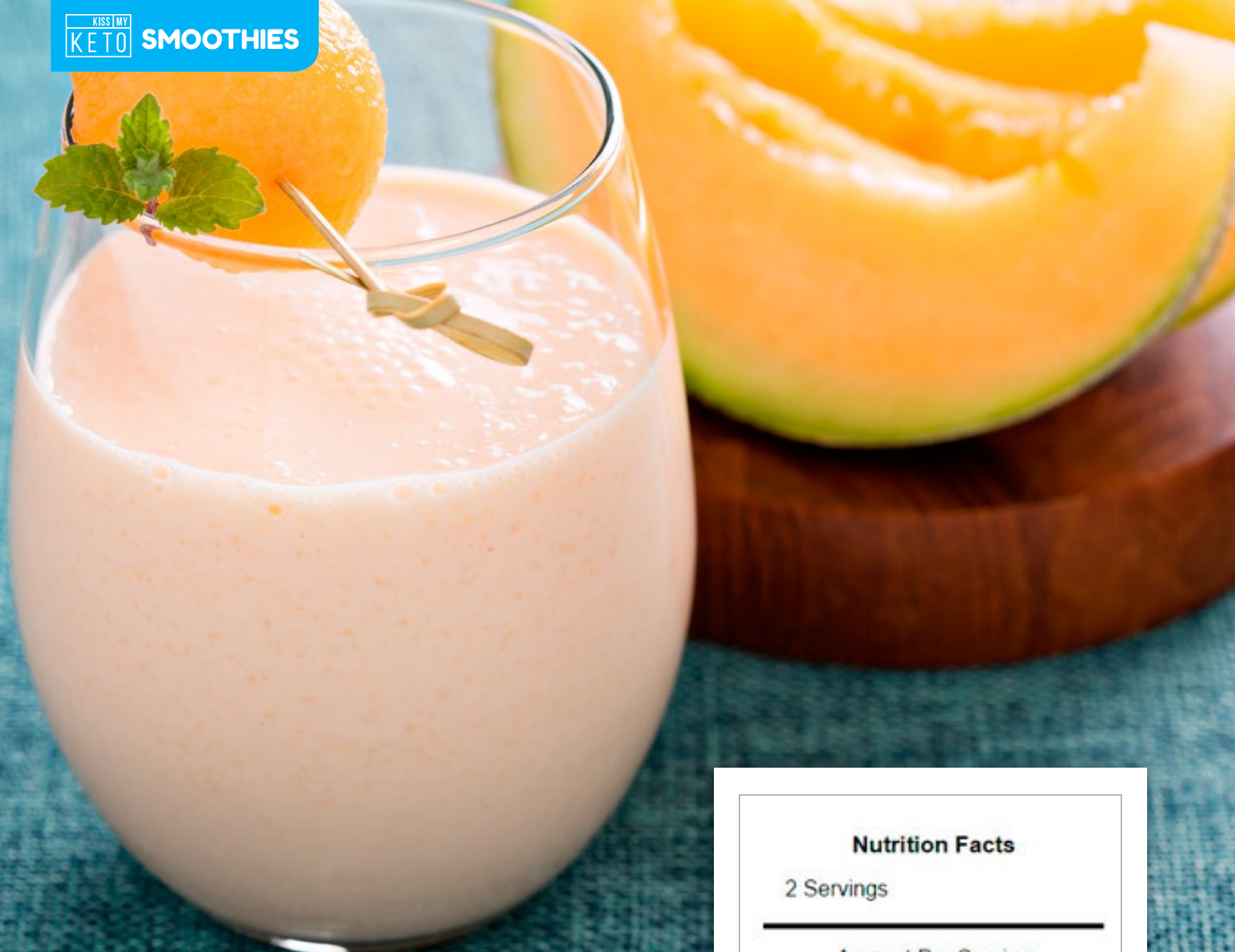


Preparation time: 5 minutes



Servings: 2





# MELON COTTAGE SMOOTHIE

## INGREDIENTS:

- 1 cup cottage cheese
- ½ cup honeydew melon
- 1 cup almond milk
- 3 tablespoons coconut oil
- 8 drops liquid stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.



Preparation time: 5 minutes



Servings: 2

Nutrition Facts	
2 Servings	
Amount Per Serving	
<b>Calories</b>	303.8
<b>Total Fat</b>	24.5 g
Saturated Fat	18.8 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	2.4 g
<b>Cholesterol</b>	11.5 mg
<b>Sodium</b>	456.0 mg
<b>Potassium</b>	275.9 mg
<b>Total Carbohydrate</b>	8.6 g
Dietary Fiber	0.9 g
Sugars	7.7 g
<b>Protein</b>	14.1 g



# EGG SMOOTHIE

## INGREDIENTS:

- 2 cups almond milk
- 2 tablespoons peanut butter, GF
- 3 tablespoons heavy cream
- 1 pasteurized egg
- 6 drops liquid stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.



Preparation time: 5 minutes



Servings: 2

Nutrition Facts	
2 Servings	
Amount Per Serving	
<b>Calories</b>	243.6
<b>Total Fat</b>	21.7 g
Saturated Fat	7.3 g
Polyunsaturated Fat	3.2 g
Monounsaturated Fat	7.3 g
<b>Cholesterol</b>	123.8 mg
<b>Sodium</b>	301.8 mg
<b>Potassium</b>	360.6 mg
<b>Total Carbohydrate</b>	6.3 g
Dietary Fiber	2.3 g
Sugars	1.5 g
<b>Protein</b>	8.5 g





# PEACH CHEESE- CAKE SMOOTHIE

## INGREDIENTS:

- 1 ½ cups water
- 1 cup cottage cheese
- 1 medium peach, pitted
- 3 drops stevia
- 2 tablespoons coconut oil
- ½ teaspoon vanilla paste

## DIRECTIONS:

- 1 In a food blender combine all the ingredients.
- 2 Blend on high until smooth.
- 3 Serve after.

## Nutrition Facts

1 Serving

Amount Per Serving

<b>Calories</b>	470.6
<b>Total Fat</b>	33.0 g
Saturated Fat	25.7 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	2.6 g
<b>Cholesterol</b>	23.0 mg
<b>Sodium</b>	746.0 mg
<b>Potassium</b>	383.1 mg
<b>Total Carbohydrate</b>	19.1 g
Dietary Fiber	1.9 g
Sugars	17.4 g
<b>Protein</b>	27.4 g



Preparation time: 5 minutes



Servings: 1



# ALMOND CACAO SMOOTHIE

## INGREDIENTS:

- 1 cup water
- 1 cup almond milk
- 1 tablespoon unsweetened cacao
- 3 drops liquid stevia
- ¼ cup cottage cheese
- 1 tablespoon almond butter

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.

## Nutrition Facts

1 Serving

Amount Per Serving

<b>Calories</b>	176.5
<b>Total Fat</b>	12.8 g
Saturated Fat	1.2 g
Polyunsaturated Fat	2.7 g
Monounsaturated Fat	6.9 g
<b>Cholesterol</b>	5.8 mg
<b>Sodium</b>	345.4 mg
<b>Potassium</b>	228.8 mg
<b>Total Carbohydrate</b>	6.4 g
Dietary Fiber	2.6 g
Sugars	2.8 g
<b>Protein</b>	10.1 g



Preparation time: 5 minutes



Servings: 1





# LIME AVOCADO SMOOTHIE

## INGREDIENTS:

- 1 cup Greek yogurt
- ½ avocado
- 2 tablespoons water
- 1 ½ tablespoons olive oil
- 2 tablespoons basil
- 1 lime, juiced

## DIRECTIONS:

- 1 Peel and pit the avocado. Place in a food blender.
- 2 Add the remaining ingredients and blend until smooth.
- 3 Serve after.



Preparation time: 5 minutes



Servings: 1

Nutrition Facts	
1 Serving	
Amount Per Serving	
<b>Calories</b>	452.4
<b>Total Fat</b>	33.0 g
Saturated Fat	5.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	22.0 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	91.2 mg
<b>Potassium</b>	484.5 mg
<b>Total Carbohydrate</b>	15.2 g
Dietary Fiber	5.2 g
Sugars	10.0 g
<b>Protein</b>	24.1 g



# GREEN KIWI SMOOTHIE

## INGREDIENTS:

- ½ cup water
- ¾ cup cottage cheese
- ½ kiwi fruit, peeled
- ¼ cup heavy cream
- ½ cup romaine lettuce
- ¼ avocado, peeled, pitted
- 3 drops stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.

## Nutrition Facts

1 Serving

Amount Per Serving

<b>Calories</b>	465.6
<b>Total Fat</b>	35.1 g
Saturated Fat	19.9 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	10.0 g
<b>Cholesterol</b>	99.5 mg
<b>Sodium</b>	590.7 mg
<b>Potassium</b>	607.6 mg
<b>Total Carbohydrate</b>	17.1 g
Dietary Fiber	4.0 g
Sugars	6.4 g
<b>Protein</b>	23.0 g



Preparation time: 5 minutes



Servings: 1





# STRAWBERRY CHEESE SMOOTHIE

## INGREDIENTS:

½ cup strawberries, sliced  
¾ cup cottage cheese  
1 cup water  
1 tablespoon coconut oil  
½ teaspoon vanilla paste  
3 drops stevia

## DIRECTIONS:

- 1 Combine all ingredients in a food blender.
- 2 Blend on high until smooth.
- 3 Serve after.

### Nutrition Facts

1 Serving

Amount Per Serving

<b>Calories</b>	402.8
<b>Total Fat</b>	31.6 g
Saturated Fat	25.2 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	2.4 g
<b>Cholesterol</b>	17.3 mg
<b>Sodium</b>	560.2 mg
<b>Potassium</b>	268.7 mg
<b>Total Carbohydrate</b>	11.5 g
Dietary Fiber	1.8 g
Sugars	10.2 g
<b>Protein</b>	20.5 g



Preparation time: 5 minutes



Servings: 1



# CHIA SEEDS PARMESAN LOLLIPOPS

## INGREDIENTS:

4oz. grated Parmesan cheese  
2 teaspoons chia seeds  
1 pinch cayenne pepper

## DIRECTIONS:

- 1 Preheat oven to 220C.
- 2 Line two baking sheet with baking paper. You cab additionally brush with melted butter.
- 3 Toss the grated Parmesan cheese with chia seeds and cayenne pepper.
- 4 Place the 3 ½-inch cookie cutter onto a baking sheet.
- 5 Sprinkle 1/8 of the Parmesan mixture into the cookie cutter. Lift the cutter carefully and repeat with remaining parmesan mixture.
- 6 Place the lollipops sticks onto the Parmesan mixture.
- 7 Bake 5 minutes. Remove the lollipops from the oven.
- 8 Place aside to cool completely. Remove using a palette knife. Serve.



Preparation time: 10 minutes  
Cooking time: 5 minutes



Servings: 8, 2 lollipops per serving

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	40.3
<b>Total Fat</b>	2.6 g
Saturated Fat	1.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.4 g
<b>Cholesterol</b>	4.0 mg
<b>Sodium</b>	93.1 mg
<b>Potassium</b>	5.4 mg
<b>Total Carbohydrate</b>	1.9 g
Dietary Fiber	1.5 g
Sugars	0.0 g
<b>Protein</b>	2.8 g





# DESSERTS



# RICOTTA MOUSSE

## INGREDIENTS:

- 2 cups ricotta cheese
- 1 cup heavy cream
- 2 ½ teaspoons powdered gelatin
- ½ cup freshly brewed coffee
- 1 teaspoon vanilla paste
- 10 drops liquid Stevia

## DIRECTIONS:

- 1 sprinkle the gelatin over hot coffee and stir. Place aside for 10 minutes.
- 2 In a food blender, combine the ricotta, vanilla paste, and liquid stevia.
- 3 Blend until combined. Add the coffee gelatin mix and blend again.
- 4 Add the heavy cream and blend until whipped and thickened.
- 5 Divide between 8 cups and chill slightly before serving.

### Nutrition Facts

8 Servings

Amount Per Serving

<b>Calories</b>	211.8
<b>Total Fat</b>	19.0 g
Saturated Fat	12.0 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	5.4 g
<b>Cholesterol</b>	72.1 mg
<b>Sodium</b>	63.5 mg
<b>Potassium</b>	94.1 mg
<b>Total Carbohydrate</b>	2.7 g
Dietary Fiber	0.0 g
Sugars	0.3 g
<b>Protein</b>	7.6 g



Preparation time: 10 minutes



Servings: 8





# LEMON MUFFINS WITH CREAM CHEESE FROSTING

## INGREDIENTS:

- ¾ cup almond flour
- 2 tablespoons poppy seeds
- ¼ cup flax seeds, ground
- 1 teaspoon baking powder
- 1/3 cup powdered Erythritol
- 3oz. ricotta cheese, softened
- 3 eggs
- 2 lemons, zested
- 1 teaspoon vanilla paste
- 3 tablespoons lemon juice
- ¼ teaspoon liquid stevia

## For the frostings:

- 12oz. ricotta cheese
- 4oz. unsalted butter, softened
- 2 teaspoons lemon zest, finely grated
- 1 tablespoon lemon juice
- ½ cup powdered Erythritol

## DIRECTIONS:

- 1 Prepare the frosting: whip the softened cream cheese until smooth and creamy. Add the butter, lemon zest and lemon juice. Beat until smooth. Place aside.
- 2 Prepare the muffins: heat oven to 350F/160C. In a bowl, combine the almond flour, poppy seeds, ground flax seeds, baking powder, and powdered Erythritol.
- 3 In a separate bowl, beat the heavy cream with egg whites and softened ricotta. Stir in the lemon zest, vanilla, lemon juice, and stevia. Fold the liquid ingredients into the wet ones and stir until you have a smooth batter.
- 4 Line 12-hole muffin tin with paper cases and fill to 2/3 with prepared batter. Bake the muffins for 25 minutes.
- 5 Place on a wire rack to cool completely before frosting. To frost you can use a pipe bag or just place a dollop of ricotta frosting.



Preparation time: 10 minutes  
 Cooking time: 25 minutes



Servings: 12 muffins

Nutrition Facts	
12 Servings	
Amount Per Serving	
<b>Calories</b>	201.4
<b>Total Fat</b>	17.9 g
Saturated Fat	8.5 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	6.1 g
<b>Cholesterol</b>	85.4 mg
<b>Sodium</b>	48.6 mg
<b>Potassium</b>	118.2 mg
<b>Total Carbohydrate</b>	3.5 g
Dietary Fiber	1.5 g
Sugars	0.6 g
<b>Protein</b>	7.6 g



# CACAO CREPES WITH BRIE FILLING

## INGREDIENTS:

### For the crepes:

- 2 egg yolks
- 8 egg whites
- 1 tablespoon ground chia
- 2 tablespoons raw cacao powder
- 2 tablespoons coconut flour
- 3fl.oz. coconut milk
- 15 drops liquid stevia
- 1 teaspoon cream of tartar
- 3 tablespoons coconut oil, melted

### For the filling:

- 8oz. soft brie cheese, sliced
- 2 tablespoons Yacon syrup of prefer sweetened

## DIRECTIONS:

- 1 Combine all the crepes ingredients in a food blender. Pulse on high until smooth.
- 2 Place aside to rest for 10 minutes.
- 3 Heat non-stick skillet pan over medium-high heat. Brush the pan with some coconut oil.
- 4 Pour ¼ cup batter per crepe and with swirl motions, distribute the batter in even layer all over the pan. Cook the crepe for 1-2 minutes. Flip carefully and place few slices of the brie on one side of the crepe. Cook for 1 minute more.
- 5 Drizzle the brie with sweetener and roll.
- 6 Repeat the process with remaining batter and cheese.
- 7 Serve and enjoy.



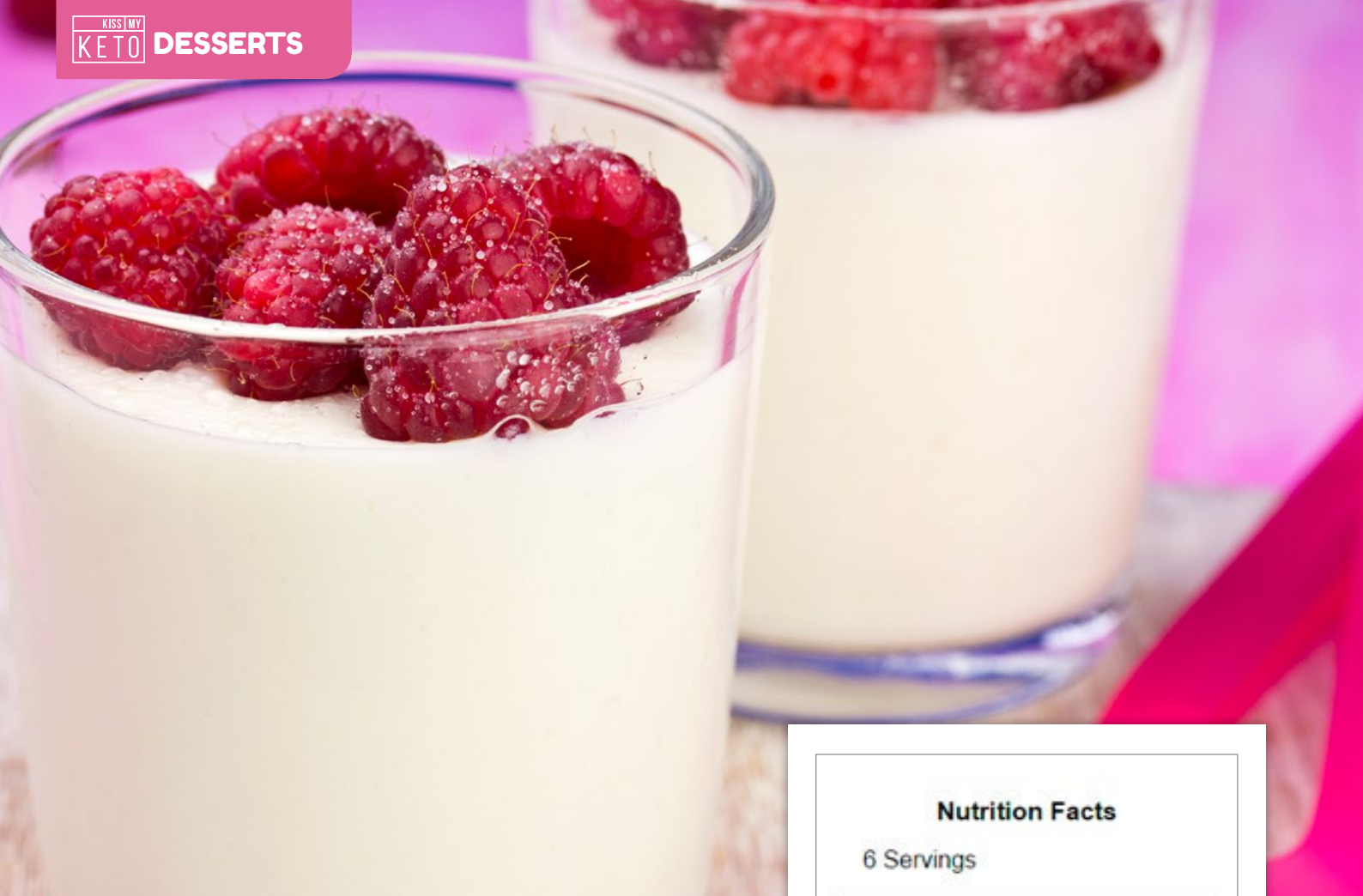
Preparation time: 15 minutes  
Cooking time: 10 minutes



Servings: 8 crepes

Nutrition Facts	
8 Servings	
Amount Per Serving	
<b>Calories</b>	183.1
<b>Total Fat</b>	15.0 g
Saturated Fat	10.7 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.8 g
<b>Cholesterol</b>	67.3 mg
<b>Sodium</b>	195.7 mg
<b>Potassium</b>	61.2 mg
<b>Total Carbohydrate</b>	3.4 g
Dietary Fiber	1.8 g
Sugars	1.1 g
<b>Protein</b>	9.7 g





# YOGURT PANNA COTTA

## INGREDIENTS:

- 2 teaspoons gelatin, unflavored
- 2 ½ tablespoons water
- 1 ¼ cups heavy cream
- 2 cups Greek Yogurt
- ¼ cup powdered Erythritol
- 5 drops stevia

## DIRECTIONS:

- 1 Sprinkle the gelatin over the water and place aside.
- 2 Pour heavy cream into saucepan.
- 3 Heat until bubbles form around edge. Whisk in the Erythritol and stevia.
- 4 Remove from heat and whisk in gelatin, until completely dissolved.
- 5 Finally whisk the yogurt. Pour warm panna cotta in a dessert glasses. Chill for 2 hours before use.

### Nutrition Facts

6 Servings

Amount Per Serving

<b>Calories</b>	228.8
<b>Total Fat</b>	20.0 g
Saturated Fat	12.4 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	5.3 g
<b>Cholesterol</b>	72.9 mg
<b>Sodium</b>	55.1 mg
<b>Potassium</b>	37.2 mg
<b>Total Carbohydrate</b>	4.6 g
Dietary Fiber	0.0 g
Sugars	3.3 g
<b>Protein</b>	8.4 g



Preparation time:  
5 minutes + inactive time  
Cooking Time: 10 minutes



Servings: 6



# RASPBERRY RICOTTA CUPS

## INGREDIENTS:

- 16oz. ricotta cheese
- ¼ cup blanched almond flour
- 1 large egg
- 1 cup raspberries
- 1 tablespoon coconut oil
- 10 drops stevia

## DIRECTIONS:

- 1 Heat oven to 400F.
- 2 Brush four ramekins with coconut oil.
- 3 In a bowl, combine the ricotta cheese, almond flour, egg, and stevia. Pour in any remaining coconut oil.
- 4 Divide the raspberries between greased ramekins and top with the ricotta mixture.
- 5 Bake for 15-20 minutes or until the top is golden.
- 6 Serve after and enjoy.



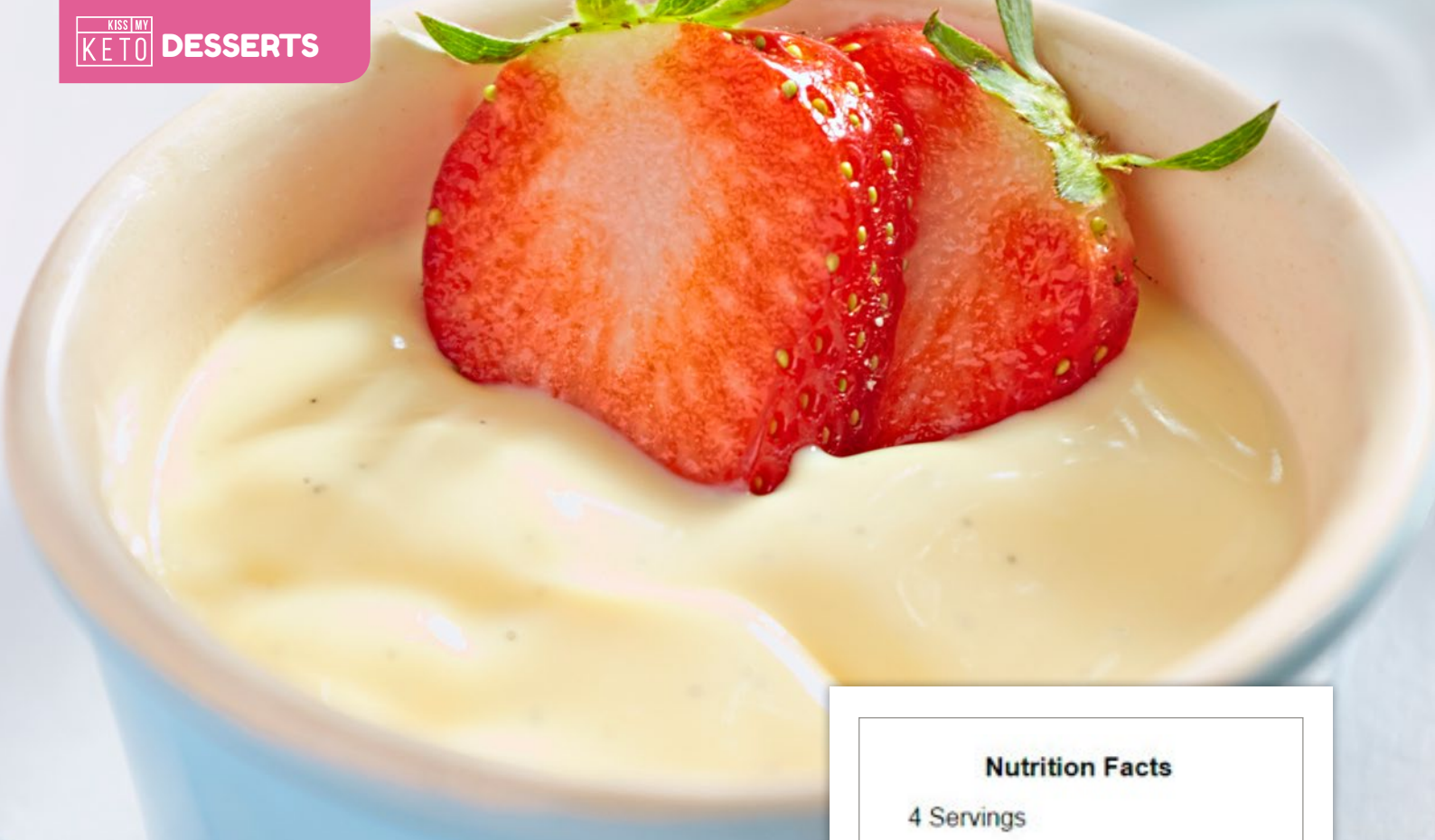
Preparation time: 5 minutes  
 Cooking time: 20 minutes



Servings: 4

Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b>	310.5
<b>Total Fat</b>	23.7 g
Saturated Fat	13.8 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	7.0 g
<b>Cholesterol</b>	109.2 mg
<b>Sodium</b>	121.1 mg
<b>Potassium</b>	235.0 mg
<b>Total Carbohydrate</b>	8.7 g
Dietary Fiber	2.8 g
Sugars	0.6 g
<b>Protein</b>	17.0 g





# VANILLA PUDDING

## INGREDIENTS:

- 1 ¾ cups almond milk
- 4 large egg yolks
- 1 tablespoon butter
- 1 teaspoon vanilla paste
- 10 drops liquid stevia

## DIRECTIONS:

- 1 Combine all ingredients, except the stevia, in a saucepot.
- 2 Heat over medium-low heat until the milk starts to steam and bubble.
- 3 Bring the mixture to a steady simmer and cook, stirring for 5 minutes or until it begins to thicken.
- 4 The pudding has a right thickness when it coats the back of your spoon.
- 5 Remove the pudding from heat and stir in stevia.
- 6 Divide the pudding between four dessert bowls. Chill before serving.
- 7 You can also decorate with blackberries or favorite fruit.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	98.0
<b>Total Fat</b>	8.7 g
Saturated Fat	3.4 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.6 g
<b>Cholesterol</b>	191.8 mg
<b>Sodium</b>	87.1 mg
<b>Potassium</b>	102.1 mg
<b>Total Carbohydrate</b>	1.5 g
Dietary Fiber	0.4 g
Sugars	0.5 g
<b>Protein</b>	3.2 g



Preparation time: 5 minutes  
Cooking time: 10 minutes



Servings: 4



# CACAO COOKIES

## INGREDIENTS:

- 1 cup almond flour
- 3 tablespoons chickpea flour
- ¼ cup cocoa powder, unsweetened
- 1 cup peanut butter
- 3 medium eggs
- 1/3 cup powdered Erythritol
- 1 teaspoon vanilla paste
- ½ teaspoon baking powder

## DIRECTIONS:

- 1 Heat oven to 350F/180C and line a baking sheet with parchment paper.
- 2 In a bowl, combine the almond flour, coconut flour, cocoa powder, powdered Erythritol and baking powder.
- 3 Stir in the eggs and coconut oil along with the vanilla paste.
- 4 Mix until you have a ball of dough. Shape the dough into 20 balls and arrange onto baking sheet.
- 5 Bake the cookies for 18-20 minutes. Place the baked cookies onto wire rack to cool.
- 6 Serve after.



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 20 cookies

## Nutrition Facts

20 Servings

Amount Per Serving

<b>Calories</b>	118.6
<b>Total Fat</b>	10.0 g
Saturated Fat	1.8 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	3.4 g
<b>Cholesterol</b>	27.9 mg
<b>Sodium</b>	69.9 mg
<b>Potassium</b>	94.2 mg
<b>Total Carbohydrate</b>	3.8 g
Dietary Fiber	1.4 g
Sugars	1.4 g
<b>Protein</b>	5.4 g





# PEANUT BUTTER CUSTARD

## INGREDIENTS:

- 1 cup almond milk
- 1/3 cup heavy cream
- 1 teaspoon vanilla paste
- 4 large eggs
- 1/2 cup peanut butter, extra creamy
- 1/2 cup powdered Erythritol

## DIRECTIONS:

- 1 Heat oven to 325F.
- 2 In a bowl, whisk the coconut milk, heavy cream and vanilla paste.
- 3 Whisk in the eggs, one at the time and add the Erythritol. Mix until blended.
- 4 Finally mix in the peanut butter and divide the mixture between four custard bowls.
- 5 Place the filled bowls into baking pan and fill with 1-inch (2cm) water.
- 6 Bake the custard for 35 minutes.
- 7 Serve after.



Preparation time: 5 minutes  
Cooking time: 30 minutes



Servings: 4

Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b>	333.1
<b>Total Fat</b>	28.4 g
Saturated Fat	9.1 g
Polyunsaturated Fat	5.9 g
Monounsaturated Fat	12.0 g
<b>Cholesterol</b>	210.5 mg
<b>Sodium</b>	270.9 mg
<b>Potassium</b>	339.5 mg
<b>Total Carbohydrate</b>	7.7 g
Dietary Fiber	2.2 g
Sugars	3.4 g
<b>Protein</b>	15.0 g



# MINI RICOTTA CHEESECAKES

## INGREDIENTS:

### For the crust:

- 1 cup almond flour
- 3 tablespoons butter, melted
- 1 tablespoon Yacon syrup

### For the filling:

- 8oz. ricotta cheese
- 6oz. cream cheese
- 8 drops liquid Stevia
- 2 teaspoons lemon zest, finely grated

## DIRECTIONS:

- 1 Prepare the crust: in a bowl, combine the crust ingredients. Divide between 8 freezer friendly mini cups. Press firmly onto bottom. Place in a freezer until firm.
- 2 Prepare the filling: in a bowl, combine all the ingredients. Whisk until smooth.
- 3 Top the prepared crusts with ricotta filling and freeze until semi-firm.
- 4 Serve after.

## Nutrition Facts

8 Servings

Amount Per Serving

<b>Calories</b>	194.5
<b>Total Fat</b>	17.2 g
Saturated Fat	7.1 g
Polyunsaturated Fat	1.8 g
Monounsaturated Fat	6.6 g
<b>Cholesterol</b>	38.9 mg
<b>Sodium</b>	88.8 mg
<b>Potassium</b>	145.3 mg
<b>Total Carbohydrate</b>	4.4 g
Dietary Fiber	1.5 g
Sugars	1.2 g
<b>Protein</b>	7.6 g



Preparation time: 35 minutes



Servings: 8 mini cheesecakes





# ALMOND CAKE

## INGREDIENTS:

- 9oz. ricotta
- 2 ½ cups almond flour
- 4 large eggs, separated
- 1 teaspoon powdered stevia
- 2 teaspoons lime zest
- 1teaspoon almond extract
- Flaked almonds, to sprinkle

## DIRECTIONS:

- 1 Heat oven to 350F and line a round cake tin 8-inch, with parchment paper, bottom and sides.
- 2 In a bowl, beat the ricotta, egg yolks, and almond extract until smooth.
- 3 Stir in the almond meal, lime zest, and stevia.
- 4 Whisk the egg whites until soft peaks form. Fold 1/3 of the egg whites into the ricotta mixture.
- 5 Fold in remaining egg whites, gently. Transfer the batter into prepared spring form and bake for 35 minutes. Sprinkle with additional almonds and bake for 10 minutes. You can omit the almonds if want. The cake needs to be baked for 45 minutes.
- 6 Place on a wire rack to cool down before serving.

### Nutrition Facts

8 Servings

Amount Per Serving

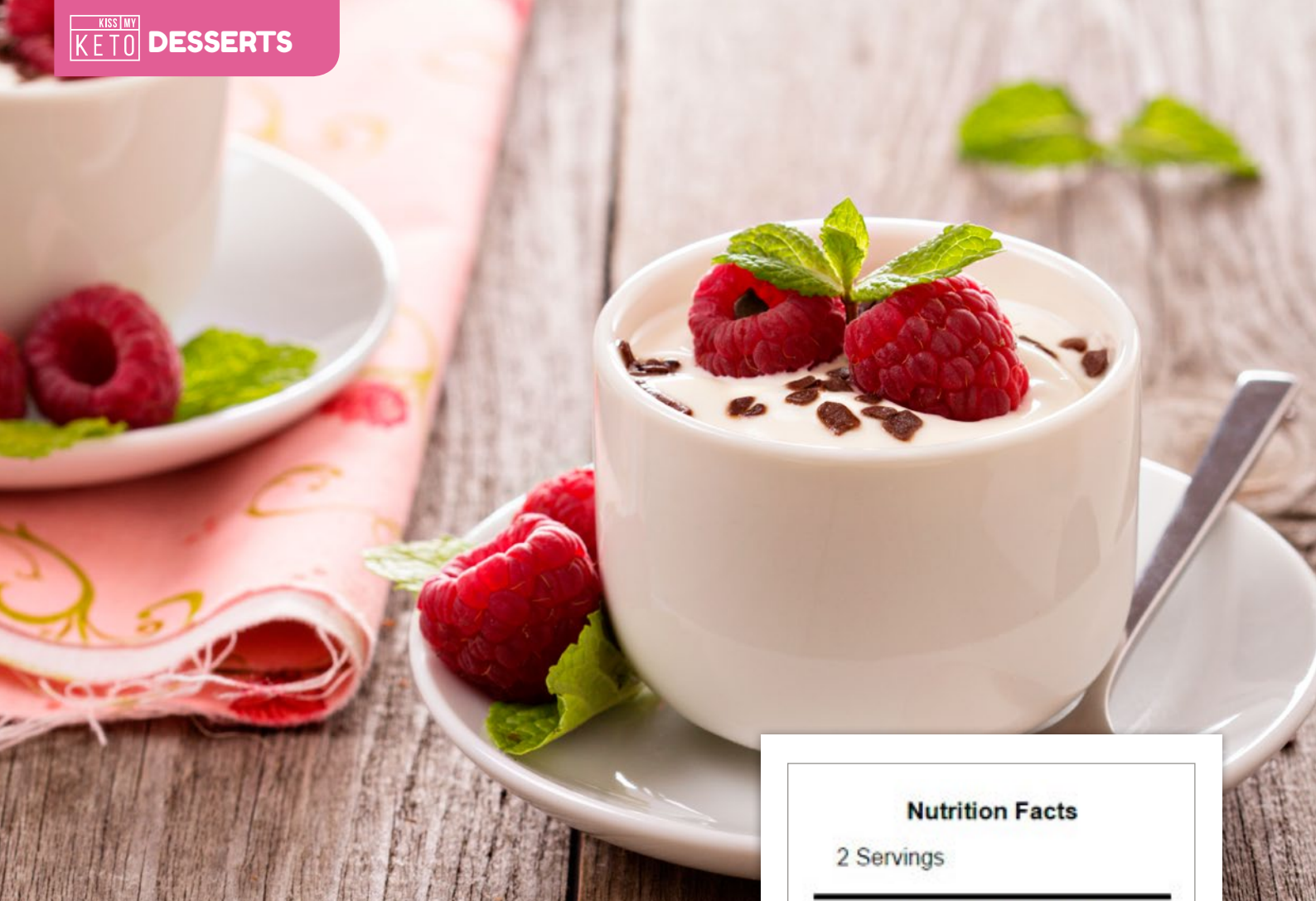
<b>Calories</b>	227.3
<b>Total Fat</b>	18.2 g
Saturated Fat	4.3 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	9.4 g
<b>Cholesterol</b>	108.9 mg
<b>Sodium</b>	61.8 mg
<b>Potassium</b>	236.1 mg
<b>Total Carbohydrate</b>	6.4 g
Dietary Fiber	3.0 g
Sugars	1.1 g
<b>Protein</b>	11.7 g



Preparation time: 10 minutes  
Cooking time: 45 minutes



Servings: 8



# COCONUT RASPBERRY CREAM DESSERT

## INGREDIENTS:

7oz. mascarpone cheese  
 4oz. quark cheese  
 4oz. yogurt, full-fat  
 1 teaspoon coconut extract  
 2 tablespoons coconut cream  
 8 drops liquid stevia  
 2oz. raspberries

## DIRECTIONS:

- 1 In a bowl, combine the mascarpone cheese, quark cheese, yogurt, coconut extract, and stevia.
- 2 To get really creamy mixture, blend the ingredients in a food blender.
- 3 Serve in a bowls and top with raspberries.

### Nutrition Facts

2 Servings

Amount Per Serving

<b>Calories</b>	422.0
<b>Total Fat</b>	37.6 g
Saturated Fat	20.9 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	9.3 g
<b>Cholesterol</b>	121.7 mg
<b>Sodium</b>	508.7 mg
<b>Potassium</b>	263.4 mg
<b>Total Carbohydrate</b>	8.5 g
Dietary Fiber	0.0 g
Sugars	7.7 g
<b>Protein</b>	15.9 g



Preparation time: 5 minutes



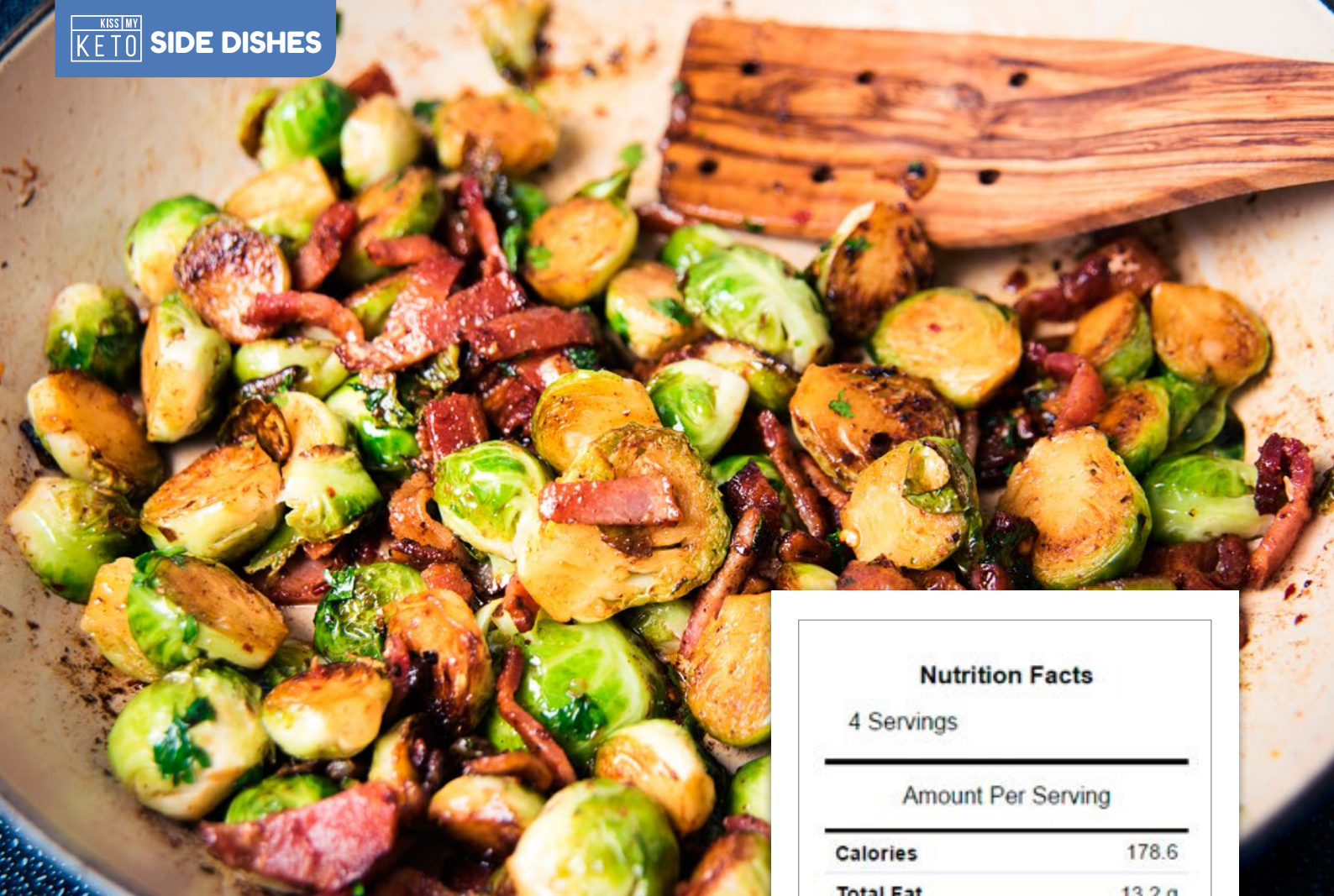
Servings: 2





**SIDE DISHES/  
APPETIZERS**





# BACON BRUSSELS SPROUTS

## INGREDIENTS:

- 8 slices bacon
- 1lb. Brussels sprouts
- 2 tablespoons olive oil or melted ghee
- 1 teaspoons red paprika
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat oven to 375F and line a baking sheet with parchment paper.
- 2 Halve or quarter the sprouts if too big.
- 3 Toss the sprouts in a bowl with olive oil, salt, pepper, and red paprika.
- 4 Transfer the sprouts onto baking sheet and bake for 30 minutes.
- 5 Cook the bacon in a non-stick skillet until crispy.
- 6 Place the bacon onto paper towel and crumble. Serve the sprouts in a bowl and sprinkle with bacon.
- 7 You can additionally drizzle with the bacon fat.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	178.6
<b>Total Fat</b>	13.2 g
Saturated Fat	3.1 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	7.8 g
<b>Cholesterol</b>	20.0 mg
<b>Sodium</b>	343.4 mg
<b>Potassium</b>	387.1 mg
<b>Total Carbohydrate</b>	6.8 g
Dietary Fiber	2.9 g
Sugars	1.7 g
<b>Protein</b>	9.7 g



Preparation time: 5 minutes  
Cooking time: 30 minutes



Servings: 4





# MUSHROOM AND BACON SKEWERS

## INGREDIENTS:

- 4 slices bacon
- 1 tablespoon olive oil
- 0.75lb. mushrooms
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Place the bacon onto a skewer.
- 2 Spear a mushroom and fold over the bacon. Repeat until the skewer is filled.
- 3 Heat the grill.
- 4 Drizzle the skewers with olive oil and season to taste with salt and pepper.
- 5 Grill the mushrooms 20 minutes, flipping halfway through.
- 6 Serve while still hot.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	119.5
<b>Total Fat</b>	10.1 g
Saturated Fat	2.0 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	6.4 g
<b>Cholesterol</b>	10.0 mg
<b>Sodium</b>	165.3 mg
<b>Potassium</b>	283.2 mg
<b>Total Carbohydrate</b>	2.5 g
Dietary Fiber	0.9 g
Sugars	1.4 g
<b>Protein</b>	5.9 g



Preparation time: 10 minutes  
Cooking time: 20 minutes



Servings: 4





# FRIED AVOCADO

## INGREDIENTS:

- 2 large avocados
- 2 eggs
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon chili powder, optional
- 2 cups almond meal
- Oil, to fry

## DIRECTIONS:

- 1 Peel and pit the avocados.
- 2 Cut each avocado into wedges.
- 3 In a bowl, whisk the eggs with salt, pepper, and chili powder.
- 4 Place the almond meal in a deep bowl.
- 5 Dip the avocado into eggs and dredge through the almond meal.
- 6 Heat the oil and once hot fry the avocados for 1 minute.
- 7 Place onto paper towels to drain.
- 8 Serve after.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	280.8
<b>Total Fat</b>	23.2 g
Saturated Fat	3.4 g
Polyunsaturated Fat	4.6 g
Monounsaturated Fat	13.4 g
<b>Cholesterol</b>	186.0 mg
<b>Sodium</b>	74.4 mg
<b>Potassium</b>	455.8 mg
<b>Total Carbohydrate</b>	9.3 g
Dietary Fiber	5.9 g
Sugars	1.3 g
<b>Protein</b>	12.2 g



Preparation time: 10 minutes  
Cooking time: 5 minutes



Servings: 4





# CAULIFLOWER MASH WITH GARLIC AND BACON

## INGREDIENTS:

4 cups cauliflower, cut into florets  
 1 garlic clove, minced  
 ½ cup mayonnaise  
 4 slices bacon, cooked and crumbled  
 ½ teaspoon lemon juice  
 ½ teaspoon lemon zest  
 Salt and pepper, to taste

## DIRECTIONS:

- 1 Place the cauliflower in a microwave safe bowl. Microwave for 12 minutes or until tender.
- 2 Place the cauliflower in a food blender.
- 3 Add the mayonnaise, garlic, lemon juice, lemon zest, salt, and pepper.
- 4 Blend on high until smooth.
- 5 Serve in a bowl and sprinkle with crumbled bacon.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	265.5
<b>Total Fat</b>	24.8 g
Saturated Fat	4.6 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	2.1 g
<b>Cholesterol</b>	22.6 mg
<b>Sodium</b>	406.0 mg
<b>Potassium</b>	310.8 mg
<b>Total Carbohydrate</b>	4.6 g
Dietary Fiber	1.9 g
Sugars	0.2 g
<b>Protein</b>	7.1 g



Preparation time: 5 minutes  
 Cooking time: 15 minutes



Servings: 2



# BROCCOLI CAULIFLOWER GOUDA MASH

## INGREDIENTS:

- 2 cups cauliflower, cut into florets
- 1 cup broccoli, cut into florets
- 4 slices bacon, cooked and crumbled
- ½ cup shredded Gouda
- 2 tablespoons butter
- 3 tablespoons heavy cream
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Steam the broccoli and cauliflower over simmering water until tender.
- 2 Place the veggies in a food blender.
- 3 Melt the butter in a small saucepan. Add the heavy cream and Gouda. Season with salt and pepper and cook until the cheese is melted.
- 4 Add the cheesy mixture into cauliflower. Blend together until smooth.
- 5 Serve in a bowl and sprinkle with crumbled bacon.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	264.9
<b>Total Fat</b>	21.5 g
Saturated Fat	12.6 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	6.6 g
<b>Cholesterol</b>	76.2 mg
<b>Sodium</b>	477.1 mg
<b>Potassium</b>	321.0 mg
<b>Total Carbohydrate</b>	4.8 g
Dietary Fiber	1.9 g
Sugars	0.8 g
<b>Protein</b>	14.3 g

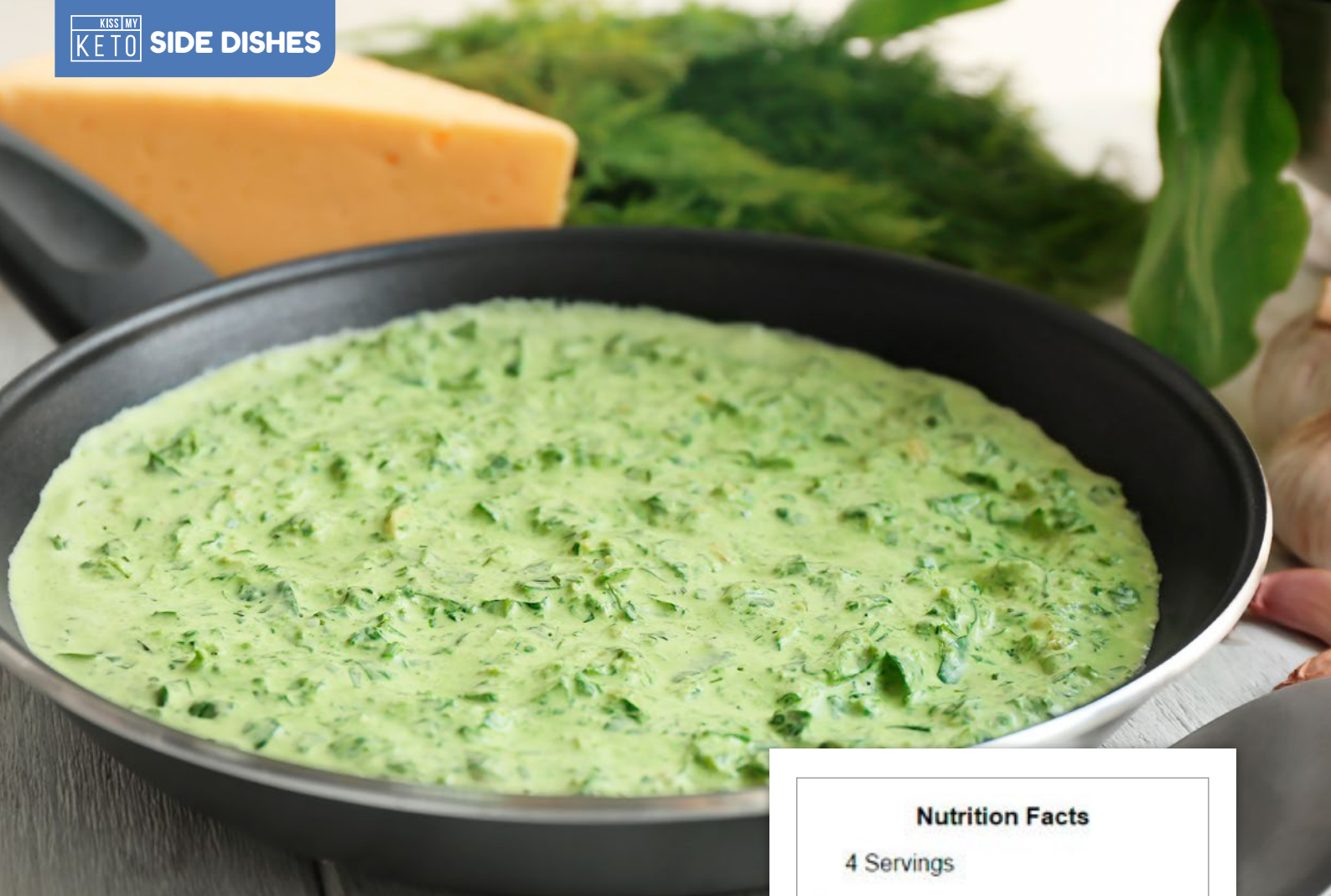


Preparation time: 5 minutes  
Cooking time: 15 minutes



Servings: 4





# CREAMY SPINACH

## INGREDIENTS:

- 14oz. fresh spinach, chopped
- ¼ cup grated parmesan cheese
- 5oz. cream cheese
- 3 tablespoons sour cream
- 1 tablespoon water
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Place the water in a skillet. Add the spinach and cook until wilted.
- 2 Stir in the cream cheese and cook until melted.
- 3 Add the sour cream, salt, and pepper.
- 4 Stir well and cook for 1-2 minutes.
- 5 Serve after.



Preparation time: 5 minutes  
Cooking time: 10 minutes



Servings: 4

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	186.4
<b>Total Fat</b>	15.8 g
Saturated Fat	9.0 g
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	46.7 mg
<b>Sodium</b>	257.0 mg
<b>Potassium</b>	312.9 mg
<b>Total Carbohydrate</b>	6.4 g
Dietary Fiber	2.5 g
Sugars	1.1 g
<b>Protein</b>	7.6 g



# CREAMY ENDIVE

## INGREDIENTS:

2 endive, halved  
4oz. cheddar cheese, grated  
½ cup heavy cream  
1 egg  
1 cup chicken broth  
Salt and pepper, to taste

## DIRECTIONS:

- 1 Bring the stock to a boil in a pot.
- 2 Add the endive and cook for 5 minutes. Drain the endive and place into baking pan.
- 3 Whisk the egg, heavy cream, and cheddar in a bowl.
- 4 Pour over the endive.
- 5 Heat the oven to 375F/180C and bake the endive for 20 minutes.
- 6 Serve after.

## Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	267.3
<b>Total Fat</b>	22.0 g
Saturated Fat	13.3 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	6.3 g
<b>Cholesterol</b>	117.3 mg
<b>Sodium</b>	247.4 mg
<b>Potassium</b>	671.6 mg
<b>Total Carbohydrate</b>	7.8 g
Dietary Fiber	6.0 g
Sugars	0.7 g
<b>Protein</b>	11.7 g

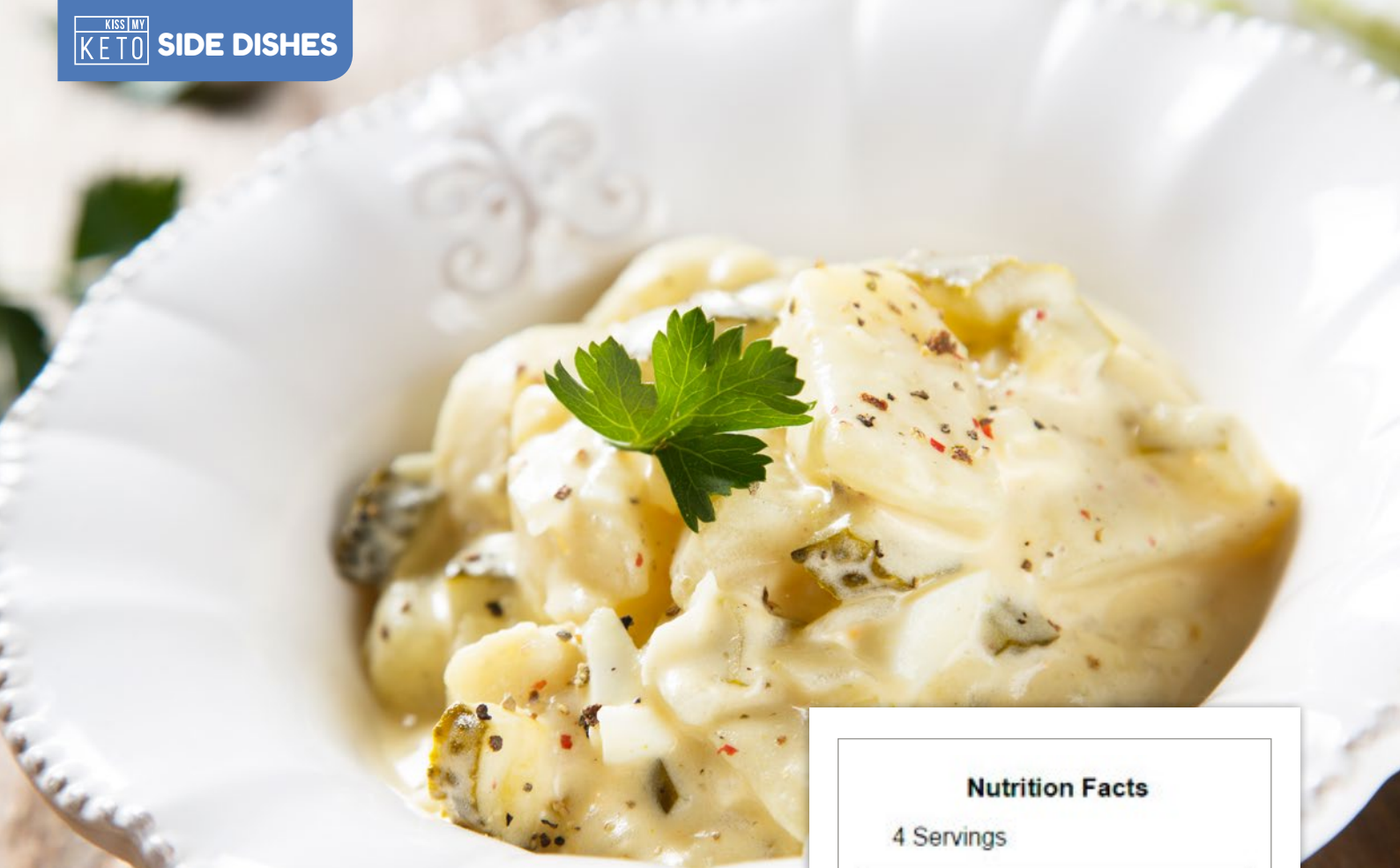


Preparation time: 10 minutes  
Cooking time: 25 minutes



Servings: 4





# TURNIP SALAD

## INGREDIENTS:

- 14oz. turnip
- 2 eggs, hardboiled, chopped
- ¼ cup mayonnaise
- ¼ cup cream cheese, softened
- 1 pickled cucumber, chopped
- 1 teaspoon lemon juice
- 2 teaspoons mustard
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Wash and peel turnips. Cut into medium chunks and cook in pot of boiling water for 20 minutes.
- 2 Drain turnip and place in a bowl.
- 3 Add the eggs, pickle, and season to taste.
- 4 In a bowl, whisk the mayo, lemon juice, cheese, and mustard.
- 5 Pour over the salad and stir gently to combine. Serve after.

### Nutrition Facts

4 Servings

Amount Per Serving

<b>Calories</b>	200.1
<b>Total Fat</b>	18.4 g
Saturated Fat	5.4 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
<b>Cholesterol</b>	158.3 mg
<b>Sodium</b>	185.7 mg
<b>Potassium</b>	134.0 mg
<b>Total Carbohydrate</b>	2.9 g
Dietary Fiber	0.6 g
Sugars	1.8 g
<b>Protein</b>	6.1 g



Preparation time: 5 minutes  
Cooking time: 20 minutes



Servings: 4



# ZUCCHINI CHEESY BAKE

## INGREDIENTS:

- 4 green zucchinis, sliced into rounds
- 2 tablespoons green onions, chopped
- 1 teaspoon oregano
- 2 garlic cloves, minced
- 5oz. cream cheese, softened
- 1 cup mozzarella, torn into pieces
- ½ cup grated parmesan
- Salt and pepper, to taste

## DIRECTIONS:

- 1 Heat the oven to 375F.
- 2 In a bowl, combine the zucchinis, green onions, oregano, garlic, cream cheese, ½ cup mozzarella and parmesan.
- 3 Stir to combine and transfer into baking dish. Bake the zucchinis for 30 minutes, top with remaining mozzarella and bake for 15 minutes more.
- 4 Serve after.

Nutrition Facts	
4 Servings	
Amount Per Serving	
<b>Calories</b>	291.1
<b>Total Fat</b>	22.4 g
Saturated Fat	12.9 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	6.0 g
<b>Cholesterol</b>	70.7 mg
<b>Sodium</b>	518.6 mg
<b>Potassium</b>	538.8 mg
<b>Total Carbohydrate</b>	9.6 g
Dietary Fiber	2.5 g
Sugars	4.5 g
<b>Protein</b>	15.2 g



Preparation time: 5 minutes  
Cooking time: 45 minutes



Servings: 4