



The *Deliciously Keto*  
Cookbook

150 mouth-watering low-carb, healthy-fat ketogenic recipes for mains, sides, desserts, and more

Molly Pearl and Kelly Roehl, MS, RD, LDN, CNSC



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# Introduction

We live in a toxic food environment in which making healthy choices feels nearly impossible. It's all about convenience, speed, and more. This has led to rising rates of obesity and chronic disease.

## What This Book Covers

While most of us are familiar with the old food guide pyramids and the newer plate renditions released by health and government institutions, many have become frustrated with lack of improvement in health despite following these guidelines. This is largely due to the food environment in which we live, as well as a general lack of knowledge of what food is and how to actually prepare it. It's easier and more convenient for us to hit the drive-thru or microwave a prepared meal than to start from scratch, which is what influences those rises in obesity and chronic disease. However, the message to eat less processed food is not enough to promote change—we need a diet that dramatically alters the inflammation and damage caused by a diet of excess sugar and processed fat.

What if I told you there is such a diet, and that by following it, you may actually see improvements in your health? What's more, the diet doesn't limit fat—it actually encourages it? If you're looking to lose weight, lower your blood glucose, impact your neurological health, or just overall feel better, the ketogenic diet (also known as the *keto diet*) is sure to help!

The keto diet has been one of the hottest areas of research within the nutrition, health, and medical community. While many have understood the benefits of the keto diet for years, these benefits are just beginning to be recognized by the medical community—and the health-conscious public is beginning to take notice!

The keto diet is a low-carbohydrate, high-fat, moderate-protein diet that helps transition your body from using sugar or glucose for energy to becoming a fat-burning machine. As you remove high-carbohydrate foods from your diet, your blood sugar will dramatically decline and your body will begin to break down fat for energy, producing ketones that can be used by nearly every cell in the body. This process causes weight loss, decreased cravings and bloating, and improved mental clarity.

This book offers a how-to guide to help you get started on a keto diet, as well as a collection of delicious recipes that were developed with keto philosophies in mind and analyzed by a registered dietitian nutritionist so you can be confident in your keto choices. It's time to embrace not only a diet, but a new and healthy way of life!

## Special Thanks to the Technical Reviewer

*The Deliciously Keto Cookbook* was reviewed by an expert who double-checked the accuracy of what's presented here to help us ensure learning about the keto diet is as easy as it gets. Special thanks are extended to Carolyn Doyle.

## Disclaimer

When starting this diet, you should first discuss your plans with your doctor—particularly if you're pregnant or breastfeeding, have kidney disease, or are taking insulin for diabetes. Your doctor and a registered dietitian can also help you understand how the diet affects certain baseline risk factors, such as cholesterol levels, diabetes risk, waist circumference, weight, and body mass index.



# Getting Started

A ketogenic diet allows you to lose weight, enhance your mental clarity, and improve your overall health without feeling deprived. But how does it work? The first section of this book explains the keto diet, including the benefits of following it; the role of protein, fat, and carbohydrates in your meals; common misconceptions associated with the diet; and ways to achieve success. Once you have a good understanding of how it all works, you'll be able to confidently dive in and enjoy eating the keto way.

# What Is a Ketogenic Diet?

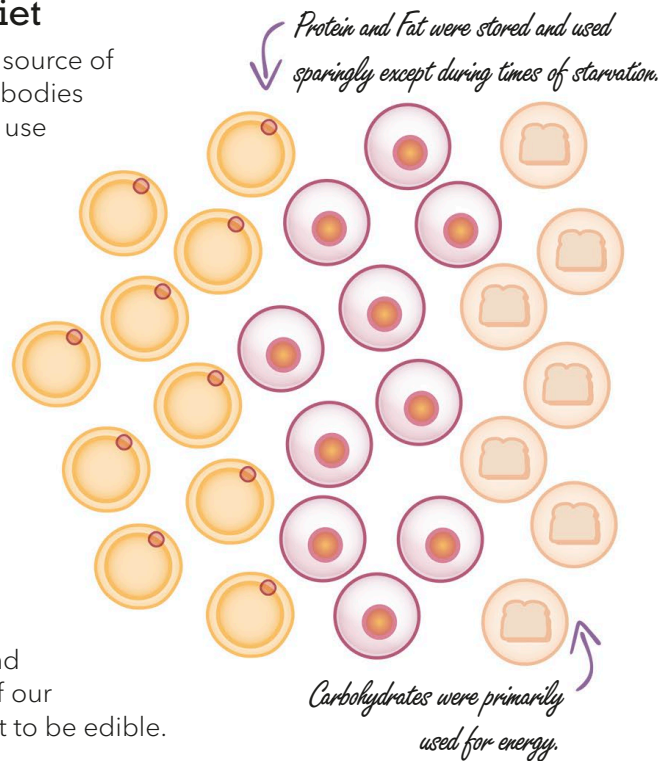
Ketogenic diets—often referred to as *keto diets*—are composed of foods low in carbohydrates, high in fat, and adequate in protein to help you maintain a healthy body.

## The Nature of the Ancient Human Diet

Historically, humans haven't always had a constant source of food (think hunter-gatherer days). This caused our bodies to become more efficient at conserving energy for use during a time when food was scarce—hence the reason we pack excess calories, or energy, away as fat when we eat more than we need. Although we have evolved to become a highly productive species with ample food availability, our bodies remain physiologically nearly identical to those of our hunter-gatherer ancestors.

While the diet of our ancestors isn't 100 percent certain, we do know it was a combination of foods that were easy to hunt and gather—such as animals, leafy plants, and nuts—that likely required little time or work to prepare and eat. These were primarily fat, protein, and fiber-rich plants. On the other hand, high-carbohydrate foods like grains, root vegetables, and seasonal fruits were likely a small part of the diet of our hunter-gatherer ancestors due to the need for heat to be edible.

This lack of carbohydrates caused human bodies to become hard-wired to seek carbohydrates and store them for use during a time of need—in other words, a period of days or longer where food is scarce and we're forced to rely on our stored energy, or fat. The only problem is, most humans today rarely go without food for 12 hours, let alone days or weeks. In the current food environment, many of us have access to endless amounts of calories in an easy-to-consume form—and we typically eat too many.



### HOW THE BODY USED MACRONUTRIENTS ON AN ANCIENT HUMAN DIET

Because carbohydrates were rare in prehistoric times, bodies became hard-wired to use carbohydrates for energy and store fat. That way, when food was scarce, the body could feed off the stores of fat.



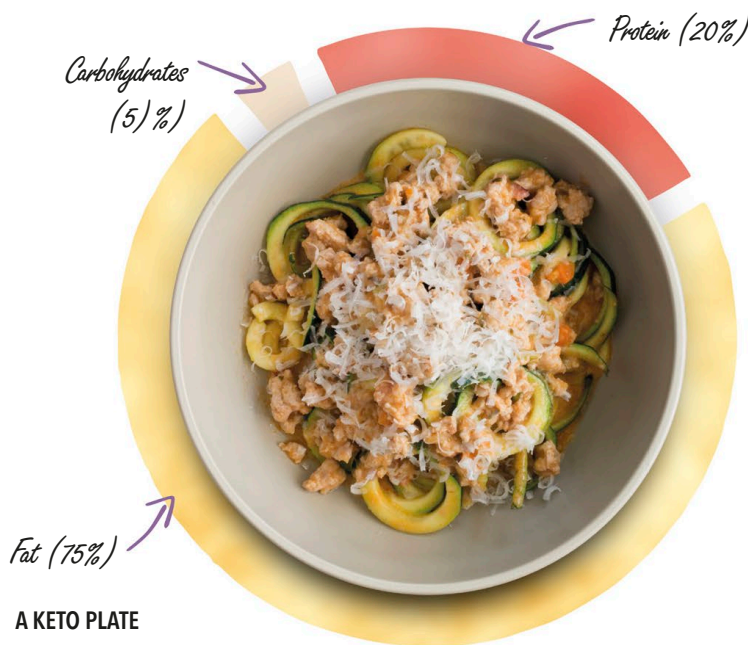
**A MODERN WESTERN PLATE**

In the modern diet, carbs make up more of the macronutrient intake than fat and protein combined.

**How Is a Keto Diet Different?**

While carbohydrates, proteins, and fats—also known as *macronutrients*—provide benefits to the human body in certain settings, the right amount of each type of macronutrient in terms of calories remains up for debate. In the modern Western diet, carbohydrates make up about as much of the calories as proteins and fats combined. However, in a keto diet, fats make up a very large portion of the calories, with proteins and carbohydrates incorporated in significantly smaller amounts. This makeup encourages your body to rely on your stored fat rather than glucose (sugar) from carbohydrates for energy, potentially preventing excessive weight gain and promoting overall improvements in health.

The focus of the keto diet is to eat just enough protein to meet your body's needs; limit carbohydrates to those that are rich in vitamins, minerals, color, and fiber to help maintain a healthy gastrointestinal (GI) tract; and incorporate higher amounts of fat into your diet to meet your energy needs. This will cause your body to use fat instead of sugar for energy in the form of ketones—hence the name of the diet.



**A KETO PLATE**

The keto diet dramatically increases fat intake and significantly decreases carbohydrate intake.

# Benefits of a Keto Diet

Whether you're looking to lose weight, gain more energy, improve your neurological health or sleep, or just feel better overall, the keto diet is a powerful tool that can have a significant impact on your life!



## Weight Loss

When you eat a high-carbohydrate diet, your blood glucose is elevated, leading to the release of insulin. This process sends a signal to your body to store energy as glycogen, which is then converted to fat. This can lead to abdominal obesity, a condition in which fat is stored in your stomach area—a risk factor for diabetes and heart disease. A keto diet prevents your body from releasing too much insulin, and instead encourages your body to burn fat for energy. This fat burning helps shrink your waistline and avoid many of those health risk factors—a win-win!



## Steady Energy

As you learned earlier, unlike glucose (which is more concentrated in the liver and muscle and is generally limited to less than 1,000 calories total or converted to body fat for use later), ketones are utilized by many different parts of the body for energy. This gives your body a steady source of energy rather than the up-and-down energy you get from eating a high-carbohydrate diet.



### Better Mental Clarity and Focus

Have you ever felt like your thinking was a bit sluggish after you ate? A common problem associated with an improper, high-carbohydrate diet is “brain fog,” or lack of focus. This can make concentrating on your daily tasks that much more difficult. A keto diet, on the other hand, helps create a steady fuel source for your brain in the form of ketones. This allows you to begin thinking more clearly and is more likely to sustain that over a longer period of time.



### More Restful Sleep

Emerging research suggests that impaired glucose metabolism may interfere with your body’s ability to achieve a restful sleep. This may make you feel like you’re constantly tired and impact your energy during the day. By eating a high-fat, low-carbohydrate keto diet, you’ll find that you begin to experience a more restful sleep. And forget that sleepy feeling you get in the middle of the day—with a more restful sleep and better eating habits, you’ll be able to power through your day without the desire to nap.



### A Decline in Risk Factors for Chronic Disease

A diet comprised heavily of processed fats and sugar can cause chronic inflammation. This is believed to be the primary reason for the development of many chronic diseases, including heart disease and diabetes. By eliminating or reducing processed carbohydrates, sugar, and trans fats and incorporating healthy fats and vegetables via a keto diet, you may reduce the risk of chronic inflammation, leading to better health over the long term.



### NO SKIMPING ON HEALTH—OR TASTE

Following a keto diet will help you focus on eating more fresh, real whole foods—which provide your body with nourishment in the form of vitamins, minerals, fiber, antioxidants, and color variety—and fewer processed foods that may be harmful to your health. Also, many of the foods typically not allowed on other diets—such as bacon, butter, and cream—are not only allowed, but encouraged on a keto diet!

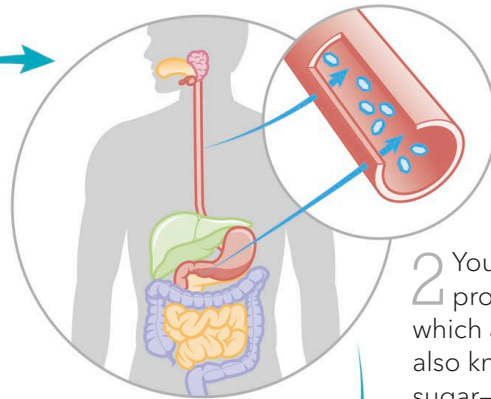
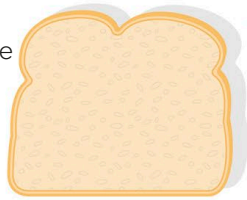
# Ketosis and the Keto Body

How your body produces energy on a keto diet is very different from how it's produced on a higher-carbohydrate diet due to the type of fuel used by each.

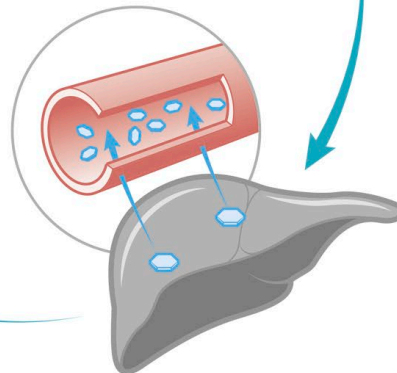
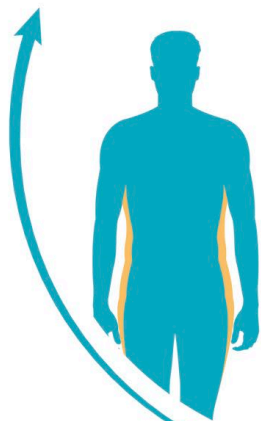
## Energy from Glucose (Carbohydrates)

Diets rich in carbohydrates cause your body to rely on glucose as the primary source of energy. What isn't used right away is stored in adipose (fat) tissue, causing fluctuations in energy levels and weight gain.

1 You consume a high-carbohydrate food, such as a piece of white bread.



2 Your pancreas produces insulin, which allows glucose—also known as blood sugar—to be used for energy.



3 Small, unused quantities of glucose are stored in the muscles and liver in the form of glycogen for use later.

4 Any additional glucose is eventually converted into adipose tissue, a process that is irreversible.

### What Is Ketosis?

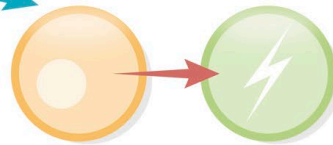
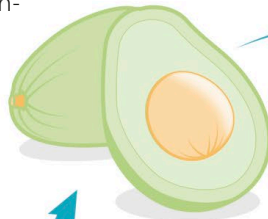
Ketosis refers to the state in which fat is broken down into ketones and used by the body for energy. When your body no longer has adequate glucose or glycogen stores to convert into energy, your body will begin breaking down fat stored in your fat cells and in the foods you eat. This leads to the production of ketones—fatty-acid molecules that are your body's natural defense against starvation. These ketones are

then used by your body for energy. For healthy people who don't have diabetes, ketosis kicks in after about 3 or 4 days of eating less than 50g of carbohydrates. Over a longer period of time, this lowered intake of carbohydrates leads you to become keto adapted, meaning your body becomes very efficient at using fat and ketones for energy throughout its entirety.

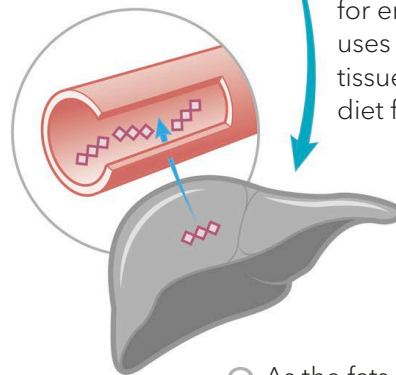
### Energy from Ketones (Fat)

A high-fat keto diet forces your body to use a process known as *ketosis*. Nearly every cell uses ketones more efficiently than glucose, leading to steadier energy levels and a greater chance of weight loss.

1 You consume a high-fat food, such as an avocado.



2 In the absence of glucose or glycogen to be used for energy, your body uses stored adipose tissue and fat in your diet for energy.



3 As the fats are broken down, the liver produces ketones—part of your body's natural defense against starvation—in place of glucose.

4 Ketones are employed as energy throughout the body.



# Keto Q&A

Now that you know how the keto diet works, you may wonder just what goes into implementing it. The following address some common questions about the keto lifestyle.

## Q Isn't all this fat bad for my health?

A Even with low-fat and fat-free eating quickly falling by the wayside, there's still a stigma around fat in a diet. While it's a widespread belief that saturated fat causes heart disease, there's actually little evidence that saturated or total fat intake increases the risk of cardiovascular disease. Instead, it may be more about overall eating patterns. Although the exact mechanism for this is beyond the scope of this book, by incorporating a good blend of fat from saturated, monounsaturated, and omega-3 polyunsaturated sources, you may actually see improvements in your lipid profile when eating a diet high in fat!

## Q Do I need to fast before starting the diet?

A While fasting can certainly help you achieve ketosis faster, it comes at the cost of fatigue, headaches, and potential gastrointestinal (GI) side effects, lovingly referred to as *keto flu*. Instead, focus on adequate hydration and electrolyte and fat consumption starting on the first day of your keto diet. You should then begin to see progress in terms of ketones within 2 to 5 days.

## Q Will this diet cause me to gain weight?

A Eating fat doesn't contribute to weight gain on its own; instead, a major factor in weight gain is your calorie intake. When consuming more calories than necessary (especially in the form of carbohydrates), your body releases insulin, which tells it to package up excess calories as triglycerides to be stored away in your adipose (fat) tissue. On a keto diet, the food (carbohydrates) that causes the release of insulin is dramatically reduced, making it challenging for your body to store fat. So you use the fat you eat and that's stored in your adipose tissue for energy, which in turn leads to weight loss.

## Q Can I drink alcohol on a keto diet?

A Alcohol can be consumed in moderation on the keto diet—no more than 1 drink per day for women or 2 drinks per day for men. Still, while drinking alcohol itself won't dramatically interrupt your ketosis, certain alcohols are higher in carbohydrates and should be limited.

UNSWEETENED LIQUOR	0g net carb per ounce (25ml)
WINE	Approximately 1g net carb per ounce (25ml)
LIGHT BEER	Approximately 2 to 5g net carb per 12 ounces (350ml)
CRAFT BEER	Approximately 15 to 25g net carb per 12 ounces (350ml)

## Q Do I need to take any vitamins while following this diet?

A During the induction phase of a keto diet, some experts recommend taking a high-quality multivitamin or mineral supplement to prevent any deficiencies due to large dietary changes. Also, while not essential, consider asking your doctor to check your vitamin D status. If you're asked to start supplementing, it'll likely be about 1,000 to 2,000 international units (IUs) of vitamin D<sub>3</sub> (the form used by the body) daily. However, vitamin, mineral, and herbal supplements in the United States aren't regulated consistently, so it's best to avoid vitamins beyond those situations.

## Q Do I need to count calories?

A One of the best things about a keto diet is that there's no real need to count calories. Because carbohydrate and protein requirements—and therefore intake—should remain static on a keto diet, the best way to determine if you're eating too many calories (too much fat) will be your weight. If you aren't losing weight, eat less fat; if you're losing too much weight or want to maintain your weight, eat enough fat to provide weight stability and satiety. That's all there is to it!

## Q Is it sustainable to follow a keto diet?

A While initially it can be challenging to adhere to a keto diet with social obligations and temptations, a keto-adapted individual generally has little desire to break ketosis due to the satisfying effect of initial weight loss, overwhelming improvements in mental clarity, and endless energy associated with following the diet. There's also the satiety achieved through high fat intake, which ultimately can be felt as reduced cravings on the diet. If you view the keto diet simply as a way to quickly cut weight, it's unlikely this way of life will be sustainable. Having the mind-set that keto is your way of life is essential to making it sustainable.

# *The Role of Fat in a Keto Diet*

Fats are organic compounds in foods that provide a concentrated source of energy and vitamins. On the keto diet, fats make up 75 to 80 percent of your total calories.

## **Fat Is Essential!**

Because you're limiting carbohydrate foods, fats will provide the majority of your energy. While the exact breakdown of which fats to incorporate and in which proportions remains unknown, research suggests that the type of fat the body prefers to use on a keto diet is similar in composition to what it stores.

So what type of fat does the body store? Mostly saturated fats (similar in composition to butter and virgin coconut oil) and monounsaturated fats (such as extra-virgin olive oil and nuts and seeds).

Therefore, the majority of fat you consume on a keto diet should come from saturated and monounsaturated sources, with a small portion of your diet comprised of polyunsaturated fats (such as salmon and walnuts).

Generally, fats can be deemed healthy or unhealthy based on the level of heat processing, as well as the exposure to light and hydrogen they receive. For instance, oils that come in light-protected containers are more likely to be extracted via the low-heat cold-pressed technique and to retain more of their green hue, a good indication they contain higher concentrations of antioxidants and anti-inflammatory components.

## **ADDING FATS AND OILS TO YOUR DIET**

Choose fats and oils with minimal processing techniques, exposure to light, and/or hydrogenation. Examples of high-quality fats include extra-virgin olive oil from a light-protected bottle or tin, cold-pressed coconut oil, and grass-fed butter or cream.



## Fats to Eat

Fats can be classified as plant based or animal based. When figuring out the right types of fat to eat, look to natural plant and animal sources for your regular intake, aiming for a good blend of the two for your best overall health.

### Plant-Based Fats

Fats and oils found in plant-based foods are generally beneficial for your health if they have been minimally processed (for instance, extracting oil from olives using a more natural cold-pressed process versus extracting oil from soybeans using a chemical process).

- Coconut, olive, MCT, and palm kernel oils
- Mayonnaise made with olive oil
- Unsweetened cocoa powder or cacao nibs
- Unsweetened coconut flakes
- Seeds, such as hemp, sesame, pumpkin, and sunflower seeds
- Avocados

### Animal-Based Fats

While animal-based fats have received a bad reputation for being high in saturated fat, the latest research suggests that not all saturated fats are created equal. These fats are packed with flavor and offer many culinary options.

- Butter or ghee
- Heavy cream
- Sour cream
- Fatty fish, such as tuna, mackerel, or sardines
- Bacon or duck fat

### ADDING MCTS TO YOUR DIET

Medium-chain triglycerides (MCTs)—found in oils such as coconut and MCT oil—are of particular interest to many keto dieters due to their ketone-boosting potential. Because they require minimal if any digestion before being absorbed and are shuttled right to the liver for ketone production, using MCT-based oils may enhance your level of ketosis.

### Fats to Avoid

Not all fats are created equal. Certain fats—including trans fats in processed foods with high sugar and saturated fats created by hydrogenating oils—can have a negative impact on your health.

- Stick margarine
- Vegetable shortening
- Hydrogenated fat and oils of any type
- Low-fat or fat-free salad dressings
- Low-fat spreads
- Salad dressings with added sugars

# The Role of Protein in a Keto Diet

Proteins are compounds in foods that provide the building blocks of who you are. On the keto diet, proteins make up around 15 percent of your total calories.

## Finding the Right Balance of Protein

Variations of the low-carbohydrate diets—such as the Atkins, South Beach, and Paleo diets—often leave dieters with the impression that all low-carbohydrate diets are ketogenic. While many have the potential to produce ketones,

one thing that differentiates a true keto diet from many of the other diets is the protein content. On true keto diets, protein intake is generally limited to an “adequate” level—just enough to keep your cells healthy and your tissues operating appropriately. While the amount of protein your body needs each day varies, you generally need about .8 to 1g per kg of lean mass. For most, this works out to be between 60 and 110g of total protein per day.

When you limit carbohydrates, you may feel protein should be the bulk of the food you eat at a meal; however, consuming more protein than your body needs to maintain healthy tissue can actually have an anti-keto effect. Therefore, it’s important to not eat protein just to fill yourself up. Before you begin the diet, track your baseline protein intake using food-tracking software to gain an understanding of which foods you eat contain the most and least amounts of protein.

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Consuming more protein than your body needs to maintain healthy tissue can actually have an anti-keto effect.

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### PAIRING PROTEIN WITH FAT

A juicy, protein-rich steak with a fatty sauce will help you feel satisfied and maintain a steady level of energy.



## Proteins to Eat

Fresh proteins contain little to no carbohydrates, which means you can consume protein without upping your carb intake.

- Poultry, such as chicken, turkey, and duck
- Meat, such as beef and pork
- Seafood, such as shrimp, scallops, and crab
- Eggs
- Cheese
- Nuts and seeds, such as walnuts, pecans, chia seeds, and flaxseeds

## Proteins to Limit

When choosing proteins, it's important to watch out for ones with additives and preservatives, as they may contain high levels of carbohydrates.

- Highly processed lunch meats, such as those flavored with maple or honey
- Any protein breaded with wheat, corn, or breadcrumbs
- Store-bought, deep-fried proteins
- Most beans and legumes (due to high carbohydrate content)

## Q Should You Drink Protein Shakes?

**A** It's probably best to avoid protein shakes while following the keto diet. Researchers have reported that individuals following a keto diet maintain higher levels of specific amino acids in the bloodstream following vigorous exercise, meaning they likely don't break down as many protein stores. Also, many protein powders are laden with carbohydrates or greatly exceed your protein requirements. If you're looking to incorporate protein after a workout, a natural food source (such as cheese or nuts) will do the trick!



# *The Role of Carbohydrates in a Keto Diet*

Carbohydrates are compounds in foods that, once fully digested and absorbed by the body, are broken down into sugars and used for energy or stored as fat. On the keto diet, carbohydrates make up only 5 percent of your total calories.

## **Keeping Carb Consumption Low**

A common misconception is that keto diets are carbohydrate free, when in fact certain carbohydrate foods are essential for health. However, in order for your body to begin producing ketones, carbohydrate foods must be limited. If you eat too many carbohydrates at one meal or throughout the day, it can have an anti-keto effect.

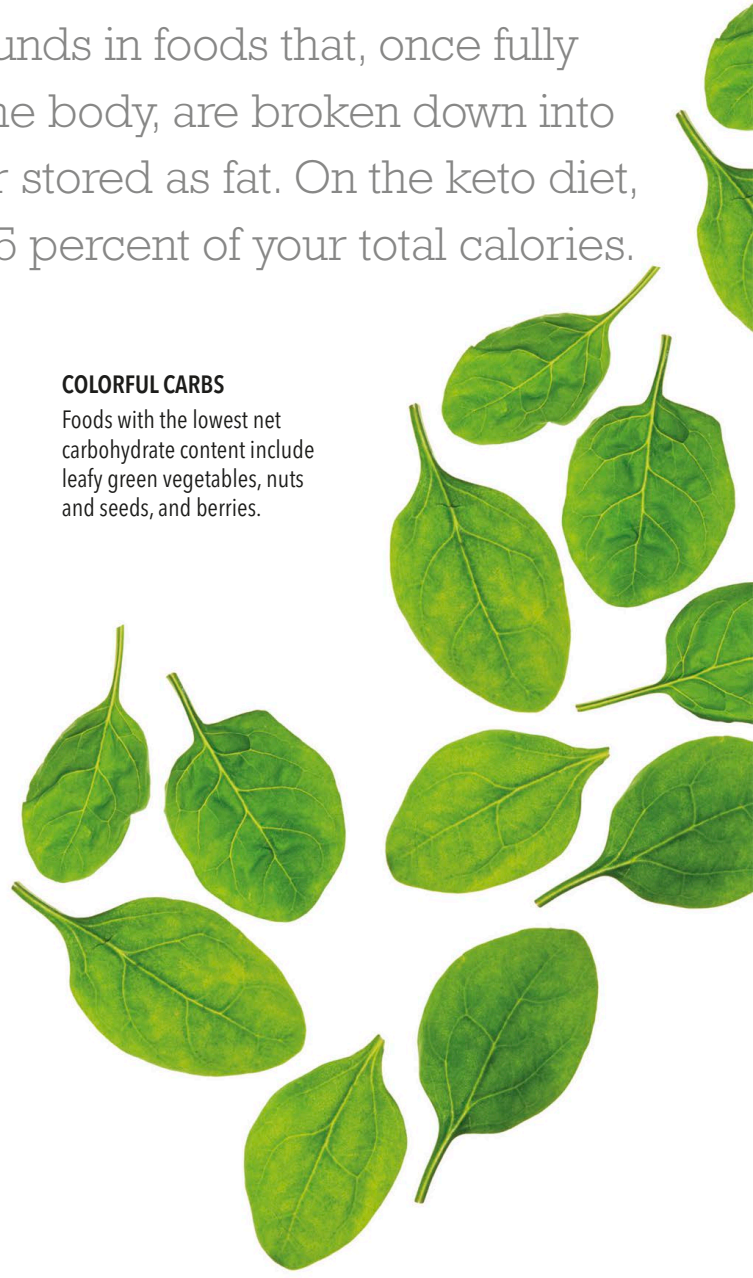
Your carbohydrate intake on the diet will consist of foods that provide the most nutritional value with the fewest grams of net carbohydrate.

## **Net Carbohydrate**

Foods with minimal starch or natural sugars and high fiber content are considered low in net carbohydrate. On the keto diet, your net carbohydrate should be limited to 20 to 60g per day.

## **COLORFUL CARBS**

Foods with the lowest net carbohydrate content include leafy green vegetables, nuts and seeds, and berries.

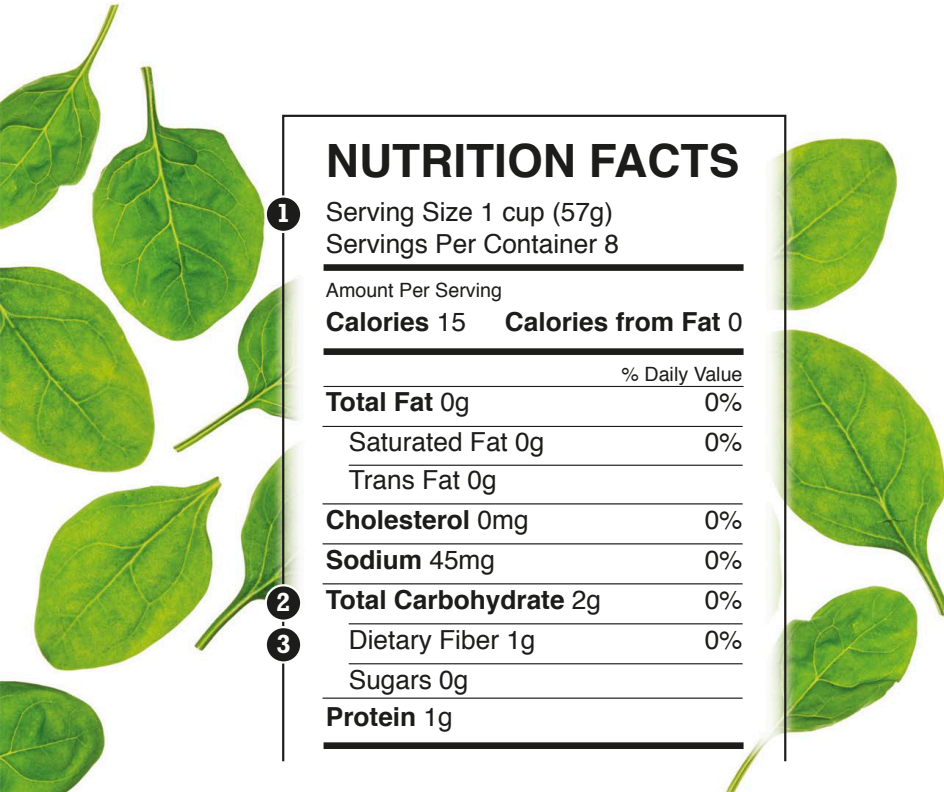


## CALCULATING NET CARBOHYDRATE

You can find out the net carbohydrate of a food with this formula:

$$\text{Net carbohydrate} = \text{grams total carbohydrate} - \text{grams fiber}$$

Let's use a nutrition label for baby spinach to try it out.



### NUTRITION FACTS

**1** Serving Size 1 cup (57g)  
Servings Per Container 8

Amount Per Serving

**Calories 15**    **Calories from Fat 0**

**Total Fat** 0g % Daily Value

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 45mg 0%

**2** **Total Carbohydrate** 2g 0%

Dietary Fiber 1g 0%

Sugars 0g

**3** **Protein** 1g

**1** Take a look at the serving size—1 cup, in this example. All of the numbers on the label will be for 1 cup of baby spinach.

**2** Look for total carbohydrate. This food has 2g total carbohydrate in a 1-cup serving.

**3** Find fiber, which is often listed as dietary fiber, soluble fiber, or insoluble fiber. A 1-cup serving of baby spinach has 1g fiber.

**4** Subtract grams total fiber from grams total carbohydrate. In this case, 2g total carbohydrate minus 1g fiber leaves 1g net carbohydrate.

## Carbs to Eat

When choosing carbohydrates to eat, you're looking for ones packed with vitamins, minerals, and antioxidants that are low in net carbohydrate and high in fiber.

- Nonstarchy vegetables, such as green leafy vegetables, zucchini, and eggplant
- Nuts, such as walnuts, almonds, pecans, pistachios, and nut flours
- Seeds, such as sunflower, hemp, sesame, and pumpkin seeds
- Small portions of high-fiber fruit, such as berries

## Carbs to Avoid

Certain foods have a net carbohydrate that will likely exceed your needs in one serving.

- Grains, such as wheat, rye, barley, rice, quinoa, oats, cereals, bread, and pasta
- Starchy vegetables, such as potatoes, corn, peas, and winter squash
- Large quantities of fruit
- Fruit juices
- Sugar and honey

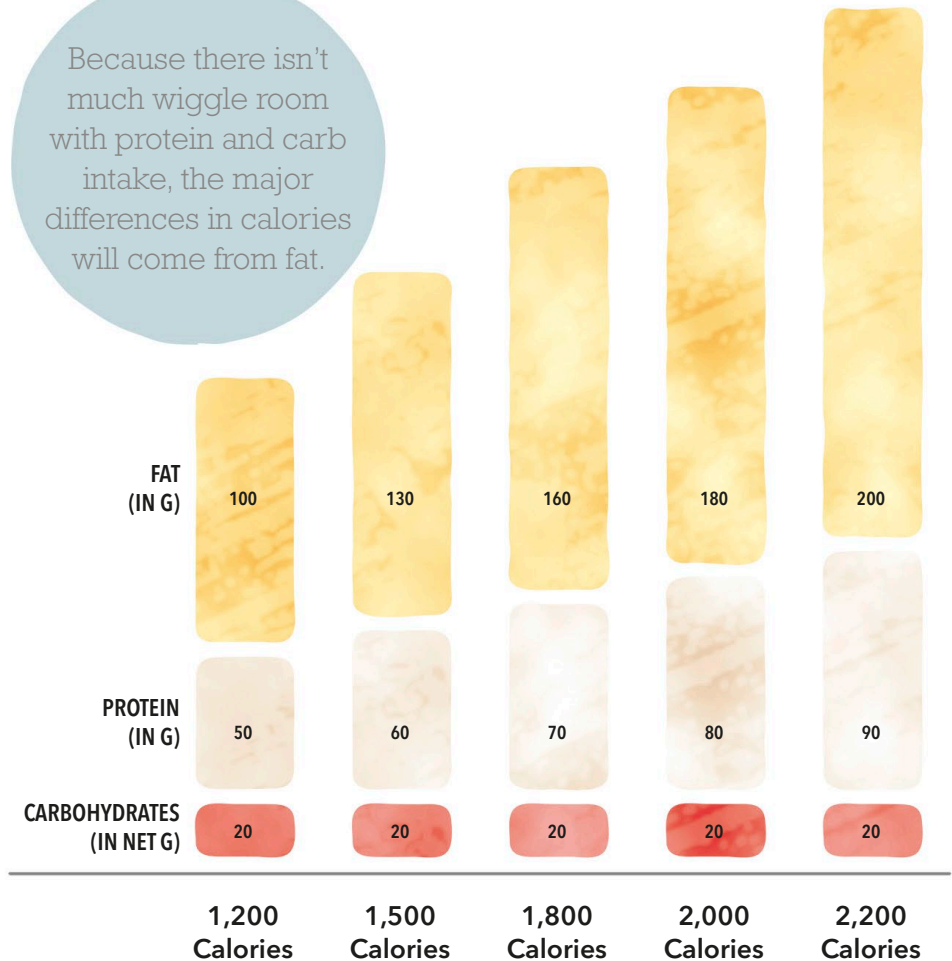
# Keto Phase 1: Induction

Induction is the initial phase of any keto diet, during which time you'll closely monitor carbohydrate and protein intake. Induction generally lasts for 1 to 3 months; however, it can be followed for however long you need to achieve your goals.

## Calorie Intake

While counting calories is generally not necessary on a keto diet, consuming more energy (calories) than you need puts unnecessary stress on your body's metabolism. In most cases, your level of hunger will dictate your energy needs and how much you should eat. Most individuals will find they are most satisfied with 1,500 to 1,800 calories a day.

Because there isn't much wiggle room with protein and carb intake, the major differences in calories will come from fat.



## INDUCTION PHASE INTAKE

This table shows you the amount of protein, fat, and carbohydrates you can eat per day based on different calorie levels.

## Cutting Carbs

The overall principle for the induction phase is to limit your net carbohydrates to approximately 20g a day in order to achieve a steady state of ketosis and to help your tissues efficiently use fat as the primary fuel. To ensure you consume a variety of essential vitamins and minerals in those 20g, focus primarily on vegetables, nuts, and seeds for your carbohydrate sources.



NUTS AND SEEDS (SUCH AS ALMONDS AND CHIA SEEDS)

**5 to 10g**



FRUITS (SUCH AS BERRIES)

**0 to 5g**



VEGETABLES (SUCH AS ZUCCHINI AND CAULIFLOWER)

**15 to 20g**



PROTEIN FOODS (SUCH AS EGGS AND UNPROCESSED MEATS)

**0 to 10g**



MISCELLANEOUS (SUCH AS HEAVY CREAM AND UNSWEETENED, MINIMALLY PROCESSED YOGURT)

**0 to 5g**

## Increasing the Fat

As you begin to limit your carbohydrate intake, it is essential for you to also dramatically increase the amount of fat you consume. Based on your calorie intake, this should be anywhere from 100 to 200g per day. Most of the recommended fats on the keto diet are rarely eaten on their own, so it's pretty difficult to have too many. For those high-fat foods that can be eaten individually, such as nuts and seeds, be careful not to have too many, as they also contain carbohydrates. Suggestions for increasing fat in your diet include adding olive oil to salads and vegetables and creating fat-based sauces using cream or butter.

## Finding the Right Balance of Protein

When it comes to protein, finding the right balance is key. Aim for about a deck-of-cards size portion of protein at most meals. You want to get enough to maintain good health, but you don't want to eat enough to kick you out of ketosis. Generally, adults require no more than 60 to 90g of protein per day. If you find that adhering to protein recommendations is challenging and you have a considerable amount of weight to lose, try slowly increasing protein intake (in 7 to 10g increments) until you're satisfied with a maximum protein intake of 90g a day.

# Monitoring Ketosis

The purpose of a keto diet is to cause a metabolic shift in your body so fat and ketones are used as the primary fuel source. The best way to determine if you're implementing the diet correctly is to measure your level of ketosis.

## Ways to Measure Ketones

One way ketones can be measured is in the blood (as beta-hydroxybutyrate); this method measures ketones available to be used for energy by the body. Other ways to measure them is through your breath (as acetone) or in your urine (as acetoacetate); these methods measure ketones that were produced but are being excreted because they exceed the needs of your body.

While measuring blood ketones is a highly accurate method of testing, it's generally quite expensive (and painful!). Testing ketones on the breath is a less expensive and painless method; however, it is a relatively new method that may not be as accurate as the others. Most keto dieters monitor their level of ketosis in their urine via urine ketone test strips (available at any pharmacy or online) due to the ease of testing and inexpensive cost.

Whichever method you choose, the goal is to achieve positive ketones, generally labeled as small to moderate. Ketones will be highest during the time of day when your metabolism is highest—generally in the afternoon or evening.

URINE KETONE LEVEL	WHAT THIS MEANS
<b>Negative</b>	Your body isn't producing enough ketones to spill into the urine.
<b>Trace</b>	Your body is producing ketones; however, it's probably inconsistent.
<b>Small to moderate</b>	Your body is producing adequate ketones to ensure your brain has an adequate fuel source.
<b>Large</b>	Caution—your body is producing high levels of ketones, which may increase your risk for dehydration.

### URINE KETONE LEVELS

Using urine test strips, you can check your ketone levels every 24 hours. Eating too many carbs or protein can have an anti-keto effect, as can starving your body of fat. To boost ketosis, limit net carb intake to 20g per day, keep protein counts in check, and increase fat intake.

# Keto Phase 2: Maintenance

Once you've achieved the goals you set out to hit on the diet, you may choose to follow a more liberal version of the diet, referred to as *maintenance*. This phase can be followed for as long as you choose to maintain a keto lifestyle.

## Calorie Intake

The maintenance phase allows you to maintain your keto lifestyle while slowing or halting weight loss by eating the just the right amount of calories that your body needs.

## Increasing Carbs

During the maintenance phase, you will consume up to 60g net carbohydrate per day. You can continue to use the same recipes as during the induction phase with some carbohydrates added. This can be done by increasing the vegetable content of the recipe, adding a side salad, eating keto-friendly snacks (such as nuts and seeds), or even enjoying more keto-friendly desserts!

## Decreasing Fat

Although fat intake may be slightly less on the maintenance phase of your keto diet, it still makes up the majority of your calorie intake. If you find you start to gain weight on the maintenance phase and aren't overeating carbs or protein, try cutting back on fat by 1 or 2 tablespoons per day.

## Keeping Protein Stable

Remember that keto diets are not high-protein diets. Protein intake should remain similar to that on the induction phase. If you remember, eating more protein than you need means your body can convert excess protein into glucose, which can disrupt ketosis!

CALORIES	CARBOHYDRATES (IN NET G)	PROTEIN (IN G)	FAT (IN G)	MAINTENANCE PHASE INTAKE
1,200 calories	50	50	90	This table shows you the amount of protein, fat, and carbohydrates you can eat per day based on different calorie levels.
1,500 calories	50	60	120	
1,800 calories	50	70	150	
2,000 calories	50	80	170	
2,200 calories	50	90	180	

# The Keto Kitchen

The first step in making sure you follow a keto diet is filling your pantry and refrigerator with plenty of keto-friendly items. The following are what we recommend you have on hand for the diet.

## Must-Have Pantry Items

The key to any successful keto diet is adding flavor and spice. Filling your pantry with plenty of keto-friendly items will not only enhance your success, but also help you cook up some delicious dishes.

### SALT, HERBS, AND SPICES

Kosher salt, black pepper, garlic powder, onion powder, crushed red pepper flakes, cayenne pepper, paprika, chili powder, thyme, oregano, basil, bay leaves, and mustard powder



**LOW-CALORIE SWEETENERS**  
Such as stevia



*Avoid refined or bleached varieties.*

**COLD-PRESSED OR VIRGIN COCONUT OIL**



**GHEE**

*You can find ghee in the oil aisle.*

**EXTRA-VIRGIN OLIVE OIL**

*Look for ones in light-protected, green-glass bottles.*



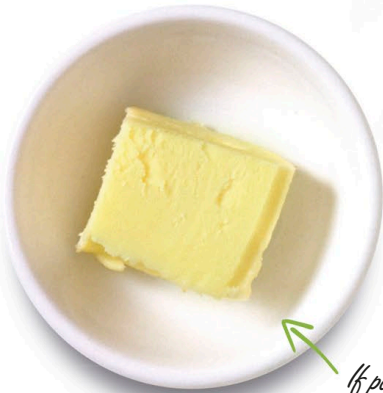
## Must-Have Perishable Items

When purchasing perishable items for your keto kitchen, be sure to choose those that are naturally low in net carbohydrates and high in fat. Aim for full-fat dairy products, skin-on poultry, and meats with plenty of marbling.



### FRESH VEGETABLES

Spinach, kale, chard, collard greens, carrots, zucchini, eggplant, mushrooms, broccoli, small amounts of peppers, mustard greens, cauliflower, cabbage, and tomatoes



**BUTTER**

*If possible, aim for grass fed; the bright yellow color indicates healthy fat content!*



### WHOLE NUTS, SEEDS, AND NUT OR SEED FLOURS

Walnuts, almonds, chia seeds, pumpkin seeds, sunflower seeds, almond flour and meal, ground flaxseeds, coconut flour, and unsweetened flaked coconut



**EGGS**

### CHEESE

Full-fat Parmesan, mozzarella, cheddar, ricotta, and specialty cheeses



### FRESH POULTRY

Skin-on chicken or turkey thighs, wings, drums, or breasts; duck; ground chicken; and ground turkey

### FRESH MEAT

Steak, pork chops, tenderloin, ground beef, and certain processed products like sausage without a lot of fillers

### FRESH SEAFOOD

Salmon, tuna, trout, sardines, shrimp, scallops, and crab



# Eating the Keto Way

You've shopped for the ingredients; now it's time to put them together into some delicious meals. In order to construct a keto meal, break it down by the percentages of protein, carbohydrates, and fat you'll have as your total calories.

## 1. Start with Protein (20 Percent)

Use a deck-of-cards size piece (about 3 ounces [85g]) of protein as the base for your meal. This could be beef, pork, chicken, turkey, fish, seafood, or eggs, for instance. Just remember to be mindful of carbohydrate counts on processed meats, as they may contain preservatives added for flavor and to extend shelf life. Also, don't eat more than you need; otherwise, your body may convert the protein to carbohydrates, which will impact your body's ability to produce ketones.

Generally, you want to keep your protein at an adequate level without going overboard like on a typical Western diet.

### ADDING THE RIGHT AMOUNT OF PROTEIN TO YOUR DIET

- Focus on eating protein paired with liberal amounts of fat, such as in a sauce or dip.
- Choose proteins with higher natural fat content to avoid adding fat during cooking.
- Count the proteins in nontraditional protein foods that you eat during the day, such as cheese.

*The size of an average deck of playing cards.*



## 2. Make the Carbohydrates Count (5 Percent)

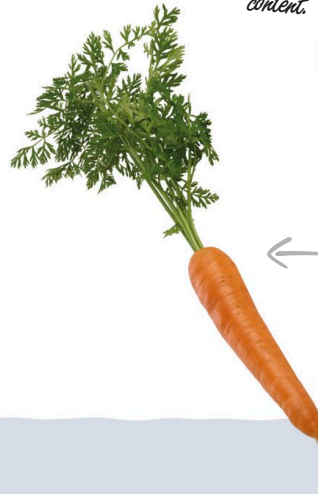
Once you've decided on your protein, choose carbohydrates high in fiber, vitamins, and minerals. Your carbohydrates should be low in net carbohydrate—less than 5g per serving. Examples that fit these stipulations include leafy green vegetables, broccoli, cauliflower, green beans, celery, mushrooms, almonds, walnuts, pecans, and so on. For the vegetables in particular, try to include them in your meals at least twice a day to gain the most benefit.

Because you're trying to limit your intake of carbohydrates, you may wonder how to best fit in these foods. The options on the right illustrate how you can add the largest volume of food for the smallest amount of carbohydrates.



*Nuts can be used as snacks and added to salads and sauces.*

*Include seasonings while being mindful of their carbohydrate content.*



*Aim for at least one type of vegetable, such as carrots, at lunch and dinner.*

### SOURCING YOUR PROTEINS

#### Antibiotics

Choosing animal products grown without the use of antibiotics may reduce your risk of developing an antibiotic-resistant infection. When shopping for antibiotic-free products, look for key terms such as the following:

- Animal welfare approved
- Certified humane
- No antibiotics used/raised without antibiotics

#### Hormones

A variety of hormones are given to animals to maximize growth and reproduction. Understandably, there has been much concern about how these factors impact human health. To avoid dairy products that contain hormones, choose ones certified organic or not produced from milk treated with recombinant bovine growth hormone (rbGH).

#### Grass Fed

Although not essential on a keto diet, the type of fat you get from consuming grass-fed beef is more favorable than that produced by consuming grains. In addition to higher anti-inflammatory omega-3 fats, grass-fed beef has been found to contain higher levels of vitamins and antioxidants, potentially influencing your cardiovascular risk factors.

#### Cage Free, Free Range, and Certified Humane

The access a bird has to the outdoors is labeled from cage free (simply uncaged), to free range (some outdoor access), to certified humane free range or pasture raised (outdoors for at least 6 hours a day with ample space per bird). The more access to the outdoors, the more likely a bird is to consume a more natural diet. This has been found to produce more omega-3s and vitamins, and less overall fat and cholesterol than grain-fed birds.

### 3. Finish with Fat (75 Percent)

When it comes to fat, you want to eat about 2 to 3 tablespoons per meal. Butter, coconut oil, extra-virgin olive oil, heavy whipping cream, and mayonnaise are just some of the keto-friendly fats that can be added to your meals.

The nice thing about adding fat is how easy it is to do. For instance, you can work it into sauces, dressings, or spreads to bring out the natural flavors in your foods. However, because fat intake has been discouraged over the past half-century, you may initially struggle with this idea. Check out the sidebar for some different ways you can increase your fat intake.

#### Five Ways to Increase Your Daily Intake of Fat to Keto Diet Levels

- Sauté cooked proteins and raw vegetables in butter or oil.
- Create herbed butters and oils and use them for sautéing or spreads.
- Add oils or cream to sauces served with your meals.
- Add heavy cream, unsalted butter, or coconut oil to low-carbohydrate beverages, such as coffee or tea.
- Dip each bite of protein (such as beef) into melted butter, ghee, oil, or mayonnaise.

#### A NOTE ON CARDIOVASCULAR HEALTH AND CHOLESTEROL

High cholesterol is not a contraindication to following a keto diet—in fact, your lipid profile may improve! However, for a small number of people, certain foods high in saturated fat and cholesterol may need to be limited. Consult your doctor and know your risks for developing chronic disease prior to starting this diet.



# A Sample Keto Day

This sample meal plan—broken down by proteins, carbs, and fats—can provide you with a point of reference.

## Breakfast - Baked Eggs with Ham and Gruyère

Fat **76%** Protein **21%** Net Carb **3%** Ratio **1.4:1**

Recipe found in **Breakfasts** section.

Serving Size:  
1 baked egg

Start your day off right with a delicious egg bake. The fat in this meal will carry you through lunchtime and beyond.

## Lunch - Keto Cobb Salad

Fat **75%** Protein **20%** Net Carb **5%** Ratio **1.3:1**

Recipe found in **Salads** section.

Serving Size:  
1 salad

This salad offers the perfect ratio of fat, protein, and carbs. You may increase or decrease the portion size or share it with a friend if you're still satisfied from breakfast.

## Snack - Dilly Dip

Fat **91%** Protein **2%** Net Carb **7%** Ratio **4.3:1**

Recipe found in **Snacks** section.

Serving Size:  
¼ cup

This dip offers you a way to increase the fat in your day with minimal carbs and protein, making it a perfect snack.

## Dinner - Bacon Brie Burger

Fat **73%** Protein **24%** Net Carb **3%** Ratio **1.2:1**

Recipe found in **Beef Mains** section.

Serving Size:  
1 burger

This burger provides a large portion of your daily protein intake and is sure to keep you satisfied until breakfast the next day.

### Daily Total

Net Carbohydrate: **20g**

Protein: **98g**

Fat: **164g**

Calories: **1,948 calories**

# Achieving Keto Success

Once you've decided to follow the keto way of life, you may wonder how you can maintain it over time. While there's no “perfect” way to stick to the diet, we've provided some pointers to help keep you on the path to success.

## Make a Plan

The most important way you can help yourself achieve your keto diet goals is to make a plan. While it can take a few weeks to really understand what a well-balanced keto diet looks like, take time to review recipes and create a menu for the first week of your diet. Also, put some steps into place to minimize the risk for deviation. For instance, experiment with your own breakfast bakes, salads, and protein-veggie dishes. This ensures you seamlessly transition into the keto way of life.

## Introduce Variety in Foods

Although eating generous amounts of bacon, steak, butter, and cream while improving your health sounds amazing, after a few weeks, you may hear the pizza or cookies calling your name. No matter how much better you feel on the diet, being bored with your food is a surefire way to fall off the wagon. Keep up your enthusiasm by branching out from what you typically eat. You can also pair your favorite keto-friendly foods with herbs, seasonings, and flavor-enhancing fats to create new sensations for your taste buds.

## Choose Healthy Alternatives

Following a keto diet doesn't mean you have to give up your favorite foods. Many of the recipes in this book offer low-carbohydrate, keto-friendly alternatives to your starchy faves. However, if you still get those carbohydrate cravings and need some ideas beyond the recipes, the following are some low-carbohydrate substitutions you can try.



← *Cauliflower makes an easy substitution for many foods high in carbohydrates.*

## Be Smart When Dining Out

While you may find that preparing your own meals at home will offer control over portion size and ingredients used, it's hard to avoid eating out. Familiarizing yourself with available menu options will make the choice easier once you're ready to order.

The biggest ketosis-breaking culprits you'll find in restaurants outside of the obvious starches are sauces, gravies, and dressings, as they often contain added sugars. So when ordering, ask for them on the side. You'll also typically find meals on menus that contain a lot of protein and are inadequate in fat. Don't be afraid to box up half of the meal and ask for a fatty side. For instance, if you're having a burger, remove the bun; box half of the meat; and order some cheese, bacon, avocado, and a side of mayonnaise for the half you have.

### QUICK TIPS WHEN DINING OUT:

- Be cautious of gravies, dressings, and sauces that may have added sugars.
- To avoid added carbs, choose broiled, roasted, or grilled chicken over battered or breaded.
- Pick sandwiches wrapped in lettuce or take off the bun and eat it with a fork.
- Look at nutrition information before you arrive, so you can make a better decision.

## Track Your Success

Research has shown that those who track their diets—whether on paper or in apps—are more successful in achieving their goals. Consider using a diet-tracking program or app to monitor your macronutrient intake. This can help you pay close attention to any spices, sweeteners, sauces, dressings, or gravies added to your foods or drinks, as these often have hidden carbs that wreak havoc on your keto diet.

When tracking your progress, you may want to pay particular attention to foods that contain less than 1g of carbohydrate per serving, as this information is not required to be listed on a label. Examples include eggs (.5g carb per egg), heavy whipping cream (.5g carb per tablespoon), and flax and chia seeds (.5g net carb per tablespoon).

CARBOHYDRATE FOOD	LOW-CARBOHYDRATE SUBSTITUTES
<b>Pasta and noodles</b>	Spiralized zucchini, spaghetti squash (in small quantities), and kelp noodles
<b>Rice</b>	Riced cauliflower and grated zucchini
<b>Mashed potatoes</b>	Mashed cauliflower or celery root
<b>Flour and breading</b>	Almond flour, ground flaxseeds, coconut flour, and crushed pork rinds
<b>Bread</b>	Lettuce wraps, portobello mushroom caps, and sliced and fried eggplant
<b>Chips</b>	Cheese crisps, kale chips, and dried seaweed
<b>Cereal</b>	Homemade nut- and seed-based granola, hemp, and unsweetened coconut flakes
<b>Pizza</b>	Cauliflower- or sausage-based crust and pepperoni and cheese bites
<b>Milk</b>	Unsweetened almond or coconut oil and heavy cream mixed with water

# Managing Risks and Side Effects

While there are a few undesirable side effects that can occur when starting the keto diet, most can be easily prevented or quickly remedied. Let's take a look at some of the most common, along with how to prevent or treat them.

## Dehydration and Electrolyte Loss

When you're starting out on the keto diet, you may feel fatigue, headaches, dizziness, and muscle cramps. These are symptoms of "keto flu"—side effects that result from dehydration and the loss of electrolytes. This happens because ketosis causes your kidneys to excrete more water and certain electrolytes (such as sodium, potassium, and magnesium) as your body adjusts to the changes in your diet.

To help ward off these undesirable side effects, make sure you consume enough water and electrolytes. In terms of hydration, drink at least 8 to 10 8-ounce (235ml) glasses of fluid (ideally water) a day. If you're properly hydrated, your urine will be a very light yellow color. And while you should avoid taking electrolytes in supplement form, a few good dietary sources can provide what you need.

### ELECTROLYTE DIETARY SOURCES

The following are some foods you can consume to replenish certain electrolytes that may be lost when following a keto diet.

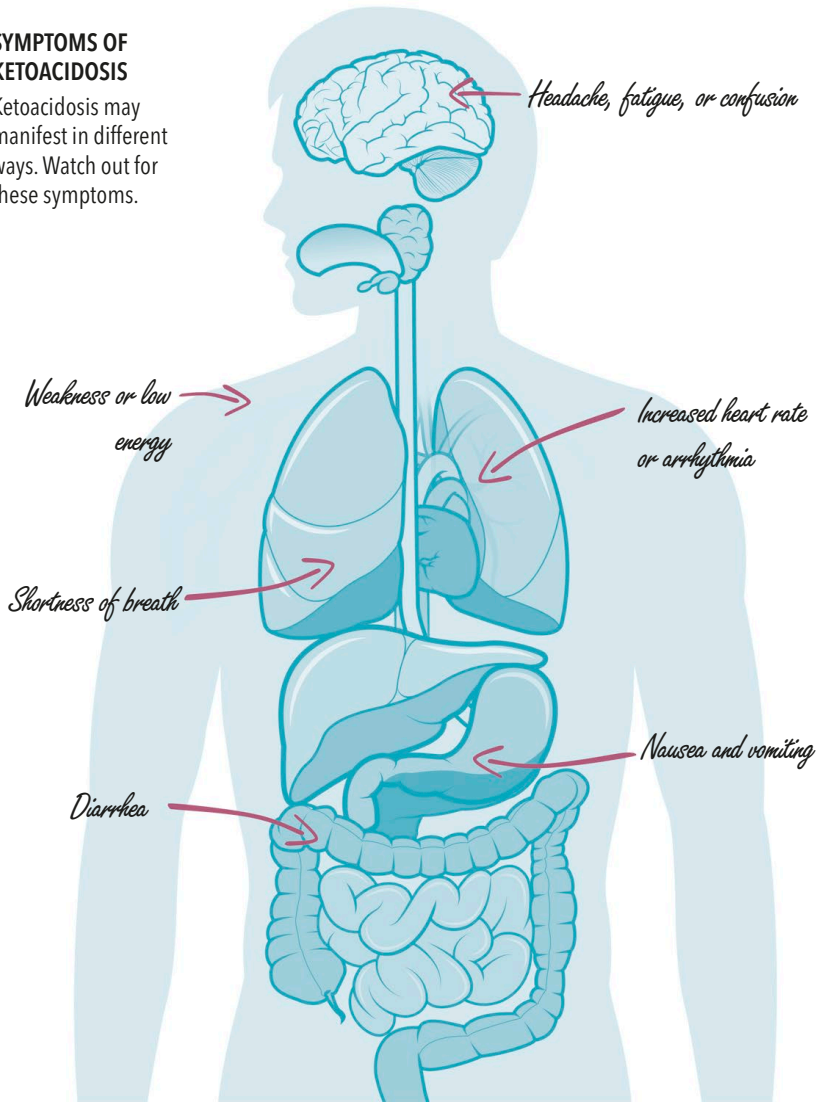
- **Sodium:** Broth, pickles, olives, cheese, and salt
- **Potassium:** Avocados, tomatoes, artichokes, brussels sprouts, spinach and other leafy green vegetables, pumpkins, mushrooms, eggplant, green beans, lemons, and limes
- **Magnesium:** Leafy green vegetables, nuts, seeds, and meats

## Risk for Kidney Stones

While kidney stones are uncommon, they can be a side effect of high fat intake, particularly in children or in those with a personal or family history of kidney stones. To minimize this, drink plenty of fluids and speak with your doctor to determine your risk.

### SYMPTOMS OF KETOACIDOSIS

Ketoacidosis may manifest in different ways. Watch out for these symptoms.



## Constipation

Following the keto diet can lead to constipation. However, eating foods high in fiber and maintaining adequate hydration will help you prevent this. Some high-fiber foods you can eat daily to help with constipation include nonstarchy vegetables, nuts and seeds, avocados, and coconut or MCT oils. For a beverage alternative, consider drinking a tea that helps regulate your bowel movements.

## Ketoacidosis

Following a well-constructed keto diet with less than 50 g net carbohydrates a day, just enough protein to meet your needs, and sufficient fat helps you enter a state of ketosis referred to as *nutritional ketosis*. In this state, blood ketones generally reach levels of 1 to 8 millimoles per liter (mmol/l) and rarely result alterations in blood pH.

Although unlikely to occur among adults on a keto diet, if blood ketones reach levels greater than 8 mmol/l, it can result in a dangerous condition called *ketoacidosis*. To lower your ketone levels, start by consuming 1 ounce (25ml) of juice and recheck your ketones in 30 minutes, repeating every 30 minutes until they're in the large range or below (see "Monitoring Ketosis"). Once your symptoms have resolved, drink plenty of fluids and eat a keto-friendly meal in the next several hours.



# Breakfasts

The word *breakfast* literally means to break the fast from your overnight slumber. So a good breakfast is a way to replenish and prepare yourself for a productive day. From a simple and sweet parfait to savory and filling steak and eggs, these delicious low-carbohydrate, high-fat recipes offer a broad range of keto-friendly foods that generate ample keto fuel to burn fat and help you power through your mornings.

Creamy oven-baked eggs are smothered in bubbling golden Gruyère and sprinkled with fresh thyme.

# Baked Eggs with Ham and Gruyère

Prep Time: **10 mins**Cook Time: **7 mins**Yield: **2 baked eggs**Serving Size: **1 baked egg**

## Ingredients

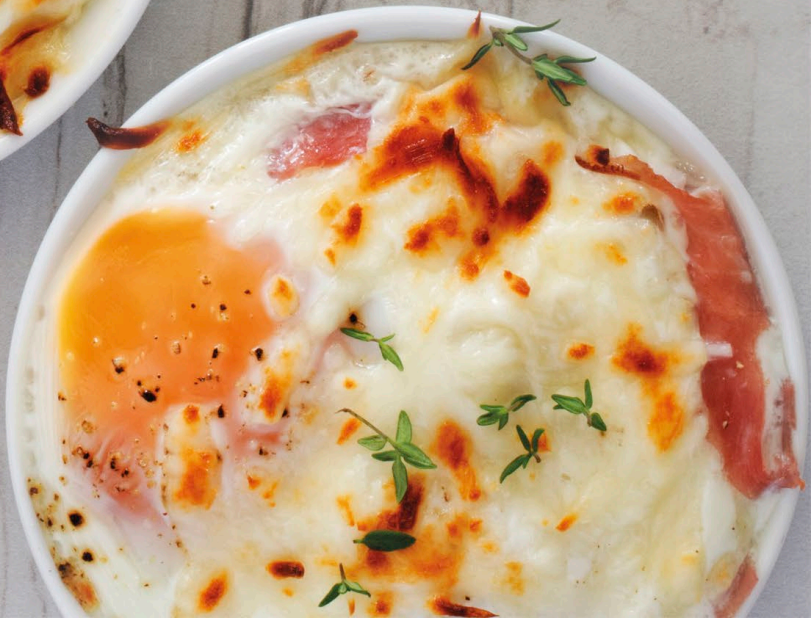
- 2 oz. (55g) uncured ham, thinly sliced (about 2 slices)
- 2 TB. unsalted butter, cut into small pieces
- 1 tsp. fresh thyme
- 2 TB. heavy cream
- 2 large eggs
- 2 oz. (55g) Gruyère, grated
- Freshly ground black pepper

- 1 Preheat the oven to 450°F (230°C). Place uncured ham in the bottom of 2 small oven-proof crocks or ceramic bakers. (Alternately, you can use 2 4-inch (10cm) cast iron skillet.)
- 2 Add 1 tablespoon unsalted butter, ½ teaspoon thyme, and 1 tablespoon heavy cream to each crock.
- 3 Carefully break 1 egg into each crock. Sprinkle each with 1 ounce Gruyère and black pepper to taste.
- 4 Place crocks on a sturdy baking sheet. Bake for 5 minutes, or until eggs are mostly set.
- 5 Turn the broiler on high and move crocks to the top oven rack, just beneath the broiler. Broil for 1 to 2 minutes, or until cheese is bubbly and golden brown.
- 6 Remove crocks from the oven and let sit for 5 minutes before serving.

If you can't find Gruyère, use Baby Swiss or another mild cheese that won't overpower the subtle flavors of this dish.

## Nutrition per Serving

Fat <b>76%</b>	Net Carb <b>3%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>21%</b>	Ratio <b>1.4:1</b>	<b>393</b>	<b>33g</b>	<b>21g</b>	<b>3g</b>	<b>0g</b>	<b>3g</b>





This peach and coconut cream smoothie is topped with fragrant sesame oil, fresh basil, and toasted sesame seeds.

# Peaches and Cream Smoothie Bowl

Prep Time: **10 mins**Cook Time: **none**Yield: **3 cups**Serving Size: **1½ cups**

## Ingredients

- 1 (14-fl.-oz.; 400ml) can full-fat coconut cream
- ½ cup canned coconut milk
- 2 TB. unsweetened, shredded coconut
- ½ medium peach, sliced (or ½ cup frozen sliced peaches, thawed)
- 2 tsp. toasted sesame seeds
- 2 TB. toasted sesame oil
- 5 basil leaves, thinly sliced

- 1 Place coconut cream, coconut milk, shredded coconut, and peach into a blender.
- 2 Pulse for 30 seconds to 1 minute, or until blended to your desired consistency.
- 3 Pour mixture into 2 small bowls. Garnish with toasted sesame seeds, toasted sesame oil, and basil to serve.

**Variation:** To make a **Strawberries and Cream Smoothie Bowl**, replace peaches with ½ cup thawed frozen strawberries, and use 2 tablespoons chopped fresh mint instead of basil. Replace toasted sesame oil with almond oil, and use 2 tablespoons chia seeds instead of toasted sesame seeds.

If you're in the maintenance phase, you may be able to increase the peaches for an extra-satisfying smoothie.

## Nutrition per Serving

Fat **87%** Net Carb **8%**  
Protein **5%** Ratio **3.0:1**

Calories  
**753**

Fat  
**73g**

Protein  
**8g**

Total Carbohydrate  
**18g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**16g**

Fresh dill and diced avocado complement delicious cold-smoked salmon, peppery arugula, and buttery eggs.

# Smoked Salmon Scrambled Eggs with Dill

Prep Time: **5 mins**Cook Time: **5 mins**Yield: **2 cups**Serving Size: **1 cup**

## Ingredients

4 large eggs  
 ¼ tsp. sea salt  
 ⅛ tsp. freshly ground black pepper  
 2 TB. heavy cream  
 3 TB. unsalted butter  
 2 oz. (55g) cold-smoked salmon, thinly sliced  
 1 cup baby arugula  
 1 avocado, diced  
 1 TB. fresh dill, finely chopped

- 1 In a medium bowl, whisk eggs, sea salt, black pepper, and heavy cream. Set aside.
- 2 Heat a medium skillet or nonstick pan over medium heat. Add unsalted butter to the skillet.
- 3 When butter is completely melted, pour egg mixture into the skillet. Add cold-smoked salmon and baby arugula.
- 4 Stirring constantly, cook for 2 to 3 minutes, or until eggs coagulate. Remove the skillet from heat immediately.
- 5 Divide scramble onto 2 plates. Top with avocado and sprinkle with dill to serve.

**Variation:** This quick scramble can easily be modified for variety. Replace smoked salmon with 2 ounces (55g) diced hard salami, and use 1 tablespoon fresh chives instead of dill to make **Salami Scrambled Eggs with Chives.**

## Nutrition per Serving

Fat <b>80%</b>	Net Carb <b>1%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>19%</b>	Ratio <b>1.7:1</b>	<b>531</b>	<b>47g</b>	<b>26g</b>	<b>9g</b>	<b>8g</b>	<b>1g</b>

This frothy “latte,” loaded with creamy butter and a splash of vanilla extract, is the perfect ketogenic start to the day.

# Buttery Vanilla Latte

Prep Time: **5 mins**Cook Time: **2 mins**Yield: **2 cups**Serving Size: **1 cup**

## Ingredients

16 fl. oz. (475ml) freshly brewed coffee

6 TB. unsalted butter

1 tsp. pure vanilla extract

1 Place coffee, unsalted butter, and vanilla extract in a blender.

2 Blend on high for 2 minutes, or until a creamy, frothy consistency forms. Divide into 2 mugs and drink warm.

**Variation:** To make a **Hazelnut Mocha**, substitute hazelnut extract for vanilla extract and add 1 tablespoon unsweetened cocoa powder.

While true lattes use espresso, this high-fat version is a great cheat if you don't have a home espresso machine.



## Nutrition per Serving

Fat **99%** Net Carb **0%**  
Protein **1%** Ratio **35:1**

Calories  
**319**

Fat  
**35g**

Protein  
**1g**

Total Carbohydrate  
**0g**

Dietary Fiber  
**0g**

Net Carbohydrate  
**0g**

Spicy chorizo sausage is baked into a tasty egg and cheese muffin, and topped with sour cream and sprouts.

# Chorizo Breakfast Muffins

Prep Time: **10 mins**

Cook Time: **20 mins**

Yield: **12 muffins**

Serving Size: **2 muffins**

## Ingredients

- 2 TB. coconut oil
- ¾ lb. (340g) fresh chorizo (with no added fillers)
- 8 large eggs
- ¼ cup heavy cream
- ¼ tsp. freshly ground black pepper
- 1 cup grated cheddar cheese
- ¼ cup sour cream
- ½ cup radish or alfalfa sprouts

## Nutrition per Serving

Fat **77%**      Net Carb **2%**  
 Protein **21%**      Ratio **1.5:1**

Calories **516**  
 Fat **44g**  
 Protein **27g**  
 Total Carbohydrate **3g**  
 Dietary Fiber **0g**  
 Net Carbohydrate **3g**





1 Preheat the oven to 350°F (180°C). Place a medium skillet over medium-high heat. Add 1 tablespoon coconut oil and wait for 30 seconds.

2 Add chorizo to hot skillet and cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from heat and set aside.

3 In a medium bowl, whisk eggs, heavy cream, and black pepper.

4 Use remaining 1 tablespoon coconut oil to generously grease a 12-muffin baking pan.

5 Evenly distribute chorizo into each muffin cup. Pour egg mixture over top and sprinkle with cheddar cheese.

6 Place muffin pan in the oven and bake for 13 to 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

7 Remove muffins from oven and allow to cool for 5 minutes. Top with sour cream and sprouts to serve.

*Variation:* To make a less spicy version, replace chorizo with ground breakfast sausage, and use grated Havarti instead of cheddar cheese for **Sausage and Havarti Breakfast Muffins**. Top with crème fraîche and a hearty sprinkle of fresh dill.



Golden-crisp fritters, loaded with grated Parmesan, are served alongside a fresh basil mayonnaise.

# Parmesan Zucchini Fritters with Basil Mayo

Prep Time: **7 mins**Cook Time: **10 mins**Yield: **4 fritters**Serving Size: **2 fritters**

## Ingredients

- ¼ tsp. sea salt
- ½ lb. (225g) zucchini, grated
- ⅓ cup mayonnaise
- ¼ cup fresh basil, chopped
- ½ tsp. fresh lemon juice
- ¼ tsp. freshly ground black pepper
- 1 large egg, beaten
- ½ cup Parmesan cheese, grated
- 2 TB. almond flour
- 4 TB. unsalted butter, cut into 1-TB. slices

## Nutrition per Serving

Fat	<b>87%</b>	Net Carb	<b>2%</b>
Protein	<b>11%</b>	Ratio	<b>2.8:1</b>

Calories **677**Fat **65g**Protein **19g**Total Carbohydrate **6g**Dietary Fiber **2g**Net Carbohydrate **4g**

**1** In a medium bowl (or using a colander over the sink), sprinkle sea salt over zucchini. Gently massage zucchini for 1 minute to be sure salt covers completely. Set aside for 5 minutes.

**2** Meanwhile, in a small bowl, combine mayonnaise, basil, lemon juice, and black pepper. Set aside for dipping sauce.

**3** After 5 minutes, gently squeeze zucchini to release any extra water. Discard water and place zucchini in a dry, medium bowl.

**4** Add egg, Parmesan cheese, and almond flour and stir to combine.

**5** Heat a nonstick griddle over medium-low heat. When the griddle is hot, scoop unsalted butter slices onto it.

**6** Divide mixture in quarters. Spoon zucchini onto melted butter and flatten into 4 thin disks. (The griddle should be hot enough to sizzle slightly.)

**7** Cook fritters for 4 to 5 minutes per side, or until deep golden brown and cooked through. Remove from the griddle and place on a paper towel.

**8** Serve fritters with basil mayo dipping sauce.

**Variation:** To make **Cheddar Cauliflower Fritters with Chive Mayo**, replace zucchini with 2 cups grated cauliflower florets and use a pungent sharp white cheddar cheese instead of Parmesan. As a variation on the basil mayo, use finely chopped chives instead of fresh basil.

Juicy rib-eye steaks are smothered in a savory jalapeño-cilantro butter and topped with cheddar scrambled eggs.

# Steak with Cheddar Eggs

Prep Time: **15 mins**

Cook Time: **10 mins**

Yield: **1 steak, 2 eggs**

Serving Size: **½ steak, 1 egg**

## Ingredients

- 4 TB. salted butter, at room temperature
- 1 small jalapeño, seeded and minced
- 2 TB. fresh cilantro, chopped
- ¼ tsp. freshly ground black pepper
- 2 large eggs
- 2 TB. heavy cream
- 4 oz. (110g) rib-eye steak, about ½ inch (1.25cm) thick
- ¼ tsp. sea salt
- ¼ cup grated sharp cheddar cheese

## Nutrition per Serving

Fat **81%**      Net Carb **2%**  
Protein **17%**      Ratio **1.9:1**

Calories **435**  
Fat **39g**  
Protein **19g**  
Total Carbohydrate **2g**  
Dietary Fiber **0g**  
Net Carbohydrate **2g**

- 1** In a small bowl, combine 3 tablespoons salted butter, jalapeño, cilantro, and black pepper until smooth. Set aside.
- 2** In a separate small bowl, whisk eggs with heavy cream. Set aside.
- 3** Slice rib-eye steak into 2 equal pieces. Sprinkle both sides of each half with sea salt.
- 4** Heat a medium skillet over medium-high heat. When the skillet is hot, add remaining 1 tablespoon salted butter.
- 5** Add steaks to the skillet. (They should sizzle.) For medium doneness, cook for 3 to 4 minutes, turn steaks, and cook for an additional 1 to 2 minutes.
- 6** Remove steaks from the skillet and spread jalapeño-cilantro butter over top. Let rest for 5 minutes.
- 7** Reheat the skillet over medium heat. When the skillet is hot, add egg mixture.
- 8** Cook for 2 to 3 minutes, stirring constantly, until eggs coagulate. Sprinkle with sharp cheddar cheese and remove from heat.
- 9** Serve cheddar eggs alongside steaks.

Current USDA guidelines indicate fresh beef should be cooked to 145°F (65°C). If you prefer medium-rare steak, cook for 2 to 3 minutes on the first side, and an additional 1 minute after turning.

Granola clusters are baked with cinnamon and nutmeg, and layered with soft yogurt cream and plump blackberries.

# Granola Parfait

Prep Time: **35 mins**Cook Time: **20 mins**Yield: **8 parfaits**Serving Size: **1 parfait**

## Ingredients

- ¾ cup raw pecans
- ¾ cup raw walnuts, chopped
- ½ cup slivered almonds
- ¼ cup raw shelled pumpkin seeds
- 2 cups raw hemp seeds
- ¼ cup salted butter, melted
- 2 TB. raw honey
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 tsp. pure vanilla extract
- 1 cup full-fat plain yogurt
- ½ cup heavy whipping cream
- 6 oz. (170g) fresh blackberries

- 1 Preheat the oven to 300°F (150°C). In a large bowl, combine pecans, walnuts, almonds, pumpkin seeds, and hemp seeds.
- 2 In a medium bowl, combine melted salted butter, honey, cinnamon, nutmeg, and vanilla extract. Pour over nut mixture and stir to combine.
- 3 Spread mixture evenly on a rimmed baking sheet. Bake for 10 minutes.
- 4 Remove granola from the oven and stir. Return to the oven and bake for an additional 8 to 10 minutes, or until deep golden brown and fragrant. Remove from the oven to cool completely.
- 5 While granola bakes, whisk full-fat yogurt and heavy whipping cream together until smooth.
- 6 To serve, layer granola and yogurt cream in parfait glasses or Mason jars, and top with blackberries.

For a quick cold breakfast, skip the fresh berries and use ¾ cup whole milk or heavy cream per ¾ cup granola.

## Nutrition per Serving

Fat <b>79%</b>	Net Carb <b>7%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>14%</b>	Ratio <b>1.6:1</b>	<b>561</b>	<b>49g</b>	<b>20g</b>	<b>17g</b>	<b>7g</b>	<b>10g</b>



Salty bacon is pan-fried with fragrant garlic in this fluffy omelet, packed with baby spinach and piquant Pepper jack.

# Bacon and Pepper Jack Omelet

Prep Time: **5 mins**

Cook Time: **15 mins**

Yield: **1 omelet**

Serving Size: **1 omelet**

## Ingredients

- 2 large eggs
- 1 TB. heavy cream
- ¼ tsp. freshly ground black pepper
- 2 oz. (55g) uncured bacon, diced
- 1 garlic clove, minced
- 1 TB. unsalted butter
- ½ cup grated Pepper jack cheese (about 2 oz.; 55g)
- 1 cup baby spinach

## Nutrition per Serving

Fat	<b>74%</b>	Net Carb	<b>4%</b>
Protein	<b>22%</b>	Ratio	<b>1.3:1</b>

Calories **567**  
 Fat **47g**  
 Protein **31g**  
 Total Carbohydrate **7g**  
 Dietary Fiber **2g**  
 Net Carbohydrate **5g**

**1** In a medium bowl, whisk eggs, heavy cream, and black pepper for about 30 seconds, or until fully combined and slightly foamy. Set aside.

**2** Place a medium nonstick skillet over medium heat. Add bacon to the skillet and cook, stirring frequently, for 3 minutes.

**3** Add garlic and continue to cook for an additional 1 to 3 minutes, or until garlic and bacon are lightly browned.

**4** Immediately remove bacon and garlic. Pour off bacon fat and return 1 tablespoon of bacon fat to the skillet.

**5** Reheat the skillet over medium heat and add unsalted butter.

**6** When the skillet is hot, pour in egg mixture. Shake the skillet vigorously to spread egg evenly along the bottom.

**7** As egg begins to cook and coagulate, use a rubber scraper or spatula to carefully lift cooked edges from the sides of the skillet. Tilt the skillet to allow raw egg to run down lifted edges toward the bottom of the skillet to cook, about 2 minutes.

**8** When egg is coagulated but still moist, place cooked bacon and garlic, Pepper jack, and baby spinach on one half.

**9** Using a wide plastic spatula, flip empty half of egg over top of vegetables. Cook for 1 minute, and slide onto a plate. Serve immediately.

**Variation:** To make a **Sausage and Swiss Omelet**, simply replace bacon slices with ¼ pound (115g) ground sausage, and use grated Baby Swiss instead of Pepper jack. You may also need to add an additional tablespoon of butter to make up for the missing bacon drippings.

Smoked chipotle and cumin flavor this cheese-free omelet, loaded with avocado, black olives, and red onion.

# Mexican Omelet

Prep Time: **5 mins**

Cook Time: **15 mins**

Yield: **1 omelet**

Serving Size: **1 omelet**

## Ingredients

- 2 large eggs, beaten
- 3 TB. heavy cream
- ¼ tsp. ground cumin
- ½ tsp. ground chipotle
- 2 TB. unsalted butter
- ½ medium avocado, diced
- 5 black olives, sliced or chopped
- 1 TB. red onion, finely diced
- ¼ cup fresh cilantro, chopped
- 1 TB. sour cream

- 1 In a medium bowl, whisk eggs, heavy cream, cumin, and chipotle for about 30 seconds, or until fully combined and slightly foamy. Set aside.
- 2 Place a medium nonstick skillet over medium heat. Add unsalted butter.
- 3 When the skillet is hot, pour egg mixture into the skillet. Shake the skillet vigorously to spread egg evenly along the bottom.
- 4 As egg begins to cook and coagulate, use a rubber scraper or spatula to carefully lift cooked edges from the sides of the skillet. Tilt the skillet to allow raw egg to run down lifted edges toward the bottom of the skillet to cook, about 2 minutes.
- 5 When egg is coagulated but still moist, place avocado, black olives, and red onion on half.
- 6 Using a wide plastic spatula, flip empty half of egg over top of vegetables. Cook for 1 minute, and slide onto a plate.
- 7 Top omelet with fresh cilantro and sour cream to serve.

If you can't find ground chipotle, you can substitute smoked paprika or any red chili powder instead.

## Nutrition per Serving

Fat **88%** Net Carb **2%**  
Protein **10%** Ratio **3.4:1**

Calories  
**683**

Fat  
**67g**

Protein  
**17g**

Total Carbohydrate  
**12g**

Dietary Fiber  
**9g**

Net Carbohydrate  
**3g**



Earthy mushrooms are sautéed with fragrant garlic and fresh spinach, and then sprinkled with mellow Baby Swiss.

# Mushroom and Swiss Frittata

Prep Time: **5 mins**Cook Time: **20 mins**Yield: **1 frittata**Serving Size: **½ frittata**

## Ingredients

4 large eggs, beaten  
 ¼ cup heavy cream  
 ¼ tsp. freshly ground black pepper  
 3 TB. extra-virgin olive oil  
 ¼ lb. (115g) fresh mushrooms, sliced  
 1 garlic clove, minced  
 3 cups baby spinach  
 2 oz. (55g) Baby Swiss cheese, grated

- 1 Adjust the top oven rack to be in the second shelf from the top position. (Make sure there's enough room above to fit the cast-iron skillet.) Preheat the oven to 350°F (180°C).
- 2 In a medium bowl, whisk eggs, heavy cream, and black pepper. Set aside.
- 3 Heat an 8-inch (20cm) cast-iron or ovenproof skillet over medium-high heat. When the skillet is hot, add extra-virgin olive oil and wait for 15 seconds.
- 4 Add mushrooms to the skillet and sauté, stirring frequently, for 2 to 3 minutes, or until softened.
- 5 Add garlic and baby spinach and continue to sauté for 1 to 2 minutes, or until spinach is wilted and garlic is fragrant. Remove from heat.
- 6 Pour egg mixture evenly over top and sprinkle with Baby Swiss cheese.
- 7 Place the skillet on the top rack of the oven. Bake for 12 to 15 minutes, or until egg is set in the middle and a toothpick inserted in the center comes out clean. Serve hot right out of the pan.

While this recipe is great with white button or cremini mushrooms, it's even better with in-season morels or chanterelles.

## Nutrition per Serving

Fat **76%** Net Carb **4%**  
 Protein **20%** Ratio **1.4:1**

Calories  
**472**

Fat  
**40g**

Protein  
**24g**

Total Carbohydrate  
**7g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**4g**



# Snacks

Snacks are the glue that holds any diet together, as they can prevent the temptation to reach into the cookie jar. It's therefore critical to have snack recipes on hand that are easy to put together and—most important—taste good. From veggies and dip to pizza bites, these delicious, keto-approved snacks satisfy your between-meal cravings while keeping you on track for meeting your diet goals.

Ruby radishes are accented with velvety butter and adorned with large flakes of pure sea salt in this filling snack.

# Buttered Radishes

Prep Time: **5 mins**

Cook Time: **none**

Yield: **16 halves**

Serving Size: **4 halves**

## Ingredients

8 medium radishes

8 tsp. unsalted butter, at room temperature

¼ tsp. coarse sea salt

- 1 Using a small paring knife, trim green tops from radishes and discard. Slice each radish bulb in half, from stem to root.
- 2 In a small bowl, gently whip unsalted butter with a fork until soft and spreadable.
- 3 Spread ½ teaspoon butter on each radish half and sprinkle with coarse sea salt before serving.

These radishes rely on the flavor of high-quality butter. Look for a golden yellow variety made from grass-fed or pasture-grazed cow's milk. If you can't find a high-quality butter, use a luxurious triple-cream Brie.

## Nutrition per Serving

Fat **100%**    Net Carb **0%**  
Protein **0%**    Ratio **8:0**

Calories  
**72**

Fat  
**8g**

Protein  
**0g**

Total Carbohydrate  
**0g**

Dietary Fiber  
**0g**

Net Carbohydrate  
**0g**





Deep green-blue lacinato kale is oven-crisped with olive oil and covered in salty, bacon-y goodness.

# Kale Chips with Bacon

Prep Time: **10 mins**

Cook Time: **15 mins**

Yield: **32 chips**

Serving Size: **8 chips**

## Ingredients

- 8 lacinato kale leaves
- 4 TB. extra-virgin olive oil
- 1 tsp. sea salt
- ½ tsp. freshly ground black pepper
- 1 oz. (25g) uncured bacon, minced

**1** Preheat the oven to 350°F (180°C). Remove and discard woody stems from lacinato kale leaves. Cut leaves in half lengthwise. (If kale has any residual water from rinsing, use a salad spinner or paper towel to dry before proceeding.)

**2** Rub both sides of leaves with extra-virgin olive oil. Spread leaves evenly on a metal baking sheet. Sprinkle with sea salt and black pepper. Bake for 10 minutes.

**3** While kale is baking, heat a small skillet over medium heat. When the skillet is hot, add minced bacon and cook, stirring frequently, for 3 to 5 minutes, or until a light golden brown. Remove from heat.

**4** Remove kale from the oven. Carefully pour bacon and residual bacon fat evenly over kale chips.

**5** Return the baking sheet to the oven and finish cooking for 3 to 5 minutes, or until edges of kale are browned and crisp. Serve straight from the oven or allow to cool to room temperature.

If you have trouble finding lacinato kale, feel free to use curly green or beautiful Red Russian varieties instead.

## Nutrition per Serving

Fat **84%**    Net Carb **11%**  
Protein **5%**    Ratio **2.3:1**

Calories **150**

Fat **14g**

Protein **2g**

Total Carbohydrate **5g**

Dietary Fiber **1g**

Net Carbohydrate **4g**

These snappy crackers are made of baked Gouda, with an extra pop from a sprinkling of chia seeds.

# Cheesy Crisps

Prep Time: **40 mins**

Cook Time: **7 mins**

Yield: **24 crisps**

Serving Size: **4 crisps**

## Ingredients

- 12 oz. (340g) Gouda, grated
- 2 TB. extra-virgin olive oil
- 3 TB. chia seeds
- ½ tsp. freshly ground black pepper

## Nutrition per Serving

Fat **74%**    Net Carb **3%**  
Protein **23%**    Ratio **1.3:1**

Calories **266**  
Fat **22g**  
Protein **15g**  
Total Carbohydrate **4g**  
Dietary Fiber **2g**  
Net Carbohydrate **2g**

**1** Preheat the oven to 350°F (180°C). Cut a piece of parchment paper to line a rimmed metal baking sheet. (Alternately, use a silicone baking mat.) Repeat with a second baking sheet.

**2** Using a teaspoon, scoop small mounds of Gouda and place onto the parchment, spacing cheese at least 4 inches (10cm) apart.

**3** Drizzle extra-virgin olive oil evenly over cheese. Sprinkle with chia seeds and black pepper.

**4** Place the baking sheets in the oven and bake for 5 to 7 minutes, or until edges are a deep golden brown.

**5** Remove the baking sheets from the oven and let cool completely. Using a spatula, gently remove crisps from the parchment.

**6** Serve at room temperature, or store leftovers in an airtight container for up to 1 week.

**Variation:** To make **Cheesy Ranch Crisps**, make a mixture of 1 teaspoon dried parsley, ½ teaspoon granulated garlic, ½ teaspoon onion powder, and ¼ teaspoon dried thyme. Sprinkle mixture on the crisps in addition to olive oil, chia seeds, and black pepper.

These crisps are excellent for dipping. You can also crumble a few up for a crunchy and flavorful salad topping.

This creamy dip, with a dash of smoked paprika, is an effortless snack served alongside crunchy cucumber slices.

# Tuna Dip

Prep Time: **10 mins**

Cook Time: **none**

Yield: **1 cup**

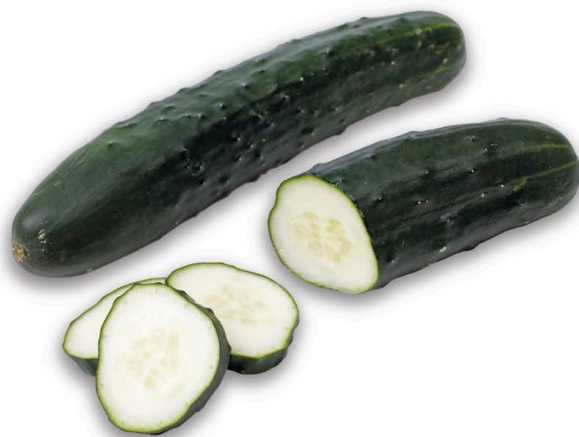
Serving Size: **¼ cup**

## Ingredients

- 1 (4-oz.; 110g) can albacore tuna in olive oil, drained
- ¾ cup olive oil mayonnaise
- ½ tsp. sea salt, or to taste
- ½ tsp. freshly ground black pepper
- 1 tsp. smoked paprika
- 2 medium cucumbers, sliced

- 1 In a food processor, combine albacore tuna, olive oil mayonnaise, sea salt, and black pepper.
- 2 Pulse for 15 to 25 seconds, or until a rough paste forms. Transfer dip to a serving bowl.
- 3 Sprinkle dip with smoked paprika and serve alongside cucumber slices.

Make sure to look for albacore tuna that has been canned in olive oil to ensure you avoid bad omega-6 fats.



## Nutrition per Serving

Fat **83%**    Net Carb **6%**  
Protein **11%**    Ratio **2.2:1**

Calories  
**357**

Fat  
**33g**

Protein  
**10g**

Total Carbohydrate  
**6g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**5g**

Rich, bone-building sardines are accented with fresh dill and a splash of lemon juice, and served on crisp Belgian endive.

# Sardines with Endive and Lemon

Prep Time: **5 mins**Cook Time: **none**Yield: **8 leaves**Serving Size: **2 leaves**

## Ingredients

1 small head Belgian endive

1 (3.75-oz.; 106g) can sardines in olive oil

2 TB. fresh dill, chopped

1 tsp. grated lemon zest

½ tsp. sea salt

2 TB. extra-virgin olive oil

- 1 Trim woody end off Belgian endive and separate leaves.
- 2 Drain sardines, discarding olive oil. Break sardines into large pieces.
- 3 Place 2 to 3 sardine pieces on each endive leaf. Sprinkle with dill, lemon zest, and sea salt.
- 4 Drizzle sardine pieces with extra-virgin olive oil before serving.

Brimming with omega-3 fatty acids, vitamin B<sub>12</sub>, and vitamin D, sardines are also a highly sustainable seafood.

## Nutrition per Serving

Fat **72%**    Net Carb **3%**  
Protein **25%**    Ratio **1.1:1**

Calories  
**126**

Fat  
**10g**

Protein  
**8g**

Total Carbohydrate  
**5g**

Dietary Fiber  
**4g**

Net Carbohydrate  
**1g**



Luscious Brie cheese is steeped in fragrant garlic and aromatic, rosemary-infused olive oil.

# Rosemary and Black Pepper- Marinated Brie

Prep Time: **3 days, 1 hr**

Cook Time: **4 mins**

Yield: **20 to 30 pieces**

Serving Size: **2 to 3 pieces**

## Ingredients

- 1 cup extra-virgin olive oil
- 3 garlic cloves, sliced
- 1 tsp. whole black peppercorns
- 2 sprigs fresh rosemary
- 8 oz. (225g) double- or triple-cream Brie, chilled

**1** Heat a small saucepan over medium heat. Add extra-virgin olive oil and garlic and cook for 3 to 4 minutes, or until garlic is fragrant and just beginning to color. Remove from heat. Add black peppercorns and rosemary and let stand for 1 hour, or until completely cool.

**2** Meanwhile, cut Brie (rind included) into small bite-size pieces. Place pieces in a 1-quart (1l) Mason jar with a tight-fitting lid. Keep refrigerated until oil cools.

**3** Pour cooled oil, garlic, black peppercorns, and rosemary over Brie. Add additional olive oil, if needed, to cover Brie completely.

**4** Refrigerate for 1 to 3 days. Flavors will increase the longer Brie marinates. Serve chilled.

Double- and triple-cream Brie have added cream versus normal Brie, so they contain a higher percentage of butterfat.

## Nutrition per Serving

Fat **96%**    Net Carb **0%**  
Protein **4%**    Ratio **10.3:1**

Calories **291**  
Fat **31g**  
Protein **3g**  
Total Carbohydrate **0g**  
Dietary Fiber **0g**  
Net Carbohydrate **0g**

**Variation:** To make **Lemon Thyme–Marinated Brie**, replace black peppercorns and rosemary with 1 teaspoon grated fresh lemon zest, ¼ teaspoon crushed red pepper flakes, and 6 fresh thyme sprigs.

Loaded with fresh dill, a hint of shallot, and a dash of celery salt, this creamy dip is a light and easy ketogenic snack.

# Dilly Dip

Prep Time: **10 mins**Cook Time: **none**Yield: **2 cups**Serving Size: **¼ cup**

## Ingredients

- 1½ cups sour cream
- ½ cup mayonnaise
- 1 TB. minced shallot
- 2 TB. chopped fresh dill
- 1 tsp. celery salt
- ¼ tsp. freshly ground black pepper
- 1 small cucumber, thinly sliced

- 1 In a small bowl, whisk sour cream and mayonnaise together until fully combined.
- 2 Add shallot, dill, celery salt, and black pepper and stir to combine.
- 3 Serve dip alongside thin cucumber slices. (Alternately, serve with celery sticks or endive leaves.)

This dip is perfect served with any low-carb veggie. Just don't serve it with higher-carb options, such as carrot sticks.

**Variation:** To make a **Garlic Herb Dip**, replace fresh dill with 1 tablespoon chopped fresh chives and 1 tablespoon chopped fresh parsley, and use ½ teaspoon granulated garlic in place of shallot.



## Nutrition per Serving

Fat **91%** Net Carb **7%**  
Protein **2%** Ratio **4.3:1**

Calories  
**169**

Fat  
**17g**

Protein  
**1g**

Total Carbohydrate  
**3g**

Dietary Fiber  
**0g**

Net Carbohydrate  
**3g**

Silky avocado, laced with lime and ground cumin, is piped into hard-cooked eggs in this savory snack.

# Guacamole Deviled Eggs

Prep Time: **15 mins**

Yield: **24 halves**

Cook Time: **15 mins**

Serving Size: **2 halves**

## Ingredients

- 12 large eggs
- ½ cup mayonnaise
- ½ medium avocado
- 1 TB. fresh cilantro, chopped
- 1 TB. fresh lime juice
- 1 tsp. ground cumin
- ½ tsp. sea salt
- 1 tsp. chili powder

## Nutrition per Serving

Fat **81%**      Net Carb **0%**  
Protein **19%**      Ratio **1.9:1**

Calories **145**  
Fat **13g**  
Protein **7g**  
Total Carbohydrate **1g**  
Dietary Fiber **1g**  
Net Carbohydrate **0g**

Food safety is a concern when serving deviled eggs. Always be sure to keep filled eggs covered and refrigerated, and serve them on a chilled platter resting on ice, if necessary.





1 Place whole eggs in a 2-quart (2l) saucepan. Fill the pan with cold water to cover eggs. Place the pan, uncovered, over high heat until simmering, about 5 to 10 minutes.

2 Remove the pan from heat, cover, and wait for 13 minutes.

3 While eggs cook, combine mayonnaise, avocado, cilantro, lime juice, cumin, and sea salt in a food processor. Pulse until a smooth paste forms.

4 Drain cooked eggs and plunge under cold water until cool enough to handle. Remove and discard shells immediately, and slice eggs in half lengthwise.

5 Scoop firm yolks out of eggs and add to avocado mixture. Pulse until mixture is fully combined and smooth.

6 Carefully spoon filling into egg halves. (Alternately, use a pastry bag with a decorative tip to pipe filling into eggs.)

7 Dust with chili powder before serving.

**Variation:** To make **Classic Deviled Eggs**, fill egg halves with a mix of  $\frac{2}{3}$  cup mayonnaise, 1 tablespoon Dijon mustard, 12 cooked egg yolks, and  $\frac{1}{2}$  teaspoon sea salt. Sprinkle with smoked paprika to serve.

Succulent bites of seared rib-eye steak are dunked in a copious amount of lavish horseradish cream.

# Steak Bites with Horseradish Cream

Prep Time: **5 mins**Cook Time: **10 mins**Yield: **about 20 bites**Serving Size: **about 5 bites**

## Ingredients

6-oz. (170g) boneless rib-eye steak, cut into ½-in. (1.25cm) cubes  
 ½ tsp. sea salt  
 2 TB. ghee or tallow  
 1 cup crème fraîche  
 2 TB. prepared horseradish  
 1 tsp. lemon juice  
 ¼ tsp. freshly ground black pepper  
 1 tsp. fresh chives, chopped

- 1 Season boneless rib-eye steak bites with sea salt.
- 2 Heat a medium skillet over medium-high heat. When the skillet is hot, add ghee and wait for 30 seconds.
- 3 Add rib-eye to hot ghee and cook for 1 minute. Turn each cube and brown opposite side for an additional 1 to 2 minutes. Remove from heat.
- 4 In a small bowl, combine crème fraîche, horseradish, lemon juice, and black pepper. Sprinkle with chives.
- 5 To serve, dip rib-eye bites in Horseradish Cream.

There's enough fat in the horseradish cream to support a leaner cut of steak, such as bavette, hanger, or flap steak.

## Nutrition per Serving

Fat <b>86%</b>	Net Carb <b>4%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>10%</b>	Ratio <b>2.8:1</b>	<b>407</b>	<b>39g</b>	<b>10g</b>	<b>4g</b>	<b>0g</b>	<b>4g</b>

These perfect personal-sized pizzas include gooey mozzarella, sliced black olives, and earthy mushrooms.

# Pepperoni and Black Olive Pizza Bites

Prep Time: **5 mins**

Cook Time: **15 mins**

Yield: **8 pizza bites**

Serving Size: **2 pizza bites**

## Ingredients

32 1- to 1.5-oz. (25 to 40g)  
slices pepperoni

1 cup grated whole-milk  
mozzarella cheese

½ cup sliced black olives

3 medium white button  
mushrooms, finely  
chopped

1 Preheat the oven to 400°F (200°C). On an ungreased baking sheet, overlap 4 pepperoni slices to make a larger circle. Repeat with remaining pepperoni to make 8 larger circles.

2 Top larger pepperoni circles with whole-milk mozzarella cheese, black olives, and white button mushrooms.

3 Place the baking sheet in the oven and bake for 10 to 15 minutes, or until cheese is golden brown and bubbly.

4 Using a spatula, remove pizza bites from the sheet and let cool slightly before serving.

## Nutrition per Serving

Fat **73%**    Net Carb **5%**  
Protein **22%**    Ratio **1.3:1**

Calories **192**

Fat **16g**

Protein **10g**

Total Carbohydrate **2g**

Dietary Fiber **0g**

Net Carbohydrate **2g**

**Variation:** To make **Anchovy and Pepperoncini Pizza Bites**, replace pepperoni with thin-sliced salami. Combine 12 chopped anchovies with 1 tablespoon extra-virgin olive oil. Top mozzarella with anchovy mixture and ¼ cup sliced pepperoncini peppers instead of olives and mushrooms. Just be sure not to add higher-carb toppings such as red bell peppers, onions, or tomatoes without additional fat.

These addictive snacks are loaded with bacon and cheese, and covered in a savory “everything bagel” topping mixture.

# *Everything Mini-Cheeseballs*



Prep Time: 3 hrs, 15 mins

Cook Time: 6 mins

Yield: 24 cheeseballs

Serving Size: 4 cheeseballs

*Ingredients*

- 2 oz. (55g) uncured bacon, minced
- 1½ cups grated sharp cheddar cheese
- 8 oz. (225g) full-fat cream cheese, at room temperature
- 4 TB. unsalted butter, at room temperature
- 2 tsp. Worcestershire sauce
- 2 tsp. dried chives
- 1 tsp. granulated garlic
- 1 tsp. freshly ground black pepper
- 2 TB. poppy seeds
- ¼ cup toasted sesame seeds
- ¼ cup dehydrated onions

*Nutrition per Serving*

Fat	85%	Net Carb	4%
Protein	11%	Ratio	2.5:1

Calories 371  
 Fat 35g  
 Protein 10g  
 Total Carbohydrate 5g  
 Dietary Fiber 1g  
 Net Carbohydrate 4g

1 Heat a small skillet over medium heat. When the skillet is hot, add bacon. Cook for 4 to 6 minutes, stirring occasionally, until bacon is crisped. Remove bacon bits and place on a paper towel to drain.

2 In a food processor, combine sharp cheddar cheese, full-fat cream cheese, unsalted butter, Worcestershire sauce, dried chives, granulated garlic, and black pepper. Pulse for 30 seconds to 1 minute, or until a smooth paste forms.

3 Add bacon and pulse for 15 seconds to combine. Transfer mixture to a 24×12-inch (61×30.5cm) piece of parchment paper or plastic wrap.

4 Gently fold the long edges of the parchment around mixture and roll into a log about 1 inch (2.5cm) in diameter. Twist parchment ends to close. Refrigerate log until firm, about 3 hours.

5 While cheese log chills, combine poppy seeds, toasted sesame seeds, and dehydrated onions. Keep in an airtight container or Mason jar until ready to use.

6 When chilled, unwrap cheese log and slice into 24 1-inch (2.5cm) sections.

7 Using clean hands, gently roll each section into a small ball and roll in poppy seed mixture. Serve chilled or at room temperature.

**Variation:** To make **Jalapeño Bacon Mini-Cheeseballs**, replace dried chives with 1 small jalapeño (seeded and minced) and coat cheeseballs with 3 tablespoons dried chives instead of poppy seed mixture.



# Appetizers

Whether you're looking to impress guests with your culinary skills or just priming your palate for a main course, appetizers are a great way to start your meals off right. In fact, you may be tempted to make them a meal of their own! From crab cakes to meatballs, the scrumptious recipes in this chapter are both keto compliant and absolutely delicious.

It's hard to stop eating these delightful appetizers, filled with herbed cream cheese and wrapped in crispy bacon.

# Bacon-Wrapped Stuffed Mushrooms

Prep Time: **15 mins**

Cook Time: **35 mins**

Yield: **32 mushrooms**

Serving Size: **4 mushrooms**

## Ingredients

- 32 medium white button mushrooms
- 6 TB. unsalted butter, at room temperature
- 1 garlic clove, minced
- 2 TB. shallot, minced
- 8 oz. (225g) cream cheese, at room temperature
- 2 TB. fresh parsley, chopped
- ½ tsp. dried thyme
- ¼ tsp. freshly ground black pepper
- 16 thin bacon slices, cut in half lengthwise (about 8 oz.; 225g)

## Nutrition per Serving

Fat <b>83%</b>	Net Carb <b>7%</b>
Protein <b>10%</b>	Ratio <b>2.2:1</b>

Calories	<b>238</b>
Fat	<b>22g</b>
Protein	<b>6g</b>
Total Carbohydrate	<b>4g</b>
Dietary Fiber	<b>0g</b>
Net Carbohydrate	<b>4g</b>





- 1 Preheat the oven to 350°F (180°C).
- 2 Remove stems from white button mushroom caps. Set caps aside and finely chop stems.
- 3 Heat a medium skillet over medium-high heat. When the skillet is hot, add 2 tablespoons unsalted butter.
- 4 Add garlic, shallot, and mushroom stems to the hot skillet. Sauté, stirring occasionally, for 4 to 5 minutes, or until fragrant and softened. Remove from heat and cool for 5 minutes.
- 5 In a small bowl, blend remaining 4 tablespoons unsalted butter, cream cheese, parsley, thyme, and black pepper.
- 6 Stir mushroom stem mixture into cream cheese mixture until fully combined.
- 7 Spoon filling into mushroom caps. Wrap each mushroom cap with  $\frac{1}{2}$  bacon slice so it overlaps on bottom side of cap. Place caps on an ungreased rimmed metal baking sheet with overlap sides down to secure.
- 8 Bake for 25 to 30 minutes, or until bacon is browned and crisp. Let cool slightly before serving.



Salty, golden-fried Halloumi cheese is tossed with brined Kalamatas and softened with fresh mint.

# Fried Halloumi with Kalamatas and Mint

Prep Time: **5 mins**

Cook Time: **5 mins**

Yield: **2 cups**

Serving Size:  $\frac{1}{2}$  cup

## Ingredients

8 oz. (225g) Halloumi  
 1 TB. avocado oil  
 1 TB. extra-virgin olive oil  
 12 large Kalamata olives  
 $\frac{1}{4}$  tsp. freshly ground black pepper  
 2 TB. fresh mint, chopped  
 1 tsp. fresh lemon juice

- 1 Slice Halloumi into  $\frac{3}{4}$ -inch (2cm) cubes. Pat cubes dry with a paper towel.
- 2 Heat a medium skillet over medium-high heat. When the skillet is hot, add avocado oil. Wait for 15 seconds.
- 3 Place Halloumi cubes in hot oil. Cook for 30 to 45 seconds, or until a deep, golden-brown crust forms. Use a spatula to turn cubes and brown opposite side.
- 4 Transfer cubes to a small serving dish. Drizzle with remaining avocado oil from the skillet.
- 5 Add extra-virgin olive oil, Kalamata olives, black pepper, mint, and lemon juice, and gently toss to combine. Serve warm or at room temperature.

Because Halloumi is heated early in its production, it won't melt when fried like other cheeses.

## Nutrition per Serving

Fat **79%**    Net Carb **2%**  
 Protein **19%**    Ratio **1.7:1**

Calories **250**  
 Fat **22g**  
 Protein **12g**  
 Total Carbohydrate **1g**  
 Dietary Fiber **0g**  
 Net Carbohydrate **1g**

**Variation:** To make **Spicy Halloumi and Castelvranos**, replace Kalamata olives with buttery Castelvranos olives and use  $\frac{1}{4}$  teaspoon crushed red pepper flakes instead of mint.

Whipped lard is combined with butter, fresh orange zest, and rosemary for an unexpectedly delicious ketogenic dip.

# Whipped Lardo

Prep Time: **10 mins**

Cook Time: **none**

Yield: **1½ cups**

Serving Size: **2½ TB.**

## Ingredients

**¾ cup salted butter**, at room temperature

**¾ cup pure lard**, at room temperature

**½ tsp. sea salt** (or more, to taste)

**¼ tsp. freshly ground black pepper**

**¼ tsp. granulated garlic**

**½ tsp. fresh orange zest**

**½ tsp. fresh rosemary**, finely chopped

**4 oz. (110g) hard salami**, cut into ⅛-in. (3mm) slices

**2 medium carrots**, cut into ⅛-in. (3mm) slices

**4 large radishes**, cut into ⅛-in. (3mm) slices

- 1 Place salted butter in a stand mixer. Using the whisk attachment, beat butter for 2 minutes.
- 2 Add lard and continue to whip for an additional 2 minutes, or until light and fluffy.
- 3 Add sea salt, black pepper, granulated garlic, orange zest, and rosemary and mix until fully combined.
- 4 Transfer dip to a serving bowl and serve with salami, carrot, and radish slices.

Store leftover whipped lardo in the refrigerator, covered, for up to 1 month. The flavors will increase over time.



## Nutrition per Serving

Fat **93%**    Net Carb **2%**  
Protein **5%**    Ratio **6.0:1**

Calories  
**348**

Fat  
**36g**

Protein  
**4g**

Total Carbohydrate  
**2g**

Dietary Fiber  
**0g**

Net Carbohydrate  
**2g**

This silky ham spread is livened up with shallots and pepperoncinis and served with crisp bell pepper scoops.

# Deviled Ham Dip

Prep Time: **10 mins**

Cook Time: **none**

Yield: **2 cups**

Serving Size: **1/3 cup**

## Ingredients

- 8 oz. (225g) thick-cut uncured ham, cubed
- 1 cup mayonnaise
- 1 tsp. Dijon mustard
- 1 TB. shallot, minced
- 3 pepperoncinis, stemmed and minced
- 1/2 tsp. freshly ground black pepper
- 3 medium green bell peppers, seeded and thickly sliced lengthwise

- 1 Add uncured ham, mayonnaise, and Dijon mustard to a food processor. Pulse for 60 seconds, or until a smooth paste forms. Add more mayonnaise, if needed.
- 2 Add shallot, pepperoncinis, and black pepper and pulse a few more times to combine.
- 3 Transfer dip to a serving bowl and serve with green bell pepper slices.

Don't use cheap sliced deli ham, as it's loaded with sugar and added nitrates. Look for uncured ham from a reputable brand.



## Nutrition per Serving

Fat **84%** Net Carb **5%**  
Protein **11%** Ratio **2.3:1**

Calories  
**322**

Fat  
**30g**

Protein  
**9g**

Total Carbohydrate  
**5g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**4g**

Prep Time: 10 mins

Cook Time: 50 mins

Yield: 16 to 20 wings

Serving Size: 4 to 5 wings

*Ingredients*

- 2 lb. (1kg) chicken wings and drumettes
- 4 oz. (110g) blue cheese, crumbled
- ¾ cup mayonnaise
- ¼ cup heavy cream
- ¼ cup sour cream
- 1 TB. lemon juice
- ¼ tsp. freshly ground black pepper
- 1 tsp. sea salt
- 6 TB. unsalted butter, cut into cubes
- ¼ cup hot pepper sauce
- 4 celery stalks, cut into sticks

1 Preheat the oven to 400°F (200°C). Cut a piece of parchment paper just large enough to line a rimmed baking sheet.

2 Spread chicken wings, skin side up, evenly over parchment on baking sheet. Bake for 45 to 50 minutes, or until wings are cooked through and skin is crisp.

3 While wings cook, combine blue cheese, mayonnaise, heavy cream, sour cream, lemon juice, black pepper, and ½ teaspoon sea salt in a small bowl. Refrigerate dressing for later use.

4 Heat a small saucepan over low heat. Add unsalted butter. When butter melts, whisk in hot pepper sauce and remaining ½ teaspoon sea salt. Remove sauce from heat.

5 When wings are done, transfer to a large bowl along with sauce and toss to coat.

6 Serve wings alongside blue cheese dressing and celery sticks.

**Variation:** To make **Five-Alarm Spicy Wings**, whisk ½ teaspoon cayenne pepper and 1 teaspoon habanero hot sauce into the wing sauce. You may want to make extra blue cheese dipping sauce to balance out these fiery wings!

*Nutrition per Serving*

Fat **82%** Net Carb **1%**  
Protein **17%** Ratio **2.0:1**

Calories  
**990**

Fat  
**90g**

Protein  
**43g**

Total Carbohydrate  
**4g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**3g**

Crispy chicken wings are covered in a hot buffalo sauce and served with crunchy celery and a blue cheese dressing.

# *Buffalo Wings*



Spicy jalapeño halves are filled to the brim with smooth cream cheese and bubbly Monterey Jack cheese.

# Jalapeño Poppers

Prep Time: **10 mins**

Cook Time: **28 mins**

Yield: **20 poppers**

Serving Size: **2 poppers**

## Ingredients

½ lb. (225g) ground mild Italian sausage

8 oz. (225g) full-fat cream cheese, softened

¼ tsp. freshly ground black pepper

10 large jalapeño peppers, halved and seeded

4 oz. (110g) Monterey Jack cheese, grated

**1** Preheat the oven to 425°F (220°C). Heat a medium skillet over medium heat. Add Italian sausage and cook, stirring occasionally, for 5 to 8 minutes, or until browned. Remove from heat.

**2** Meanwhile, in a medium bowl, combine cream cheese, black pepper, and cooked Italian sausage.

**3** Place jalapeño halves, hollow side up, on a rimmed baking sheet.

**4** Fill hollowed jalapeño halves with cream cheese and sausage mixture. Sprinkle with Monterey Jack cheese.

**5** Place the baking sheet in the oven and bake for 15 to 20 minutes, or until cheese is a deep golden brown and bubbly.

**6** Remove the baking sheet from the oven and allow poppers to cool for 5 minutes before serving.

For an extra treat, wrap stuffed jalapeño halves with a thin slice of bacon, secure with a toothpick, and bake as directed.

## Nutrition per Serving

Fat **82%** Net Carb **2%**  
Protein **16%** Ratio **2.0:1**

Calories  
**176**

Fat  
**16g**

Protein  
**7g**

Total Carbohydrate  
**2g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**1g**



These little fried cakes, packed full of fresh lump crab meat, are served with a spicy remoulade dipping sauce.

# Crab Cakes

## with Easy Remoulade

Prep Time: **10 mins**

Cook Time: **20 mins**

Yield: **6 crab cakes**

Serving Size: **1 crab cake**

### Ingredients

- 1 cup cauliflower florets
- ½ cup plus 2 TB. mayonnaise
- 1 tsp. capers
- 1 tsp. lemon juice
- 1 TB. plus 1 tsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. sea salt
- ½ tsp. paprika
- 1 TB. coconut flour
- ⅔ cup almond meal
- 1 large egg, beaten
- 1 green onion, thinly sliced
- 1 lb. (450g) cooked lump crab
- ¼ cup ghee

### Nutrition per Serving

Fat	<b>80%</b>	Net Carb	<b>3%</b>
Protein	<b>17%</b>	Ratio	<b>1.8:1</b>

Calories **549**

Fat **49g**

Protein **23g**

Total Carbohydrate **6g**

Dietary Fiber **2g**

Net Carbohydrate **4g**





1 Place cauliflower in a microwave-safe bowl with  $\frac{1}{2}$  inch (1.25cm) water. Cover and microwave on high for 5 to 10 minutes, or until soft to the touch. Drain and set aside.

2 Whisk  $\frac{1}{2}$  cup mayonnaise, 2 capers, lemon juice, 1 tablespoon Dijon mustard, Worcestershire sauce,  $\frac{1}{4}$  teaspoon sea salt, and paprika in a small bowl. Set aside.

3 Use a fork to mash cauliflower into a paste. Stir in coconut flour, remaining 1 teaspoon Dijon mustard, remaining 2 tablespoons mayonnaise,  $\frac{1}{3}$  cup almond meal, egg, green onion, and remaining  $\frac{1}{2}$  teaspoon sea salt. Stir well to combine.

4 Add crab and gently mix. Form into 6 equal-size patties.

5 Place remaining  $\frac{1}{3}$  cup almond meal onto a plate or shallow dish. Press both flat sides of each crab cake into almond meal to coat.

6 Heat a large nonstick skillet over medium heat. Add ghee and wait for 30 seconds.

7 Place crab cakes in hot ghee. Cook for 2 to 4 minutes, or until deeply browned. Turn and cook for 2 to 4 minutes on the other side until browned and cooked through.

8 Serve warm crab cakes with remoulade.

Bite-size mozzarella and plump grape tomatoes pair with fragrant basil in this spin on the classic Insalata Caprese.

# Caprese Sticks

Prep Time: **10 mins**

Cook Time: **none**

Yield: **16 sticks**

Serving Size: **4 sticks**

## Ingredients

16 long toothpicks or cocktail sticks

32 small fresh mozzarella Ciliegine

8 grape tomatoes, halved

8 fresh basil leaves, finely chopped

¼ cup extra-virgin olive oil

¼ tsp. sea salt

⅛ tsp. freshly ground black pepper

**1** Thread 1 mozzarella ball onto a long toothpick or cocktail stick. Thread 1 half grape tomato followed by another mozzarella ball. Repeat for all toothpicks.

**2** Place sticks on a small serving platter. Sprinkle with basil.

**3** Drizzle with extra-virgin olive oil and sprinkle with sea salt and black pepper before serving.

Ciliegine are bite-size balls of mozzarella. If you can only find larger Bocconcini or Ovolini, cut them into small chunks.



## Nutrition per Serving

Fat **88%** Net Carb **2%**  
Protein **10%** Ratio **2.4:1**

Calories  
**331**

Fat  
**31g**

Protein  
**12g**

Total Carbohydrate  
**1g**

Dietary Fiber  
**0g**

Net Carbohydrate  
**1g**

This decadent dip, loaded with creamy cheeses and savory artichoke hearts, is served with crunchy Belgian endive.

# Artichoke Dip

Prep Time: **15 mins**Cook Time: **40 mins**Yield: **4 cups**Serving Size: **½ cup**

## Ingredients

2 TB. unsalted butter, at room temperature

8 oz. (225g) cream cheese, at room temperature

½ cup mayonnaise

½ cup sour cream

1 cup canned artichoke hearts, drained

1 cup shredded provolone

¼ tsp. granulated garlic

¼ tsp. crushed red pepper flakes (optional)

⅛ tsp. freshly ground black pepper

¼ cup grated Parmesan

2 to 3 heads Belgian endive

**1** Preheat the oven to 350°F (180°C). Using a hand mixer, beat unsalted butter and cream cheese until well blended.

**2** Mix in mayonnaise, sour cream, artichoke hearts, provolone, granulated garlic, crushed red pepper flakes (if using), and black pepper.

**3** Transfer mixture to a small oven-proof pan or baking dish.

**4** Sprinkle Parmesan over top. Bake for 30 to 40 minutes, or until cheese is golden brown and bubbly. Let cool for 5 minutes.

**5** Trim ends off Belgian endive heads and separate into leaves. Serve leaves alongside hot dip.

**Variation:** To make **Artichoke and Crab Dip**, add 1 cup cooked crab meat to mixture instead of shredded provolone, and use ½ teaspoon paprika instead of crushed red pepper flakes.

Look for unmarinated artichoke hearts. A marinade will add extra sugar and unwelcome spice to this dip.

## Nutrition per Serving

Fat **81%** Net Carb **6%**  
Protein **13%** Ratio **1.9:1**

Calories  
**343**

Fat  
**31g**

Protein  
**11g**

Total Carbohydrate  
**11g**

Dietary Fiber  
**6g**

Net Carbohydrate  
**5g**

These delectable little meatballs float in a sea of tangy crème fraîche and are topped with a smattering of fresh dill.

# Meatballs with Crème Fraîche

Prep Time: **15 mins**Cook Time: **30 mins**Yield: **36 meatballs**Serving Size: **3 meatballs**

## Ingredients

1 TB. extra-virgin olive oil  
 6 medium white button mushrooms, sliced  
 1 medium shallot, minced  
 ½ cup almond flour  
 1 large egg  
 1 tsp. sea salt  
 1 lb. (450g) ground pork  
 ½ lb. (225g) ground beef  
 1 cup crème fraîche  
 ¼ cup fresh lemon juice  
 2 TB. fresh dill, chopped  
 ½ tsp. freshly ground black pepper

- 1 Preheat the oven to 350°F (180°C). Heat a medium skillet over medium-high heat. When the skillet is hot, add extra-virgin olive oil. Wait for 15 seconds.
- 2 Add white button mushrooms and shallot and sauté, stirring occasionally, for 3 to 4 minutes, or until softened. Set aside to cool for 10 minutes.
- 3 Transfer mushroom-shallot mixture to a food processor. Add almond flour, egg, sea salt, pork, and beef and pulse until fully combined.
- 4 Form mixture into 1-inch (2.5cm) meatballs and place on a rimmed metal baking sheet.
- 5 Bake meatballs for 20 to 25 minutes, or until meatballs are cooked through.
- 6 In a medium mixing bowl, combine crème fraîche, and lemon juice and whip until smooth.
- 7 Transfer hot meatballs to the mixing bowl with crème fraîche mixture and stir to combine. Sprinkle with dill and black pepper to serve.

If you have a hard time finding crème fraîche, feel free to substitute full-fat sour cream, though it may need to be thinned with milk.

## Nutrition per Serving

Fat <b>79%</b>	Net Carb <b>3%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>18%</b>	Ratio <b>1.6:1</b>	<b>263</b>	<b>23g</b>	<b>12g</b>	<b>3g</b>	<b>1g</b>	<b>2g</b>





# Salads

Salads are easily the fastest—as well as the most nutritious—meal to make when you're eating the keto way. In addition to adding colorful, nutrient-rich antioxidants to your diet, salads are an excellent source of fiber, which is one of your secret weapons when following the keto diet. From a keto-friendly Cobb salad to a delicious kale and Parmesan salad, these fresh recipes can be served as an accompaniment to any main dish, but are also satisfying enough to be eaten on their own.



Crisp iceberg lettuce wedges are coated with a tangy blue cheese dressing and sprinkled with crunchy bacon pieces.

# Wedge Salad with Bacon and Blue Cheese

Prep Time: **10 mins**Cook Time: **5 mins**Yield: **4 wedges**Serving Size: **1 wedge**

## Ingredients

- 4 oz. (110g) thick-sliced bacon (about ¼ in.; .5cm thick)
- 4 oz. (110g) blue cheese, crumbled
- ¾ cup mayonnaise
- ¼ cup heavy cream
- ¼ cup sour cream
- 1 TB. lemon juice
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 1 head iceberg lettuce, quartered
- ¼ cup fresh parsley, chopped

- 1 Slice bacon into ½-inch (1.25cm) squares. Heat a medium skillet over medium heat.
- 2 Add bacon in an even layer on the bottom of the skillet. Cook for 4 to 5 minutes, turning as needed, until all sides are crisp. Remove bacon from the skillet and place on a paper towel. Discard any bacon drippings left in the skillet.
- 3 In a small bowl, combine blue cheese, mayonnaise, heavy cream, sour cream, lemon juice, sea salt, and black pepper until well blended.
- 4 Cut woody core off each lettuce wedge. Place wedges on 4 salad plates.
- 5 Drizzle with blue cheese dressing and top with crisp bacon and parsley to serve.

Many butcher shops will cut a thick slice of bacon if asked, or you can simply substitute the thickest cut you can find.

## Nutrition per Serving

Fat **87%** Net Carb **3%**  
Protein **10%** Ratio **2.9:1**

Calories  
**624**

Fat  
**60g**

Protein  
**16g**

Total Carbohydrate  
**7g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**5g**

Verdant broccoli florets are tossed with sweet dried currants, crisped bacon pieces, and sharp white cheddar cheese.

# Broccoli Bacon Salad

Prep Time: **15 mins**Cook Time: **8 mins**Yield: **6 cups**Serving Size: **1½ cups**

## Ingredients

½ lb. (225g) uncured bacon,  
diced

¾ cup mayonnaise

1 TB. apple cider vinegar

1 TB. red onion, grated

¼ tsp. sea salt

¼ tsp. freshly ground black  
pepper

4 cups broccoli florets, cut  
into bite-size pieces

2 oz. (55g) sharp white  
cheddar cheese, cut into  
small cubes

2 TB. dried currants

¼ cup raw sunflower seeds

**1** Heat a large skillet over medium heat. Place uncured bacon in the skillet. Cook, stirring occasionally, for 6 to 8 minutes, or until crisp. Remove bacon and place on a paper towel. Reserve bacon drippings.

**2** In a small bowl, whisk mayonnaise, apple cider vinegar, red onion, sea salt, and black pepper to make a dressing.

**3** Place broccoli florets in a large salad bowl. Drizzle with 1 tablespoon reserved bacon drippings.

**4** Add sharp white cheddar cheese, currants, and raw sunflower seeds. Drizzle with dressing and toss to combine. Serve at room temperature or chill before serving.

If you're trying to cut down on dairy, you can replace the sharp white cheddar cheese with extra sunflower seeds.

## Nutrition per Serving

Fat **77%** Net Carb **3%**  
Protein **20%** Ratio **1.5:1**

Calories  
**691**

Fat  
**59g**

Protein  
**34g**

Total Carbohydrate  
**9g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**6g**



Thin strips of rib-eye steak sit atop fresh baby spinach smothered in a tangy buttermilk-peppercorn dressing.

# Steak Salad with Buttermilk-Peppercorn Ranch

Prep Time: **10 mins**Cook Time: **7 mins**Yield: **2 salads**Serving Size: **1 salad**

## Ingredients

6 oz. (170g) boneless rib-eye steak

½ tsp. sea salt

1 TB. coconut oil or tallow

¼ cup mayonnaise

¼ cup sour cream

2 TB. buttermilk

1 small garlic clove, finely minced

¼ tsp. dried parsley

¼ tsp. dried chives

¼ tsp. freshly ground black pepper

6 cups baby spinach

2 TB. raw sunflower seeds

**1** Season both sides of rib-eye with ¼ teaspoon sea salt. Heat a medium skillet over medium heat. When the skillet is hot, add coconut oil.

**2** Place rib-eye in the hot oil. Cook for 3 to 4 minutes. Turn rib-eye and cook for an additional 2 to 3 minutes. Transfer rib-eye to a cutting board and let rest for 5 minutes.

**3** While rib-eye rests, in a large salad bowl, combine mayonnaise, sour cream, buttermilk, garlic, dried parsley, dried chives, black pepper, and remaining ¼ teaspoon sea salt.

**4** Add baby spinach and raw sunflower seeds and toss with dressing. Divide into 2 bowls.

**5** Thinly slice rib-eye. Top each salad with rib-eye slices to serve.

This dressing is so versatile, you may wish to make a double batch and keep it in the refrigerator for easy side salads.

## Nutrition per Serving

Fat <b>82%</b>	Net Carb <b>3%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>15%</b>	Ratio <b>2.0:1</b>	<b>585</b>	<b>53g</b>	<b>22g</b>	<b>10g</b>	<b>5g</b>	<b>5g</b>

Creamy blue cheese dressing coats crunchy romaine and the Cobb classics: bacon, eggs, chicken, and avocado.

# Keto Cobb Salad

Prep Time: **10 mins**Cook Time: **15 mins**Yield: **2 salads**Serving Size: **1 salad**

## Ingredients

- 2 uncured bacon slices (about 2 oz.; 55g), diced
- 4 oz. (110g) skinless, boneless chicken thighs, diced
- ¼ cup extra-virgin olive oil
- 1 tsp. Dijon mustard
- 2 TB. red wine vinegar
- 1 TB. lemon juice
- ½ tsp. granulated garlic
- ¼ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 1 head romaine lettuce, thinly sliced (about 6 cups)
- 2 oz. (55g) blue cheese, crumbled
- 2 hard-cooked eggs, diced
- 4 cherry tomatoes, thinly sliced
- 1 medium avocado, diced
- 6 fresh chives, thinly sliced

**1** Heat a medium skillet over medium heat. Add uncured bacon to the skillet and cook, stirring occasionally, for 4 to 5 minutes, or until crisp. Remove bacon from the skillet and place on a paper towel.

**2** Reheat the skillet with bacon drippings over medium-high heat. Add chicken to the skillet and cook, stirring occasionally, for 5 to 7 minutes, or until browned and cooked through. Remove from heat and set aside.

**3** In a small bowl, combine extra-virgin olive oil, Dijon mustard, red wine vinegar, lemon juice, granulated garlic, sea salt, and black pepper to make dressing.

**4** To assemble salad, toss romaine lettuce with cooked chicken and residual oil. Add dressing and toss.

**5** Divide salad onto 2 plates. Top each with equal portions of bacon, blue cheese, hard-cooked eggs, cherry tomatoes, and avocado. Sprinkle with chives and serve immediately.

When you're ready to add more carbohydrates into your diet, you can double the cherry tomatoes in this salad.

## Nutrition per Serving

Fat **75%** Net Carb **5%**  
Protein **20%** Ratio **1.3:1**

Calories  
**685**

Fat  
**57g**

Protein  
**34g**

Total Carbohydrate  
**24g**

Dietary Fiber  
**15g**

Net Carbohydrate  
**9g**

In this classic salad, romaine leaves are slathered in creamy dressing and sprinkled with Parmesan and pine nuts.

# Caesar Salad

Prep Time: **15 mins**

Cook Time: **none**

Yield: **4 salads**

Serving Size: **1 salad**

## Ingredients

- 2 romaine hearts
- 1 to 2 small garlic cloves
- ½ tsp. sea salt, or to taste
- 6 whole anchovies, coarsely chopped
- 1 large egg yolk
- 2 TB. lemon juice
- ½ tsp. Dijon mustard
- ½ cup extra-virgin olive oil
- ¼ tsp. freshly ground black pepper
- 4 oz. (110g) Parmesan, shaved
- ¼ cup toasted pine nuts

## Nutrition per Serving

Fat	<b>88%</b>	Net Carb	<b>3%</b>
Protein	<b>9%</b>	Ratio	<b>3.3:1</b>

Calories **266**

Fat **26g**

Protein **6g**

Total Carbohydrate **2g**

Dietary Fiber **0g**

Net Carbohydrate **2g**

**Variation:** The protein in this recipe is relatively low. If you need more, you can add 8 ounces (225g) cooked boneless, skinless chicken thighs to make **Chicken Caesar Salad**.





1 Cut off root end of romaine hearts. Gently pull leaves apart and place in a large mixing bowl.

2 Crush and finely mince garlic clove. Sprinkle with sea salt. Using the side of a chef's knife, crush garlic into a smooth paste.

3 In a wide-mouth 1-pint (.5l) Mason jar, place garlic paste, anchovies, egg yolk, lemon juice, and Dijon mustard.

4 Place the head of an immersion blender at the bottom of the jar. Pulse for 15 seconds, or until puréed.

5 Add 2 drops extra-virgin olive oil. Blend for 30 seconds. Add 2 additional drops olive oil and blend for another 30 seconds. Continue adding olive oil  $\frac{1}{2}$  teaspoon at a time, blending for 30 seconds in between, 6 times.

6 Slowly drizzle remaining olive oil into the jar, about 2 tablespoons at a time, blending for 30 seconds before adding more. When olive oil is fully incorporated, dressing should be thick and glossy.

7 Taste dressing and season with additional sea salt or lemon juice, if desired.

8 Toss romaine leaves with dressing. Divide onto 4 plates and top with black pepper, Parmesan, and toasted pine nuts to serve.

This salad features thick flakes of albacore tuna, pungent capers, and a dash of fresh dill, wrapped in crunchy lettuce.

# Albacore Tuna Salad

Prep Time: **10 mins**Cook Time: **none**Yield: **3 cups**Serving Size: **1½ cups**

## Ingredients

1 (6-oz.; 170g) can albacore tuna in olive oil, drained

½ cup mayonnaise

1 tsp. Dijon mustard

1 tsp. lemon juice

½ tsp. granulated garlic

¼ tsp. freshly ground black pepper

1 celery stalk, minced

1 TB. red onion, minced

1 TB. capers, rinsed

1 TB. fresh dill

6 to 8 small butter lettuce leaves

**1** In a medium bowl, combine albacore tuna, mayonnaise, Dijon mustard, lemon juice, granulated garlic, and black pepper. Mix thoroughly.

**2** Add celery, red onion, capers, and dill and mix until incorporated.

**3** To serve, scoop tuna salad on butter lettuce leaves.

**Variation:** To make **Spicy Tuna Salad**, add 1 jalapeño, seeded and minced, and replace fresh dill with ½ teaspoon crushed red pepper flakes.

The ratios in this salad are low enough that you can use up to an 8-oz. (225g) can of tuna, depending on what you can find.



## Nutrition per Serving

Fat	<b>79%</b>	Net Carb	<b>2%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>19%</b>	Ratio	<b>1.7:1</b>	<b>522</b>		<b>46g</b>		<b>25g</b>		<b>3g</b>		<b>1g</b>		<b>2g</b>

Crisp romaine and snappy celery are tossed with tangy blue cheese dressing and zesty buffalo chicken thighs.

# Buffalo Chicken Salad

Prep Time: **10 mins**

Cook Time: **10 mins**

Yield: **4 cups**

Serving Size: **2 cups**

## Ingredients

- 2 oz. (55g) blue cheese, crumbled
- ¼ cup mayonnaise
- 2 TB. heavy cream
- 2 TB. sour cream
- 1 tsp. lemon juice
- ¼ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 1 TB. extra-virgin olive oil
- 4 oz. (110g) boneless, skinless chicken thighs, sliced
- 2 TB. salted butter
- 5 tsp. hot pepper sauce
- 1 romaine heart, chopped
- 4 large celery stalks, thinly sliced
- 2 TB. sliced almonds

- 1 In a small bowl, whisk blue cheese, mayonnaise, heavy cream, sour cream, lemon juice, sea salt, and black pepper to make dressing. Set aside.
- 2 Heat a small skillet over medium-high heat. When the skillet is hot, add extra-virgin olive oil.
- 3 Add chicken thighs and cook for 2 to 4 minutes, or until browned and cooked through.
- 4 Add salted butter to the hot skillet with chicken. When butter melts and sizzles, add hot pepper sauce and stir. Remove from heat.
- 5 In a large salad bowl, toss romaine and celery with dressing. Divide into 2 bowls. Top with buffalo chicken and sliced almonds to serve.

If you don't care for blue cheese dressing, you can use ranch to dress the vegetables instead.

## Nutrition per Serving

Fat **84%** Net Carb **3%**  
Protein **13%** Ratio **2.3:1**

Calories  
**644**

Fat  
**60g**

Protein  
**21g**

Total Carbohydrate  
**8g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**5g**



Sweet cocktail shrimp are decadently dressed in creamy avocado with a hint of red onion and a spritz of fresh lime.

# Shrimp and Avocado Salad

Prep Time: 10 mins

Cook Time: none

Yield: 2 cups

Serving Size: 1 cup

## Ingredients

- 1 large avocado
- ¼ cup mayonnaise
- 2 tsp. fresh lime juice
- ¼ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- ¼ tsp. ground cumin (optional)
- ½ lb. (225g) cooked cocktail shrimp, peeled
- 2 TB. red onion, minced
- 2 TB. fresh cilantro, chopped

- 1 Divide avocado in half and remove pit. Dice one avocado half and set aside.
- 2 In a medium bowl, mash remaining avocado half into a smooth paste. Add mayonnaise, lime juice, sea salt, black pepper, and cumin (if using), and stir until well blended.
- 3 Add cocktail shrimp, red onion, cilantro, and diced avocado. Stir gently to combine. Serve immediately.

**Variation:** To make **Creamy Shrimp and Celery Salad**, replace cilantro with 2 tablespoons chopped dill, use 2 teaspoons fresh lemon juice instead of lime juice, and add 1 large celery stalk, thinly sliced.

Feel free to use frozen cooked shrimp for this recipe. Just be sure to thaw the shrimp in the refrigerator beforehand.

## Nutrition per Serving

Fat **70%** Net Carb **4%**  
Protein **26%** Ratio **1.1:1**

Calories  
**460**

Fat  
**36g**

Protein  
**30g**

Total Carbohydrate  
**11g**

Dietary Fiber  
**7g**

Net Carbohydrate  
**4g**

This salad is piled high with antipasto ingredients, lightened with fresh basil and parsley, and drizzled with fruity olive oil.

# Antipasto Salad

Prep Time: **10 mins**Cook Time: **none**Yield: **2 salads**Serving Size: **1 salad**

## Ingredients

- 2 small Persian cucumbers, diced
- ½ cup pitted Kalamata olives
- ½ cup pitted green olives
- 2 thin (2mm) slices red onion
- 6 pepperoncinis, stemmed and sliced
- 3 oz. (85g) hard salami, peeled (if needed) and diced
- 4 oz. (110g) fresh mozzarella, diced
- ¼ cup fresh basil leaves, thinly sliced
- ½ cup Italian flat-leaf parsley
- ¼ cup pine nuts
- 2 TB. extra-virgin olive oil
- ½ tsp. freshly ground black pepper

**1** In a large bowl, combine Persian cucumbers, Kalamata olives, green olives, red onion, pepperoncinis, hard salami, mozzarella, basil, Italian flat-leaf parsley, and pine nuts.

**2** Drizzle with extra-virgin olive oil and season with black pepper. Toss to combine. Serve immediately, or refrigerate for up to 12 hours.

While you can use any salami, look for a high-quality one comprised of only pork or beef, salt, garlic, and spices—no fillers.

## Nutrition per Serving

Fat **76%** Net Carb **7%**  
Protein **17%** Ratio **1.4:1**

Calories  
**660**

Fat  
**56g**

Protein  
**28g**

Total Carbohydrate  
**18g**

Dietary Fiber  
**7g**

Net Carbohydrate  
**11g**

For this unique salad, radicchio is pan-fried in bacon fat and tossed with basil, dill, toasted pine nuts, and Parmesan.

# Radicchio and Fresh Herb Salad

Prep Time: **10 mins**

Cook Time: **12 mins**

Yield: **2 salads**

Serving Size: **1 salad**

## Ingredients

- ½ cup pine nuts
- 3 TB. extra-virgin olive oil
- ¼ tsp. sea salt
- 2 uncured bacon slices, diced
- 1 medium head radicchio, quartered
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh dill
- ¼ tsp. freshly ground black pepper
- 2 oz. (55g) Parmesan, grated or shaved

**1** Heat a medium skillet over low heat. Add pine nuts, 1 tablespoon extra-virgin olive oil, and sea salt. Cook for 4 to 5 minutes, stirring constantly, or until nuts are golden brown and fragrant. Remove nuts and transfer to a large bowl.

**2** Reheat the skillet over medium heat. Add uncured bacon and cook, stirring occasionally, for 4 to 5 minutes, or until bacon is browned. Remove bacon from the skillet and transfer to the large bowl with the toasted pine nuts.

**3** Reheat the skillet (including remaining drippings) over high heat. When the skillet is hot, carefully place radicchio quarters in the hot bacon fat. Cook for 1 minute.

**4** Using long-handled tongs, turn radicchio quarters over. Cook for an additional 1 minute. Transfer to the large bowl.

**5** Add basil, dill, black pepper, remaining 2 tablespoons extra-virgin olive oil, and Parmesan to the large bowl. Toss to combine. Divide into 2 salad bowls and serve warm.

You can also grill the radicchio. To keep the ratios the same, simply add the bacon fat to the salad before tossing.

## Nutrition per Serving

Fat **86%** Net Carb **2%**  
Protein **12%** Ratio **2.8:1**

Calories  
**584**

Fat  
**56g**

Protein  
**18g**

Total Carbohydrate  
**5g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**2g**

Delicate kale ribbons are covered with a lemon and pepper vinaigrette and tossed with Parmesan and bacon bits.

# Kale and Parmesan Salad

Prep Time: 10 mins

Cook Time: 6 mins

Yield: 2 salads

Serving Size: 1 salad

## Ingredients

12 lacinato or dinosaur kale leaves

¼ tsp. sea salt

4 oz. (110g) uncured bacon (about 4 slices), minced

2 TB. extra-virgin olive oil

2 tsp. fresh lemon juice

½ tsp. freshly ground black pepper

¼ cup grated or shaved Parmesan

1 Remove woody stems from lacinato kale. Roll leaves together to form a loose bundle. Carefully slice kale crosswise into very thin slices or ribbons.

2 Place kale in a colander or strainer over the sink. Sprinkle with sea salt and gently massage to coat kale. Let sit for 5 minutes.

3 Meanwhile, heat a medium skillet over medium heat. Add bacon and cook for 4 to 6 minutes, stirring occasionally, until bacon is crisp. Remove bacon from the skillet and place on a paper towel. Reserve bacon drippings.

4 In a small mixing bowl, whisk extra-virgin olive oil with bacon drippings. Add lemon juice and black pepper and whisk together to make dressing.

5 Squeeze any water out of kale. Place kale in a large salad bowl and toss with dressing to coat. Top with bacon pieces and Parmesan to serve.

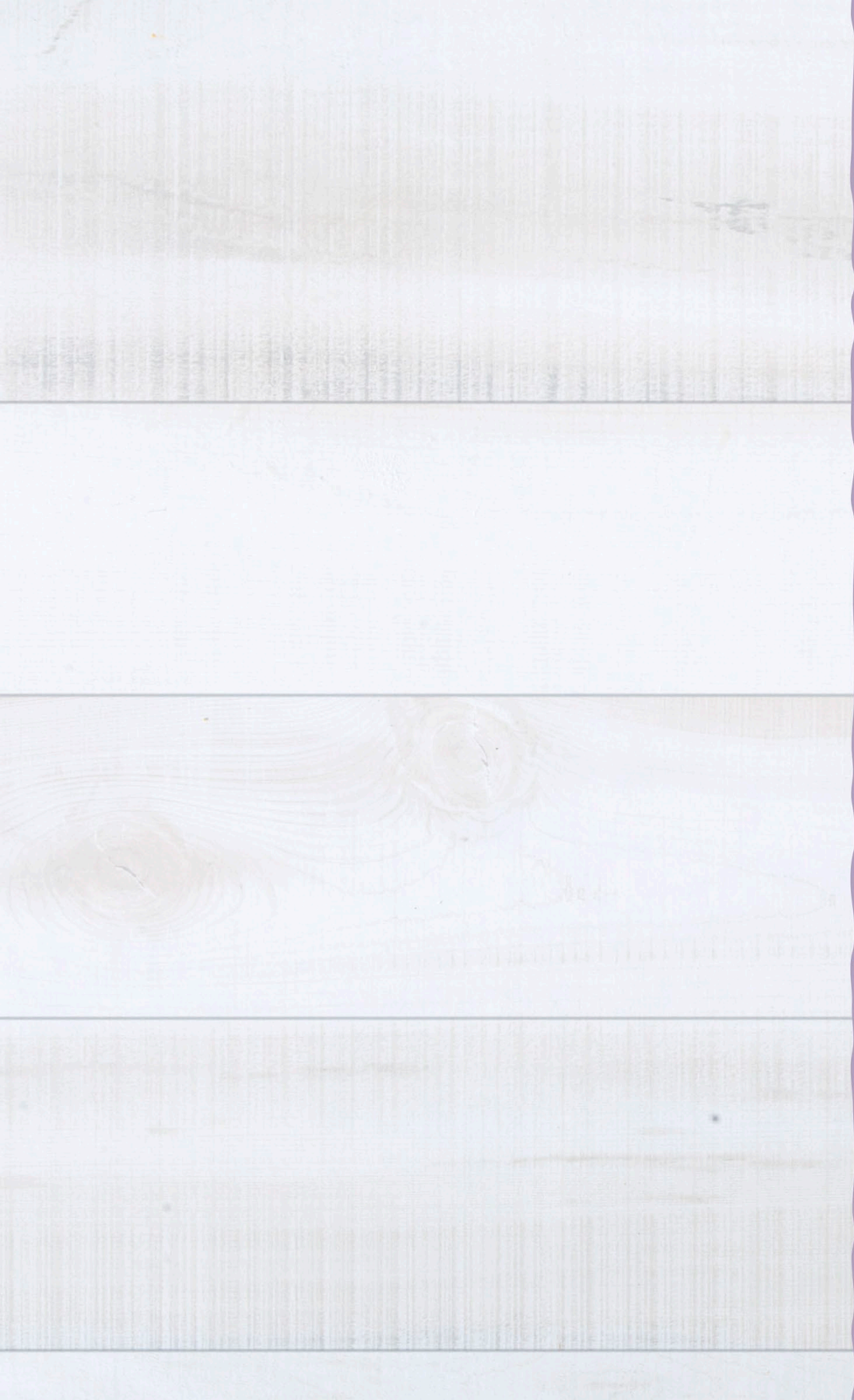
The chopping technique used for the kale in this salad is called *chiffonade*. The thin ribbons soften the rigid kale texture.

**Variation:** To mix it up a bit, replace kale with 3 cups thinly sliced red chicory or radicchio, and use blue cheese instead of Parmesan for a delicious **Radicchio and Blue Cheese Salad**.

## Nutrition per Serving

Fat <b>63%</b>	Net Carb <b>8%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>29%</b>	Ratio <b>0.8:1</b>	<b>516</b>	<b>36g</b>	<b>37g</b>	<b>14g</b>	<b>3g</b>	<b>11g</b>





# *Soups and Stews*

What's more comforting than a hot bowl of soup or stew during the cold winter months? Soup and keto go hand in hand due to their perfect blends of fat and salt. From cheddar broccoli soup to chicken stew, these deliciously simple recipes offer ample variety without skimping on flavor. And because they make great leftovers and reheat well, you always can make double batches and freeze them for later.

This foolproof chicken stock is chock-full of fat and collagen, making it a great base for keto soups and stews.

# Keto Chicken Stock

Prep Time: **1 hr**Cook Time: **6 hrs**Yield: **2 qt. (2l)**Serving Size: **2 cups**

## Ingredients

- ¼ cup extra-virgin olive oil
- 2 lb. (1kg) chicken wings, necks, and backs
- 1 yellow onion, quartered (with peel on)
- 4 qt. (4l) cold water
- 1 lb. (450g) chicken feet (optional; use 1 lb. [450g] additional chicken wings otherwise)
- 1 TB. apple cider vinegar
- 1 bay leaf
- 1 tsp. whole black peppercorns
- 2 tsp. sea salt

- 1 Heat a large stockpot or Dutch oven over medium-high heat. Add extra-virgin olive oil.
- 2 When the pot is hot and oil is shimmering, add chicken wings, necks, and backs, as well as yellow onion. Cook, stirring occasionally, until well browned, about 5 to 7 minutes.
- 3 Add cold water and stir, scraping up any browned bits from the bottom of the pot.
- 4 Add chicken feet (if using), apple cider vinegar, bay leaf, black peppercorns, and sea salt. Stir and reduce heat to medium-low.
- 5 Simmer for 4 to 5 hours, occasionally skimming any white scum that comes to surface of stock.
- 6 To finish stock, remove from heat and let stand for 1 hour. Strain stock to render a clear liquid.
- 7 Refrigerate or freeze stock immediately in 2- to 4-cup portions for later use.

For a slow cooker: add ingredients, reduce the water to 2 qt. (2l), cover, and cook on low 8 to 12 hours. Cool, strain, and store.

## Nutrition per Serving

Fat <b>67%</b>	Net Carb <b>3%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>30%</b>	Ratio <b>0.9:1</b>	<b>458</b>	<b>34g</b>	<b>35g</b>	<b>4g</b>	<b>1g</b>	<b>3g</b>

This gorgeous dark-colored stock uses roasted bones to create a substantial and deeply flavored base.

# Keto Pork Stock

Prep Time: 1 hr

Cook Time: 6 hrs

Yield: 2 qt. (2l)

Serving Size: 2 cups

## Ingredients

2 lb. (1kg) pork marrow bones  
 1 lb. (450g) pork trotters  
 ¼ cup extra-virgin olive oil  
 1 yellow onion, quartered (with peel on)  
 1 large carrot, quartered  
 1 large celery stalk, quartered  
 4 qt. (4l) cold water  
 1 TB. apple cider vinegar  
 1 bay leaf  
 2 dried shiitake mushrooms (optional)  
 2 tsp. sea salt

**1** Preheat the oven to 350°F (180°C). Place pork marrow bones and trotters on a rimmed metal baking sheet. Bake for 20 to 30 minutes, or until browned.

**2** Heat a large stockpot or Dutch oven over medium-high heat. Add extra-virgin olive oil. When the pot is hot and oil is shimmering, add yellow onion, carrot, and celery.

**3** Sauté, stirring occasionally, until browned, about 4 to 5 minutes. Add cold water and stir, scraping up any browned bits from the bottom of the pot.

**4** Add browned bones and trotters, along with any residual drippings from the baking sheet. Add apple cider vinegar, bay leaf, dried shiitake mushrooms (if using), and sea salt. Stir and reduce heat to medium-low.

**5** Simmer for 4 to 5 hours, occasionally skimming any white scum that comes to surface of stock.

**6** To finish stock, remove from heat and let stand for 1 hour. Strain stock to render a clear liquid.

**7** Refrigerate or freeze stock immediately in 2- to 4-cup portions for later use.

**Variation:** To make **Keto Beef Stock**, replace pork marrow bones with 2 pounds (1kg) beef knuckle bones, and use 1 pound (450g) oxtails or beef short ribs instead of pork trotters.

## Nutrition per Serving

Fat	72%	Net Carb	5%	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate	
Protein	23%	Ratio	1.2:1	628		44g		32g		7g		1g		6g	



You'll never miss the baguette in this rich beef and onion broth covered with a gooey layer of golden-brown cheeses.

# French Onion Soup

Prep Time: **10 mins**Cook Time: **1 hr**Yield: **6 cups**Serving Size: **1½ cups**

## Ingredients

¼ cup salted butter  
 2 large yellow onions, sliced into thin rings  
 6 cups beef broth  
 ½ cup dry white wine  
 1 bay leaf  
 1 tsp. dried thyme  
 ½ tsp. sea salt  
 ¼ tsp. freshly ground black pepper  
 4 oz. (110g) Gruyère, sliced  
 4 oz. (110g) Parmigiano-Reggiano, grated

- 1 Heat a medium soup pot over medium-low heat. Add salted butter.
- 2 When butter melts, add yellow onions. Cook, stirring occasionally, for 20 to 30 minutes, or until a deep caramel brown.
- 3 Add beef broth, dry white wine, bay leaf, dried thyme, sea salt, and black pepper. Stir, cover, and simmer for 20 minutes. Remove and discard bay leaf.
- 4 Preheat the broiler to high and place a rack on the highest shelf.
- 5 Place 4 ovenproof crocks or metal bowls on a rimmed metal baking sheet.
- 6 Divide soup into the 4 crocks. Cover with Gruyère and Parmigiano-Reggiano.
- 7 Place the crocks on the top shelf of the oven and broil for 2 to 4 minutes, or until cheese is bubbly and golden brown. Let cool for 2 minutes before serving.

Real Parmigiano-Reggiano can't be beat quality-wise. But if you wish, you may use a different hard cheese, such as pecorino.

## Nutrition per Serving

Fat **79%** Net Carb **6%**  
 Protein **15%** Ratio **1.7:1**

Calories  
**601**

Fat  
**53g**

Protein  
**23g**

Total Carbohydrate  
**9g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**8g**

This full-flavored stew is teeming with zesty Italian sausage, robust kielbasa, sturdy vegetables, and lively seasonings.

# Hearty Italian Stew

Prep Time: **10 mins**Cook Time: **45 mins**Yield: **8 cups**Serving Size: **2 cups**

## Ingredients

- ¼ cup extra-virgin olive oil
- ½ cup yellow onion, diced
- ½ cup carrot, diced
- 1 garlic clove, minced
- 1 lb. (450g) ground mild Italian sausage
- ½ medium green bell pepper, seeded and diced
- 1 TB. tomato paste
- 4 cups chicken stock
- 8 curly green kale leaves, woody stems removed
- ⅓ lb. (170g) kielbasa, sliced
- 1 tsp. Italian seasoning
- ¼ tsp. crushed red pepper flakes
- Sea salt (optional)
- ¼ cup fresh basil, chopped

**1** Heat a large soup pot or Dutch oven over medium heat. When the pot is hot, add extra-virgin olive oil and wait for 30 seconds.

**2** Add yellow onion and carrot and cook, stirring occasionally, for 3 to 5 minutes, or until onion begins to soften. Add garlic and cook for an additional 1 minute.

**3** Add mild Italian sausage, and use a wooden spoon to break apart in the bottom of the pot. Cook for 5 minutes, or until sausage begins to brown.

**4** Add green bell pepper and tomato paste and cook for an additional 2 minutes.

**5** Pour chicken stock into the pot, scraping up any browned bits off the bottom of the pot. Add kale, kielbasa, Italian seasoning, and crushed red pepper flakes. Cover, reduce heat to medium-low, and simmer for 30 minutes.

**6** Taste soup and season with sea salt to taste, if necessary. Ladle soup into bowls and sprinkle with basil to serve.

## Nutrition per Serving

Fat <b>77%</b>	Net Carb <b>6%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>17%</b>	Ratio <b>1.5:1</b>	<b>525</b>	<b>45g</b>	<b>22g</b>	<b>12g</b>	<b>4g</b>	<b>8g</b>



Chewy Manila clams, chunks of salmon, sweet bay scallops, and plump shrimp abound in this flavorful chowder.

# Seafood Chowder

Prep Time: **10 mins**Cook Time: **35 mins**Yield: **8 cups**Serving Size: **2 cups**

## Ingredients

- ¼ cup unsalted butter
- ¼ cup shallots, diced
- ¼ cup carrots, diced
- ¼ cup celery, diced
- ½ tsp. dried thyme
- 2 cups vegetable broth
- ¼ cup dry white wine
- ¼ lb. (115g) celery root, peeled and diced
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 2 cups heavy cream
- ¼ lb. (115g) live Manila clams, cleaned
- ¼ lb. (115g) fresh salmon, cut into 1-in. (2.5cm) cubes
- ¼ lb. (115g) raw bay scallops (out of shell)
- ¼ lb. (115g) raw shrimp, peeled and deveined

- 1 Heat a large soup pot or Dutch oven over medium-high heat. Add unsalted butter.
- 2 When butter melts, add shallots, carrots, celery, and thyme. Sauté, stirring occasionally, for 4 to 6 minutes, or until shallots have softened.
- 3 Pour in vegetable broth and stir, scraping up any browned bits from the bottom of the pot.
- 4 Add dry white wine, celery root, sea salt, and black pepper. Reduce heat to medium-low and simmer for 15 to 20 minutes, or until celery root is tender.
- 5 Stir in heavy cream and bring back to a light simmer. Add Manila clams and simmer for 2 minutes.
- 6 Add salmon, bay scallops, and shrimp and simmer for an additional 1 to 2 minutes, or until seafood is cooked through and clams have opened.
- 7 Discard any clams that don't open. Serve immediately.

Feel free to vary the seafood you use. Just be sure you don't use more than 1 lb. (450g) to keep an optimal keto balance.

## Nutrition per Serving

Fat <b>81%</b>	Net Carb <b>7%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>12%</b>	Ratio <b>1.9:1</b>	<b>655</b>	<b>59g</b>	<b>20g</b>	<b>12g</b>	<b>1g</b>	<b>11g</b>

Earthy mushrooms and sweet leek flavor this smooth and creamy soup, seasoned with a hint of thyme.

# Cream of Mushroom Soup

Prep Time: 10 mins

Cook Time: 30 mins

Yield: 8 cups

Serving Size: 2 cups

## Ingredients

¼ lb. (115g) unsalted butter,  
cut into cubes

3 TB. extra-virgin olive oil

1 leek, chopped

1 garlic clove, minced

¾ lb. (340g) cremini  
mushrooms, quartered

4 cups mushroom stock or  
vegetables stock

½ cup dry white wine

1 tsp. dried thyme

½ tsp. sea salt

¼ tsp. freshly ground black  
pepper

2 TB. cornstarch

2 TB. cold water

2 cups heavy cream

1 Heat a small soup pot over medium-high heat. When the pot is hot, add unsalted butter and extra-virgin olive oil. Wait for 30 seconds.

2 Add leek, garlic, and mushrooms and sauté, stirring occasionally, for 4 to 6 minutes, or until browned. Add mushroom stock, dry white wine, thyme, sea salt, and black pepper. Reduce heat to medium-low, cover, and simmer for 20 minutes. (If desired, remove the pot from heat afterward and use an immersion blender to purée soup before returning to the stove over medium-high heat.)

3 Meanwhile, in a small bowl, combine cornstarch with cold water and whisk until all lumps dissolve. Set aside.

4 Whisk heavy cream into soup. Slowly drizzle in cornstarch mixture and whisk for 1 minute, or until a creamy texture forms. Portion soup into bowls and serve warm.

This soup will lose its creaminess if frozen and thawed, so be sure to make it fresh for the best consistency.

**Variation:** To make **Cream of Asparagus Soup**, replace cremini mushrooms with ¾ pound (340g) sliced asparagus spears and simmer for 5 to 7 minutes before adding heavy cream.

## Nutrition per Serving

Fat **91%** Net Carb **6%**  
Protein **3%** Ratio **4.3:1**

Calories  
**774**

Fat  
**78g**

Protein  
**5g**

Total Carbohydrate  
**14g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**13g**

Fork-tender chunks of beef shoulder are slow-cooked with piquant ground chorizo in this meaty Texas-style chili.

# Texas Chili

Prep Time: 20 mins

Cook Time: 2 hrs

Yield: 12 cups

Serving Size: 1½ cups

## Ingredients

- 2 TB. chili powder
- 2 tsp. ground cumin
- 1 TB. granulated garlic
- 1½ lb. (680g) boneless beef chuck, cut into 1-in. (2.5cm) cubes
- 4 oz. (110g) thick-sliced, uncured bacon, diced
- ½ cup extra-virgin olive oil or lard
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 4 cups beef broth
- 1 lb. (450g) fresh pork chorizo
- 1 tsp. dried oregano
- 1 TB. red wine vinegar
- 1½ cups grated cheddar cheese
- 1½ cups sour cream
- 1 cup fresh cilantro, chopped

1 In a medium bowl, combine chili powder, cumin, and granulated garlic. Toss beef cubes in spice mixture. Set aside.

2 Heat a large soup pot over medium-low heat. Add uncured bacon and cook for 5 to 7 minutes, or until bacon is crisp. Remove bacon from the pot and place on a paper towel.

3 Add 3 tablespoons extra-virgin olive oil to residual bacon fat in the pot. Reheat the pot over medium-high heat.

4 When oil is hot, place half of beef cubes into the bottom of the pot. Cook for 1 to 2 minutes, or until browned. Turn beef cubes and brown on all sides. Remove beef from the pot.

5 Reheat the pot and add 3 tablespoons olive oil. Repeat Step 4 with remaining beef.

6 Reheat the pot and add remaining 2 tablespoons olive oil. Add onion and sauté, stirring occasionally, for 3 to 5 minutes. Add remaining spice mixture and cook for 1 minute.

7 Pour broth into the pot and scrape up any browned bits. Add 2 cups water, browned beef, pork chorizo, oregano, and red wine vinegar. Reduce heat to medium-low. Cook for 1 hour, 30 minutes, or until beef is tender.

8 To serve, top bowls of chili with cheddar cheese, sour cream, bacon, and cilantro.

**Variation:** To make **Colorado Green Chili**, replace chorizo with 1 pound (450g) ground pork, beef chuck with 1½ pounds (680g) pork shoulder, and onion with 2 diced poblano peppers; eliminate chili powder.

## Nutrition per Serving

Fat **81%** Net Carb **2%**  
Protein **17%** Ratio **1.9:1**

Calories  
**690**

Fat  
**62g**

Protein  
**29g**

Total Carbohydrate  
**6g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**4g**



This stew is brimming with shredded chicken, celery root, mushrooms, and fragrant rosemary in a rich, creamy broth.

# Rosemary Chicken Stew

Prep Time: **15 mins**Cook Time: **45 mins**Yield: **8 cups**Serving Size: **2 cups**

## Ingredients

- ¼ cup extra-virgin olive oil
- 1 TB. fresh rosemary, chopped
- 4 cloves garlic, minced
- 8 medium white button mushrooms, quartered
- 4 cups chicken broth
- 2 cups water
- 1 medium carrot, trimmed and sliced
- ¾ lb. (340g) celery root, peeled and diced
- 1 lb. (450g) skinless, boneless chicken thighs
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- 1 tsp. lemon zest
- 1 cup heavy cream
- 2 TB. arrowroot powder
- ¼ cup cold water

**1** Heat a large soup pot over medium heat. When the pot is hot, add extra-virgin olive oil and wait for 15 seconds.

**2** Add rosemary, garlic, and white button mushrooms. Cook, stirring occasionally, for 4 to 6 minutes, or until mushrooms are browned.

**3** Pour chicken broth into the pot. Stir, scraping up any browned bits from the bottom of the pot.

**4** Add water, carrot, celery root, chicken thighs, sea salt, and black pepper. Reduce heat to low, and simmer uncovered for 30 minutes, or until chicken is cooked through and vegetables are firm but tender.

**5** Remove chicken thighs from soup. Using 2 forks, pull thighs apart into shredded pieces. Return chicken to soup. Add lemon zest and heavy cream and stir.

**6** Mix arrowroot powder with cold water. Pour mixture into soup and stir to combine. Simmer for 3 to 5 minutes, or until creamy. Serve warm.

Celery root—a low-carb alternative to potatoes—turns brown quickly after peeling, so keep it in water with lemon juice.

## Nutrition per Serving

Fat <b>73%</b>	Net Carb <b>10%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>17%</b>	Ratio <b>1.2:1</b>	<b>553</b>	<b>45g</b>	<b>24g</b>	<b>15g</b>	<b>2g</b>	<b>13g</b>

Bright broccoli florets float in a rich cheddar cream sauce in this silky soup, topped with crunchy bacon crumbles.

# Broccoli Cheese Soup

Prep Time: **5 mins**Cook Time: **25 mins**Yield: **9 cups**Serving Size: **1½ cups**

## Ingredients

- 4 TB. unsalted butter
- ¼ cup yellow onion, diced
- ¼ cup carrots, diced
- 1 garlic clove, minced
- 2 cups vegetable broth
- 2 cups heavy cream
- 1 lb. (450g) broccoli florets
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 2½ cups grated cheddar cheese
- 4 bacon slices, cooked and crumbled (about 4 oz.; 110g)

- 1 Heat a large soup pot or Dutch oven over medium-high heat. Add unsalted butter.
- 2 When butter melts, add yellow onion, carrots, and garlic. Sauté, stirring occasionally, for 4 to 5 minutes, or until vegetables have softened.
- 3 Pour in vegetable broth and stir, scraping up any browned bits from the bottom of the pot.
- 4 Add heavy cream, broccoli florets, sea salt, and black pepper. Reduce heat to medium-low and simmer for 15 to 20 minutes, or until broccoli is tender.
- 5 Using a wooden spoon, stir in cheddar cheese and continue stirring until smooth. Top with bacon crumbles to serve.

If you want a creamier texture, use an immersion blender to purée the soup before topping with bacon crumbles.

**Variation:** You can add ½ pound (225g) skinless, boneless chicken thighs, cut into thin slices, to make **Cheesy Broccoli Chicken Soup**. Simply add chicken along with the broccoli florets and simmer until cooked through. (Don't purée this variation.)

## Nutrition per Serving

Fat **82%** Net Carb **4%**  
Protein **14%** Ratio **2.0:1**

Calories  
**673**

Fat  
**61g**

Protein  
**23g**

Total Carbohydrate  
**11g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**8g**

Layers of umami flavor this slow-cooked broth, loaded with low-carb kelp noodles and all the traditional ramen toppings.

# Low-Carb Ramen

Prep Time: **15 mins**Cook Time: **3 hrs, 35 mins**Yield: **8 cups**Serving Size: **2 cups**

## Ingredients

- ¼ cup sesame oil
- 1 lb. (450g) pork spare ribs
- 6 chicken wings
- 3 pieces kombu
- 12 scallions, thinly sliced
- ½ cup bonito flakes
- 4 garlic cloves, crushed
- 1 3-in. (7.5cm) piece fresh ginger root, peeled and halved
- 1 tsp. sea salt
- 1 oz. (25g) dried shiitake mushrooms
- 3 TB. tamari or coconut aminos
- 1 TB. rice wine vinegar
- ½ lb. (225g) thick-sliced bacon (about ¼-in.; .5cm thick), cut into 4 or 8 equal pieces
- 1 24-oz. (680g) pkg. kelp noodles
- 4 nori sheets, cut in half
- 2 TB. toasted sesame seeds
- 2 large eggs, hard-cooked, peeled, and halved

**1** Heat a large soup pot over medium-high heat. When hot, add 2 tablespoons sesame oil.

**2** Add spare ribs and chicken wings to hot oil and brown on all sides, about 3 to 5 minutes.

**3** Add 4 quarts (4l) water to the pot, scraping up any browned bits from the bottom. Cover pot and increase heat to high.

**4** When water boils, add kombu. Boil for 10 minutes. Remove and discard kombu.

**5** Add 10 scallions, bonito flakes, garlic, ginger root, and sea salt. Reduce heat to medium-low and simmer, uncovered, for 3 hours, or until spare ribs fall off the bone.

**6** Strain broth. Remove large pieces of pork and chop. Return pork to the pot.

**7** Return broth to the pot and place over medium heat. Add shiitake mushrooms, tamari, and rice wine vinegar and cook for 8 to 10 minutes, or until mushrooms are tender.

**8** Meanwhile, heat a small skillet over medium heat. When the skillet is hot, add remaining 2 tablespoons sesame oil. Place thick-sliced bacon in hot oil and cook until browned and crisp, about 3 to 5 minutes per side. Remove bacon and reserve oil.

**9** Rinse kelp noodles under cool water. Add noodles to hot broth and cook for 2 to 3 minutes, or until softened.

**10** Ladle soup and noodles into 4 bowls. Top each bowl with 1 nori sheet, 2 scallions, toasted sesame seeds, 1 hard-cooked egg half, and bacon. Drizzle with remaining oil from the bacon pan and serve.

## Nutrition per Serving

Fat <b>72%</b>	Net Carb <b>4%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>24%</b>	Ratio <b>1.1:1</b>	<b>1,078</b>	<b>86g</b>	<b>65g</b>	<b>16g</b>	<b>5g</b>	<b>11g</b>



Silky ribbons of egg float in golden chicken broth in this simple soup, finished with a drizzle of toasted sesame oil.

# Egg Drop Soup

Prep Time: **5 mins**

Cook Time: **15 mins**

Yield: **4 cups**

Serving Size: **2 cups**

## Ingredients

- 4 cups chicken broth
- 1 tsp. fish sauce
- 2 large eggs, slightly beaten
- 2 TB. toasted sesame oil
- 1 green onion, thinly sliced

**1** In a small soup pot over medium heat, bring chicken broth to a simmer, about 5 to 10 minutes. When broth is simmering, stir in fish sauce.

**2** While continuously whisking broth with one hand, slowly drizzle in eggs with the other. Eggs will immediately coagulate into ribbons. Remove from heat.

**3** Ladle soup into 2 bowls. Drizzle with toasted sesame oil and sprinkle with green onion to serve.

## Nutrition per Serving

Fat **77%**    Net Carb **5%**  
Protein **18%**    Ratio **1.5:1**

Calories **223**  
Fat **19g**  
Protein **10g**  
Total Carbohydrate **3g**  
Dietary Fiber **0g**  
Net Carbohydrate **3g**

Many American versions of this soup add cornstarch for a thicker broth. As you are able to increase carbs, you may wish to whisk in 2 TB. arrowroot powder mixed with 2 TB. cold water and let simmer for 2 minutes before whisking in the egg.

Meaty beef oxtails are simmered alongside rich aromatics and a hearty selection of diced root vegetables in this stew.

# Oxtail and Root Vegetable Stew

Prep Time: **10 mins**Cook Time: **3 hrs, 10 mins**Yield: **6 cups**Serving Size: **1½ cups**

## Ingredients

1 lb. (450g) beef oxtails  
 ½ tsp. sea salt  
 ¼ tsp. freshly ground black pepper  
 8 TB. extra-virgin olive oil  
 2 TB. diced shallots  
 2 garlic cloves, minced  
 ½ tsp. ground allspice  
 ½ cup dry red wine  
 2 cups beef broth  
 2 cups cold water  
 2 bay leaves  
 1 sprig rosemary  
 1 medium carrot, trimmed and sliced  
 ½ lb. (225g) turnips, peeled and diced  
 ¾ lb. (340g) celery root, peeled and diced

**1** Heat a large soup pot or Dutch oven over medium-high heat.

**2** Season beef oxtails on all sides with sea salt and black pepper.

**3** When the pot is hot, add 3 tablespoons extra-virgin olive oil and heat until shimmering.

**4** Add enough oxtails to cover the bottom of the pot (don't overcrowd). Cook for 3 to 5 minutes on all sides, until deeply browned. Remove from the pot and repeat with 3 tablespoons olive oil and remaining oxtails.

**5** Reheat remaining olive oil in the pot over medium heat. Add remaining 2 tablespoons olive oil, shallots, garlic, and allspice. Cook for 2 to 3 minutes, or until shallots are browned and garlic is fragrant.

**6** Add dry red wine and stir, scraping up any browned bits from the bottom of the pot. Cook for 1 minute.

**7** Pour in beef broth and cold water. Add bay leaves, rosemary, and browned oxtails. Cover and reduce heat to low. Simmer, stirring occasionally, for 2 hours.

**8** Add carrot, turnips, and celery root. Replace cover and simmer for an additional 1 hour, or until vegetables and oxtails are tender.

**9** Remove and discard bay leaves and rosemary sprig before serving.

## Nutrition per Serving

Fat	<b>63%</b>	Net Carb	<b>12%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>25%</b>	Ratio	<b>0.8:1</b>	<b>615</b>		<b>43g</b>		<b>38g</b>		<b>22g</b>		<b>3g</b>		<b>19g</b>

This Cajun-style stew of okra pods, shrimp, and Andouille sausage is served with low-carb cauliflower “rice.”

## Gumbo



Prep Time: **10 mins**Cook Time: **30 mins**Yield: **12 cups**Serving Size: **2 cups***Ingredients*

- 2 TB. extra-virgin olive oil
- 6 oz. (170g) skinless, boneless chicken thighs, diced
- 8 TB. unsalted butter
- ½ large yellow onion, diced
- 2 garlic cloves, minced
- 1 cup celery, diced
- ½ medium green bell pepper, diced
- 2 TB. tomato paste
- 2 TB. Worcestershire sauce
- 4 cups chicken broth
- 2 tsp. Cajun spice blend
- 10 oz. (285g) package frozen sliced okra, thawed
- 3 cups cauliflower florets
- 1 lb. (450g) Andouille sausage, sliced
- ½ lb. (225g) raw shrimp, peeled
- ½ cup chopped fresh parsley
- ½ tsp. sea salt

- 1 Heat a large soup pot or Dutch oven over medium-high heat. When the pot is hot, add extra-virgin olive oil and wait for 30 seconds.
- 2 Add chicken thighs and brown for 2 to 3 minutes per side. Remove from the pot and set aside.
- 3 Add 2 tablespoons unsalted butter to the hot pot. When melted, add yellow onion, garlic, and celery. Sauté, stirring occasionally, for 4 to 5 minutes, or until softened and fragrant.
- 4 Add remaining 6 tablespoons unsalted butter, green bell pepper, tomato paste, and Worcestershire sauce. Stir to combine.
- 5 Pour chicken broth into the pot. Stir, scraping up any browned bits from the bottom.
- 6 Add browned chicken, Cajun spice blend, and okra. Reduce heat to medium-low and simmer, uncovered, for 20 minutes.
- 7 While soup simmers, place cauliflower florets into a food processor. Pulse for 30 seconds, or until a ricelike consistency forms. Set aside.
- 8 Add Andouille sausage, shrimp, and parsley to soup. Cook for an additional 1 to 2 minutes, or until sausage is warmed through and shrimp are bright pink. Season with sea salt (if using).
- 9 To serve, ladle gumbo into bowls and place ½ cup cauliflower "rice" on top of each bowl.

To make your own flavorful Cajun spice blend, combine 1 tsp. cayenne, 1 tsp. freshly ground black pepper, ½ tsp. white pepper, ½ tsp. ground cumin, and ½ tsp. granulated garlic.

*Nutrition per Serving*

Fat **66%** Net Carb **8%**  
Protein **26%** Ratio **0.9:1**

Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
<b>436</b>	<b>32g</b>	<b>28g</b>	<b>12g</b>	<b>3g</b>	<b>9g</b>



# Poultry Mains

When it comes to poultry, you may think you're limited to the same boring boneless, skinless chicken breast recipes that are so common to other diets. However, the keto diet allows you to eat a variety of poultry—even beyond the chicken and duck options listed in this chapter. From chicken alfredo to duck confit, these recipes allow you enjoy indulgent poultry-based meals without any guilt.

Prep Time: **10 mins**Cook Time: **40 mins**Yield: **9 cups**Serving Size: **1½ cups***Ingredients***1 lb. (450g) broccoli florets, cut into small florets****¼ cup unsalted butter****1 lb. (450g) boneless, skinless chicken thighs, diced****½ tsp. sea salt****¼ tsp. freshly ground black pepper****10 medium white button mushrooms, sliced****2 garlic cloves****1½ cups heavy cream****2½ cups sharp cheddar cheese, grated**

**1** Preheat the oven to 400°F (200°C). Evenly spread broccoli florets on the bottom of 9-inch (23cm) square baking dish.

**2** Heat a large skillet over medium-high heat. When the skillet is hot, add 1 tablespoon unsalted butter and chicken thighs. Sprinkle with sea salt and black pepper. Cook, stirring occasionally, for 3 to 4 minutes, or until chicken is browned. Remove from the skillet and place on a plate.

**3** Reheat the skillet and add 2 tablespoons unsalted butter. Add white button mushrooms and sauté, stirring frequently, for 3 to 4 minutes, or until mushrooms are lightly browned. Add garlic and sauté for an additional 1 minute. Transfer vegetables to the plate with chicken.

**4** Reheat the skillet over medium-high heat. Add remaining 1 tablespoon unsalted butter and wait until melted.

**5** Add heavy cream in a slow stream and whisk constantly, scraping up any browned bits from the bottom of the skillet. Simmer for 2 minutes.

**6** Add 1½ cups sharp cheddar cheese and continue to whisk until mixture thickens, or about 1 to 2 minutes. Pour mixture evenly into the baking dish over broccoli.

**7** Transfer chicken and mushrooms and spread evenly over broccoli and cheese sauce.

**8** Sprinkle remaining 1 cup sharp cheddar cheese over top and bake for 15 to 20 minutes, or until chicken is cooked through and cheese is browned and bubbly. Let sit for 5 minutes before serving.

Add black olives, sliced kielbasa, or even a dash of hot pepper sauce to this versatile casserole to mix it up.

*Nutrition per Serving*

Fat **74%** Net Carb **5%**  
Protein **21%** Ratio **1.2:1**

Calories **392**Fat **32g**Protein **21g**Total Carbohydrate **7g**Dietary Fiber **2g**Net Carbohydrate **5g**

This classic—chock-full of broccoli, mushrooms, and a rich sharp cheddar cheese sauce—gets a ketogenic makeover.

# *Cheesy Chicken Broccoli Casserole*



Duck breast is pan-roasted to perfection and drizzled in a golden brown butter sauce with sage.

# Duck Breast with Brown Butter and Sage

Prep Time: **5 mins**  
Cook Time: **20 mins**

Yield: **1 breast**  
Serving Size:  $\frac{1}{2}$  **breast**

## Ingredients

- 1 (6-oz.; 170g) skin-on duck breast
- $\frac{1}{4}$  tsp. sea salt, or to taste
- $\frac{1}{8}$  tsp. freshly ground black pepper
- 1 small head radicchio (about 4 oz.; 110g), core removed
- $\frac{1}{4}$  cup unsalted butter
- 6 fresh sage leaves, finely sliced

## Nutrition per Serving

Fat	<b>76%</b>	Net Carb	<b>2%</b>
Protein	<b>22%</b>	Ratio	<b>1.4:1</b>

Calories **393**  
Fat **33g**  
Protein **22g**  
Total Carbohydrate **3g**  
Dietary Fiber **1g**  
Net Carbohydrate **2g**





1 Preheat the oven to 400°F (200°C). Pat duck breast skin dry with a paper towel. Season both sides of duck breast with sea salt and black pepper.

2 Heat an ovenproof skillet over high heat. When hot, place duck breast in the skillet, fat side down. Sear for 3 to 4 minutes, or until fat turns deep brown.

3 Turn duck breast over and place the skillet in the oven. Roast, uncovered, for 9 to 11 minutes, or until desired internal temperature is reached.

4 While duck breast cooks, cut radicchio in half. Remove and discard woody white core and thinly slice leaves. Set aside.

5 Remove the skillet from the oven. Transfer duck breast, fat side up, to a cutting board to rest for 5 minutes.

6 Reheat the skillet over medium heat. Add unsalted butter and sage, and cook, stirring constantly, for 3 to 4 minutes, or until butter is a deep golden brown. Remove from heat.

7 After duck has finished resting, cut into 6 equal slices.

8 Divide radicchio onto 2 plates. Top with slices of duck breast and drizzle with browned butter and sage sauce to serve.

Velvety alfredo sauce, accentuated with a pinch of nutmeg, smothers pan-fried chicken thighs and bright broccolini.

# Chicken Alfredo with Broccolini

Prep Time: **5 mins**Cook Time: **25 mins**Yield: **3 cups**Serving Size: **1½ cups**

## Ingredients

- ½ lb. (225g) broccolini, ends trimmed
- 3 TB. unsalted butter
- 6 oz. (170g) boneless, skinless chicken thighs
- 1 cup heavy cream
- ¼ tsp. freshly ground black pepper
- ⅛ tsp. nutmeg
- ¾ cup grated Parmesan

## Nutrition per Serving

Fat **80%**   Net Carb **5%**  
Protein **15%**   Ratio **1.8:1**

Calories **834**  
Fat **74g**  
Protein **32g**  
Total Carbohydrate **14g**  
Dietary Fiber **4g**  
Net Carbohydrate **10g**

- 1 Bring a medium saucepan of water to a boil over high heat. Add broccolini and boil for 2 minutes, or until bright green and fork tender. Immediately plunge broccolini into cold water to stop cooking. Set aside.
- 2 Heat a medium skillet over medium-high heat. When the skillet is hot, add 1 teaspoon unsalted butter.
- 3 Add chicken thighs to the hot skillet and cook for 4 to 5 minutes per side, or until browned and cooked through. Transfer chicken to a cutting board and cut into ½-inch (1.25cm) slices. Set aside.
- 4 Reheat the saucepan over medium heat. Add remaining 2 tablespoons and 2 teaspoons butter. When butter melts, whisk in heavy cream, black pepper, and nutmeg. Bring to a light simmer and cook for 2 minutes.
- 5 Whisk Parmesan into cream to thicken. Add sliced chicken and broccolini, and toss in the warm pan to fully coat. Serve immediately.

Broccolini is similar to broccoli, but has longer, thinner stalks and a milder flavor. But if you can't find it, use broccoli florets.

Crispy almond-crusted chicken breast rolls are filled with a delicious lemon, garlic, and tarragon butter.

# Chicken Kiev

Prep Time: **3 hrs, 15 mins**

Cook Time: **45 mins**

Yield: **2 breasts**

Serving Size: **½ breast**

## Ingredients

8 TB. **unsalted butter**, at room temperature

½ tsp. **sea salt**

¼ tsp. **freshly ground black pepper**

½ tsp. **granulated garlic**

2 TB. **fresh tarragon**, chopped

1 tsp. **fresh lemon zest**

2 **boneless, skinless chicken breasts**

1 **large egg**, beaten

1 **cup almond flour**

¼ **cup sunflower oil**

## Nutrition per Serving

Fat **83%** Net Carb **3%**  
Protein **14%** Ratio **2.2:1**

Calories **586**

Fat **54g**

Protein **21g**

Total Carbohydrate **7g**

Dietary Fiber **3g**

Net Carbohydrate **4g**

- 1 In a small bowl, combine unsalted butter, sea salt, black pepper, granulated garlic, tarragon, and lemon zest.
- 2 Using a meat tenderizer, gently flatten both chicken breasts to ¼ inch (.5cm) thickness. (You may want to lay plastic wrap above and below chicken breasts before pounding.)
- 3 Spread butter mixture over one side of each chicken breast. Gently roll chicken into a tight log. Slice each log in half, and secure ends with toothpicks. Refrigerate for 3 hours.
- 4 Preheat the oven to 425°F (220°C). Dip rolled chicken in egg, and then cover in almond flour.
- 5 Heat a medium oven-proof skillet over medium-high heat. Add sunflower oil.
- 6 When oil is hot and shimmering, place chicken in the skillet. Brown for 3 to 4 minutes on each side.
- 7 Remove toothpicks and bake for 30 to 35 minutes, or until chicken is cooked through. Serve immediately.

Fresh tarragon has an unmistakable licorice-like flavor. If you don't care for black licorice, use chopped fresh parsley instead.

Yogurt and spice–marinated chicken thighs are blackened and simmered in a vibrant tomato and cream curry.

# Chicken Tikka Masala

Prep Time: **1 day, 15 mins**  
Cook Time: **50 mins**

Yield: **8 cups**  
Serving Size: **2 cups**

## Ingredients

- 4 garlic cloves, minced
- 2 TB. fresh ginger root, grated
- ½ cup plain whole-milk yogurt
- 3 TB. Curry Spice Mixture
- 1 lb. (450g) skinless, boneless chicken thighs, cut into large pieces
- 5 TB. unsalted butter
- 2 TB. minced shallot
- 2 TB. tomato paste
- 2 serrano peppers, seeded and minced
- 1 cup canned diced tomatoes, with juice
- 2 cups heavy cream
- 1 cup chicken broth
- 1 tsp. sea salt
- 3 cups cauliflower florets
- ½ cup fresh cilantro, chopped

## Nutrition per Serving

Fat **75%**      Net Carb **8%**  
Protein **17%**      Ratio **1.3:1**

Calories **768**  
Fat **64g**  
Protein **33g**  
Total Carbohydrate **20g**  
Dietary Fiber **5g**  
Net Carbohydrate **15g**

To make Curry Spice Mixture, combine 4 tsp. garam masala, 2 tsp. turmeric, 1 tsp. ground coriander, 1 tsp. ground cumin, and 1 tsp. ground cardamom.





1 Combine 2 garlic cloves, 1 tablespoon ginger root, yogurt, and 1½ tablespoons Curry Spice Mixture in a resealable plastic bag. Add chicken, seal the bag, and gently massage contents to mix. Refrigerate for 12 to 24 hours.

2 Heat a Dutch oven over medium heat. Add unsalted butter and stir until melted.

3 Add remaining 2 garlic cloves, shallot, remaining 1 tablespoon ginger root, tomato paste, and serrano peppers. Cook, stirring frequently, for 3 to 5 minutes, or until shallot softens. Add remaining 1½ tablespoons Curry Spice Mixture and cook for 1 minute, or until fragrant.

4 Add tomatoes, scraping up any browned bits from the bottom. Add heavy cream, chicken broth, and sea salt and bring to a simmer. Cover and simmer for 15 minutes.

5 Meanwhile, arrange the oven rack to the highest position. Preheat the broiler on high.

6 Scrape yogurt mixture off chicken pieces and discard mixture. Arrange chicken on a wire rack over a rimmed baking sheet. Broil for 8 to 12 minutes, or until lightly blackened on top.

7 Add chicken and cauliflower florets to sauce. Cover and simmer for 10 to 15 minutes, or until chicken is cooked and cauliflower is tender. Sprinkle with fresh cilantro to serve.

Duck quarters are marinated in garlic, bay leaves, and orange zest, and slow cooked in fat until crisped and tender.

# Duck Confit

Prep Time: **1 day, 15 mins**

Cook Time: **3 hrs**

Yield: **2 legs**

Serving Size: **½ leg**

## Ingredients

2 whole duck legs, cut into thighs and drumsticks (about 1 lb.; 450g)

2 bay leaves

2 garlic cloves, halved

1 tsp. fresh orange zest

½ tsp. freshly ground black pepper

½ cup extra-virgin olive oil

1 tsp. sea salt

6 cups chopped frisée

2 TB. balsamic vinegar

**1** Place duck legs and thighs in a small baking dish. Make sure the dish is as small as possible to fit duck in one layer, tightly packed in the bottom.

**2** Tuck bay leaves and garlic clove halves around duck. Sprinkle with orange zest and black pepper, and drizzle with extra-virgin olive oil. Cover and refrigerate for 1 day.

**3** Preheat the oven to 350°F (180°C). Sprinkle duck with sea salt. Bake for 3 hours, basting every 30 minutes, until duck is cooked through and tender.

**4** Remove finished duck from the baking dish and set aside. Carefully pour hot fat into a heatproof container and reserve.

**5** In a medium bowl, toss frisée with balsamic vinegar and ¼ cup of reserved fat. Serve alongside duck quarters.

Traditional duck confit is a laborious task using all parts of the duck. This modified version requires much less hands-on prep.

## Nutrition per Serving

Fat **83%** Net Carb **2%**  
Protein **15%** Ratio **2.1:1**

Calories  
**348**

Fat  
**32g**

Protein  
**13g**

Total Carbohydrate  
**5g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**2g**

Chicken, sour cream, and green chilies sit atop roasted leeks, and are covered in enchilada sauce and cheese.

# Chicken Enchilada Casserole

Prep Time: **20 mins**Cook Time: **50 mins**Yield: **1 casserole**Serving Size: **1/8 casserole**

## Ingredients

- 2 large leeks, trimmed to 6-in. (15.25cm) stalks
- 2 TB. extra-virgin olive oil
- 1 lb. (450g) skinless, boneless chicken thighs
- 4 TB. unsalted butter
- 2 TB. chili powder
- 1 tsp. ground cumin
- 1 tsp. granulated garlic
- 1 tsp. dried oregano
- 1 tsp. sea salt
- 1 cup chicken broth
- 1 TB. arrowroot powder, mixed with 2 TB. cold water
- 1½ cups sour cream
- 1 (4-oz.; 110g) can diced green chilies, drained (optional)
- 1 (8-oz.; 225g) can sliced black olives, drained
- 2 cups grated Monterey Jack cheese
- ½ cup fresh cilantro, chopped

**1** Preheat the oven to 425°F (220°C). Cut leeks in half lengthwise. Rinse halves under cold water to remove any dirt.

**2** Place leeks in a layer at the bottom of a 9×13-inch (23×33cm) casserole pan. Drizzle with extra-virgin olive oil and rub to coat. Place chicken thighs on top of leeks and bake for 15 to 20 minutes, or until cooked through.

**3** Heat a medium saucepan over medium-high heat. Add butter. When butter melts, whisk in chili powder, cumin, garlic, oregano, and sea salt until fragrant. Whisk in chicken stock and bring to a simmer.

**4** Drizzle in arrowroot mixture while whisking stock. Simmer for 1 minute, or until thickened. Remove from heat.

**5** When chicken thighs are fully cooked, remove from the pan and shred using 2 forks.

**6** Combine shredded chicken with sour cream and green chilies (if using) and mix well.

**7** Spread shredded chicken mixture evenly over roasted leeks. Cover with black olives. Pour sauce over casserole and sprinkle with Monterey Jack cheese.

**8** Reduce the oven temperature to 350°F (180°C) and bake casserole for 20 to 25 minutes, or until cheese is brown and bubbly.

**9** Let casserole sit for 10 minutes before slicing and scooping into bowls. Sprinkle with cilantro to serve.

## Nutrition per Serving

Fat	<b>71%</b>	Net Carb	<b>9%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>20%</b>	Ratio	<b>1.1:1</b>	<b>391</b>		<b>31g</b>		<b>19g</b>		<b>11g</b>		<b>2g</b>		<b>9g</b>



Whole chicken thighs are perfectly roasted until the skin is crisp and golden, and then coated in a tasty pesto sauce.

# Roasted Chicken Thighs with Pesto

Prep Time: **10 mins**

Cook Time: **35 mins**

Yield: **4 thighs**

Serving Size: **1 thigh**

## Ingredients

4 (4 oz.; 110g each) skin-on, bone-in chicken thighs

½ cup plus 1 TB. extra-virgin olive oil

½ tsp. sea salt

¼ tsp. freshly ground black pepper

1½ cups fresh basil leaves

2 garlic cloves

1 TB. lemon juice

¼ cup pine nuts

¼ cup grated Parmesan

**1** Preheat the oven to 375°F (190°C). Coat chicken thighs with 1 tablespoon extra-virgin olive oil and sprinkle with sea salt and black pepper.

**2** Place chicken thighs, skin side down, on a rimmed metal baking sheet (or use a large cast-iron pan). Bake for 20 minutes.

**3** While chicken bakes, place basil, garlic, lemon juice, pine nuts, Parmesan, and remaining ½ cup extra-virgin olive oil in a food processor. Pulse for 1 to 2 minutes, or until a smooth paste forms. Add additional olive oil, if needed. Taste and season with additional sea salt or lemon juice, if desired.

**4** After 20 minutes, remove chicken from the oven. Turn chicken and bake for an additional 10 to 15 minutes, or until chicken is cooked through and skin is crisp. Top with pesto and serve.

Marinate chicken in ¼ cup olive oil, 1 tsp. oregano, 1 tsp. lemon zest, and 1 minced garlic for up to one day for extra flavor.

## Nutrition per Serving

Fat **83%** Net Carb **1%**  
Protein **16%** Ratio **2.2:1**

Calories  
**445**

Fat  
**41g**

Protein  
**18g**

Total Carbohydrate  
**2g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**1g**



# Beef Mains

Because saturated fat has been demonized for years, red meat—with its high saturated fat content—has received a lot of negative attention. The truth is, saturated fats are important for maintaining proper bone density, a healthy immune system, and normal testosterone levels. So from burgers to stroganoff, you can savor the rich, flavorful recipes in this chapter while also benefitting your health.

Prep Time: 10 mins

Cook Time: 25 mins

Yield: 8 oz. (225g)

Serving Size: 4 oz. (110g)

*Ingredients*

- 2 TB. whole black peppercorns
- 8 oz. (225g) boneless rib-eye steak, cut in half lengthwise
- 2 tsp. sunflower oil
- 2 TB. unsalted butter
- 1 small shallot, minced
- ¼ cup cognac or brandy
- ½ cup beef broth
- ½ tsp. sea salt
- 1 tsp. fresh thyme
- ½ cup heavy cream

*Nutrition per Serving*

Fat **83%**    Net Carb **3%**  
 Protein **14%**    Ratio **2.1:1**

Calories **65**  
 Fat **60g**  
 Protein **23g**  
 Total Carbohydrate **7g**  
 Dietary Fiber **2g**  
 Net Carbohydrate **5g**

**1** Place whole peppercorns in a resealable plastic bag. Close the bag and place on a sturdy cutting board. Use a meat tenderizer or the back of a heavy metal spoon to crack peppercorns into coarse pieces.

**2** Transfer cracked peppercorns to a plate. Press rib-eye halves into peppercorns to fully coat. Turn over rib-eyes and repeat to coat both sides.

**3** Heat a medium cast-iron pan over medium-high heat. When the pan is hot, add sunflower oil and wait for 15 seconds.

**4** Add rib-eyes to the pan. Cook for 3 to 6 minutes, or until a browned crust has formed. Turn over rib-eyes and cook for an additional 2 to 4 minutes, or until cooked as desired. Remove rib-eyes to a cutting board to rest.

**5** Reheat the pan over medium-high heat. Add unsalted butter and shallot and cook for 2 to 3 minutes, or until lightly browned.

**6** Carefully pour cognac into the pan to deglaze, scraping up any browned bits from the bottom.

**7** Add beef broth, sea salt, thyme, and heavy cream and bring to a simmer. Stirring constantly, simmer for 7 to 10 minutes, or until reduced by half.

**8** Remove from heat and season with more sea salt, if desired. Pour sauce over steaks to serve.

Take care when adding any alcoholic beverage to a pan at higher heat. The alcohol could ignite and quickly burn out.

**Variation:** To dress this recipe up a bit more, you can add 2 ounces (55g) blue cheese crumbles along with heavy cream, and replace thyme with 1 tablespoon chopped fresh dill to make **Steak with Cognac Blue Cheese Sauce**.

Mouthwatering rib-eye steaks are covered with an indulgent creamy cognac and black pepper sauce.

# *Steak Au Poivre*



Beef patties—piled high with creamy Brie, crisp bacon, and fresh arugula—are sandwiched between portobello caps.

## *Bacon Brie Burger*



Prep Time: **5 mins**Cook Time: **20 mins**Yield: **2 burgers**Serving Size: **1 burger***Ingredients*

- 1/3 lb. (170g) ground beef
- 2 oz. (55g) uncured bacon slices, cut in half lengthwise
- 1/4 cup extra-virgin olive oil
- 4 large portobello mushroom caps, stems and gills removed
- 2 oz. (55g) double- or triple-cream Brie, cut into 4 slices
- 1 cup baby arugula

- 1 Form beef into 2 equal-size patties that are as thin as possible. Set aside.
- 2 Heat a medium skillet over medium heat. Add uncured bacon to the skillet and cook, turning occasionally, for 4 to 6 minutes or until bacon is crisp. Remove bacon from the skillet and place on a paper towel.
- 3 Reheat the skillet over medium-high heat. Add extra-virgin olive oil to residual bacon fat. Wait for 30 seconds.
- 4 Place portobello mushroom caps, smooth side down, in the skillet. Cook for 2 to 3 minutes, or until lightly browned. Turn caps, and cook for an additional 2 to 3 minutes, occasionally spooning fat over top. Remove from the skillet and place on a paper towel smooth side up.
- 5 Reheat the skillet over medium-high heat. Place beef patties in the skillet and cook for 3 to 4 minutes, or until browned. Turn patties and place 2 Brie slices on top. Cook for an additional 2 to 3 minutes, or until patties are cooked through.
- 6 To assemble burgers, place 1 portobello cap on each plate smooth side down. Stack cap with burger patty and bacon slices. Top with arugula and remaining portobello cap smooth side up. Serve immediately.

**Variation:** To make an **American Bacon Cheeseburger**, replace Brie with 3 ounces (85g) sharp cheddar cheese slices, and use 1 cup thinly sliced iceberg lettuce instead of arugula.

*Nutrition per Serving*

Fat **73%** Net Carb **3%**  
Protein **24%** Ratio **1.2:1**

Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
<b>701</b>	<b>57g</b>	<b>42g</b>	<b>7g</b>	<b>2g</b>	<b>5g</b>

Tender ribeye steaks are pan-fried in clarified butter and drizzled with a creamy gravy made from pan drippings.

# Chicken Fried Steak with Pan Gravy

Prep Time: **20 mins**Cook Time: **15 mins**Yield: **6 oz. (170g)**Serving Size: **3 oz. (85g)**

## Ingredients

6 oz. (170g) rib-eye steak  
 ¼ tsp. sea salt  
 ¼ tsp. freshly ground black pepper  
 3 TB. almond meal  
 1 TB. tapioca flour  
 1 large egg, beaten  
 5 TB. ghee  
 ¾ cup heavy cream  
 1 TB. cornstarch, mixed with 2 TB. cold water

## Nutrition per Serving

Fat **84%**      Net Carb **5%**  
 Protein **11%**      Ratio **2.3:1**

Calories **979**  
 Fat **91g**  
 Protein **28g**  
 Total Carbohydrate **14g**  
 Dietary Fiber **2g**  
 Net Carbohydrate **12g**

- Place steak on a sturdy work surface. Using a meat tenderizer, pound steak to ½-inch (1.25cm) thickness.
- Cut rib-eye steak in half. Season all sides of steak halves with sea salt and black pepper.
- In a shallow bowl or pie pan, combine almond meal and tapioca flour.
- Pour egg into a second shallow bowl or pie pan.
- Dip steak halves into egg, and then coat in almond meal mixture. Set aside.
- Heat a medium cast-iron pan over medium heat. When the pan is hot, add 2 tablespoons ghee.
- Place steaks in hot ghee. Cook until deeply browned, about 3 minutes. Turn and repeat on opposite side. Remove steaks from the pan and place on a wire rack to rest for 5 minutes.
- Meanwhile, reheat the pan over medium-high heat. Add remaining 3 tablespoons ghee and stir, scraping up any browned bits from the bottom of the pan.
- Add heavy cream and bring to a light simmer. Reduce heat to low.
- Whisk in cornstarch and water mixture and simmer for an additional 1 minute, or until thickened. Drizzle steaks with pan gravy to serve.

Fall-off-the-bone beef short ribs are slow cooked with red wine, a fragrant herb bundle, pearl onions, and mushrooms.

# Short Rib Beef Burgundy

Prep Time: **10 mins**Cook Time: **3 hrs**Yield: **16 short ribs**Serving Size: **2 short ribs**

## Ingredients

6 oz. (170g) thick-cut uncured bacon (about ½ in.; 1.25cm thick), diced  
 ½ cup ghee or extra-virgin olive oil  
 2 lb. (1kg) beef short ribs  
 1 tsp. sea salt  
 ½ tsp. freshly ground black pepper  
 2 medium carrots, peeled and sliced  
 ½ cup diced celery  
 3 garlic cloves, minced  
 2 whole cloves  
 1 cup dry red wine  
 2 cups beef broth  
 ½ lb. (225g) pearl onions, peeled, halved, and root ends cut off  
 1 lb. (450g) white button mushrooms, quartered  
 2 bay leaves  
 4 sprigs thyme  
 4 sprigs parsley

**1** Preheat the oven to 350°F (180°C). Heat a Dutch oven or covered braising pan over medium-high heat. Add bacon and cook for 4 to 6 minutes, or until crisp. Remove bacon from the Dutch oven and set on a paper towel.

**2** Reheat residual bacon fat and 4 tablespoons ghee over medium-high heat.

**3** Season short ribs with sea salt and black pepper. Place 4 pieces in the hot Dutch oven and brown on all sides. Remove from the Dutch oven and set aside. Repeat with remaining beef.

**4** Reheat the Dutch oven and add remaining 4 tablespoons ghee, carrots, celery, garlic, and cloves. Sauté, stirring occasionally, for 4 to 5 minutes, or until fragrant.

**5** Pour dry red wine into the Dutch oven and stir, scraping up any browned bits from the bottom of the Dutch oven.

**6** Pour beef broth into the Dutch oven. Add browned short ribs, bacon, pearl onions, and white button mushrooms, and stir gently to evenly distribute in the Dutch oven.

**7** Using undyed cooking twine, tie bay leaves, thyme, and parsley together. Tuck into cooking liquid.

**8** Cover and bake for 2 hours to 2 hours, 30 minutes, or until beef is tender. Remove herb bundle and cloves before serving.

## Nutrition per Serving

Fat	<b>75%</b>	Net Carb	<b>5%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>20%</b>	Ratio	<b>1.3:1</b>	<b>567</b>		<b>47g</b>		<b>29g</b>		<b>8g</b>		<b>1g</b>		<b>7g</b>

Fall-off-the-bone beef short ribs are braised with fiery Thai chilies, fresh ginger, and luscious coconut cream.

# Thai-Style Braised Beef Short Ribs

Prep Time: **15 mins**  
Cook Time: **3 hrs, 30 mins**

Yield: **8 cups**  
Serving Size: **1 $\frac{1}{3}$  cups**

## Ingredients

- 6 TB. peanut or sesame oil
- 2½ lb. (1.1kg) bone-in beef short ribs
- 1 medium yellow onion, diced
- 4 small Thai red chilies, stemmed and halved lengthwise
- 2 cloves garlic, minced
- 1 TB. fresh ginger, minced
- 1 small lime, zested and juiced
- 4 cups beef broth
- 2 TB. high-quality fish sauce
- 1 TB. unseasoned rice wine vinegar
- 1 (14-fl.-oz.; 400ml) can full-fat coconut cream
- 20 fresh green beans, trimmed and sliced (about 2 cups)
- 2 cups cauliflower florets
- ¼ cup fresh basil, chopped

## Nutrition per Serving

Fat **75%**      Net Carb **8%**  
Protein **17%**      Ratio **1.3:1**

Calories **602**  
Fat **50g**  
Protein **26g**  
Total Carbohydrate **14g**  
Dietary Fiber **2g**  
Net Carbohydrate **12g**





1 Preheat the oven to 350°F (180°C). Heat a large Dutch oven over medium-high heat. Add 2 tablespoons peanut oil and wait for 30 seconds.

2 Cover the bottom of the Dutch oven with half of short ribs and cook for 2 minutes, or until deeply browned. Turn and repeat on the other side. Remove short ribs and set on a plate.

3 Reheat the Dutch oven and add 2 tablespoons peanut oil. Wait for 30 seconds and repeat Step 2 with remaining short ribs.

4 Reheat the Dutch oven and add remaining 2 tablespoons peanut oil. Add yellow onion, Thai red chilies, garlic, ginger, and lime zest. Stirring frequently, cook for 2 to 4 minutes.

5 Pour in beef broth and scrape up any browned bits off the bottom. Add lime juice, fish sauce, and rice wine vinegar. Stir.

6 Return short ribs to the Dutch oven, making sure they're fully submerged. Cover and bake for 2 hours, 30 minutes.

7 Uncover and stir in full-fat coconut cream. Add green beans and cauliflower, cover, and bake for an additional 30 to 45 minutes, or until short ribs are tender and falling off the bones.

8 Serve short ribs with vegetables and broth, and top with fresh basil.

Thinly sliced flank steak is piled high with caramelized onions and peppers on these open-faced sandwiches.

# Philly Cheesesteak

Prep Time: **10 mins**

Cook Time: **30 mins**

Yield: **2 cheesesteaks**

Serving Size: **1 cheesesteak**

## Ingredients

- 3 TB. mayonnaise
- ½ tsp. granulated garlic
- 1 tsp. Worcestershire sauce
- ¼ cup ghee
- 2 large portobello mushroom caps, stems and gills removed
- ½ tsp. sea salt
- 6 oz. (170g) beef flank steak
- ¼ tsp. freshly ground black pepper
- ½ yellow onion, thinly sliced
- ½ medium green bell pepper, sliced into thin strips
- 2 oz. (55g) provolone, sliced

## Nutrition per Serving

Fat **79%**      Net Carb **4%**  
Protein **17%**      Ratio **1.7:1**

Calories **662**  
Fat **58g**  
Protein **28g**  
Total Carbohydrate **9g**  
Dietary Fiber **2g**  
Net Carbohydrate **7g**

- 1 In a small bowl, combine mayonnaise, granulated garlic, and Worcestershire sauce. Set aside.
- 2 Heat a large skillet over medium heat. Add 2 tablespoons ghee and wait until melted.
- 3 Place portobello mushroom caps, smooth side down, in the skillet. Cook for 2 to 3 minutes, or until lightly browned.
- 4 Turn caps and cook for an additional 2 to 3 minutes, occasionally spooning ghee over top. Remove caps from the skillet and place on a paper towel smooth side down. Sprinkle with ¼ teaspoon sea salt.
- 5 Reheat the skillet over medium heat. Add 1 tablespoon ghee.
- 6 Season beef flank steak with remaining ¼ teaspoon sea salt and black pepper.
- 7 Place steak in the hot skillet. (It should sizzle.) For medium doneness, cook for 3 to 4 minutes, turn over, and cook for an additional 1 to 2 minutes.
- 8 Remove steak from the skillet and let rest for 5 minutes before thinly slicing.
- 9 While steak rests, reheat the skillet over medium heat. When the skillet is hot, add remaining 1 tablespoon ghee.
- 10 Add yellow onion and green bell pepper, and sauté, stirring occasionally, until softened and well browned, about 7 to 10 minutes.
- 11 To assemble cheesesteaks, spread mayonnaise mixture on inside of mushroom caps. Top with steak slices, onion and bell pepper mixture, and provolone. Broil on high for 2 to 4 minutes or until cheese is golden brown. Serve immediately.

An opulent mushroom and cream sauce with tender beef is served over sweet golden ribbons of spaghetti squash.

# Beef Stroganoff

Prep Time: **10 mins**

Cook Time: **35 mins**

Yield: **9 cups**

Serving Size: **1½ cups**

## Ingredients

- 1 small spaghetti squash (about 3 lb.; 1.5kg)
- 1¼ lb. (565g) beef sirloin steak, thinly sliced
- 1 tsp. sea salt
- ½ tsp. freshly ground black pepper
- 6 TB. ghee
- ½ cup yellow onion, diced
- 8 medium white button mushrooms, sliced (about 8 oz.; 225g)
- 2 cups beef broth
- 1 cup heavy cream
- 2 cups sour cream

## Nutrition per Serving

Fat <b>70%</b>	Net Carb <b>10%</b>
Protein <b>20%</b>	Ratio <b>1.0:1</b>

Calories **645**  
 Fat **50g**  
 Protein **33g**  
 Total Carbohydrate **19g**  
 Dietary Fiber **3g**  
 Net Carbohydrate **16g**

- 1** Preheat the oven to 375°F (190°C).
- 2** Cut spaghetti squash in half lengthwise. Remove and discard seeds. Place squash, cut side down, in a baking dish with ½ cup water. Bake for 30 to 35 minutes, or until soft to the touch.
- 3** Meanwhile, season beef sirloin steak with sea salt and black pepper.
- 4** Heat a heavy-bottomed skillet or Dutch oven over medium-high heat. When the skillet is hot, add 2 tablespoons ghee.
- 5** When ghee melts, add beef and brown on all sides, about 4 to 6 minutes. Remove beef from the skillet and set aside.
- 6** Add remaining 4 tablespoons ghee to the hot skillet. Add yellow onion and white button mushrooms and sauté, stirring occasionally, for 4 to 6 minutes, or until browned and fragrant.
- 7** Reduce heat to medium. Pour beef broth into the hot skillet and stir, scraping up any browned bits from the bottom of the skillet.
- 8** Add heavy cream and browned beef to the pan. Simmer for 15 minutes, or until beef is tender.
- 9** Remove the skillet from heat and stir in sour cream.
- 10** When spaghetti squash is tender, carefully remove halves from the baking dish (hot steam will escape from underneath). Using a metal fork, loosen and scrape squash strands from shell (about 6 cups total).
- 11** Spoon beef sauce over spaghetti squash strands to serve.

Prep Time: **20 mins**Cook Time: **1 hr, 30 mins**Yield: **1 loaf**Serving Size: **1/10 loaf***Ingredients*

- 1/4 cup pure lard
- 3/4 cup yellow onion, diced
- 1/2 cup celery, diced
- 2 garlic cloves, minced
- 1 TB. Worcestershire sauce
- 1 TB. salt-free Cajun spice blend
- 1 TB. sea salt
- 1/2 cup evaporated milk
- 1/2 cup sugar-free catsup or tomato sauce
- 1 1/2 lb. (680g) ground beef
- 1/2 lb. (225g) ground pork
- 2 large eggs, beaten
- 1/4 cup coconut flour
- 1/2 lb. (225g) thin-sliced bacon (about 15 slices)
- 1 to 2 TB. hot pepper sauce
- 1 cup mayonnaise

*Nutrition per Serving*

Fat **76%**    Net Carb **3%**  
 Protein **21%**    Ratio **1.4:1**

Calories **511**Fat **43g**Protein **27g**Total Carbohydrate **6g**Dietary Fiber **2g**Net Carbohydrate **4g**

- 1 Preheat the oven to 375°F (190°C). Heat a medium skillet over medium-high heat. When the skillet is hot, add lard and let melt.
- 2 Add yellow onion, celery, garlic, Worcestershire sauce, Cajun spice blend, and sea salt. Sauté, stirring occasionally, for 4 to 5 minutes, or until onion softens and begins to brown.
- 3 Remove the skillet from heat. Add evaporated milk and catsup and stir until well blended. Transfer onion-spice mixture to a smaller container and put in the freezer to cool for 10 minutes.
- 4 Using freshly washed hands, combine beef, pork, eggs, onion-spice mixture, and coconut flour in a large bowl and mix gently until blended.
- 5 Line a 4x10-inch (10x25cm) loaf pan with parchment paper. Transfer mixture to the pan and press sides of meatloaf down around the edges of the pan.
- 6 Place bacon slices over meatloaf, overlapping slightly, and tuck ends down the sides of the pan. Cover the pan with foil.
- 7 Place the pan into the oven and bake for 35 minutes. Remove the foil and bake an additional 40 minutes, or until a thermometer inserted into middle of loaf reads 350°F (180°C).
- 8 Meanwhile, whisk hot pepper sauce, to taste, and mayonnaise in a small bowl. Refrigerate.
- 9 Let loaf cool for 10 minutes before slicing and serving alongside spicy mayonnaise.

If you'd like to make your own Cajun spice blend, you can find a recipe for it in the sidebar for Gumbo.

This hearty meatloaf with fierce Cajun spices is wrapped in bacon and served with a hot pepper mayonnaise.

# *Cajun Meatloaf*





# Pork Mains

Bacon, pork chops, and pork belly—they're all delicious and include rich, flavorful fat. This means they're absolutely allowed on a keto diet. From spiced pork belly with ginger and cilantro, to apple and hazelnut-stuffed pork chops, to sausage crust pizza, this chapter offers many fantastically flavorful pork-based recipes that are both incredibly satisfying and 100 percent keto compliant.

Pork belly is slow cooked in fragrant spices until tender and served with a sweet honey pan sauce and crisp slaw.

# Spiced Pork Belly with Ginger and Cilantro

Prep Time: **10 mins**

Cook Time: **3 hrs**

Yield: **4 slices**

Serving Size: **1 slice**

## Ingredients

2 TB. peanut oil	1 tsp. fish sauce
1 lb. (450g) boneless pork belly, sliced into 4 equal parts	2 cups chicken broth
¼ cup yellow onion, diced	1 cinnamon stick
2 garlic cloves, minced	2 whole star anise
2 tsp. fresh ginger root, grated	2 whole cloves
½ tsp. ground cumin	2 Thai chilies, halved
2 TB. raw honey	2 cups purple cabbage, sliced thin
2 TB. tamari	2 medium carrots, grated
	½ cup fresh cilantro, chopped

## Nutrition per Serving

Fat **85%**    Protein **7%**    Net Carb **8%**    Ratio **2.5:1**

Calories **711**

Fat **67g**

Protein **13g**

Total Carbohydrate **16g**

Dietary Fiber **2g**

Net Carbohydrate **14g**





1 Preheat the oven to 250°F (120°C). Heat a Dutch oven or braising pan over medium heat. When hot, add peanut oil and wait for 30 seconds.

2 Place pork belly in hot oil and brown well on all sides, about 2 minutes per side. Remove from the Dutch oven. Add yellow onion, garlic, and ginger root to hot oil and cook, stirring frequently, for 2 to 3 minutes, or until fragrant.

3 Add cumin, raw honey, tamari, and fish sauce and cook for 1 minute, stirring constantly to prevent burning.

4 Pour chicken broth into the Dutch oven and stir, scraping up any browned bits from the bottom of the Dutch oven.

5 Add cinnamon stick, star anise, cloves, Thai chilies, and browned pork belly. Cover and place in the oven for 2 hours to 2 hours, 30 minutes, or until pork is tender. Remove pork from the Dutch oven and set aside.

6 Heat the Dutch oven over high heat on the stovetop to bring remaining juices to a boil. Boil for 15 to 18 minutes, or until reduced by half. Remove and discard star anise, cinnamon stick, and cloves.

7 To serve, toss purple cabbage, carrots, and cilantro together; place pork belly on top; and drizzle with pan sauce.

Slow-cooked pork shoulder is shredded and served in a creamy tomato sauce over thin zucchini ribbons.

# Pork Shoulder Ragu

Prep Time: **10 mins**Cook Time: **3 hrs, 15 mins**Yield: **6 cups**Serving Size: **1½ cups**

## Ingredients

1¼ lb. (565g) pork shoulder or butt roast  
 ½ tsp. sea salt  
 ½ tsp. freshly ground black pepper  
 4 TB. unsalted butter  
 4 TB. extra-virgin olive oil  
 2 TB. shallots, minced  
 1 garlic clove, minced  
 ½ cup dry red wine  
 ½ cup diced tomatoes, with juice  
 2 cups beef broth  
 ½ tsp. fennel seeds  
 ½ tsp. thyme or 5 sprigs fresh thyme  
 ¼ tsp. crushed red pepper flakes  
 3 medium zucchini, trimmed  
 ¼ cup shaved Parmesan

**1** Preheat the oven to 325°F (170°C). Sprinkle pork roast on all sides with sea salt and black pepper.

**2** Heat a large Dutch oven over medium-high heat. When hot, add 2 tablespoons unsalted butter and 2 tablespoons extra-virgin olive oil.

**3** Place roast in hot oil. Brown on all sides, about 5 to 8 minutes. Remove roast from the Dutch oven and set aside.

**4** Reheat the Dutch oven over medium-high heat. Add remaining 2 tablespoons butter and remaining 2 tablespoons olive oil.

**5** Add shallots and sauté, stirring occasionally, for 1 to 2 minutes, or until slightly translucent. Add garlic and cook for an additional 1 minute.

**6** Add dry red wine, scraping up any browned bits off the bottom of the Dutch oven. Add tomatoes, beef broth, fennel seeds, thyme, and crushed red pepper flakes and stir.

**7** Place browned roast back into the Dutch oven. Cover, place in the oven, and braise for 2 to 3 hours, or until roast is tender enough to fall apart.

**8** While roast braises, use a vegetable peeler to make long strips or ribbons of zucchini. Refrigerate.

**9** Remove roast from the oven. Using 2 forks, shred roast into small pieces. Stir shredded pork back into sauce formed in the Dutch oven.

**10** Stir zucchini ribbons into sauce to warm through. Top with Parmesan to serve.

## Nutrition per Serving

Fat <b>72%</b>	Net Carb <b>5%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>23%</b>	Ratio <b>1.2:1</b>	<b>561</b>	<b>45g</b>	<b>32g</b>	<b>9g</b>	<b>2g</b>	<b>7g</b>

Layers of fresh vegetables, seasoned sausage, and a creamy Alfredo sauce make this low-carb lasagna worth the effort.

# Spinach Alfredo Lasagna

Prep Time: **25 mins**Cook Time: **1 hr, 15 mins**Yield: **1 lasagna**Serving Size: **1/12 lasagna**

## Ingredients

- 1¼ lb. (565g) ground mild Italian sausage
- 5 TB. unsalted butter
- 1½ cups heavy cream
- ½ tsp. ground cardamom
- ½ tsp. white pepper
- 1½ cups grated Parmesan
- 2 TB. extra-virgin olive oil
- 10 medium mushrooms, diced
- 3 garlic cloves, minced
- 3 medium zucchini
- 30 oz. (850g) ricotta, divided into 2 equal portions
- 2 medium carrots, grated
- 2½ cups shredded provolone
- 1 (10-oz.; 285g) pkg. frozen spinach, thawed and squeezed to remove liquid
- ½ cup chopped fresh basil

**1** Preheat the oven to 350°F (180°C). Heat a large skillet over medium-high heat. When hot, add sausage and cook for 5 to 7 minutes, or until crumbled and cooked through. Remove sausage and set aside.

**2** Reheat the skillet over medium heat. Add unsalted butter to the hot skillet. When butter is melted, add heavy cream, cardamom, and white pepper, and bring to a simmer. Simmer for 3 minutes. Whisk in Parmesan and simmer for 2 to 3 minutes, or until thickened.

**3** Heat a large saucepan over medium-high heat. When hot, add extra-virgin olive oil and wait for 30 seconds. Add mushrooms and garlic and sauté, stirring occasionally, for 4 to 6 minutes, or until mushrooms soften and garlic is fragrant. Set aside.

**4** Trim zucchini. Cut lengthwise into thin slices. (Alternately, use a mandolin for even slices.)

**5** Line a 9×13-in. (22×33cm) casserole dish with an even layer of zucchini slices. Top with half of ricotta, half of sausage, carrots, ¾ cup Alfredo sauce, and 1 cup provolone.

**6** Add another layer of zucchini slices, remaining ricotta, spinach, remaining sausage, mushrooms, remaining Alfredo sauce, basil, and remaining provolone.

**7** Bake, uncovered, for 45 to 50 minutes, or until vegetables are tender and cheese is golden and bubbly. Let cool 15 minutes before slicing and serving.

## Nutrition per Serving

Fat	<b>75%</b>	Net Carb	<b>5%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>20%</b>	Ratio	<b>1.4:1</b>	<b>585</b>		<b>49g</b>		<b>29g</b>		<b>9g</b>		<b>2g</b>		<b>7g</b>

Succulent boneless pork loin is rolled in a crackling crust of golden pork belly, rubbed with garlic, rosemary, and sage.

# Porchetta Roast

Prep Time: **30 mins**Cook Time: **3 hrs, 30 mins**Yield: **1 roast**Serving Size: **1/16 roast**

## Ingredients

- 4 garlic cloves, minced
- 4 TB. fresh rosemary, minced
- 4 TB. fresh sage, minced
- ¼ cup extra-virgin olive oil
- 4 tsp. sea salt
- 2 tsp. freshly ground black pepper
- 4 lb. (2kg) pork belly
- 2 lb. (1kg) boneless pork loin

## Nutrition per Serving

Fat	<b>86%</b>	Net Carb	<b>1%</b>
Protein	<b>13%</b>	Ratio	<b>2.7:1</b>

Calories **681**  
 Fat **65g**  
 Protein **23g**  
 Total Carbohydrate **1g**  
 Dietary Fiber **0g**  
 Net Carbohydrate **1g**

- 1** Preheat the oven to 500°F (260°C). In a small bowl, combine garlic, rosemary, sage, extra-virgin olive oil, 2 teaspoons sea salt, and 1 teaspoon black pepper. Set aside.
- 2** Place pork belly fat side up on a sturdy surface. Use a paring knife to score fat in a diamond pattern. Make sure to score about ¼ inch (.5cm) deep.
- 3** Turn belly over. Spread herb mixture evenly over belly.
- 4** Place pork loin in the center and roll belly around loin. Tie rolled belly crosswise with undyed kitchen twine every ½ inch (1.25cm), starting in the center of roast and working toward the edges.
- 5** Place tied roast rack in a roasting pan. Season outside of roast with remaining 2 teaspoons sea salt and remaining 1 teaspoon black pepper. Add 2 cups water, or enough to cover the bottom of the pan.
- 6** Roast for 20 minutes. Reduce the oven temperature to 300°F (150°C) and continue to roast for 1 hour, 30 minutes, to 2 hours, or until internal temperature reaches 145°F (65°C).
- 7** Let rest for 20 minutes before thinly slicing to serve.

Pork loin is higher in fat and a much wider cut than tenderloin. Tenderloin is excellent cooked quickly, while loin needs a longer cooking time to tenderize. Therefore, it's a good idea to familiarize yourself with both cuts to avoid confusion.



Pork cutlets are breaded and fried and served with a rich mushroom cream sauce, accented with garlic and rosemary.

# Fried Pork Cutlets with Mushroom Sauce

Prep Time: **15 mins**Cook Time: **20 mins**Yield: **4 cutlets**Serving Size: **1 cutlet**

## Ingredients

4 (4 oz.; 110g each) boneless pork loin cutlets or chops

½ tsp. sea salt

½ cup almond flour

2 TB. tapioca flour

½ tsp. granulated garlic

1 large egg, beaten

2 TB. lard

2 TB. unsalted butter

1 clove garlic, minced

1 TB. fresh rosemary, minced

6 cremini mushrooms, thinly sliced

¾ cup chicken stock

¾ cup heavy cream

¼ tsp. freshly ground black pepper

5 tsp. cornstarch

5 tsp. cold water

**1** Using a meat tenderizer or mallet, pound pork loin cutlets until ¾ inch (2cm) thick. Season with ¼ teaspoon sea salt and let sit for 5 minutes.

**2** In a shallow dish, combine almond flour, tapioca flour, and granulated garlic. Dip each cutlet into egg. Dredge in almond flour mixture to coat.

**3** Heat a large skillet over medium-high heat. Add lard. When lard is hot, carefully place cutlets into the skillet (they should sizzle, but not smoke).

**4** Fry for 4 to 5 minutes, or until nicely browned. Turn and cook for 4 to 5 minutes, or until cooked through. Remove from the skillet and set on a wire rack.

**5** Wipe the skillet clean and reheat over medium-high heat. Add unsalted butter. When melted, add garlic, rosemary, and mushrooms and sauté for 3 to 4 minutes, or until garlic is fragrant and mushrooms soften.

**6** Pour chicken stock and heavy cream into the skillet and stir, scraping up any browned bits from the bottom of the skillet. Season with remaining ¼ teaspoon sea salt and black pepper. Bring to a light simmer.

**7** Meanwhile, mix cornstarch with cold water. Pour slurry into simmering sauce, whisking until thickened, about 1 to 2 minutes. Remove from heat. Drizzle pork cutlets with mushroom sauce to serve.

## Nutrition per Serving

Fat	<b>69%</b>	Net Carb	<b>8%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>23%</b>	Ratio	<b>1.0:1</b>	<b>524</b>		<b>40g</b>		<b>30g</b>		<b>13g</b>		<b>2g</b>		<b>11g</b>

Rich and creamy carbonara sauce is tossed with thick, chewy bacon lardons and curly spiralized zucchini noodles.

# Zucchini Noodle Carbonara

Prep Time: **10 mins**

Cook Time: **15 mins**

Yield: **8 cups**

Serving Size: **2 cups**

## Ingredients

3 medium zucchini, trimmed

¼ tsp. sea salt

½ lb. (225g) bacon lardons or diced thick-sliced bacon

2 garlic cloves, minced

½ cup yellow onion, diced

¾ cup heavy cream

2 large eggs, beaten

¾ cup grated Parmesan

- 1 Spiralize zucchini to create noodles. (Alternately, use a vegetable peeler to create long ribbons.)
- 2 Sprinkle zucchini with sea salt and gently massage to coat. Place in a colander to drain.
- 3 Heat a large skillet over medium-high heat. Add bacon lardons and cook for 5 to 8 minutes, or until browned and crisp, turning as needed. Remove lardons and place on a paper towel.
- 4 Reheat the skillet over medium heat and add garlic and yellow onion. Sauté in bacon fat, stirring occasionally, for 4 to 6 minutes, or until browned.
- 5 Gently squeeze zucchini to release any liquid. Place in the skillet and toss for 30 seconds to heat through. Remove the skillet from heat.
- 6 Add heavy cream, eggs, and Parmesan and continuously stir for 30 seconds, or until a creamy sauce forms. Top with lardons to serve.

Some people love peas in carbonara. When you're able to add additional carbs, feel free to toss in ⅓ cup shelled peas.

## Nutrition per Serving

Fat **73%** Net Carb **4%**  
Protein **23%** Ratio **1.2:1**

Calories  
**601**

Fat  
**49g**

Protein  
**34g**

Total Carbohydrate  
**8g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**6g**

Italian sausage makes the perfect keto pizza crust for garlicky mushrooms, plenty of mozzarella, and black olives.

# Sausage Crust Pizza

Prep Time: **10 mins**

Cook Time: **30 mins**

Yield: **1 (12-in.; 30.5cm) pizza**

Serving Size: **¼ pizza**

## Ingredients

- 4 TB. extra-virgin olive oil
- 1 lb. (450g) mild Italian ground sausage
- 6 white button mushrooms, sliced
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 2 cups grated mozzarella
- ½ cup black olives, sliced
- 2 cups arugula

## Nutrition per Serving

Fat <b>77%</b>	Net Carb <b>5%</b>
Protein <b>18%</b>	Ratio <b>1.5:1</b>

Calories **599**

Fat **51g**

Protein **28g**

Total Carbohydrate **9g**

Dietary Fiber **2g**

Net Carbohydrate **7g**

It's important to use a pizza pan with a rimmed edge. The sausage crust releases quite a bit of grease, so you want to be sure it stays in the pan and doesn't drip into the oven.





1 Preheat the oven to 400°F (200°C). Lightly grease a round, rimmed pizza pan with 1 tablespoon extra-virgin olive oil.

2 Gently flatten Italian sausage toward the edges of the pan in a thin layer. (It may help to cover sausage with a square of parchment paper and roll toward the edges.) Bake for 12 minutes.

3 While crust bakes, heat a medium skillet over medium-high heat. Add remaining 3 tablespoons olive oil to it.

4 Add button mushrooms and sauté, stirring occasionally, for 4 minutes. Add garlic and oregano and continue to cook for 1 to 2 minutes, or until garlic is fragrant and golden brown.

5 Spread mushroom mixture over sausage crust. Sprinkle with mozzarella and black olives. Return to the oven and bake for 10 to 12 minutes, or until sausage is cooked through and cheese is browned and bubbly.

6 Let pizza rest for 5 minutes. Sprinkle with arugula before slicing into wedges to serve.

**Variation:** To make a **Pepperoni Crust Pizza**, replace Italian sausage crust with 1 pound (450g) sliced pepperoni. Line the pizza pan with a thin layer of pepperoni, add toppings, and bake as instructed.

Sauerkraut takes on the fragrance of juniper, caraway, and bay as it's cooked with baby back ribs, bacon, and kielbasa.

# Choucroute Garnie

Prep Time: **20 mins**Cook Time: **2 hrs**Yield: **9 cups**Serving Size: **1½ cups**

## Ingredients

½ lb. (225g) thick-sliced uncured bacon, cut into 1-in. (2.5cm) pieces

¼ cup duck fat

½ cup yellow onion, diced

2 garlic cloves, minced

½ cup dry white wine

1½ lb. (680g) sauerkraut, drained

10 whole juniper berries

2 bay leaves

½ tsp. caraway seed

¼ tsp. freshly ground black pepper

1½ cups chicken broth

1 lb. (450g) baby back pork ribs

1 lb. (450g) smoked kielbasa, cut into 1-in. (2.5cm) pieces

¼ cup fresh tarragon, chopped (optional)

2 TB. Dijon or spicy mustard (optional)

**1** Preheat the oven to 300°F (150°C). Heat a large Dutch oven or heavy bottomed braising pan over medium-high heat. Add bacon and cook for 4 to 6 minutes, or until crisp. Remove bacon from the Dutch oven and set aside.

**2** Reheat residual bacon fat and add duck fat. When melted, add yellow onion and garlic and sauté for 5 to 7 minutes, or until softened and fragrant.

**3** Pour dry white wine into the the Dutch oven and stir, scraping up any browned bits from the bottom of it.

**4** Add sauerkraut, juniper berries, bay leaves, caraway seed, black pepper, and chicken broth. Stir to combine.

**5** If baby back pork ribs are in still in a whole rack, slice between each bone to separate into individual ribs. Tuck ribs into sauerkraut and bring to a boil.

**6** Cover and bake for 1 hour to 1 hour, 30 minutes, or until ribs are tender.

**7** Remove bay leaves. Add kielbasa and cooked bacon. Stir, cover, and bake for an additional 10 to 15 minutes, or until meats are warmed through.

**8** To serve, divide sauerkraut into bowls. Top with pieces of rib, kielbasa, and bacon. Sprinkle with fresh tarragon (if using) and serve with a side of Dijon mustard (if using) for dipping kielbasa.

## Nutrition per Serving

Fat <b>71%</b>	Net Carb <b>6%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>23%</b>	Ratio <b>1.1:1</b>	<b>569</b>	<b>45g</b>	<b>33g</b>	<b>11g</b>	<b>3g</b>	<b>8g</b>

Thick, juicy, bone-in pork chops are stuffed with sweet apple, crunchy hazelnuts, and flavorful bacon.

# Apple and Hazelnut–Stuffed Pork Chops

Prep Time: **10 mins**

Cook Time: **30 mins**

Yield: **4 chops**

Serving Size: **1 chop**

## Ingredients

- 4 oz. (110g) uncured bacon, diced
- ½ medium sweet apple (such as Fuji or Honey Crisp), cored, peeled, and grated
- ⅓ cup raw hazelnuts, chopped
- 5 oz. (140g) frozen spinach, thawed and squeezed to remove liquid
- ½ tsp. granulated garlic
- 6 TB. unsalted butter, at room temperature
- 4 (5 oz.; 140g each) bone-in pork rib chops
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper

- 1 Preheat the oven to 375°F (190°C).
- 2 Heat a large cast-iron skillet over medium heat. Add uncured bacon and cook, stirring occasionally, for 4 to 5 minutes, or until browned and crisp.
- 3 Spread bacon out on a paper towel to cool and reserve bacon fat in the skillet.
- 4 Place cooled bacon, apple, hazelnuts, spinach, granulated garlic, and unsalted butter in a food processor. Pulse for 30 seconds to 1 minute, or until fully blended.
- 5 Carefully slice a horizontal slit into meaty side of each pork rib chop to make a deep pocket. Stuff opening full of butter mixture and secure with a toothpick.
- 6 Reheat remaining bacon fat in the skillet over medium-high heat.
- 7 Sprinkle stuffed pork chops with sea salt and black pepper. Place pork chops in hot bacon fat and brown for 1 to 2 minutes per side.
- 8 Cover the skillet with aluminum foil and bake for 20 minutes, or until chops reach an internal temperature of 145°F (65°C). Serve immediately.

## Nutrition per Serving

Fat	<b>70%</b>	Net Carb	<b>3%</b>	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	<b>27%</b>	Ratio	<b>1.1:1</b>	<b>512</b>		<b>40g</b>		<b>34g</b>		<b>7g</b>		<b>3g</b>		<b>4g</b>

Rich and hearty, this savory pork sauce has enough fat to balance tomatoes, carrots, onions, and zucchini noodles.

# Pork Bolognese

Prep Time: **15 mins**  
Cook Time: **1 hr, 30 mins**

Yield: **12 cups**  
Serving Size: **2 cups**

## Ingredients

2 oz. (55g) uncured bacon, minced  
3 TB. extra-virgin olive oil  
½ cup yellow onion, finely diced  
¼ cup carrot, finely diced  
¼ cup celery, finely diced  
1 garlic clove, sliced  
1 tsp. dried thyme  
1½ lb. (680g) ground pork  
1½ cups chicken broth or stock  
2 TB. tomato paste  
½ cup tomato sauce  
¼ cup dry white wine  
1 bay leaf  
½ tsp. sea salt  
3 medium zucchini, trimmed  
1 cup heavy cream  
3 oz. (90g) grated Parmesan

## Nutrition per Serving

Fat **78%** Net Carb **1%**  
Protein **21%** Ratio **1.5:1**

Calories **626**  
Fat **54g**  
Protein **33g**  
Total Carbohydrate **9g**  
Dietary Fiber **2g**  
Net Carbohydrate **2g**





1 Heat a large saucepan or Dutch oven over medium heat. Add uncured bacon and cook for 4 to 6 minutes, or until lightly browned. Add extra-virgin olive oil and wait for 15 seconds.

2 Add yellow onion, carrot, celery, garlic, and thyme and cook, stirring occasionally, for 2 to 3 minutes, or until softened.

3 Add pork and break up into smaller pieces in the pan. Cook for 3 to 5 minutes, or until pork breaks into crumbles and begins to brown.

4 Add chicken broth and stir, scraping up any browned bits from the bottom of the pan.

5 Add tomato paste, tomato sauce, dry white wine, bay leaf, and sea salt. Stir and reduce heat to medium-low. Simmer, uncovered, for 1 hour, or until reduced by half.

6 While sauce cooks, spiralize zucchini to create noodles. (Alternately, use a vegetable peeler to create long ribbons.)

7 Stir heavy cream into sauce and bring back to a simmer. Taste and season with additional sea salt, if desired. Remove and discard bay leaf.

8 Stir zucchini noodles into hot sauce and cook for 30 seconds to warm through. Divide into bowls and top with Parmesan to serve.



# Seafood Mains

Seafood provides the heart-protective, brain-boosting health benefits of omega-3 fatty acids. Even if you're not a big seafood lover, it's so versatile and easy to prepare, you're sure to find a few options in this chapter you'll love. From crab legs to salmon, the recipes in this chapter will elevate your keto diet to a whole new level of sophistication and flavor.

Succulent, sweet crab legs are dunked in golden yellow drawn butter for a truly decadent entrée.

## *Crab with Drawn Butter*



Prep Time: 10 mins

Cook Time: 10 mins

Yield: 16 legs

Serving Size: 4 legs

*Ingredients*

- ¼ cup sea salt
- 1 cup salted butter, cut into cubes
- 3 lb. (1.5kg) crab legs
- 4 lemon wedges
- 2 TB. fresh parsley, chopped

*Nutrition per Serving*

Fat **47%**    Net Carb **0%**  
 Protein **53%**    Ratio **0.4:1**

Calories **950**Fat **50g**Protein **125g**Total Carbohydrate **0g**Dietary Fiber **0g**Net Carbohydrate **0g**

1 Fill a 2-gallon (2l) pot ½ full of water. Add sea salt. Cover, place over high heat, and bring to a boil.

2 While water comes to a boil, heat a small saucepan over low heat. Add salted butter.

3 Wait for butter to melt and foam, about 2 to 4 minutes. When foaming stops, remove butter from heat.

4 Using a spoon, carefully skim off and discard cloudy white foam from melted butter. Keep warm.

5 When water boils, add crab legs, cover pot, and cook for 2 minutes. Remove crab legs from the pot.

6 Pour drawn butter into 4 ramekins and place on 4 plates. Place lemon wedges and parsley in 2 separate bowls. Serve crab legs whole with an extra bowl for shells.

7 To eat, break legs at each joint. Use seafood crackers and picks to carefully remove crab meat from shells. Squeeze lemon juice over crab meat, dip in drawn butter, and sprinkle with fresh parsley.

**Variation:** If you're cooking for a crew, you can make a **Cajun Crab Boil**. Add ¼ cup crushed red pepper flakes; ½ cup Old Bay seasoning blend; 2 large yellow onions, quartered; 1 pound (450g) Andouille sausage links, cut into 2-inch (5cm) sections; and 1 pound (450g) Manila clams into the boiling water along with crab legs. Boil until clams open (discard any that remain closed). Serve with extra drawn butter. Serves 8 to 10.

If you can find live crab, this recipe can be adapted for two 2-lb. (1kg) crabs. Cook them for 14 minutes.

Prep Time: 15 mins

Cook Time: 10 mins

Yield: 4 cups

Serving Size: 2 cups

*Ingredients*

- 3 cups cauliflower florets
- 3 TB. unsalted butter or coconut oil
- ¼ cup yellow onion, diced
- ¼ cup carrot, diced
- 1 oz. (25g) uncured bacon, diced
- 1 tsp. freshly grated ginger root
- 2 TB. toasted sesame oil
- 1 large egg, beaten
- 2 TB. wheat-free tamari
- 4 oz. (110g) cooked shrimp, peeled
- 2 green onions, thinly sliced
- ¼ cup cashews

1 Place cauliflower florets in a food processor. Pulse several times, scraping down the sides of the bowl occasionally, until cauliflower resembles the coarse texture of rice. Set aside.

2 Heat a large skillet over medium-high heat. When the skillet is hot, add unsalted butter and wait for 15 seconds.

3 Add yellow onion, carrot, and uncured bacon, and cook, stirring occasionally, for 3 to 4 minutes, or until onion and carrot have softened. Add cauliflower rice and ginger, and cook for an additional 3 to 4 minutes.

4 Push vegetables to the sides of the skillet to create an opening at the center. Pour toasted sesame oil into opening, and then immediately add egg. Stir egg continuously for about 30 seconds, or until scrambled.

5 Add wheat-free tamari, shrimp, green onions, and cashews and stir to combine. Cook for 30 seconds to 1 minute, or until shrimp are warmed through. Serve immediately.

**Variation:** You can easily switch out the shrimp for another protein in this recipe. To make **Chicken Fried Cauliflower Rice**, use 4 ounces (110g) skinless, boneless chicken thighs, diced, instead of shrimp. Dice chicken and cook with onion, carrot, and bacon. You may need to extend the cooking time by a few minutes to be sure the chicken is cooked through before adding cauliflower rice and ginger.

You can add ¼ cup peas into this meal in step 3 once you begin to increase your carbs for the maintenance phase.

*Nutrition per Serving*

Fat **71%** Net Carb **9%**  
Protein **20%** Ratio **1.1:1**

Calories  
**547**

Fat  
**43g**

Protein  
**27g**

Total Carbohydrate  
**18g**

Dietary Fiber  
**5g**

Net Carbohydrate  
**13g**

Cauliflower “rice” is fried in butter and packed with plump shrimp, crunchy cashews, and familiar fried rice flavors.

# *Shrimp Fried Cauliflower Rice*



Flaky trout is pan-fried and drenched in a golden brown butter and garlic sauce with nutty almonds.

# Trout Almondine

Prep Time: **5 mins**Cook Time: **15 mins**Yield: **1 fillet**Serving Size: **½ fillet**

## Ingredients

¼ cup blanched almond slices  
6 TB. salted butter  
6 oz. (170g) trout fillet  
⅛ tsp. freshly ground black pepper  
2 garlic cloves, minced  
1 tsp. lemon juice  
2 TB. fresh parsley, chopped

**1** Place almond slices in a medium skillet over low heat. Stirring constantly, gently toast almonds for 4 to 5 minutes, or until fragrant. Transfer almonds to a plate.

**2** Reheat the skillet over medium-high heat. Add 2 tablespoons salted butter to the skillet.

**3** Sprinkle both sides of trout fillet with black pepper.

**4** When butter melts, add trout fillet. Cook for 1 to 2 minutes per side, until a golden crust forms and fish flakes easily with a fork. Divide fillet in half and place on 2 plates.

**5** Reheat the skillet over medium-high heat. Add remaining 4 tablespoons salted butter and garlic. Cook for 1 to 2 minutes, or until butter is browned and garlic is crisp. Remove from heat.

**6** Stir lemon juice into butter-garlic mixture. Drizzle over trout. Top with toasted almonds and parsley to serve.

You could also substitute an oily fish like salmon; however, the delicate flavor of trout works best with this dish.

## Nutrition per Serving

Fat **81%** Net Carb **2%**  
Protein **17%** Ratio **1.9:1**

Calories  
**532**

Fat  
**48g**

Protein  
**22g**

Total Carbohydrate  
**5g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**3g**

Tender white fish fillets are fried in crunchy almond meal and Parmesan, and served with a dollop of tartar sauce.

# Almond-Crusted Fish with Tartar Sauce

Prep Time: 10 mins

Cook Time: 10 mins

Yield: 2 fillets

Serving Size: ½ fillet

## Ingredients

- ¾ cup mayonnaise
- 1 TB. sweet pickle, chopped
- 1 TB. capers, rinsed
- 1 green onion, minced
- 1 tsp. whole-grain mustard
- 2 tsp. lemon juice
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- ½ cup almond meal
- ½ cup finely grated Parmesan
- 1 large egg
- 4 TB. ghee or other high-temperature oil
- 2 (4 oz.; 110g each) whitefish fillets

- 1 In a small bowl, mix mayonnaise, sweet pickle, capers, green onion, whole-grain mustard, lemon juice, ¼ teaspoon sea salt, and ¼ teaspoon black pepper. Refrigerate tartar sauce.
- 2 In a shallow dish, combine almond meal and Parmesan.
- 3 In a separate shallow dish, beat egg, remaining ¼ teaspoon sea salt, and remaining ¼ teaspoon black pepper until well blended.
- 4 Heat a medium nonstick frying pan over medium heat. When the pan is hot, add ghee.
- 5 Dip whitefish fillets in egg mixture, and then coat with almond meal mixture. Place coated fillets in hot ghee. Cook for 2 to 4 minutes per side, or until fillets are cooked through.
- 6 Serve hot fillets with a generous portion of tartar sauce.

In the process of making ghee, the milk solids are removed, making it a fat that won't smoke when used at higher temps.

## Nutrition per Serving

Fat 85% Net Carb 2%  
Protein 13% Ratio 2.4:1

Calories  
650

Fat  
61g

Protein  
22g

Total Carbohydrate  
5g

Dietary Fiber  
2g

Net Carbohydrate  
3g

Tender sea scallops make a quick dinner when served with an aromatic sauce of sizzling butter and brined capers.

## *Scallops with Brown Butter and Capers*



Prep Time: 10 mins

Cook Time: 15 mins

Yield: 4 scallops

Serving Size: 2 scallops

*Ingredients*

- 4 jumbo fresh dry pack sea scallops  
(about 6 oz.; 170g)
- 6 TB. unsalted butter
- 2 TB. grapeseed oil
- ½ cup dry white wine
- 1 tsp. lemon zest
- ¼ tsp. sea salt (optional)
- 1 TB. capers, rinsed

It's important to use an oil with a high smoke point to sear food. For a neutral taste, avocado, sunflower, safflower, or grapeseed oil are all excellent choices.

1 Rinse sea scallops and pat dry with a paper towel. Set aside.

2 Heat unsalted butter in a heavy-bottomed skillet over medium-low heat. Cook for 3 to 4 minutes, watching constantly and stirring frequently, until butter turns a light brown and has a slight nutty aroma. (You'll notice some small particles of milk solids in the bottom of the skillet that will also turn light brown.)

3 Immediately remove butter from the skillet and place in a bowl to cool. (If any milk solids turned dark brown, simply pour off and reserve butter on top and discard solids.)

4 Reheat the skillet over high heat. Add grapeseed oil to the skillet and wait for oil to shimmer (just before smoking), about 15 to 30 seconds.

5 Place scallops into oil. Without moving, cook for 2 to 3 minutes, or until a caramel crust forms. Turn scallops and cook for an additional 3 to 4 minutes, or until browned.

6 Remove scallops from the skillet and set aside.

7 Reheat the skillet over medium-high heat. Add dry white wine and scrape up any browned bits from the bottom of the skillet. Simmer for 1 minute.

8 Whisk in lemon zest, sea salt (if using), and browned butter. Cook, stirring constantly, for 1 minute. Stir in capers.

9 Drizzle scallops with warm sauce and serve immediately.

*Variation:* This recipe can be made with many types of seafood. To make **Tuna with Brown Butter and Olives**, replace sea scallops with 6 ounces (170g) boneless tuna steak and use ¼ cup pitted, chopped Kalamata olives instead of capers. Cook tuna an additional 1 minute per side.

*Nutrition per Serving*

Fat 89% Net Carb 2%  
Protein 9% Ratio 3.5:1

Calories  
497

Fat  
49g

Protein  
11g

Total Carbohydrate  
3g

Dietary Fiber  
0g

Net Carbohydrate  
3g

Tuna, peas, sharp cheddar, and creamy mushroom gravy rest atop cauliflower florets in this keto twist on the classic.

# Tuna Casserole

Prep Time: **15 mins**Cook Time: **40 mins**Yield: **1 casserole**Serving Size: **1/8 casserole**

## Ingredients

- 1/4 cup extra-virgin olive oil
- 1/2 cup yellow onion, diced
- 1/2 cup celery, diced
- 5 white button mushrooms, diced
- 1 1/2 cups heavy cream
- 1 cup sour cream
- 1/2 tsp. freshly ground black pepper
- 2 cups grated sharp cheddar cheese
- 1/2 cup frozen peas
- 6 cups cauliflower florets, cut into small pieces
- 2 (5-oz.; 140g) cans tuna in olive oil, drained
- 2 tsp. Old Bay seasoning

**1** Preheat the oven to 375°F (190°C). Heat a large heavy-bottomed skillet over medium heat. Add extra-virgin olive oil and wait for 30 seconds.

**2** Add yellow onion, celery, and white button mushrooms and cook, stirring occasionally, for 5 to 6 minutes, or until softened.

**3** Add heavy cream, sour cream, and black pepper. Stir to combine and bring to a simmer. Simmer for 2 minutes, stirring frequently.

**4** Stir in 1 cup sharp cheddar cheese and peas and stir until thickened. Remove from heat and set aside.

**5** Place cauliflower florets in the bottom of a 9-inch (22cm) square covered casserole dish. Spread tuna over cauliflower.

**6** Pour cream sauce evenly over top. Sprinkle with remaining 1 cup sharp cheddar cheese and Old Bay seasoning.

**7** Cover and bake for 15 minutes. Remove cover and continue to cook for 10 to 15 minutes, or until cheese is golden and cauliflower is tender. Serve immediately.

If you can find fried pork rinds without any added fillers or artificial ingredients, you can crumble 1 cup on top of the dish.

## Nutrition per Serving

Fat **77%**    Net Carb **6%**  
Protein **17%**    Ratio **1.5:1**

Calories  
**481**

Fat  
**41g**

Protein  
**21g**

Total Carbohydrate  
**9g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**7g**

Vegetables abound in this quick curry, loaded with scrumptious shrimp, velvety coconut milk, and fresh basil.

# Coconut Shrimp Curry

Prep Time: **20 mins**

Cook Time: **15 mins**

Yield: **4 cups**

Serving Size: **2 cups**

## Ingredients

- 3 TB. coconut oil
- ¼ cup yellow onion, chopped
- 1 TB. curry powder
- 1 tsp. ground coriander
- 2 tsp. grated fresh ginger
- 1 (14-fl.-oz.; 400ml) can full-fat coconut milk
- 2 cups cauliflower florets
- 4 oz. (110g) pea pods
- ½ medium red bell pepper, seeded and sliced
- 1 tsp. high-quality fish sauce
- 1 tsp. lime juice
- ¼ tsp. sea salt
- 6 oz. (170g) cooked shrimp, peeled and deveined
- ¼ cup fresh basil, chopped

**1** Heat a large skillet over medium-high heat. When the skillet is hot, add coconut oil and wait for 15 seconds.

**2** Add yellow onion, curry powder, coriander, and ginger, and sauté, stirring occasionally, for 3 to 4 minutes, or until onion softens and spices are fragrant.

**3** Add coconut milk, cauliflower florets, pea pods, red bell pepper, fish sauce, lime juice, and sea salt. Stir to combine.

**4** Reduce heat to low, cover, and steam for 8 to 10 minutes, or until vegetables are softened but firm.

**5** Add shrimp and stir. Cook for 1 minute, or until shrimp are warmed through. Serve with basil.

Made from salted and fermented anchovy juice, fish sauce is a great way to add a deeper flavor to seafood dishes.



## Nutrition per Serving

Fat **76%** Net Carb **8%**  
Protein **16%** Ratio **1.4:1**

Calories  
**765**

Fat  
**65g**

Protein  
**30g**

Total Carbohydrate  
**22g**

Dietary Fiber  
**7g**

Net Carbohydrate  
**15g**

Bright pan-fried salmon fillets are served with a softened spoonful of savory herb-infused butter.

# Salmon with Herb Butter

Prep Time: **5 mins**Cook Time: **7 mins**Yield: **2 fillets**Serving Size: **1 fillet**

## Ingredients

- 4 TB. salted butter, at room temperature
- 1 TB. fresh chives, chopped
- 1 TB. fresh parsley, chopped
- 1 tsp. fresh rosemary, chopped
- 1 tsp. fresh tarragon, chopped
- ½ tsp. granulated garlic
- ¼ tsp. freshly ground black pepper
- 1 TB. safflower oil
- 2 (4 oz.; 110g each) boneless salmon fillets
- 2 cups steamed greens, to serve (optional)

**1** In a small bowl, combine salted butter, chives, parsley, rosemary, tarragon, granulated garlic, and black pepper and mix until well blended. (Alternately, use a small food processor to purée ingredients.) Set aside.

**2** Heat a medium frying pan over medium-high heat. When the pan is hot, add safflower oil and wait for 30 seconds.

**3** Place salmon fillets, skin side down, in hot oil. Cook for 3 to 4 minutes, or until golden brown and crisp. Carefully turn over fillets and cook for an additional 2 to 3 minutes, or until firm to the touch.

**4** Spoon herb butter over hot salmon fillets just before serving to soften. Serve alongside steamed greens (if using) for a complete meal.

**Variation:** Compound butters are a great way to add extra fat to meals. To make a **Dill and Capers Butter**, blend butter with 1 tablespoon chopped fresh dill, and then add 2 teaspoons rinsed and chopped capers and 1 teaspoon lemon zest.

## Nutrition per Serving

Fat **78%**    Net Carb **1%**  
Protein **21%**    Ratio **1.5:1**

Calories **429**  
Fat **37g**  
Protein **23g**  
Total Carbohydrate **1g**  
Dietary Fiber **0g**  
Net Carbohydrate **1g**

## Nutrition per Serving (with Greens)

Fat **73%**    Net Carb **3%**  
Protein **24%**    Ratio **1.2:1**

Calories **466**  
Fat **38g**  
Protein **28g**  
Total Carbohydrate **8g**  
Dietary Fiber **5g**  
Net Carbohydrate **3g**





# Sides

What's a main dish without a fabulous side? A well-paired side dish can turn your entrée into an interesting, more well-rounded experience. From green bean casserole to a simple side salad, the easy and versatile sides in this chapter provide the perfect keto-friendly accompaniments to the broad range of main dishes in the previous chapters of this book.



Rich, palate-coating duck fat smothers brussels sprouts that are sweet and caramelized from roasting.

# Duck Fat–Roasted Brussels Sprouts

Prep Time: **10 mins**

Cook Time: **25 mins**

Yield: **3 cups**

Serving Size: **½ cup**

## Ingredients

- 1 lb. (450g) brussels sprouts
- ½ cup pure duck fat
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- 1 tsp. granulated garlic
- 1 tsp. dried thyme
- 1 TB. fresh-squeezed lemon juice

- 1 Preheat the oven to 450°F (230°C). Trim stem ends and any loose leaves from brussels sprouts. Cut each in half and place halves in a mixing bowl.
- 2 Warm duck fat in a small skillet over low heat (or in the microwave for 15 to 30 seconds) until melted. Pour duck fat over brussels sprouts. Add sea salt, black pepper, granulated garlic, and thyme and toss to evenly coat sprouts.
- 3 Transfer mixture to a rimmed metal baking sheet. Arrange brussels sprouts so each sprout is face down on the baking sheet.
- 4 Bake for 15 to 20 minutes, or until brussels sprouts are tender but still firm. Sprinkle with lemon juice just before serving.

These brussels are just as tasty with coconut oil. Try to find a virgin or extra-virgin variety for more sweet coconut flavor.

## Nutrition per Serving

Fat **83%**    Net Carb **11%**  
Protein **6%**    Ratio **2.1:1**

Calories **185**  
Fat **17g**  
Protein **3g**  
Total Carbohydrate **8g**  
Dietary Fiber **3g**  
Net Carbohydrate **5g**

**Variation:** You can use up extra bacon grease by making **Bacon Fat–Roasted Brussels Sprouts**. Simply replace duck fat with ½ cup warmed bacon fat and replace thyme with ½ teaspoon smoked paprika.

Romanesco broccoli is drizzled in garlic and rosemary–infused olive oil and sprinkled with toasty pine nuts.

# Romanesco with Rosemary and Garlic

Prep Time: **10 mins**

Cook Time: **25 mins**

Yield: **2 cups**

Serving Size: **½ cup**

## Ingredients

1 medium head Romanesco, cut into florets (about 2 cups)

6 TB. extra-virgin olive oil

1 garlic clove, minced

1 TB. fresh rosemary, chopped

¼ tsp. sea salt

¼ tsp. freshly ground black pepper

3 TB. pine nuts, lightly toasted

## Nutrition per Serving

Fat	<b>95%</b>	Net Carb	<b>2%</b>
Protein	<b>3%</b>	Ratio	<b>9.7:1</b>

Calories **246**

Fat **26g**

Protein **2g**

Total Carbohydrate **3g**

Dietary Fiber **2g**

Net Carbohydrate **1g**

To toast pine nuts, heat a small skillet over low heat. Add pine nuts to the skillet. Stirring constantly, toast for 2 to 3 minutes.





1 Preheat the oven to 400°F (200°C). Spread Romanesco on a rimmed metal baking sheet. Drizzle with 2 tablespoons extra-virgin olive oil.

2 Bake for 20 to 25 minutes, or until golden brown and tender but still firm.

3 Meanwhile, heat a small skillet over medium heat. Add remaining 4 tablespoons extra-virgin olive oil and wait for 30 seconds.

4 Add garlic and rosemary and cook, stirring occasionally, for 1 to 2 minutes, or until fragrant and lightly browned. Remove from heat.

5 When Romanesco is done, remove baking sheet from the oven. Pour oil over top, sprinkle with sea salt and black pepper, and gently stir to coat all sides of florets.

6 Sprinkle toasted pine nuts over Romanesco to serve.

**Variation:** To make **Cauliflower with Spiced Garlic Butter**, replace Romanesco with 2 cups cauliflower florets and use 1 teaspoon paprika, 1 teaspoon garam masala, and 1 teaspoon ground cumin in place of rosemary.

Tender bok choy and earthy shiitake mushrooms are sautéed in toasted sesame oil with garlic and tamari.

# Sesame Bok Choy and Shiitake Mushrooms

Prep Time: **5 mins**Cook Time: **10 mins**Yield: **3 cups**Serving Size: **1½ cups**

## Ingredients

- 3 TB. toasted sesame oil
- 4 oz. (110g) fresh shiitake mushrooms, sliced
- 1 garlic clove, minced
- 1 lb. (450g) baby bok choy, trimmed and sliced
- 1 TB. wheat-free tamari or coconut aminos
- ¼ tsp. sea salt
- 1 TB. toasted sesame seeds

**1** Heat a large skillet over medium-high heat. When the skillet is hot, add toasted sesame oil and wait for 15 seconds.

**2** Add shiitake mushrooms and sauté, stirring occasionally, for 3 to 5 minutes, or until golden. Add garlic and cook for an additional 2 minutes.

**3** Add baby bok choy, wheat-free tamari, and sea salt, and cook for 2 to 3 minutes, or until greens are wilted. Sprinkle with toasted sesame seeds to serve.

For an alternate version, sauté vegetables in sweet virgin coconut oil and add a pinch of cayenne.



## Nutrition per Serving

Fat <b>81%</b>	Net Carb <b>9%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>10%</b>	Ratio <b>1.9:1</b>	<b>255</b>	<b>23g</b>	<b>6g</b>	<b>11g</b>	<b>5g</b>	<b>6g</b>

Tender mashed cauliflower is loaded up with sour cream, cream cheese, sharp cheddar, bacon bits, and ranch.

# Loaded Cauliflower

Prep Time: 10 mins

Cook Time: 35 mins

Yield: 8 cups

Serving Size: 1 cup

## Ingredients

- 1 large head cauliflower, cut into florets
- 1 cup heavy cream
- 1 cup sour cream
- 4 oz. (110g) full-fat cream cheese
- ½ tsp. dried parsley
- ½ tsp. granulated garlic
- ½ tsp. onion powder
- ½ tsp. dried dill
- ½ tsp. freshly ground black pepper
- ½ tsp. sea salt
- 4 oz. (110g) grated sharp cheddar cheese
- 6 oz. (170g) uncured bacon, diced
- ¼ cup fresh chives, chopped

1 Preheat the oven to 350°F (180°C).

2 Place cauliflower florets in a large microwave-safe bowl with 1 inch (2.5cm) water at the bottom of the bowl.

3 Cover the bowl and microwave for 3 to 10 minutes, or until cauliflower is very tender. Drain.

4 Transfer cauliflower to a food processor. Add heavy cream, sour cream, cream cheese, dried parsley, granulated garlic, onion powder, dried dill, black pepper, and sea salt, and pulse until puréed.

5 Transfer mixture to a 9×13-inch (23×33cm) ceramic baking dish or Dutch oven and spread evenly in the pan.

6 Cover with sharp cheddar cheese. Bake for 15 to 20 minutes, or until cheese is golden and bubbly.

7 While cauliflower cooks, heat a medium skillet over medium heat. When the skillet is hot, add bacon and cook for 4 to 5 minutes, or until crisp. Place bacon on a paper towel to drain.

8 Remove cauliflower from the oven and let rest for 5 minutes. Sprinkle with bacon and chives to serve.

## Nutrition per Serving

Fat **81%** Net Carb **7%**  
Protein **12%** Ratio **1.9:1**

Calories  
**321**

Fat  
**29g**

Protein  
**9g**

Total Carbohydrate  
**8g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**6g**

Cremini mushrooms and creamy leeks float in a rich Gruyère cheese sauce, scented with thyme and nutmeg.

# Mushrooms Au Gratin

Prep Time: **10 mins**

Cook Time: **55 mins**

Yield: **4 cups**

Serving Size: **½ cup**

## Ingredients

- 8 TB. unsalted butter
- 2 medium leeks, thinly sliced
- 2 garlic cloves, minced
- 1 lb. (450g) cremini mushrooms, trimmed and quartered
- 1 cup heavy cream
- 1 tsp. fresh thyme
- ¼ tsp. freshly grated nutmeg
- ¼ tsp. freshly ground black pepper
- ¼ tsp. sea salt
- 4 oz. (110g) Gruyère, grated
- ½ cup almond meal
- ½ cup grated Parmesan

## Nutrition per Serving

Fat	<b>81%</b>	Net Carb	<b>8%</b>
Protein	<b>11%</b>	Ratio	<b>1.9:1</b>

Calories **356**

Fat **32g**

Protein **10g**

Total Carbohydrate **9g**

Dietary Fiber **2g**

Net Carbohydrate **7g**

While cremini mushrooms add an earthy flavor to this dish, you can also use white button mushrooms. Better yet, use a variety of wild mushrooms from your local farmer's market.





- 1 Preheat the oven to 400°F (200°C).
- 2 Heat a medium skillet over medium heat. When the skillet is hot, add 3 tablespoons unsalted butter.
- 3 Add leeks and cook for 8 to 10 minutes, or until softened.
- 4 Add garlic and cremini mushrooms and cook for 5 to 7 minutes, or until garlic is fragrant. Remove from heat.
- 5 Heat a small saucepan over medium heat. When the pan is hot, add remaining 5 tablespoons unsalted butter.
- 6 Stir in heavy cream, thyme, nutmeg, black pepper, and sea salt and bring to a light simmer. Simmer for 2 minutes, stirring occasionally.
- 7 Whisk in Gruyère and simmer until thickened, about 1 to 2 minutes.
- 8 Transfer mushrooms to an oven-proof ceramic or glass baking pan. Pour cheese sauce over mushrooms and top with almond meal and Parmesan.
- 9 Bake, uncovered, for 20 to 30 minutes, or until cheese is golden and bubbly. Let sit for 5 minutes before serving.

This classic is made with fresh green beans, a mushroom and Parmesan cream sauce, and crispy fried shallots.

# Green Bean Casserole

Prep Time: **20 mins**Cook Time: **35 mins**Yield: **1 casserole**Serving Size: **1/6 casserole**

## Ingredients

1 lb. (450g) fresh green beans, trimmed and halved

1/4 cup almond flour

2 TB. tapioca flour

1/2 tsp. sea salt

2 medium shallots, thinly sliced into rings

1 large egg, beaten

1/4 cup safflower oil

3 TB. unsalted butter

8 medium white button mushrooms, sliced (about 8 oz.; 225g)

1 garlic clove, minced

1 cup heavy cream

1 cup grated Parmesan

**1** Preheat the oven to 400°F (200°C). Fill a large pot with water and bring to a boil over high heat.

**2** Add green beans and boil for 3 to 5 minutes, or until tender but firm. Immediately drain from water and run under cold water. Set aside.

**3** In a small bowl, combine almond flour, tapioca flour, and sea salt. Dip shallot rings in egg. Dredge in flour mixture.

**4** Heat a 10-inch (25cm) cast-iron skillet over medium-high heat. When the skillet is hot, add safflower oil. Wait for 15 seconds.

**5** Add shallots to cover the bottom of the skillet. Fry, turning once, until shallots are deep brown and crispy, about 2 to 4 minutes. Remove and set on a paper towel.

**6** Reheat the skillet over medium heat. Add unsalted butter and wait until melted.

**7** Add white button mushrooms and garlic and sauté, stirring occasionally, for 4 to 6 minutes, or until softened and fragrant.

**8** Pour heavy cream into the skillet, scraping up any browned bits from the bottom of the skillet. Lightly simmer, stirring frequently, for 2 minutes.

**9** Stir Parmesan into cream and cook for an additional 1 minute. Remove from heat.

**10** Stir green beans into cream sauce. Sprinkle with shallots. Bake for 15 to 20 minutes, or until green beans are tender. Serve immediately.

## Nutrition per Serving

Fat **80%** Net Carb **12%**  
Protein **8%** Ratio **1.8:1**

Calories  
**417**

Fat  
**37g**

Protein  
**9g**

Total Carbohydrate  
**15g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**12g**

With bright broccoli smothered in a thick cheese sauce, this time-honored combination fits the keto profile wholly.

# Broccoli with Cheese Sauce

Prep Time: 5 mins

Cook Time: 15 mins

Yield: 6 cups

Serving Size: 1 cup

## Ingredients

- 1 lb. (450g) broccoli florets
- 2 TB. unsalted butter
- 1 cup heavy cream
- 2 cups grated mild cheddar cheese
- ½ tsp. sea salt
- ½ tsp. smoked paprika (optional)

- 1 Fill a large pot with 1 inch (2.5cm) water. Place a steamer basket in the bottom of the pot. Cover and bring to a boil over high heat.
- 2 When water boils, remove lid and carefully place broccoli florets in the steamer basket. Replace cover and steam for 4 to 6 minutes, or until florets are bright green and tender.
- 3 Meanwhile, heat a small saucepan over medium-high heat. Add unsalted butter.
- 4 When butter melts, add heavy cream and bring to a light simmer. Simmer for 2 minutes.
- 5 Stir in mild cheddar cheese until thickened. Add sea salt and smoked paprika (if using) and stir. Spoon sauce over broccoli to serve.

This recipe can be modified for fresh cauliflower. Also, if you're pinched for time, you can use frozen florets instead of fresh.

**Variation:** To make **Broccoli with Yeast Gravy**, cook broccoli as instructed. Instead of using cheese sauce, melt 6 tablespoons salted butter. Stir 2 tablespoons nutritional yeast into butter and then drizzle over broccoli.

## Nutrition per Serving

Fat	82%	Net Carb	4%	Calories		Fat		Protein		Total Carbohydrate		Dietary Fiber		Net Carbohydrate
Protein	14%	Ratio	2.0:1	352		32g		12g		6g		2g		4g

Emerald baby spinach is braised in silky coconut milk with a hint of nutmeg and cayenne and some crunchy cashews.

# Coconut Creamed Spinach

Prep Time: **5 mins**Cook Time: **5 mins**Yield: **3 cups**Serving Size:  **$\frac{3}{4}$  cup**

## Ingredients

- 3 TB. coconut oil
- 1 garlic clove, minced
- 1 lb. (450g) baby spinach, coarsely chopped
- $\frac{3}{4}$  cup full-fat coconut milk
- $\frac{1}{4}$  tsp. freshly ground nutmeg
- $\frac{1}{8}$  tsp. cayenne pepper (optional)
- $\frac{1}{2}$  tsp. sea salt
- $\frac{1}{2}$  cup cashews

**1** Heat a large frying pan or skillet over medium-high heat. Add coconut oil and wait for 15 seconds.

**2** Add garlic and cook for 30 seconds, or until fragrant. Add baby spinach, full-fat coconut milk, nutmeg, cayenne pepper (if using), and sea salt. Stir until wilted, or about 2 to 3 minutes.

**3** Add cashews and stir to combine. Season with additional sea salt, if desired. Serve hot.

**Variation:** To make **Coconut Creamed Chard**, replace baby spinach with 1 pound (450g) Swiss chard, leaves chopped and stems finely chopped. Use 1 tablespoon minced shallot instead of garlic, and sauté the stems a few minutes before adding the leaves.

You can vary this recipe by using other spices, such as curry power or cardamom, to season the spinach.

## Nutrition per Serving

Fat **82%** Net Carb **10%**  
Protein **8%** Ratio **2.0:1**

Calories  
**286**

Fat  
**26g**

Protein  
**6g**

Total Carbohydrate  
**10g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**7g**



This colorful salad is a blend of crisp cabbage and sweet carrot, covered in a cider vinegar and Dijon dressing.

# Creamy Coleslaw

Prep Time: **15 mins**

Chill Time: **3 hours**

Yield: **6 cups**

Serving Size: **1 cup**

## Ingredients

- 1 cup mayonnaise
- 1 TB. Dijon mustard
- 2 TB. apple cider vinegar
- 1 tsp. celery salt
- 1 TB. red onion, minced
- 1 large carrot, grated (about ½ cup)
- 5 cups green or purple cabbage, grated

**1** In a large bowl, whisk mayonnaise, Dijon mustard, apple cider vinegar, celery salt, and red onion.

**2** Add carrot and green cabbage and toss to combine. Refrigerate for 2 to 3 hours before serving.

**Variation:** Add 2 tablespoons hot pepper sauce instead of Dijon mustard and 1 teaspoon smoked paprika to the dressing mixture to make **Smoky Red Slaw**.

This coleslaw can be made up to 48 hours ahead of time, making it a great choice for holiday gatherings or parties.



## Nutrition per Serving

Fat **95%** Net Carb **3%**  
Protein **2%** Ratio **9.3:1**

Calories  
**264**

Fat  
**28g**

Protein  
**1g**

Total Carbohydrate  
**6g**

Dietary Fiber  
**4g**

Net Carbohydrate  
**2g**

This simple side salad is quick and easy, with mixed greens, creamy avocado, and a super-fast oil and vinegar dressing.

# Keto Side Salad

Prep Time: **10 mins**Cook Time: **none**Yield: **2 salads**Serving Size: **1 salad**

## Ingredients

- 3 cups mixed greens
- 2 TB. extra-virgin olive oil
- 1 TB. balsamic vinegar
- ¼ tsp. sea salt
- ½ medium avocado, diced
- 2 green onions, thinly sliced
- 2 TB. raw sunflower seeds
- 2 oz. (55g) chèvre, crumbled

**1** In a large bowl, combine mixed greens, extra-virgin olive oil, balsamic vinegar, and sea salt. Toss to coat.

**2** Divide greens into 2 bowls. Top with avocado, green onions, raw sunflower seeds, and chèvre and serve.

For a more kid-friendly version, you can use lemon juice instead of balsamic vinegar, replace the chèvre with ½ cup grated mild cheddar cheese, and eliminate the green onions.



## Nutrition per Serving

Fat **82%** Net Carb **6%**  
Protein **12%** Ratio **2.0:1**

Calories  
**330**

Fat  
**30g**

Protein  
**10g**

Total Carbohydrate  
**11g**

Dietary Fiber  
**6g**

Net Carbohydrate  
**5g**

Tender asparagus spears are roasted with salty Serrano ham and drizzled with a rich Mahón cheese sauce.

# Serrano-Wrapped Asparagus with Mahón

Prep Time: **10 mins**Cook Time: **20 mins**Yield: **12 spears**Serving Size: **3 spears**

## Ingredients

6 thin Serrano ham slices  
(about 3 oz.; 85g)

12 asparagus spears

1 TB. extra-virgin olive oil

¾ cup heavy cream

4 oz. (110g) Mahón, grated

½ tsp. smoked paprika

¼ tsp. freshly ground black  
pepper

- 1 Preheat the oven to 400°F (200°C). Cut Serrano ham slices in half lengthwise to create 2 long strips from each slice.
- 2 Wrap each asparagus spear with Serrano ham. Place on a baking sheet and drizzle with extra-virgin olive oil.
- 3 Place the baking sheet in the oven and bake for 10 to 12 minutes, or until asparagus is tender.
- 4 Meanwhile, heat a small saucepan over medium-high heat. Add heavy cream and bring to a boil. Boil, stirring constantly, for 1 minute.
- 5 Add Mahón. Cook, stirring constantly, for 3 to 5 minutes, or until a smooth consistency forms. Remove from heat.
- 6 To serve, drizzle Mahón sauce over baked asparagus spears and then sprinkle with smoked paprika and black pepper.

If you have trouble finding Serrano ham and Mahón, you can substitute prosciutto and Gouda, respectively.

## Nutrition per Serving

Fat **82%** Net Carb **3%**  
Protein **15%** Ratio **2.1:1**

Calories  
**352**

Fat  
**32g**

Protein  
**13g**

Total Carbohydrate  
**4g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**3g**





# Desserts

If you enjoy dessert, you've probably thought a low-carb diet is not for you. While you'll find your cravings for sweets may change and level off as you adapt to the keto diet, you don't have to deprive yourself of the occasional sweet treat. In fact, you can enjoy some pretty decadent desserts while on this diet. From almond truffles to mini-cheesecakes, the rich recipes in this chapter satisfy even the most powerful sweet tooth.

These enticing toasty coconut bites have a hidden almond center and a lavish dark chocolate coating.

# Coconut Almond Bites

Prep Time: **40 minutes**

Cook Time: **12 mins**

Yield: **16 bites**

Serving Size: **2 bites**

## Ingredients

- 2 large egg whites
- 2 tsp. raw honey
- 1 tsp. pure almond extract
- 2 cups unsweetened shredded coconut
- 16 whole almonds
- 4 oz. (110g) 85 percent cacao dark chocolate bar
- 1 TB. coconut oil

**1** Preheat the oven to 350°F (180°C). Line a rimmed metal baking sheet with a piece of parchment paper. (Alternately, use a silicone baking mat to prevent sticking.)

**2** In a medium bowl, whisk egg whites, raw honey, and almond extract. Add unsweetened coconut and mix until combined.

**3** Form coconut mixture around 1 whole almond to make a round ball about 1½ inches (3.75cm) in diameter. Place on the parchment paper. Repeat with remaining almonds to make 16 balls.

**4** Bake for 10 to 12 minutes, or until coconut is a deep golden brown. Remove from the oven and cool completely.

**5** When bites have cooled, chop or break dark chocolate bar into small pieces. Place chocolate and coconut oil in a heavy-bottomed saucepan over low heat.

**6** When chocolate begins to melt, stir constantly to prevent scorching until completely melted, about 1 minute. Remove from heat.

**7** Drizzle chocolate over coconut bites. Let cool completely before serving or storing in an airtight container.

If you really love chocolate, you can dip the coconut bites into it instead of just drizzling it on top.

## Nutrition per Serving

Fat **81%**    Net Carb **13%**  
Protein **6%**    Ratio **1.8:1**

Calories **268**

Fat **24g**

Protein **4g**

Total Carbohydrate **14g**

Dietary Fiber **5g**

Net Carbohydrate **9g**



These colorful mini-cheesecakes—topped with fluffy whipped cream and fresh berries—are real crowd-pleasers.

# Mini-Cheesecakes with Fresh Berries

Prep Time: **1 hr, 10 mins**

Cook Time: **30 mins**

Yield: **12 mini-cheesecakes**

Serving Size: **1 mini-cheesecake**

## Ingredients

- 1½ cups pecans
- 4 TB. unsalted butter, melted
- ⅛ tsp. sea salt
- 2½ tsp. powdered stevia
- 3 (8-oz.; 225g) pkg. cream cheese, at room temperature
- 1½ tsp. pure vanilla extract
- 2 large eggs, beaten
- 1 cup heavy whipping cream
- 1 tsp. liquid stevia
- ¾ cup fresh berries of choice

## Nutrition per Serving

Fat <b>90%</b>	Net Carb <b>4%</b>
Protein <b>6%</b>	Ratio <b>3.8:1</b>

Calories **422**

Fat **42g**

Protein **6g**

Total Carbohydrate **6g**

Dietary Fiber **1g**

Net Carbohydrate **5g**

What is stevia? Stevia is a natural sugar substitute from the leaves of the stevia plant. While it's much sweeter than sugar, it doesn't adversely affect your blood glucose level.





- 1 Preheat the oven to 350°F (180°C).
- 2 Place pecans in a food processor and pulse until finely chopped.
- 3 Combine pecans, unsalted butter, sea salt, and ½ teaspoon powdered stevia and mix until fully blended.
- 4 Place 12 paper muffin cups in a muffin tin. (Alternately, you can use a silicone muffin pan without the paper liners.)
- 5 Divide pecan mixture evenly into the muffin cups. Press into the bottom of each cup. Bake for 5 minutes.
- 6 In a stand mixer, beat cream cheese, 1 teaspoon vanilla extract, and remaining 2 teaspoons powdered stevia until light and creamy. Add eggs and beat just until incorporated.
- 7 Pour or scoop cream cheese mixture evenly into muffin cups over baked crusts. Bake for 20 to 25 minutes, or until set in the middle. Remove from the oven and chill for at least 1 hour.
- 8 Shortly before serving, whip heavy whipping cream, liquid stevia, and remaining ½ teaspoon vanilla extract until soft peaks form. Frost chilled cheesecakes with whipped cream and top with fresh berries to serve.

Honey-sweetened peanut butter is surrounded by dark chocolate in this nod to a dessert favorite.

# Chocolate Peanut Butter Cups

Prep Time: **20 mins**Chill Time: **2 hrs**Yield: **12 muffin cups**Serving Size: **1 muffin cup**

## Ingredients

7 oz. (200g) 85 percent cacao chocolate bar

¼ cup coconut oil

¾ cup unsweetened peanut butter

2 TB. raw honey

⅛ tsp. sea salt

**1** Break chocolate bar into small pieces. Heat a small saucepan or double boiler over low heat. Add chocolate pieces and coconut oil and stir occasionally until melted, about 3 to 5 minutes.

**2** Line a 12-cup muffin tin with paper liners. Pour a ⅛-inch (3mm) layer of chocolate in the bottom of each paper liner. Place in the freezer for 10 minutes.

**3** Meanwhile, in a medium bowl, combine unsweetened peanut butter, raw honey, and sea salt and mix well.

**4** Remove chocolate cups from freezer. Spoon peanut butter mixture into the cups, and then drizzle with remaining chocolate (You may need to reheat chocolate slightly and whisk to remove clumps.)

**5** Refrigerate for 2 hours, or until chocolate hardens. Serve cold, and keep refrigerated to store.

If you can't or don't eat peanut butter, you can substitute unsweetened almond or cashew butter instead.

## Nutrition per Serving

Fat **75%** Net Carb **17%**  
Protein **8%** Ratio **1.3:1**

Calories  
**240**

Fat  
**20g**

Protein  
**5g**

Total Carbohydrate  
**13g**

Dietary Fiber  
**3g**

Net Carbohydrate  
**10g**

Sweet diced mango flavors this creamy coconut and chia pudding, topped with a pop of toasted sesame seeds.

# Mango Coconut Pudding

Prep Time: **5 mins**

Chill Time: **8 hrs**

Yield: **2 cups**

Serving Size: **½ cup**

## Ingredients

1 (14-fl.-oz.; 400ml) can  
full-fat coconut milk

⅓ cup white chia seeds

1 cup mango, diced

1 TB. toasted sesame seeds  
(optional)

- 1 In a medium bowl, combine coconut milk, white chia seeds, and mango and mix well.
- 2 Cover the bowl and refrigerate for at least 8 hours or until gelled and thickened.
- 3 Sprinkle with toasted sesame seeds (if using) to serve.

**Variation:** To make **Chocolate Raspberry Pudding**, replace mango with 1 cup fresh or frozen raspberries, and add ¼ cup unsweetened cocoa powder and ½ teaspoon almond extract. Eliminate toasted sesame seeds.

If mango isn't in season when you're making this recipe, you can replace it with fresh peach or strawberry slices.



## Nutrition per Serving

Fat <b>81%</b>	Net Carb <b>12%</b>	Calories	Fat	Protein	Total Carbohydrate	Dietary Fiber	Net Carbohydrate
Protein <b>7%</b>	Ratio <b>1.9:1</b>	<b>299</b>	<b>27g</b>	<b>5g</b>	<b>15g</b>	<b>6g</b>	<b>9g</b>

These decadent truffles boast elegant flavors of dark, bittersweet chocolate and pure almond extract.

# *Almond Truffles*



Prep Time: **1 hr, 15 mins**Cook Time: **5 mins**Yield: **24 truffles**Serving Size: **4 truffles***Ingredients*

8 oz. (225g) 75 percent or higher chocolate  
 4 fl. oz. (120ml) heavy cream (about ½ cup)  
 1 tsp. almond extract  
 ¼ cup unsweetened cocoa powder

- 1 Chop chocolate into very small pieces. Place in a medium bowl.
- 2 Heat a small heavy-bottomed saucepan over low heat. Add heavy cream and bring to a simmer, occasionally scraping down the edges of the pan with a rubber scraper. Add almond extract and stir. Remove from heat.
- 3 Pour hot cream over chocolate pieces. Wait for 1 minute and vigorously whisk until chocolate is fully melted and smooth.
- 4 Spread chocolate in a thin layer on a parchment-lined baking sheet. Refrigerate for 1 hour.
- 5 Using a sturdy metal spoon, scoop 1-inch (2.5cm) mounds of chocolate. Use your hands to quickly roll each mound into a smooth ball.
- 6 Immediately roll each ball in unsweetened cocoa powder. Place each in a small paper or foil wrapper, or store on a clean sheet of parchment.
- 7 Serve truffles immediately or store in the refrigerator.

The truffles are only as good as the chocolate you use. Look for high-quality bars of at least 75 percent cacao.

*Nutrition per Serving*

Fat **79%**    Net Carb **15%**  
 Protein **6%**    Ratio **1.7:1**

Calories **136**Fat **12g**Protein **2g**Total Carbohydrate **8g**Dietary Fiber **3g**Net Carbohydrate **5g**

**Variation:** To make **Cherry Hazelnut Truffles**, replace almond extract with 1 teaspoon cherry extract and roll truffles in chopped hazelnuts. Or you can make **Vanilla Coconut Truffles** by using 1 teaspoon vanilla extract and coating truffles in shredded unsweetened coconut flakes.

Smooth pumpkin custard is sweetened with maple syrup and topped with vanilla whipped cream.

# Pumpkin Custard Cups

Prep Time: 10 mins

Cook Time: 35 mins

Yield: 8 custard cups

Serving Size: 1 custard cup

## Ingredients

- 3 eggs, beaten
- 2 cups heavy cream
- 1 (15-oz.; 420g) can cooked, puréed pumpkin
- ½ tsp. ground cinnamon
- ½ tsp. freshly ground nutmeg
- ¼ tsp. ground cloves
- ⅛ tsp. sea salt
- 3 TB. pure grade B maple syrup
- 1 tsp. pure vanilla extract

1 Preheat the oven to 350°F (180°C). In a large bowl, combine eggs, 1 cup heavy cream, puréed pumpkin, cinnamon, nutmeg, cloves, sea salt, 2 tablespoons grade B maple syrup, and ½ teaspoon vanilla extract. Beat with a stand or hand mixer until smooth.

2 Pour batter evenly into 6 small 1-cup oven-proof baking cups or ceramic crocks.

3 Bake for 25 to 35 minutes, or until a toothpick inserted into the center comes out clean. Remove from the oven and cool completely.

4 Shortly before serving, in a medium bowl, whip remaining 1 cup heavy cream, remaining ½ teaspoon vanilla extract, and remaining 1 tablespoon maple syrup until fluffy.

5 Serve cooled custard in the baking cups, topped with a dollop of whipped cream.

To adapt this recipe for 12 muffin cups, place 12 paper liners in the pan and reduce the time by 5 to 10 minutes.

## Nutrition per Serving

Fat **81%** Net Carb **13%**  
Protein **6%** Ratio **1.8:1**

Calories  
**268**

Fat  
**24g**

Protein  
**4g**

Total Carbohydrate  
**11g**

Dietary Fiber  
**2g**

Net Carbohydrate  
**9g**

Thick slabs of rich coconut and macadamia nut "fudge" are sweetened with maple syrup and loaded with walnuts.

# Maple Walnut and Macadamia "Fudge"

Prep Time: **10 mins**Chill Time: **3 hours**Yield: **12 bars**Serving Size: **1 bar**

## Ingredients

- 1 cup raw macadamia nuts
- ½ tsp. maple extract
- 2 TB. pure grade B maple syrup
- ¾ cup virgin coconut oil, melted
- ¼ tsp. sea salt
- ½ cup walnuts, chopped

- 1 In a small food processor, pulse raw macadamia nuts until a dough texture forms.
- 2 Add maple extract, grade B maple syrup, virgin coconut oil, and sea salt and purée until blended.
- 3 Line a small 5<sup>3</sup>/<sub>4</sub>×3<sup>1</sup>/<sub>4</sub>×2-inch (14.5×8.25×5cm) loaf pan with parchment paper. (Alternately, line a 12-cup muffin tin with paper liners.)
- 4 Spread walnuts evenly in the bottom of the loaf pan. Pour fudge over top.
- 5 Refrigerate for 2 to 3 hours, or until firm. Cut into 12 equal slices and serve.

Maple extract gives this fudge a unique flavor, but if you have trouble finding it, you can use ½ tsp. vanilla extract instead.

## Nutrition per Serving

Fat **92%**    Net Carb **5%**  
Protein **3%**    Ratio **5.0:1**

Calories  
**245**

Fat  
**25g**

Protein  
**2g**

Total Carbohydrate  
**4g**

Dietary Fiber  
**1g**

Net Carbohydrate  
**3g**

Sweet coconut sugar stars in this silky coconut cream pie, served in a crisp almond flour crust.

## *Coconut Cream Pie*



Prep Time: 1 hr, 15 mins

Cook Time: 15 mins

Yield: 1 pie

Serving Size: 1/12 pie

*Ingredients*

- 1 1/4 cups almond flour
- 8 tsp. coconut sugar
- 3 TB. salted butter, melted
- 3/4 cup unsweetened shredded coconut
- 1 (14-fl.-oz.; 400ml) can full-fat coconut milk
- 1 tsp. pure vanilla extract
- 1 (1.8g) pkg. powdered gelatin (about 1 scant TB.)
- 2 cups heavy cream
- 1 TB. raw honey

1 Preheat the oven to 350°F (180°C). In a medium bowl, mix almond flour, 2 teaspoons coconut sugar, and salted butter until fully combined. Press into the bottom of a 9-inch (23cm) pie pan. Bake for 10 minutes or until golden brown. Remove crust and cool for 10 minutes.

2 While crust bakes, spread 1/4 cup unsweetened shredded coconut on a rimmed metal baking sheet. Bake alongside crust for 2 to 4 minutes, or until browned and toasted. (Watch carefully so coconut does not burn!) Remove from the oven and cool for later use.

3 In a medium saucepan, combine full-fat coconut milk, 1/2 teaspoon vanilla extract, remaining 6 teaspoons coconut sugar, and remaining 1/2 cup unsweetened shredded coconut over medium heat. Heat until coconut sugar dissolves, stirring occasionally, for about 5 minutes. Do not boil.

4 Mix gelatin with 2 tablespoons cold water. Whisk until gelatin dissolves. Stir mixture into warm coconut milk and whisk until fully dissolved. Pour coconut cream filling into cooled pie crust. Chill for at least 1 hour to set gelatin.

5 Shortly before serving, whip heavy cream, raw honey, and remaining 1/2 teaspoon vanilla extract for 2 to 4 minutes, or until soft peaks form.

6 Spread whipped cream in an even layer over chilled pie. Sprinkle with coconut to serve.

*Nutrition per Serving*

Fat 84%    Net Carb 10%  
Protein 6%    Ratio 2.4:1

Calories 362

Fat 34g

Protein 5g

Total Carbohydrate 11g

Dietary Fiber 2g

Net Carbohydrate 9g

**Variation:** To make **Chocolate Coconut Cream Pie**, add 1/4 cup unsweetened cocoa powder to the filling mixture in step 3. Sprinkle pie with 1/4 cup miniature bittersweet chocolate chips, along with the 1/4 cup toasted coconut.

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