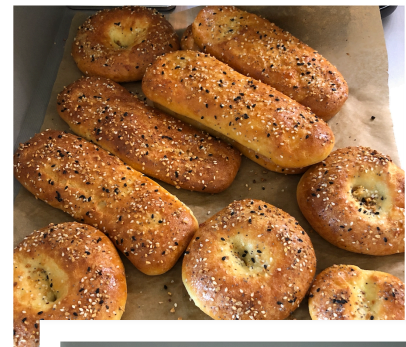


Easy Keto Recipes

For Beginners to the Seasoned Chef (pun intended)!

Curious about Keto? Escalate your Health and Wellbeing by eating “Real” food and Losing the Weight you Desire.

By Cydney Buckman



Preface:

You don't have to be Keto to enjoy these Recipes and everyone will benefit from fewer carbs and better health.

Whether you are a Vegetarian, eating Paleo, etc., you will Enjoy 80% of these Recipes!

Or whether you are just learning to cook, tired of cooking high carb meals, and need to lose weight, or you are a seasoned cook, and want to cook Easy Keto meals for yourself, your family, and your friends; then this is the cookbook for you!

My personal view is that you can take any of your favorite meals and turn them into Keto.

After transitioning certain pantry items to Keto items, you are set and will be able to look and feel your best!

What foods can you eat unlimited on keto?

Here is a short list and I will get into more detail below.

Foods you can eat on the Keto diet include, but not limited to the following: fish and seafood, meat and poultry, non-starchy vegetables like asparagus, bell peppers, broccoli, brussel sprouts, cauliflower, kale, spinach, and zucchini, avocados, berries, nuts and seeds, eggs, high-fat dairy products, olive oil and other healthy oils, and high-cocoa chocolate.

What is the #1 keto mistake?

Mistake #1: Too much protein, not enough fat

On Keto, you count Carbs and not so much Calories... you do keep your eyes on your Calorie intake though!

Bottom Line...

Your Family, Friends, Non-Keto Friends and Non-Keto Family will enjoy these recipes! And even the Little ones!

A Note regarding Pink Himalayan Salt vs. Table Salt

Pink Himalayan Salt Contains More Minerals: Both table salt and pink Himalayan salt consist mostly of sodium chloride, but pink Himalayan salt has up to 84 other minerals and trace elements. These include common minerals like potassium and calcium. And I believe Pink Himalayan Salt to be healthier than Table Salt.

Introduction to the Keto Diet:

Q. How long does it take to be in ketosis?

A. It typically takes **2–4 days** to enter ketosis if you eat fewer than 50 grams of carbs per day. However, some people may take longer depending on factors like physical activity level, age, metabolism, and carb, fat, and protein intake.

Q. What knocks your body from ketosis?

A. **Consuming too many carbs** can kick your body out of ketosis and it takes several days to 1 week to get back into it. In the meantime, your weight loss may be disrupted.

Q. How many Carbs do I need daily?

A. You should have an average of 50 Carbs or an average of 20 Net Carbs vs. the 225 to 358 grams Carbs for the average adult female and male.

Q. What is a Net Carb and how do you count them?

A. Net carbs are when Subtract the grams of “Fiber” from the total carbs.
EXAMPLE: "Rosemary Chicken with Mushrooms" has 13 grams of carbs and five grams of fiber, $13 - 5 = 8$ “Net Carbs.”

Q. What about Keto Flu?

A. When your tummy starts to feel like you might have the flu, that is an Excellent sign that you are going into Ketosis! It is just “keto flu” and you are Ridding your Body of Toxins! And for me personally, I just tell myself that and next thing I know... it’s gone!

Q. What other Benefits are there to being Keto?

A. 1.) Weight loss! 2.) Increased ketones in the blood, (i.e. reducing blood sugar levels and increasing ketones). And you’ll start burning fat and ketones as your main fuel sources. 3.) Appetite suppression; hunger decreases while following a keto diet. 4.) Increased focus and energy. And 5.) Better sleep.

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Pantry Items to have on hand:

Please Note: Just purchase as you need them, then it is not overwhelming!

<p>Spices:</p> <ul style="list-style-type: none"> • Pink Himalayan Salt • Black Peppercorns • Basil • Cayenne • Chili Powder • Cinnamon • Cloves • Cumin • Garlic Granules • Ginger • Italian Seasoning • Nutmeg • Oregano • Paprika • Parsley • Turmeric • Organic Southwest Taco Seasoning <p>Pantry Items:</p> <ul style="list-style-type: none"> • Almond Flour • Xanthan Gum Powder • Arrowroot Flour • Pork Rinds for making "Flour" • Baking Soda • Baking Powder • Powdered Sugar (I use Lakanto & use for most recipes) • Brown Sugar (I use Lakanto) • Sugar (I use Lakanto Organic Classic Monk Fruit Sweetener with Erythritol - White Sugar Substitute) • Apple Cider Vinegar • Olive Oil • Avocado Oil • Hemp Oil • Coconut Oil • Toasted Sesame Oil • Coconut Secret Coconut Aminos • Better than Bouillon 	<p>Pantry Items (Continued):</p> <ul style="list-style-type: none"> • Pickapeppa Sauce (Excellent Steak & Sauce for Cream Cheese) • Avocado Mayonnaise • Mustard (I love German Mustard) • Organic Ketchup • Organic Tomato Paste • Olives • Sauerkraut (I love Bubbie's) • Sweet Pickle Relish* • Hatch Diced Green Chilis • Canned Albacore • Rao's Homemade Sensitive Marinara • Almond Butter • Peanut Butter* • Almonds Slivered • Peanuts* • Dark Chocolate • Cacao Powder • Organic Canned Pumpkin • Lemon Juice • Lime Juice • Rum (The Kracken is good for making Ice Cream) • Maple Extract • Vanilla Extract • Foil • Parchment Paper • Pork Rinds for Nachos or just eating <p>Meats:</p> <ul style="list-style-type: none"> • Organic 100% Grass-Fed Ground Beef 85/15 • Organic Chicken (Thighs and Breast) • Organic Beef • Sausage • Brats (My Favorite... Aidells Cajun Style Andouille) • Bacon 	<p>Veggies (when needed and Organic):</p> <ul style="list-style-type: none"> • Whole Garlic • Yellow & Red Onions • Asparagus • Avocados • Red Bell • Broccoli • Brussels • Cauliflower • Celery • Cherry Tomatoes • Mushrooms • Green Beans • Spinach • Romain Hearts • Zucchini • Organic Whole Ginger <p>Fruit (when needed and Organic):</p> <ul style="list-style-type: none"> • Blueberries • Limes • Lemons <p>Dairy & Eggs (Organic Full Fat):</p> <ul style="list-style-type: none"> • Eggs • Butter • Heavy Cream • Soft and Hard Cheeses like Brie, Mozzarella, Parmesan etc. • Cream Cheese • Sour Cream <p>Freezer Items:</p> <ul style="list-style-type: none"> • Frozen Riced Cauliflower • Frozen Peas <p>* Even though Sweet Pickle Relish and Peanuts are not Keto... they each have about 6 grams of Carbs and you will not go out of Ketosis as long as you stay under 50 Grams of Carbs or 20 Net Carbs daily.</p>
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Breads and Crackers:

Bread, funny thing is that it's loved by so many, even though bread is so full of carbs.

In fact, just one slice of Multi Grain Bread, has 20 carbs, minus the two grams of fiber, equals 18 Net Carbs. And 50 carbs daily or 20 net carbs is the average Daily goal!

You don't really have to go without Bread though with your Keto meals. And you can make this loaf using any of your favorite Seeds!

Sesame Bread



Adapted from wholesome yum!

Ingredients:

- 1 cup Blanched Almond Flour (I use 365 or Anthony's)
- 1/4 cup Coconut Flour
- 2 tsp Baking Powder
- 1 Tab Powdered Sugar (Lakanto is my favorite brand)
- 1/4 tsp Pink Himalayan Salt
- 1/4 tsp Xanthan Gum
- 1/3 cup Unsalted Butter (or 5 tbsp + 1 tsp; measured solid, then melted; can use coconut oil for dairy-free)
- 12 large Egg Whites (~1 1/2 cups, at room temperature) (Be sure to "Save" the Yolks for anything else you need.)
- Sesame Seeds (Optional) or any Seeds you prefer.

Instructions:

1. Preheat the oven to 325°F. Line an 8 1/2 x 4 1/2 in loaf pan with parchment paper, with extra hanging over the sides for easy removal later.
2. Combine the almond flour, coconut flour, baking powder, powdered sugar, xanthan gum, and pink Himalayan salt in a large food processor. Pulse until combined.
3. Add the melted butter. Pulse, scraping down the sides as needed, until crumbly.
4. In a very large bowl, use a hand mixer to beat the egg whites until stiff peaks form. Make sure the bowl is large enough because the whites will expand a lot.
5. Add 1/2 of the stiff egg whites to the food processor. Pulse a few times until just combined. Do not over-mix!
6. Carefully transfer the mixture from the food processor into the bowl with the egg whites, and gently fold until no streaks remain. Do not stir. Fold gently to keep the mixture as fluffy as possible.

7. Transfer the batter to the lined loaf pan and smooth the top. Push the batter toward the center a bit to round the top.
8. Bake for about 40 minutes, until the top is golden brown. Tent the top with aluminum foil and bake for another 30-45 minutes, until the top is firm and does not make a squishy sound when pressed. Internal temperature should be 200 degrees. Cool completely before removing from the pan and slicing.

You don't really have to go without Bread with your Keto meals. And you can make this loaf using any Seeds that you prefer!

Serving size: 1 slice, 1/2" thick

Notice the "Net Carbs" for 1 "1/2 inch" slice of Sesame Bread? :-)

Two grams of Fiber minus two grams of Carbs!

Serves 12 - 16 and ZERO Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Anthony's - Blanched Almond Flour, 1/16 cup	43	1	4	2	1	1
Coconut flour - Coconut Flour, 3/200 cup(s)	7	1	0	0	4	1
Kerry Gold - Butter - Unsalted, 8/25 tbsp(s)	32	0	4	0	0	0
Large - Egg Whites, 3/4 egg white	13	0	0	3	41	0
Sesame seeds, 1/8 tbsp	6	0	1	0	0	0
Total:	101	2	9	5	46	2

Bagels

Regular Bagels are great, but too dense for me, so I really love these Bagels! And you can even make Hotdog Buns, or use as a Hoagie roll.



Adapted from the The Gunny Sack

Ingredients:

- 3 1/2 cups shredded Mozzarella Cheese
- 5 oz Cream Cheese, cubed
- 2 large Eggs, beaten
- 2 1/4 cups Almond Flour
- 1 Tab Baking Powder
- 1 Egg white, beaten (to brush on top of Bagels before baking)
- 1 Tab Everything Bagel Seasoning, (or seeds or seasoning of choice)
- 1/4 cup Almond Flour, if needed while kneading

Instructions:

1. Put shredded cheese and cream cheese in a microwave-safe bowl. Microwave on high for one minute. Stir. Continue microwaving in 30-second intervals stirring after each interval until smooth.
2. In a separate bowl (Food Processor is best), combine the almond flour and baking powder. Add the beaten eggs and stir to combine.
3. Add the melted cheese mixture to the almond flour mixture. Mix in the bowl or Food Processor and then turn out onto Parchment Paper or flat surface sprinkled with almond flour. Knead until combined. Sprinkle the dough with 1/4 cup of almond flour when it gets sticky and continue kneading.
4. Divide the dough ball into 8 pieces. Form a ball with each piece and then make a hole in the center and form into a bagel shape.
5. Place on a parchment covered baking sheet. Brush with beaten egg white and sprinkle with Everything Bagel Seasoning.
6. Bake at 425°F for 15-18 minutes, until golden brown.

- Allow the bagels to cool completely and store in an airtight container in the refrigerator or freezer. So as you can see, you can enjoy Bagels any day with only four (4) Net Carbs!

And you can even make Hotdog Buns, or use as a Hoagie roll.

Serving size: 1 Bagel

Four grams of Fiber minus eight grams of Carbs equals Four Net Carbs!

Serves eight and four Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Mozzarella cheese, whole milk, 11/25 cup, shredded	147	1	11	11	240	0
365 - Cream Cheese, 5/8 ounce	59	1	5	1	62	0
Wilcox Organic - Large Brown Eggs, 3/8 egg	26	0	2	2	26	0
Anthony's - Blanched Almond Flour, 5/16 cup	213	6	19	8	6	4
Wilcox - Egg whites, 5155400235917/644658718275 g	3	0	0	1	12	0
365 Everyday Value - Seasoning, Everything Bagel, 1/4 tsp	0	0	0	0	80	0
Total:	448	8	37	23	426	4

Parmesan & Garlic Crackers

Crackers anyone?

Parmesan and Garlic!

YUM!



Ingredients:

- 1 3/4 cup Almond Flour
- 1 cup finely grated Parmesan Cheese
- 1/4 cup shredded Mozzarella Cheese
- 1 oz Cream Cheese, cubed, softened
- 1 large Egg, beaten
- 1/2 tsp Garlic Granules (or minced Garlic)
- 1/4 tsp Pink Himalayan Salt

Instructions:

1. Preheat oven to 350°F. Prepare baking sheet lined with parchment paper.
2. Make Dough: Stir together all dry ingredients (almond flour, parmesan cheese, garlic, salt) in bowl until well-mixed. Stir in 2/3 of beaten egg until mixture forms into cohesive and rollable dough, using hands if needed. Add mozzarella and cream cheese. Set aside remainder of egg.
3. Roll Out Dough: Place dough on parchment paper and cover with another piece of parchment paper. Roll out dough and flatten dough as thin as possible, ideally less than 1/8 inch thick. Dough should have uniform thickness so that crackers will crisp evenly in oven. (It is best to break off the outer crackers as they brown and place the rest back into the oven.)
4. Score & Brush: Use butter knife to lightly score dough into individual crackers, making them easier to separate after baking. Using remaining beaten egg, brush very thin layer across surface of crackers. Discard rest of egg.
5. Bake at 350°F until crackers are golden brown and crispy, about 20 minutes. They will crisp starting from edges and moving inward; crackers are done when centers are crispy. Since ovens vary, frequently monitor starting at 15 minutes and remove when done.

(It is best to break off the outer crackers as they brown and place the rest back into the oven to finish browning.)

- Let crackers fully cool before breaking into individual crackers by snapping along perforations. Serve and enjoy.

Serving size: This Calculation is for 1 cracker.

One Carb per Cracker, so plan your daily intake of carbs carefully!

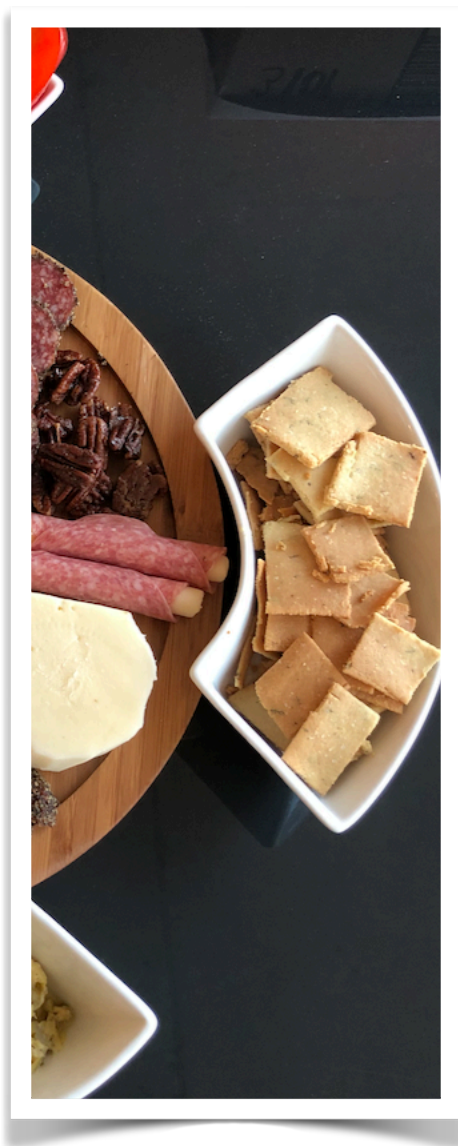
Makes 54 with one Carb.

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 Everyday Value - Almond Flour, 1/40 cup(s)	18	1	2	1	0	0
Cheese - Parmesan, grated, 11/50 tablespoon	6	0	0	1	21	0
BelGioioso Cheese - Mozzarella, 121818837221041/2137172582825280 oz	4	0	0	0	5	0
365 Whole Foods - Organic Cream Cheese, 448806242393309/32057588742379200 tbsp	1	0	0	0	1	0
Wilcox Organic - Large Brown Eggs, 448806242393309/32057588742379200 egg	1	0	0	0	1	0
Total:	30	1	2	2	28	0

Rosemary Crackers

Adapted from Elana's Pantry

This recipe for Rosemary Crackers was the first cracker recipe I have ever made... these are so good!



Ingredients:

- 1 3/4 cups Blanched Almond Flour (not almond meal)
- 1/2 tsp pink Himalayan Salt
- 1/2 tsp Garlic Granules
- 2 Tab fresh Rosemary, finely chopped
- 1 Tab Olive Oil
- 1 Tab unsalted Butter, melted
- 1 large Egg

Instructions:

1. In a large bowl, combine almond flour, salt, garlic, and rosemary.
2. In a medium bowl, whisk together olive oil, melted butter, and egg.
3. Stir wet ingredients into almond flour mixture until thoroughly combined.
4. Roll dough into a ball.
5. Press between 2 sheets of parchment paper to 1/8 inch thickness.
6. Remove top piece of parchment paper.
7. Transfer the bottom piece with rolled out dough onto a baking sheet.
8. Cut dough into 2-inch squares with a knife or pizza cutter.
9. Bake at 350°F for 12-15 minutes, until lightly golden. (It is best to break off the outer crackers as they brown and place the rest back into the oven to finish browning.)
10. Let crackers cool on baking sheet for 30 minutes, then serve.

Makes 24 crackers **Serving size: This Calculation is for 1 cracker.**

ZERO Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 - Almond Flour, 55642814745701/763275922437600 cup(s)	52	2	5	2	0	1
Salt, 74088649537943/3561954304708800 tsp	0	0	0	0	48	0
Dried Rosemary - Herb - Dried Rosemary, 1/4 tsp	1	0	0	0	0	1
Kerrygold --- - Unsalted Butter, 29252549727421/2003599296398700 Tbsp	1	0	0	0	0	0
365 - Extra Virgin Olive Oil, 29252549727421/2003599296398700 tbsp (15 ml)	2	0	0	0	0	0
365 - Organic Large Brown Eggs, 29252549727421/2003599296398700 egg	1	0	0	0	1	0
Total:	57	2	5	2	49	2

Breakfasts:

Ham, Egg & Cheese Bagel

All I can really say is... YUM!



Once you have made your Bagels... this breakfast is so Easy... Start off by using my Bagel Recipe from pages 9 & 10.

Ingredients:

- One Bagel per serving - recipe on pages 9 & 10
- Slice of Ham per serving
- One Organic Large Brown Egg per serving
- 1/2 Tab Butter for frying (per serving)
- A serving of your favorite Cheese
- I prefer German Mustard, but spread Mayo or Butter if you prefer.

Instructions:

1. Preheat oven to 350°F. Prepare baking sheet lined with parchment paper.
2. Slice Bagel(s) in half.
3. In a frying pan, with or without butter, heat up the cut side of the Bagels.
4. Place Bagel(s) halves on baking sheet lined with parchment paper and spread with Mustard, Mayo, or Butter.
5. In a frying pan, heat up the Ham (not too much, you want it still juicy).
6. When Ham is done, transfer one of the Bagel halves.
7. Fry Egg(s) the way you love them!
8. Place Egg and a slice of Cheese on Ham, which is on the Bagels and place in oven.
9. Bake for 5 minutes (more or less) and Watch carefully so they don't burn.

Serves one with eight Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Sliced Ham - Sliced Ham 3, 2 ounce	67	4	2	9	595	0
Wilcox Organic - Large Brown Eggs, 1 egg	70	0	5	6	70	0
Kerrygold --- - Unsalted Butter, 1/2 Tbsp	50	0	6	0	0	0
Tillamook - Monterey Jack Cheese, 1 oz	110	0	9	7	160	0
Mozzarella cheese, whole milk, 11/25 cup, shredded	147	1	11	11	240	0
365 - Cream Cheese, 5/8 ounce	59	1	5	1	62	0
Wilcox Organic - Large Brown Eggs, 3/8 egg	26	0	2	2	26	0
Anthony's - Blanched Almond Flour, 5/16 cup	213	6	19	8	6	4
Wilcox - Egg whites, 5155400235917/644658718275 g	3	0	0	1	12	0
365 Everyday Value - Seasoning, Everything Bagel, 1/4 tsp	0	0	0	0	80	0
Total:	745	12	59	45	1,251	4

Poached Eggs & Bacon on Cauliflower Rice

How many times can one really say YUM?



This breakfast is so Easy and so good! Especially for a Sunday Breakfast or Lunch!

Ingredients:

- One 12 Ounce Package Cauliflower Riced Organic, frozen.
- 2 Tabs Butter for frying Riced Cauliflower.
- 2 sliced Baked Bacon - per serving.
- Two Organic Large Brown Eggs per serving (Poached, Fried, or Sous Vide)

Instructions for Bacon:

1. Preheat oven to 350°F. Prepare baking sheet lined with parchment paper.
2. Place Bacon slices on baking sheet lined with parchment paper.
3. Cook Bacon for 20-30 minutes depending on your oven and thickness of Bacon.

Instructions for Riced Cauliflower:

1. Preheat frying pan with butter at medium to high heat.
2. Place the Riced Cauliflower in frying pan, stirring frequently and after a 2-3 minutes, turn down the heat to medium (you want the Riced Cauliflower to be Golden Brown).

How to make Poached Eggs:

1. Pour boiling water into a shallow pan or frying pan, to a depth of about 1 to 2 inches. Then reduce to a simmer.
2. Crack each egg into a cup, then gently tip, letting them slide into the simmering water.
3. Using large eggs... Simmer until the whites are set and yolks are still runny, 3 to 4 minutes.
4. Carefully remove the poached egg with a slotted spoon and serve immediately.



Now choose how you want your Eggs:

1. Poach, Fry, or Sous Vide your Eggs the way you love them! (Time depends on your choice of cooking. Frying is the easiest!)

You should time your Eggs so that when Riced Cauliflower and Bacon are done, your eggs should be done too!

Place Eggs and Bacon on Riced Cauliflower and Enjoy!

For the Poached Eggs & Bacon on Cauliflower Rice...

Only Two Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 Whole Foods - Organic Riced Cauliflower (Frozen), 85 g (3/4 cup)	25	4	0	1	70	2
Kerrygold - Butter, Unsalted, 1/2 Tbsp (14 grams) (1/2 oz)	50	0	6	0	0	0
Wellshire Farms - Organic Dry Rubbed Uncured Pork Bacon, 2 Pan Fired Slices (56g)	60	0	3	8	220	0
Wilcox Organic - Large Brown Eggs, 2 egg	140	0	10	12	140	0
Total:	275	4	19	21	430	2

Lunches:

Lunches and Breakfasts are interchangeable because a lot of Keto people go on a 16 hour fast, eating between 12:00 noon and 8:00 PM.

So whether you want to start your 1st meal at Noon... It doesn't matter if you eat a Breakfast or a Lunch. It's a win-win!

In fact, some people eat leftover dinners as their breakfast and I personally love eating breakfast for dinner! :-)

Frittata



This Frittata is great for dinner with leftovers for the next day!

And this Frittata is great for breakfast with leftovers for Dinner!

Ingredients:

- One Dozen Organic Large Brown Eggs
- 4 Tabs Butter for sautéing onion, garlic, red bell pepper, mushrooms, and spinach.
- 1 Large Yellow Onion
- 8 Cloves of Garlic... or More, minced
- 1 Organic Red Bell Pepper, chopped
- 2 cups Crimini Mushrooms, sliced
- 2 cups Organic Baby Spinach, washed
- 1/2 to 1 tsp Pink Himalayan Salt to taste
- Freshly cracked Black Pepper to taste
- 1 tsp Garlic Granules
- 1 tsp Basil
- 1 tsp Oregano
- 1 tsp Paprika
- 8 Slices Baked Bacon, crumbled or left whole
- 8 Ounces Mozzarella, shredded

Instructions for Bacon:

1. Preheat oven to 350°F. Prepare baking sheet lined with parchment paper.
2. Place Bacon slices on baking sheet lined with parchment paper.
3. Cook Bacon for 20-30 minutes depending on your oven and thickness of Bacon.

Instructions for Frittata:

1. While your Bacon is baking... and Your oven is already Preheated to 350°F.
2. Sauté the onion, garlic, red bell pepper, mushrooms, and spinach and season with Garlic Granules, Basil, and Paprika. (Adding salt

during the cooking process adds more liquid, which we don't want!)

3. In a pie dish (Glass cooks evenly, but metal works too), spread the veggie mixture evenly... **NOW** is the time to Add the Pink Himalayan Salt by sprinkling evenly.
4. Crumble the bacon on top of veggies.
5. Sprinkle shredded Mozzarella evenly.
6. In a large Bowl, Whisk Eggs and add a touch of Cream, if you prefer. (**Do not salt eggs as that makes them watery too!**)

Bake: in the middle of the oven until the center is puffed and the Frittata is nice and golden about 1 hour. Check at 30-40 minutes and tent with foil if getting too dark.

You'll know frittata is done with it puffs slightly at the very center and is not too wobbly.

Let stand 5 minutes before serving.

Serves Four to Six depending on Sides you have prepared.
And 10 Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Wilcox Organic - Large Brown Eggs, 3 egg	210	0	15	18	210	0
Kerrygold - Butter, Unsalted, 1 Tbsp (14 grams) (1/2 oz)	100	0	12	0	0	0
Yellow onion, 1/4 large	15	4	0	0	2	1
Garlic - Garlic Cloves, 2 Cloves	7	2	0	0	1	0
Organic Raw - Red Bell Pepper, 1/4 Bell Pepper	9	2	0	0	1	1
Crimini Mushrooms, 1/2 cup whole	10	2	0	1	3	0
365 Organic - Organic Baby Spinach, 1/2 cup	21	3	0	3	63	2
Nieman Ranch - Bacon, 2 cooked slice	140	0	14	4	270	0
Galbani - Mozzarella, 2 oz	180	1	14	12	380	0
Total:	692	14	55	38	930	4

Albacore Salad with my Favorite Dressing

Salads are a favorite of many!

I love Cobb Salads, Salads with Chicken, Bacon, Steak, Walnuts, Blue Cheese crumbles, etc. and will be adding more Salads in my next eBook!

And now I get to showcase my favorite Salad Dressing! :-)



Ingredients for Salad:

- 2 cups Organic Baby Spinach, washed
- 1 Organic Large Brown Egg, hard boiled
- 1 medium Avocado, sliced
- 1/2 cup Cucumber or Zucchini, cut into chunks
- 1 Tab Black Olives, sliced
- 2 ounces Albacore
- 2 Tab Blue Cheese, crumbled

Instructions for Salad:

1. Add 2 cups Organic Baby Spinach, washed to a large Salad Bowl or plate.
2. Slice or quarter the Large hard boiled Egg and add to Salad.
3. Slice the Avocado and add to Salad.
4. Cut the Cucumber or Zucchini into chunks and add to Salad.
5. Add Black Olives to the Salad.
6. Now add the Albacore.
7. Sprinkle crumbled Blue Cheese to your Gorgeous Salad!

Serves One and Eight Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 Organic - Organic Baby Spinach, 1/2 cup	21	3	0	3	63	2
Wilcox Organic - Large Brown Eggs, 1 egg	70	0	5	6	70	0
Avocado, 1 medium	240	13	22	3	11	10
Cucumber, 1/2 cup	9	2	0	0	1	0
Olives - Black Olives Sliced, 1 tbsp	25	1	3	0	125	0
Whole Foods - Tuna, Albacore Packed In Water, 2 oz	90	0	4	14	135	0
Blue Cheese-crumbled - Crumbled Blue Cheese, 2 tablespoons	100	1	9	6	380	0
Total:	555	20	43	32	785	12

Hemp Salad Dressing

My all time Favorite Salad Dressing!

Ingredients for Salad Dressing:

- 1/3 cup Avocado Oil
- 1/3 cup Hemp Oil
- 1/3 cup Apple Cider Vinegar
- 1/2 tsp Turmeric
- 1/2 tsp Garlic Granules
- 1/4 tsp Pink Himalayan Salt

Instructions for Salad Dressing:

1. Add all ingredients in a Salad Cruet or a Jar with a tight fitting lid.
2. Shake or Stir well.
3. ENJOY!

Serving size 2 Tablespoons.

Makes One Cup with one Serving having One Carb!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
La Tourangelle - Avocado Oil, 67/100 Tbs.	80	0	9	0	0	0
Manitoba Harvest - Organic Hemp Oil, 67/100 tbsp	81	1	9	0	0	0
Bragg's - Apple cider vinegar, 67/100 tbsp(s)	1	0	0	0	0	0
Total:	162	1	18	0	0	0

Appetizers:

Charcuterie Boards are a quick meal for Special Occasions and unexpected, but welcomed Guests!

Charcuterie Board



What is typically on a Charcuterie Board?

You can customize your charcuterie board however you like; however, it will typically include the following:

- Cured meats
- Uncured meats
- Soft Cheeses
- Hard Cheeses
- Olives
- Spiced Nuts
- Plain Nuts
- Berries
- Keto Crackers
- Keto Bread
- Veggies of Choice like Zucchini, Red Bell Pepper, Celery, Broccoli, etc.
- Dips of choice like Spinach dip, Blue Cheese Dressing and Ranch.

I am not even going to attempt creating the Carb Chart... If you are eating a Charcuterie Board, you are not concerned about carbs for the evening! :-)

Baked Brie with Bacon and Mushrooms

Adapted from Craig at Ruled Me.

This is the first “Fathead” dough I’ve ever made. The Bagels are also “Fathead” dough as well.



“Fathead” dough is Mozzarella and/or Cream Cheese added to Almond Flour to make a dough.

Ingredients:

- 3/4 cup Almond Flour
- 1 tsp Baking Powder
- 2 cups Mozzarella Cheese
- 8 ounce wheel of Brie
- 1 cup sautéed Mushrooms, sliced
- 4 slices Bacon
- 1 Tab Butter

Instructions:

1. Sauté the Bacon and Mushrooms in a frying pan.
2. In a large bowl, mix the Almond Flour and Baking Powder.
3. In a separate microwavable bowl, heat up the Mozzarella Cheese.
4. Mix the Mozzarella and almond flour until it has the consistency of dough.
5. Quickly place the dough between two pieces of parchment paper and roll it into a circle using a rolling pin.
6. Place the wheel of Brie Cheese into the center of the dough.
7. Top the brie with the mushrooms and bacon.
8. Using a knife, make a cut in the dough from the Brie to the outside. Make similar cuts around the entire brick of cheese. (Similar to a **“Pinwheel.”**)





9. Take an individual piece of dough and bring it up onto the top of the Brie/Mushrooms/Bacon. Continue wrapping the Brie with the pieces of dough.
10. Once the entire wheel of Brie is covered, brush butter over the dough.
11. Bake on parchment paper at 350°F for 30 minutes or until the dough has become a nice golden brown.

Serves eight with one serving having two Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 Everyday Value - Almond Flour, 248446312753439/2671465728531600 cup(s)	67	2	6	2	0	1
Mozzarella Cheese (Whole Milk - Mozzarella Cheese (Whole Milk) , 1/4 cup	84	1	6	6	176	0
Président - Brie-Wheel, 1 oz	100	0	9	4	120	0
Crimini Mushrooms, 1/8 cup whole	2	0	0	0	1	0
Wilshire - Thick Sliced Dry Rubbed Uncured Bacon, 1/2 slices	15	0	1	1	55	0
Kerry Gold - Butter - Unsalted, 1 tbsp(s)	100	0	12	0	0	0
Total:	368	3	34	13	352	1

Bacon Wrapped Jalapeño Poppers - unbaked

I am not sure why I didn't take a picture of these Beauties after they were done... Oh wait! Now I do! :-)



Ingredients:

- 16 Jalapeno Peppers
- 1 (8 ounce) block of Cream Cheese, softened
- 1 1/2 cups shredded Pepper Jack Cheese
- 1 tsp Garlic Granules
- 1/4 Pink Himalayan Salt
- Freshly cracked Black Pepper to taste
- 8 slices of Bacon, cut in half

Instructions:

1. Preheat oven to 400° F.
2. In a large bowl, combine Cream Cheese, Pepper Jack, and Garlic.
3. Season with salt and pepper.
4. Halve jalapeños lengthwise, then use a spoon to remove seeds and veins. (Be sure to wear plastic Gloves or use a plastic bag so you don't touch the seeds.)
5. Fill with cheese mixture and wrap each with a halved slice of bacon.
6. Place on a baking sheet and bake until bacon is crispy and peppers are tender, about 25 minutes.

Serves eight with one serving having four Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Peppers, jalapeno, raw, 4 pepper	16	4	0	1	2	2
365 Whole Foods - Organic Cream Cheese, 355304941894703/2671465728531600 container (16 tbsp ea.)	106	1	11	2	106	0
Tillamook - Cheese, Pepper Jack, 1 oz(28g, 1in cube)	110	1	9	6	190	0
Wilshire - Thick Sliced Dry Rubbed Uncured Bacon, 2 slices	60	0	3	4	220	0
Total:	292	6	23	13	518	2

Air Fried Kale

Kale is rich in antioxidants, vitamin C, vitamin K, and beta-carotene and contains nutrients that can support eye health, weight management, heart health, and more.

Kale is one of the most nutritious leafy greens available.



Ingredients:

- 1 bunch Kale, stemmed, washed, and patted dry
- 2 Tab Extra-Virgin Olive Oil (or Avocado Oil)
- 1 Tab fresh Lemon Juice
- 1/2 cup finely grated Parmesan
- 1/4 tsp Pink Himalayan Salt, more or less to taste
- 1 Tab Everything Bagel Seasoning

Instructions:

1. Preheat Air-Fryer to 350°F.
2. Tear kale leaves into large chip-sized pieces and transfer to a medium bowl. Drizzle with Oil and Lemon Juice and toss to combine. Using your fingers, ensure each piece is lightly and evenly coated.
3. Add Parmesan and Everything Bagel Seasoning and toss to combine; season with salt to taste. Toss again to combine.
4. In an air-fryer basket, arrange kale in a single layer. Cook at 350° until edges are just starting to brown, 3 to 5 minutes. (The more delicate the kale variety, the quicker it will cook.) Transfer kale to a sheet pan and let cool in a single layer. Kale will continue to crisp as it cools.

Serves six with one serving having one Net Carb!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Kale, raw, 1 cup, chopped	9	1	0	1	13	1
La Tourangelle - Extra Virgin Olive Oil, 889598087601023/2671465728531600 tbs	43	0	5	0	0	0
Lemon juice, 886926621872491/5342931457063200 tbs	1	0	0	0	0	0
Grated Parmesan - Grated Parmesan, 886926621872491/10685862914126400 cup(s)	28	1	2	2	120	0
365 Everyday Value - Everything Bagel Seasoning, 237582352124077/356195430470880 tsp	0	0	0	0	213	0
Total:	81	2	7	3	346	1

Sides and Salad Dressings:

Cauliflower Pot Salad (replacing Potatoes)

As I said in the Preface... My personal view is that you can take any of your favorite meals and turn them into Keto. And this is an excellent example because my Mom made the best Potato Salad.

And this [Cauliflower Pot Salad](#) tastes just like my Mom's! :-)



Please Note: You will want to make this ahead of time so it can be refrigerated for at least six (6) hours or overnight.

Ingredients:

- 1 Large head Organic Cauliflower, cored, cut into 1 to 1 1/2 in pieces, and washed.
- 1 large Red Onion, diced
- 1 large can Black Olives, sliced and drained
- 6 Organic Large Brown Eggs, hard boiled and cut into 1/2 inch pieces
- 3/4 to 1 cup Mayonnaise (depending on taste)
- 1/4 to 1/2 cup German Mustard (depending on taste)
- 4 Tab Sweet Pickle Relish (I've made it with Dill Relish and it isn't the same.)
- 1 1/2 tsps Garlic Granules
- 1 tsp Paprika (and more for sprinkling on the finished Salad)
- 1 tsp Pink Himalayan Salt, more or less to taste

Instructions Eggs:

1. Place Eggs in saucepan and fill with cold water (covering the Eggs), turn heat to High and when it starts boiling, turn down to simmer.
2. Simmer Eggs for 8-10 minutes.
3. When they are done, set saucepan in sink and run cold water over the Hard boiled Eggs for a minute or two.

Instructions Cauliflower:

1. Wash and core Cauliflower and cut into 1 to 1 1/2 in pieces and place in Large Dutch Oven (or the Largest pot you have).
2. Fill Large pot with cold water, covering the Cauliflower.
3. Turn on heat to High and when it starts boiling, turn it down to Simmer.
4. Simmer Cauliflower for 8 to 10 minutes (you want it Al Dente, cooked so it's still firm when bitten and you can stick a fork through the pieces).

5. When the Cauliflower is done, set pot in sink and run cold water over the Cauliflower for a minute or two.
6. Drain Cauliflower into a Colander and place in Large Bowl or back into empty Large Pot that you just used.
7. Place Eggs and Cauliflower into Refrigerator.
8. **Take a Break or continue cooking!**
9. Take the Eggs and Cauliflower out of the Refrigerator.
10. Dice the Red Onion and add to the Cauliflower.
11. Open large can of Black Olives, drain and slice if needed and add to the Cauliflower.
12. Cut your hard boiled Eggs into 1/2 inch cubed pieces and add to the Cauliflower.
13. Add 3/4 to 1 cup Mayonnaise (depending on taste), 1/4 to 1/2 cup German Mustard (depending on taste), 4 Tab Sweet Pickle Relish, Garlic Granules, Paprika, and Pink Himalayan Salt and add to the Cauliflower.
14. Stir, taste, stir again!
15. Add more Mayo or Mustard and any of the Spices to taste!
16. Place back into the Refrigerator for six (6) hours or overnight.

Serves six with one serving having 12 Net Carbs!

Plan your daily intake of carbs carefully!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Cauliflower, 1 cup, chopped	27	5	0	2	32	2
Generic - Red Onion - (Large), 886926621872491/5342931457063200 Cup (Approx)	10	3	0	0	1	0
Olives - Black Olives Sliced, 1 tbsp	25	1	3	0	125	0
Organic Valley - Large Brown Eggs, 1 egg	60	1	4	6	70	0
365 - Organic Mayonnaise, 2 tablespoon (15g)	220	0	24	0	170	0
365 Everyday Value - German Mustard, 3/4 tbsp(s)	0	0	0	0	113	0
365 - Organic - Sweet Relish, 1 Tbsp (15g)	15	4	0	0	65	0
Total:	357	14	31	8	576	2

Cauliflower Mac & Cheese And Fried Cauliflower Mac & Cheese!

Adapted from Craig at Ruled Me.

Who doesn't love Mac & Cheese?

This Cauliflower Mac & Cheese is a great side dish, but when you add a Polish Sausage... This makes a quick and complete Meal!



Ingredients:

- 1 Large head Organic Cauliflower, cored, cut into 1 to 1 1/2 in pieces, and washed
- 1 cup Heavy Whipping Cream
- 4 ounces Cream Cheese, cubed
- 8 ounces Cheddar Cheese, shredded
- 1/4 to 1/2 cup German Mustard or Dijon (depending on taste)
- 1 1/2 tsps Garlic Granules
- 1 tsp Turmeric
- Pink Himalayan Salt and Pepper to taste
- Optional: Polish Sausage sliced (My Favorite... Aidell's Cajun Style Andouille)

Instructions Cauliflower:

1. Wash and core Cauliflower and cut into 1 to 1 1/2 in pieces and place in Large Dutch Oven (or the Largest pot you have).
2. Fill Large pot with cold water, covering the Cauliflower.
3. Turn on heat to High and when it starts boiling, turn it down to Simmer.
4. Simmer Cauliflower for 8 to 10 minutes (Cook until you can stick a fork through the pieces).
5. When the Cauliflower is done, drain the Cauliflower in a Colander.
6. In the empty Large Pot that you just used, add the heavy whipping cream, cream cheese, cheddar cheese, German Mustard or Dijon, Garlic Granules and Turmeric, Pink Himalayan Salt and Pepper to taste. Stirring until well blended.
7. Add Polish Sausage if desired. This adds 1 Carb.

Serves six with one serving having 5 to 6 Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Cauliflower, 1 cup, chopped	27	5	0	2	32	2
Organic Valley - Heavy Whipping Cream, 3/4 tbsp	38	0	5	0	4	0
365 Whole Foods - Organic Cream Cheese, 499564091235409/2671465728531600 container (16 tbsp ea.)	150	1	15	3	150	0
Tillamook Mild Cheddar Cheese - Cheddar Cheese Block, 133/100 oz	160	1	13	8	266	0
365 Everyday Value - German Mustard, 3/4 tbsp(s)	0	0	0	0	113	0
Aidells - Andouille Sausage, Cajun Style, 1 link	170	1	11	16	740	0
Total:	545	8	44	29	1,305	2

Mashed Cauliflower

I am saying it again... YUM!

For such a long time, I Roasted Cauliflower with Garlic and used that as a Side, as well as a base for Meat Sauce and Mexican Chicken. And I have even used it as “toast” for my over easy eggs!

I made “Hummus” using Cauliflower and didn’t like the consistency, which is a HUGE thing for me! Yuck!

However, I finally gave Mashed Cauliflower a try and I am still kicking myself for not making it sooner!



Ingredients:

- 1 Large head Organic Cauliflower, cored, cut into 1 to 1 1/2 in pieces, and washed
- 4 to 6 Tab Heavy Whipping Cream
- 4 Tab Unsalted Butter
- Pink Himalayan Salt and Pepper to taste

Instructions Cauliflower:

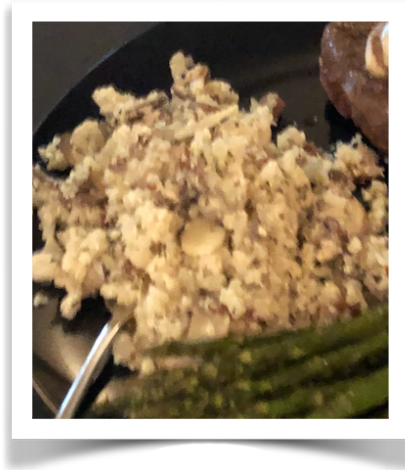
1. Wash and core Cauliflower and cut into 1 to 1 1/2 in pieces and place in Large Dutch Oven (or the Largest pot you have).
2. Fill Large pot with cold water, covering the Cauliflower.
3. Turn on heat to High and when it starts boiling, turn it down to Simmer.
4. Simmer Cauliflower for 8 to 10 minutes (Cook until you can stick a fork through the pieces).
5. When the Cauliflower is done, drain the Cauliflower in a Colander.
6. In the empty Large Pot that you just used, add the drained Cauliflower, heavy whipping cream, and butter.
7. Using a Stick Blender (or a potato masher), blend or mash the Cauliflower and add more cream if it is too dry, then add Salt and Pepper to taste.

Serves six with one serving having NO Carbs... **ZERO** Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Foxy - Cauliflower - Large Head (6" - 7" Dia ; 840g), 1 g (1 cup)	0	0	0	0	0	0
Organic Valley - Heavy Whipping Cream, 237582352124077/356195430470880 tbsp	33	0	4	0	3	0
Kerrygold - Butter, Unsalted, 387246379953233/232301367698400 Tbsp (14 grams) (1/2 oz)	167	0	20	0	0	0
Total:	200	0	24	0	3	0

Rice Pilaf

This pic of the Rice Pilaf isn't pretty, but boy does it taste good!



Ingredients:

- One 12 Ounce, Package Cauliflower Riced Organic, frozen
- 4 Tabs Butter for frying
- 4 ounces Baby Bella Mushrooms, sliced
- 1 tsp Organic Better than Bouillon - Roasted Chicken Base
- 12 Tab Organic Hemp Hearts (Raw Shelled Hemp Seed)
- 1/4 cup Almonds, sliced or slivered
- 1-2 tsp Garlic Granules
- Add Salt and Pepper to taste

Instructions:

1. Preheat frying pan at medium to high heat.
2. Place the Butter and Riced Cauliflower in frying pan, stirring frequently.
3. Add the Mushrooms, Better than Bouillon, Hemp Hearts, and Almonds (you want the Riced Cauliflower to be Golden Brown).

Serves four with one serving having three Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Kerrygold - Butter, Unsalted, 387246379953233/232301367698400 Tbsp (14 grams) (1/2 oz)	167	0	20	0	0	0
365 organic cauliflower riced - Cauliflower riced, 3/4 cup	20	3	0	2	10	2
Monterey Mushrooms - Baby Bella Mushrooms, 1/2 oz(s)	3	1	0	0	1	0
Better Than Bouillon - Organic Roasted Chicken Base, 1/4 tsp	3	1	0	0	175	0
Manitoba Harvest - Organic Hemp Hearts, 3 tbsp	180	1	15	10	0	1
Sliced Almonds, 662523500675837/10685862914126400 cup, sliced	33	1	3	1	0	1
Total:	406	7	38	13	186	4

Air Fried Zucchini

I am not a fan of squash, except Pumpkin and Zucchini. And the Zucchini needs to be raw or deep fried... BETTER YET... Air Fried!

Can you see why?



Ingredients:

- 2 large Zucchini, cut into strips or sliced into “coins”
- 3 Organic Large Brown Eggs, beaten
- 1 Tab Cream
- 6 ounces Pork Rinds, ground fine
- 1/4 cup Parmesan cheese, grated
- 2 tsp Italian Seasoning
- 1/4 tsp Pink Himalayan Salt, more or less to taste
- Avocado Cooking Spray
- Blue Cheese Dressing or Ranch, for serving

Instructions:

1. Preheat Air-Fryer to 350°F. and press Start/Pause.
2. Cut the Zucchini (sliced into “coins.”)
3. In a dish. Whisk together the eggs and milk.
4. In a food processor, grind the Pork Rinds.
5. Then add the grated Parmesan cheese, Italian Seasoning, and Salt together.
6. Place Pork Rind Mixture in a separate dish.
7. Dip and coat each piece of Zucchini in egg.
8. Then dip and coat each piece of Zucchini in the Pork Rind mixture.
9. Set aside on a baking sheet lined with parchment paper.
10. Spray with Avocado Cooking Spray.
11. Place the coated Zucchini evenly (Avocado Cooking Spray “Side Down) into the preheated air fryer.
12. Now spray the “Top” side.

SELECT: Frozen Foods, adjust time to 8 minutes, and press Start/Pause. Halfway through cooking (the Shake Reminder function will let you know when!), use a spatula to turn them over.

Serve with a side of Blue Cheese Dressing or Ranch.

Serves six with one serving having four Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Average - Organic Zucchini, 889598087601023/2671465728531600 large	17	4	0	1	11	1
365 - Organic Large Brown Eggs, 1/2 egg	35	0	3	3	35	0
Organic Heavy Cream - Heavy Cream, 59484636888637/356195430470880 tbsp	8	0	1	0	1	0
Pork Rinds 2022 - Utz Pork Rinds, 1 oz	160	0	12	16	420	0
Grated Parmesan - Grated Parmesan, 1/8 cup(s)	42	1	3	3	180	0
Italian Seasoning, 889598087601023/2671465728531600 tsp	2	0	0	0	0	0
365 Everyday Value - Non Stick Cooking Spray, Avocado Oil, 33/100 second spray	0	0	0	0	0	0
Total:	264	5	19	23	647	1

Roasted Artichokes

What can I say that I haven't already said previously? :-)

I am not a mayo kind of gal, in case you haven't guessed!

And this is definitely a once in a while Special Occasion side!



Ingredients:

- 1 Tab Lemon Juice poured into a large bowl of water
- 2 Large Artichokes
- 2 Tab Extra-Virgin Olive Oil
- 1/2 tsp Pink Himalayan Salt
- 4 Cloves Garlic, peeled
- 4 Tab Unsalted Butter
- Optional: Lemon for Garnish, sliced into wedges

Instructions:

1. Preheat oven to 425°F. Prepare baking sheet lined with parchment paper.
2. Pour Lemon Juice into a large bowl of water (set to the side).
3. Lay the artichokes sideways and trim 1 inch off the top and the bottom of the stem. Remove any tough outer leaves near the stem. Use sharp kitchen shears to trim off the sharp tips of the remaining leaves. Cut the artichoke in half lengthwise, through the middle.
4. Using a spoon with a gentle twisting and scooping motion, remove the fuzzy choke toward the bottom of the inside of the artichoke.
5. Immediately place the cut artichokes in the bowl of water and Lemon Juice to prevent browning.
6. Place the Artichokes “cut side up” on the prepared baking sheet lined with parchment paper.
7. Drizzle with olive oil and season with salt.
8. Place a clove of garlic into the center of each artichoke half.
9. Make a “Tent” of foil and place over and covering the Artichokes.
10. Bake for 30 to 35 minutes (uncovering the last 5 minutes if the Artichokes need to brown more), and a knife inserted near the base goes in with little resistance.

Serves two with one serving having 10 Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Artichoke - Large - 162g , 1 whole artichoke	76	17	0	5	152	9
La Tourangelle - Extra Virgin Olive Oil, 1 tbs	130	0	14	0	0	0
Garlic - Garlic Cloves, 2 Cloves	7	2	0	0	1	0
365 Whole Foods Market - Organic Unsalted Butter, 2 tbsp	200	0	22	0	0	0
Lemon juice, 1/4 tbsp	1	0	0	0	0	0
Total:	414	19	36	5	153	9

Roasted Asparagus

Ingredients:

- One bunch fresh Asparagus
- 2 tbsp. Extra-Virgin Olive Oil
- 1/4 tsp Pink Himalayan Salt, more or less to taste

Instructions for Asparagus:

1. Preheat oven to 350°F.
2. Prepare baking sheet lined with parchment paper.
3. Wash and trim Asparagus
4. Spread out on baking sheet lined with parchment paper.
5. Bake for 25 to 35 minutes depending on oven.
6. Halfway through, shake pan to have them roll over.

Serves four with one serving having three Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Oven-roasted Asparagus - Asparagus, 1/4 of receipe	123	5	11	3	471	2
La Tourangelle - Extra Virgin Olive Oil, 1 tbs	130	0	14	0	0	0
Total:	253	5	25	3	471	2

Roasted Broccoli

Ingredients:

- One bunch fresh Broccoli
- 2 tbsp. Extra-Virgin Olive Oil
- 1/4 tsp Pink Himalayan Salt, more or less to taste

Instructions for Broccoli:

1. Preheat oven to 350°F.
2. Prepare baking sheet lined with parchment paper.
3. Wash and cut Broccoli into Florets leaving long stems.
4. Spread out on baking sheet lined with parchment paper.
5. Bake for 35 to 45 minutes depending on oven.
6. Halfway through, using a spatula, flip them over.

Serves four with one serving having one Net Carb!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 - broccoli florets, 1 cup	20	4	0	2	20	3
salt - Kosher Salt, 1/4 tsp.	0	0	0	0	280	0
Pompeian - Olive Oil, 1 Tbsp	120	0	14	0	0	0
Total:	140	4	14	2	300	3

Roasted Brussel Sprouts with Garlic

Ingredients:

- One pound or bag of fresh Brussel Sprouts
- 2 tbsp. Extra-Virgin Olive Oil
- 1/4 tsp Pink Himalayan Salt, more or less to taste

Instructions for Brussel Sprouts:

1. Preheat oven to 350°F.
2. Prepare baking sheet lined with parchment paper.
3. Wash and trim base of Brussel Sprouts and cut into halves or if large, into quarters.
4. Spread out on baking sheet lined with parchment paper.
5. Bake for 35 to 45 minutes depending on oven.
6. Halfway through, using a spatula, flip them over.

Serves four with one serving having 10 Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Brussel Sprouts - Brussel sprouts, 4 oz	140	13	9	5	35	5
Pompeian - Olive Oil, 1 Tbsp	120	0	14	0	0	0
Garlic - Garlic Cloves, 2 Cloves	9	2	0	0	1	0
Total:	269	15	23	5	36	5

Roasted Cauliflower with Garlic

Ingredients:

- One Large head of Cauliflower
- 2 tbsp. Extra-Virgin Olive Oil
- 1/4 tsp Pink Himalayan Salt, more or less to taste
- 8 Cloves of Garlic... or More is always Better!

Instructions for Cauliflower:

1. Preheat oven to 350°F.
2. Prepare baking sheet lined with parchment paper.
3. Wash, core, and place core side down. Slice Cauliflower into 1/2 inch “Steaks.”
4. Spread out on baking sheet lined with parchment paper.
5. Peel and cut Cloves of Garlic or More into Large “Matchsticks” and spread evenly over Cauliflower Steaks.
6. Bake for 35 to 45 minutes depending on oven.
7. Halfway through, using a spatula, flip them over.

Serves four with one serving having five Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Foxx's Organic Cauliflower - Organic Head of Cauliflower, 59484636888637/356195430470880 large head	35	7	0	3	42	4
La Tourangelle - Extra Virgin Olive Oil, 1 tbs	130	0	14	0	0	0
Garlic - Garlic Cloves, 2 Cloves	7	2	0	0	1	0
Total:	172	9	14	3	43	4

Blue Cheese Dressing

My 2nd favorite Salad dressing!

And it is so easy to make too!



Ingredients:

- 8 ounces Full Fat Greek Yogurt
- 2 Tab Sour Cream
- 1 Tab Avocado Oil
- 3 ounces Blue cheese, crumbled
- 1-2 tsp Garlic Granules
- Salt and Pepper to taste

Instructions:

1. In a medium bowl, combine all ingredients.
2. Stir until well blended, adding more Avocado Oil or Sour Cream, if needed.
3. Store in a Jar or Container with a tight fitting lid!
4. Keeps as long as the Yogurt and Sour Cream expiration dates!

Serves eight with one serving having three Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Generic - Greek Yogurt - Full Fat, 1 ounce	27	1	1	3	10	0
Organic Valley - Sour Cream, 15/2 g (2 tablespoons)	15	1	1	0	5	0
La Tourangelle - Avocado Oil, 1/8 Tbs.	15	0	2	0	0	0
365 Whole Foods Market - Organic Blue Cheese Crumbles, 3/16 cup	75	1	6	5	218	0
Total:	132	3	10	8	233	0

Thai Peanut Sauce

In the “Dinner” Section... You will find the recipe for the Chicken Satay with Thai Peanut Sauce & Brussels Sprouts, Napa Cabbage, Kohlrabi, Broccoli, Carrots, Kale Salad.

I hope you enjoy this as much as I do!



Ingredients:

- 1/2 cup Peanut Butter, creamy (or Almond Butter)
- 1/3 cup full fat Coconut Milk from a can
- 1-2 tsp Chili Garlic Sauce (found in Asian section of grocery)
- 1 Tab Toasted Sesame Oil
- 1 Tab Lakanto Golden Monk Fruit Sweetener with Erythritol - Brown Sugar Substitute
- 2 tsp Coconut Aminos
- 1 1/2 tsp Garlic Granules
- 1 tsp Thai Red Curry Paste (or more to taste)
- 1 tsp Lime Juice
- Salt and Pepper to taste

Instructions:

1. In a small saucepan, combine all ingredients.
2. On low heat, gently stir frequently, so it does not burn.
3. Taste and adjust seasonings. (If it doesn't "pop" add a little more sweetener or a squeeze of lime or lemon juice.
4. Cook for 5- 10 minutes.
5. Serve slightly warmed.
6. Makes just under 1 a cup.
7. Refrigerate up to 5 days.

Serves four with one serving having six Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 Organic - Unsweetened Creamy Peanut Butter, 1/2 oz(s)	84	3	7	4	0	1
365 - Organic Coconut Milk, Full Fat, 219060189739591/2671465728531600 cup	39	1	4	0	5	0
Chili Garlic Sauce, 1/2 tsp	2	0	0	0	47	0
365 Everyday Value - Toasted Sesame Seed Oil, 1/4 tbsp	33	0	4	0	0	0
Lakanto - Golden Monk Fruit Sweetener W Erythritol (Monk Fruit Extract 1%), 3/4 tsp (4g)	1	0	0	0	0	0
Bragg's - Organic Coconut Aminos, 1/2 tsp	8	2	0	0	90	0
Thai Kitchen - Thai Kitchen Red Curry Paste, Spicy, 1/4 tbsp.	5	1	0	0	88	0
Lime juice, 1/4 tsp	0	0	0	0	0	0
Total:	172	7	15	4	230	1

Dinners:

Chicken:

Chicken & Broccoli with Cauliflower Rice Skillet is an excellent dish to take Leftovers to work.

Chicken & Broccoli with Cauliflower Rice Skillet



Skillet dishes are easy and quick; using a Cast Iron pan is best!

Ingredients:

- 2 Tab Extra-Virgin Olive Oil
- 2 Tab Butter
- 2 Organic Chicken Breasts
- 1 Large Yellow Onion
- 8 Cloves Garlic (or more!)
- 1 tsp Garlic Granules
- 1 tsp Frontier Seasoning Blends Mexican Fiesta
- 1/2 to 1 tsp Pink Himalayan Salt
- 1/2 tsp Chili Powder
- 1/4 tsp Cumin
- One 12 Ounce, Package Cauliflower Riced Organic, frozen
- 6 ounces Organic Broccoli Florets (Frozen)
- 4 ounces Pepper Jack Cheese, sliced or shredded.

Instructions:

1. Preheat frying pan with Butter and Olive Oil at medium to high heat.
2. Cut Chicken into bite sized pieces and place in frying pan.
3. Add diced Yellow Onion and Garlic cloves and add the Spices.
4. Stir frequently.
5. When Chicken is cooked all the way through, add the Riced Cauliflower, and frozen Broccoli, stirring frequently.
6. When the Riced Cauliflower and the Broccoli are cooked, place the Cheese on top to melt... Serve and Enjoy!

Serves four with one serving having nine Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
La Tourangelle - Extra Virgin Olive Oil, 1/2 tbs	65	0	7	0	0	0
Vital Farms - Unsalted Pasture Raised Butter, 1/2 Tbsp (14g)	55	0	6	0	0	0
Purdue Harvestland - chicken breast (organic), 5 oz	163	0	4	31	94	0
Yellow onion, 1/4 cup, chopped	16	4	0	0	2	1
Garlic - Garlic Cloves, 4 Cloves	13	3	0	1	2	0
365 Everyday Value - Organic Riced Cauliflower, 3 ounce	30	4	0	1	70	2
365 - Organic Broccoli Florets, 3/2 ounce	13	2	0	1	4	1
Whole Foods 365 - Pepper Jack Cheese Slices, 1 slice	80	0	6	5	130	0
Total:	435	13	23	39	302	4

Air Fried Chicken Satay with Thai Peanut Sauce
AND
Mann's Brussels Sprouts, Napa Cabbage, Kohlrabi, Broccoli,
Carrots, Kale Salad with Hemp Salad Dressing



Marinade:

- 1/3 cup full fat Coconut Milk from a can
- 2 Tab Toasted Sesame Oil
- 1 Tab Coconut Aminos
- 2 Garlic cloves crushed
- 2 tsp finely grated fresh Ginger
- 1/2 tsp Chili Garlic Sauce
- 1 tsp Garlic Granules
- 2 pounds boneless, skinless chicken Breasts, cut long “Tenders” 1” wide pieces.

Instructions:

1. Combine all of the marinade ingredients together in a large bowl; whisking to combine thoroughly. Or place marinade ingredients into a Large bowl or Zipped plastic bag.
2. Add the chicken. Let marinate for at least 4 hours or overnight.

Please Note: Wooden skewers are actually not needed and a waste of time. Use the “[Thai Peanut Sauce](#)” on page 56 & 57.

1. Preheat the Air Fryer to 380°F.
2. Take Marinated Chicken out of the bowl or bag.
3. Place the Chicken in a single layer in the air fryer basket - you will need to work in batches.
4. Set the air fryer temperature to 380°F and set the timer to 12 minutes (turning Chicken over at 6 minutes). Press Start. Continue to cook the Chicken in batches until completed.
5. Serve the Chicken Satay warm with a side of the Thai Peanut Sauce and lime wedges. (I served with Mann’s Brussels, Napa Cabbage, Kohlrabi, Broccoli, Carrots, Kale Salad with Hemp Salad Dressing.) Garnish with Green onions.

Serves six with one serving having one Carb!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
365 - Organic Coconut Milk, Full Fat, 11/200 cup	26	0	3	0	3	0
365 Everyday Value - Toasted Sesame Seed Oil, 33/100 tbsp	43	0	5	0	0	0
Bragg's - Organic Coconut Aminos, 886926621872491/5342931457063200 tbsp(s)	7	1	0	0	90	0
Chili Garlic Sauce, 886926621872491/10685862914126400 tsp	0	0	0	0	8	0
Fresh Ginger - Fresh Ground Ginger, 59484636888637/356195430470880 slices (11g)	0	0	0	0	0	0
Frontier - Garlic Granules, 59484636888637/356195430470880 tsp(s)	0	0	0	0	0	0
Organic Chicken Breasts - Boneless & Skinless, 133/25 oz(112g)	146	0	1	32	100	0
Total:	222	1	9	32	201	0

Air Fried Chicken Tenders

Chicken Tenders are easy and Kids of all ages Love them!



Ingredients:

- 2 pounds Organic Chicken Breast tenders (about 14)
- 3 Organic Large Brown Eggs, beaten
- 1 Tab Cream
- 6 ounces Pork Rinds, ground fine (or 3 ounces each plain & spicy)
- 1/2 to 1 tsp to taste
- 1 tsp EACH Garlic Granules, Basil, Oregano, Paprika, and Himalayan Salt
- Avocado Cooking Spray

Instructions:

1. Preheat Air-Fryer to 400°F. and press Start/Pause.
2. Cut 2 pounds boneless, skinless chicken Breasts, cut long into tenders.
3. In a dish. Whisk together the eggs and milk.
4. In a food processor, grind the Pork Rinds.
5. Then add the Spices to the Port Rinds.
6. Place Pork Rind Mixture in a separate dish.
7. Dip and coat each piece of Chicken in egg.
8. Then dip and coat each piece of Chicken in the Pork Rind mixture.
9. Set aside on a baking sheet lined with parchment paper.
10. Spray with Avocado Cooking Spray.
11. Place the “sprayed” Chicken side down, evenly into the preheated air fryer.
12. Now spray the “unsprayed” side. (You will need to do this in Batches.)
13. Cook the chicken for 10 - 12 minutes, pulling out the air fryer basket and flipping the pieces over halfway through. (The chicken will be golden brown and crisp.) Repeat with remaining chicken tenders, keeping the cooked tenders warm in the oven between batches as desired. Enjoy hot.
14. Serve with a side of Blue Cheese Dressing or Ranch.

Serves four with one serving having ZERO Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Perdue Harvestland - Organic Chicken Breasts, 6 oz	195	0	5	38	113	0
Alpenrose - Heavy Whipping Cream, 1 Tblspn	50	0	6	0	5	0
365 - Organic Large Brown Eggs, 1/2 egg	35	0	3	3	35	0
Baken-ets - Pork Rinds, 9 pcs	80	0	5	7	470	0
Bakenets - Hot 'n Spicy Pork Rinds, 9 pieces (1/2 oz or 14g)	70	0	5	7	380	0
Total:	430	0	24	55	1,003	0

Rosemary Chicken with Mushrooms

Adapted from What's in the Pan?

Special Occasion coming up and you don't know what to serve?

Your family and guests will love this Rosemary Chicken! (If they don't, more for you!)



Ingredients for the Chicken:

- 2 Tab Extra-Virgin Olive Oil
- 2 Tab Butter
- 6-8 Organic Chicken Thighs, skin-on, bone-in
- 6-12 Cloves Garlic, minced
- 2 cups Crimini Mushrooms, sliced
- 1/2 tsp Organic Better than Bouillon - Roasted Chicken Base
- 1/4 tsp Xanthan Gum
- 2 tsp Italian Seasoning
- 1 tsp Garlic Granules
- 1/2 tsp Salt & Pepper
- 1/4 cup dry white wine
- 2 Tab fresh Rosemary leaves minced, plus rosemary sprigs for flavor

Instructions:

1. Preheat the oven to 350°F degrees.
2. And Preheat frying pan that can go into oven with Olive Oil at medium to high heat.
3. **Or after you cook the Chicken, transfer to a glass baking dish.**
4. Reduce heat to Medium.
5. Add the Chicken Thighs, skin side down.
6. Cook Chicken Thighs for 4 to 5 minutes on each side, until golden brown on both sides, turning once between cooking, about 8-10 minutes total.
7. Remove chicken from pan and set aside. Chicken will be golden brown but not cooked through.
8. Add butter and the minced Garlic and sliced Crimini Mushrooms.
9. Add Xanthan Gum, Better than Bouillon - Roasted Chicken Base, Italian Seasoning, Garlic Granules, and Salt & Pepper. Stirring until blended.
10. Sauté for 3-4 minutes until mushrooms are cooked.
11. Add wine slowly to the Sauce / Gravy mixture.
12. Add the fresh minced Rosemary leaves and let everything cook for about 5 minutes. Add salt and pepper and taste the sauce. If needed, add more salt or Roasted Chicken Base at this point.

13. Return chicken thighs back to the pan and add fresh rosemary sprigs (not minced, but sprigs) on top of the chicken for flavor.
14. Place the skillet in the oven (uncovered) and bake for 35 minutes at 350°F.

Serve with Mashed Cauliflower (page 42) and choice of Vegetable!

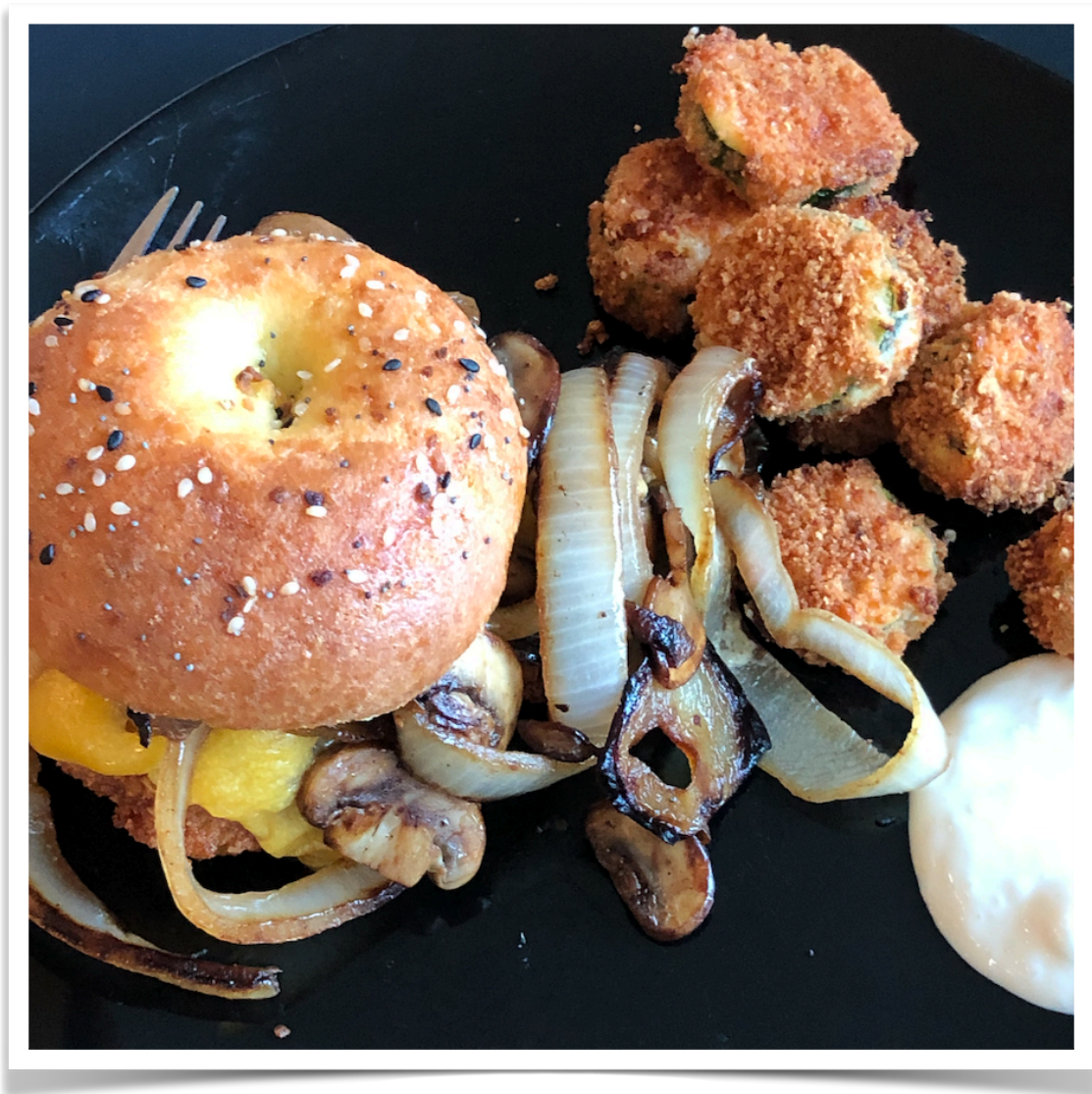
Serves six with one serving having eight Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Harvestland/perdue - Organic Boneless Skinless Chicken Thighs, 8 oz (112g)	260	0	9	44	200	0
Pompeian - Olive Oil, 1 Tbsp	120	0	14	0	0	0
Kerrygold --- - Unsalted Butter, 3/2 Tbsp	150	0	18	0	0	0
Bulk Foods - Crimini Mushrooms, 3 ounce	23	3	0	3	5	0
Garlic, 3 clove	13	3	0	1	2	0
Better Than Bouillon - Roasted Chicken Base, 1/2 tsp (6g)	8	1	0	1	175	0
Bob's Red Mill - Xanthan Gum, 1/4 tsp	15	4	0	0	130	4
Spices, rosemary, dried, 1 tbsp	11	2	1	0	2	1
Total:	600	13	42	49	514	5

Beef:

Hamburgers on Keto Bagel and Air Fried Zucchini with Blue Cheese Dressing

Whoever says you can't have "Bread" on a Keto diet, is not Keto!



Ingredients:

- 1 pound Organic 100% Grass-Fed Ground Beef 85/15
- 2 Tab Unsalted Butter
- 1 Medium Yellow Onion, sliced
- 1 cups Crimini Mushrooms, sliced
- 4 ounces Cheddar Cheese
- 1/2 tsp Salt & Pepper

Instructions:

1. Preheat frying pan with butter at medium heat.
2. Sauté Onion and Mushrooms until golden brown.
3. Remove from frying pan and set aside on a dish.
4. Make four Patties with the Ground Beef and add to the hot pan.
5. Season with Salt & Pepper to taste.
6. Cook to your desired doneness.

Serve with a side of Air Fried Zucchini and Blue Cheese Dressing.
Pages 45 & 54.

Serves four with one serving having three Carbs for the Burger, four Net Carbs for the Bagel, and four Net Carbs for the Air Fried Zucchini!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Verde - 100% grass-fed organic ground beef 85/15, 4 oz	240	0	17	21	75	0
Butter - Butter Unsalted, 1/2 tbsp	50	0	6	0	0	0
Yellow Onion, 1/4 medium	10	2	0	0	1	0
Crimini Mushrooms, 1/4 cup whole	5	1	0	1	1	0
Tillamook - Cheddar, 1 ounce	110	0	9	7	170	0
Total:	415	3	32	29	247	0

Desserts:

Chocolate Mousse

Enjoy!



Ingredients:

- 1/2 cups Heavy Cream
- 1 can full-fat Coconut Milk
- 1/4 cup unsweetened Cocoa Powder
- 1/4 cup Powdered Sugar (Lakanto is my favorite brand)
- 1/2 tsp pure Vanilla Extract

Instructions:

1. Chill the Heavy Cream and Coconut Milk.
2. Chill a large mixing bowl.
3. For the Coconut milk, only use the thick part at the top of the can (discard the water underneath or save for a gravy).
4. With either a stand mixer or hand beaters, whip Heavy Cream until stiff peaks form. Add remaining ingredients and whip until it forms a smooth mousse texture.

Garnish with Toasted Coconut or Chocolate shavings.

Serves two with one serving having nine Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Organic Heavy Cream - Heavy Cream, 1/4 cup(s)	180	0	18	0	20	0
Thai Kitchen - Coconut Milk Full Fat, 33/100 cup	117	2	12	1	29	0
Cocoa Powder Generic - Unsweetened, 13/100 cup	25	7	2	2	2	4
Lakanto - powdered sugar, 3/100 cup	0	4	0	0	0	0
Vanilla - Vanilla Extract, 1/2 tsp(s)	6	0	0	0	0	0
Total:	328	13	32	3	51	4

Lemon Blueberry glazed Pound Cake

This Lemon Blueberry is a favorite on Easter!

Or any occasion for that matter!



Ingredients:

- 2 1/2 cup Almond Flour
- 1/2 cup Coconut Flour
- 6 Organic Eggs
- 1/2 cup Organic Butter, softened
- Zest of 1 Organic Lemon
- 1/2 cup Monk fruit sweetener (I use Lakanto)
- 3 tsp Baking Powder
- 1 Tab Lemon Juice
- 1 tsp Vanilla
- 1 1/2 cups fresh Organic Blueberries

Glaze Ingredients:

- 1 3/4 cup Powdered Sugar (I use Lakanto)
- 1/4 cup Lemon Juice

Instructions:

1. Pre-heat oven to 350°F.
2. Break Eggs separating whites from yolks.
3. Using an electric mixer, beat the egg whites separately until they will stand in soft peaks. Set aside.
4. In a medium bowl beat the yolks. Then add monk fruit, baking powder, vanilla extract, lemon juice, butter, and whisk again to combine.
5. Add egg whites to the bowl and gently stir to combine. Then add the lemon zest.
6. Add both almond and coconut flour and stir again.
7. Finally, fold in the blueberries and stir gently.
8. Bake the cake for 35 to 45 minutes or until an inserted toothpick comes out clean.
9. Let it cool completely before transferring to a serving dish.
10. Add Glaze.

Serves twelve with one serving having seven Net Carbs!

Items In This Meal	Calories	Carbs	Fat	Protein	Sodium	Fiber
Anthony's - Blanched Almond Flour, 74088649537943/356195430470880 cup	141	4	12	5	4	2
Coconut flour - Coconut Flour, 219060189739591/5342931457063200 cup(s)	20	3	1	1	10	2
Organic Brown Eggs - Eggs, 1/2 egg	35	1	2	3	33	0
Kerry Gold - Butter - Unsalted, 74088649537943/1780977152354400 cup(s)	67	0	8	0	0	0
Lemon Zest - Lemon, 83/200 Tbsp	0	0	0	0	0	0
Lakanto Powdered Monkfruit Sweetener W/ Erythritol - Monkfruit/erythritol Powder - Net Carbs, 889598087601023/2671465728531600 tbsp(s)	0	0	0	0	0	0
Baking powder, 1/4 tsp	1	0	0	0	122	0
Lakewood Organic - Organic Pure Lemon Juice, 1/4 tsp	0	0	0	0	0	0
Generic - Pure Vanilla Extract, 886926621872491/10685862914126400 tsp	1	0	0	0	0	0
Organic - Blueberries, 1/8 cup	11	3	0	0	0	0
Lakanto Powdered Monkfruit Sweetener W/ Erythritol - Monkfruit/erythritol Powder - Net Carbs, 29/200 tbsp(s)	0	0	0	0	0	0
Lakewood Organic - Organic Pure Lemon Juice, 1/50 tsp	0	0	0	0	0	0
Total:	276	11	23	9	169	4

About the Author:

These are just a few of my favorite recipes and I enjoyed creating this eBook for you. I hope you enjoy these recipes as much as I do.

Because of all the many changes over the past few years, we need to really focus on our Health and Wellbeing.

I want to get back to doing the things I love, like hiking, cooking for my Family and Friends, etc. And I want to get a Puppy as soon as I find the right one!

I started my "Escalated Marketing and Consulting" so that I can provide marketing solutions, advertising, consulting, and value to like-minded people that want to Grow their Awesome Business and become self-sufficient and prosper in this new economy. I have always loved network marketing and have been an Entrepreneur at heart! I would love to assist you! I am passionate about what I am doing, for the future of my Family, their Families, and for You and Your Family.

My Business is to assist others (from beginner to the struggling business owner) to starting or growing their Awesome Business!

We all want to be healthy and have the best supplements we can buy at a decent price. [LiveGood](#)

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Respectfully,

Cyndey Buckman

206-450-4141 (pst)
300 Lenora Street, #363
Seattle, WA 98121



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