

DA VINCI KETOGENIC FOOD PLAN

A wide variety of some of the best Keto recipes available

Weight and Diabetes
Protocols

DA VINCI KETO RECIPES

This leaflet is designed for our readers who are either trying to help their diabetes or lose weight, or use the Ketogenic diet for other health issues.

There are a number of “Da Vinci Keto” recipes that we use with our patients. To succeed in the Keto diet, it is important that you plan ahead and prepare as many snacks as you can so that they are available as and when needed.

PIZZAS & PIES

KETO PIZZA

There are a combination of different pizzas that you can make, but the Keto pizza crust should contain:

KETO PIZZA CRUST

Ingredients

- 1¼ cups almond flour
- ¼ cup unflavoured protein powder
- 4 tbsp ground psyllium husk powder
- ½ tsp salt
- 2 tbsp grated parmesan cheese
- 1 tbsp Italian seasoning
- 2 tsp baking powder
- 2 eggs
- 1 cup boiling water
- 3 tbsp melted butter or coconut oil for brushing

Toppings

Elevate your pizza experience by combining these delicious low-carb ingredients for a perfect pizza topping.

Meat: pepperoni, ham, sausage, bacon, shredded chicken, ground beef, anchovies

Sauce: tomato paste, sour cream or crème fraîche, sun-dried tomato pesto, green pesto, salsa sauce.

Cheese: shredded cheddar, mozzarella, goat cheese, blue cheese, feta cheese, parmesan

Fresh or dried herbs: oregano, rosemary, basil, thyme

Veggies: olives, mushrooms, onions, artichokes, green bell peppers, cherry tomatoes, pickled jalapeños, broccoli

KETO PIZZA MOZZA

Crust

- 1½ cups shredded mozzarella cheese
- ¾ cup almond flour
- 2 tbsp cream cheese
- 1 tsp white wine vinegar
- 1 egg
- ½ tsp salt
- olive oil to grease your hands

Toppings

- 8 oz. Italian sausage or favourite Italian salami
- 1 tbsp butter
- ½ cup unsweetened tomato sauce
- ½ tsp dried oregano
- 1½ cups shredded mozzarella cheese

Instructions

1. Preheat the oven to 400°F (200°C).
 2. Heat mozzarella and cream cheese in a small, non-stick pan on medium heat or in a bowl in the microwave oven.
 3. Stir until they melt together. Add the other ingredients and mix well.
 4. Moisten your hands with olive oil and flatten the dough on parchment paper, making a circle about 8 inches (20 cm) in diameter. You can also use a rolling pin to flatten the dough between two sheets of parchment paper.
 5. Remove top parchment sheet (if used). Prick the crust with a fork (all over) and bake in the oven for 10–12 minutes until golden brown. Remove from the oven.
 6. While the crust is baking, sauté the ground sausage meat in olive oil or butter.
 7. Spread a thin layer of tomato sauce on the crust. Top the pizza with meat and plenty of cheese. Bake for 10–15 minutes or until the cheese has melted. Sprinkle oregano on top and serve with a green salad.
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KETO PIZZA EGGIE

Crust

- 4 eggs
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- 6 oz. shredded cheese, preferably mozzarella or provolone
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Topping

- 3 tbsp tomato paste
- 1 tsp dried oregano
- 5 oz. shredded cheese
- 1½ oz. pepperoni
- olives

For serving

- 5 oz. leafy greens
- 4 tbsp olive oil
- sea salt and ground black pepper

Instructions

1. Preheat the oven to 400°F (200°C).
 2. Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.
 3. Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.
 4. Increase the oven temperature to 450°F (225°C).
 5. Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.
 6. Bake for another 5-10 minutes or until the pizza has turned a golden-brown colour.
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7. Serve with a fresh salad on the side.

KETO PIZZA WHITY

Ingredients

Crust

- 2 eggs
- ½ cup mayonnaise or crème fraîche (recipe for homemade mayonnaise can be found below)
- ¾ cup almond flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- ½ tsp salt

Topping

- ½ cup sour cream or crème fraîche
- ¾ cup shredded cheese
- 2 oz. parmesan cheese
- 1 tsp fresh rosemary or dried rosemary
- ⅛ tsp ground black pepper

Instructions

1. Preheat the oven to 350°F (175°C).
 2. Whisk together eggs and mayonnaise (or crème fraîche). Add the remaining ingredients and mix well. Let sit for 5 minutes.
 3. With the help of a lightly oiled rolling pin or spatula, spread out the batter on a baking sheet lined with parchment paper. It shouldn't be thicker than ½ inch (1 cm).
 4. Bake for 10 minutes. The crust should be light golden, don't overdo it. Remove from the oven and let cool for a few minutes. Turn upside down.
 5. Spread sour cream (or crème fraîche) on top. Add grated cheese. Sprinkle with rosemary and pepper.
 6. Place the pizza back in the oven and bake for another 5-10 minutes. Watch out so the edges don't get too much colour.
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7. Remove the pizza from the oven, grate or slice parmesan on top. Serve immediately.

KETO PIZZA VEGGIE

Ingredients

Crust

- 2 eggs
- ½ cup mayonnaise
- ¾ cup almond flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- ½ tsp salt

Topping

- 2 oz. mushrooms
- 1 tbsp green pesto
- 2 tbsp olive oil
- ½ cup sour cream or crème fraîche
- ¾ cup shredded cheese
- salt and pepper

Instructions

1. Preheat the oven to 350°F(175°C).
 2. Whisk together eggs and mayonnaise. Add remaining ingredients and combine well. Let sit for 5 minutes.
 3. With the help of a lightly oiled rolling pin or spatula, spread out the batter on a baking sheet lined with parchment paper. It shouldn't be thicker than ½ inch (1 cm).
 4. Bake for 10 minutes. The crust should be a light golden brown; don't overdo it. Remove from oven and let it cool for a few minutes. Turn crust out onto a rack or cutting board and remove parchment paper.
 5. Cut the mushrooms in thin slices and mix with pesto and olive oil in a bowl. Season with salt and pepper and combine well.
 6. Spread a layer of sour cream (or crème fraîche) on the crust. Top with cheese and the mushroom mixture.
 7. Place pizza back onto baking sheet (with parchment paper) and return to the oven and bake for 5-10 minutes or until the cheese has melted. Ensure that the edges don't get too much colour.
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8. Serve with a fresh salad.

KETO PUMPKIN PIE



Ingredients

Pie crust

3 oz. butter at room temperature
 $\frac{3}{4}$ cup coconut flour
6 tbsp hazelnut flour
 $\frac{1}{4}$ tsp ground cinnamon
 $\frac{1}{4}$ tsp vanilla extract

Pumpkin filling

- 12 oz. pumpkins peeled and diced
- 2 oz. butter
- 1 cup heavy whipping cream
- 2 eggs
- 2 tsp pumpkin pie spice
- 1 pinch salt

Instructions

1. Preheat the oven to 350°F (175°).
2. Put the ingredients for the pie crust in a bowl and mix together into a firm dough.
3. Divide the dough into eight small forms, 3 inches (8 cm) in diameter, or one larger springform.
4. Prebake for 10 minutes if you're making small pies and 15 minutes for one large pie.
5. Meanwhile, make the filling. Put the pumpkin cubes in a pan together with heavy cream and butter.
6. Bring to a boil, reduce heat, and let simmer on medium low until the pumpkin is soft and most of the cream is absorbed. It will take at least 15–20 minutes. Keep stirring. Set aside and let cool a little.

7. Add eggs and spices and mix into a smooth puree with a hand blender or in a food processor.
8. Pour the filling into the pie crust and bake for 15–20 minutes until the filling is firm, a little longer for a large form.
9. It may be a good idea to lower the heat towards the end and cover the edges with a strip of aluminium foil so that the crust doesn't burn. Whisk the heavy cream with a hand mixer until soft peaks form and stir in the lemon zest. Serve with the pie.

Tip!

If you're limiting your dairy intake, you can replace the heavy cream with a creamy coconut milk. For the crust and filling you can replace butter with coconut oil or ghee. The pie freezes well, which means if you make a couple of extra pies you'll always have one ready for unexpected company!

KETO AVACADO PIE



Ingredients

Pie crust

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt

- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water

Filling

- 2 ripe avocados
- 1 cup mayonnaise
- 3 eggs
- 2 tbsp fresh cilantro - finely chopped
- 1 red chili pepper - finely chopped
- ½ tsp onion powder
- ¼ tsp salt
- ½ cup cream cheese
- 1¼ cups shredded cheese

Instructions

1. Preheat the oven to 350°F (175°C). Mix all the ingredients for the pie dough in a food processor for a few minutes until the dough forms a ball. If you don't have a food processor, just knead the ingredients together in a bowl using either a fork or your hands.
2. Attach a piece of parchment paper to a springform pan, no larger than 12 inches (26 cm) diameter. The springform pan makes it easier to remove the pie when it's done. Grease the pan and the paper.
3. Spread dough into the pan. Use an oiled spatula or your fingers. Pre-bake the crust for 10–15 minutes.

4. Split the avocado. Remove peel and pit, and dice. Remove the seeds from the chili and chop finely. Place the avocado and the chili in a bowl and mix with the other ingredients.
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5. Pour mixture into the pie crust. Bake for 35 minutes or until lightly golden brown. Let cool for a few minutes and serve with a green salad.

Tip!

Reap the benefits of leftovers! This pie is just as delicious the next day! It also stores well in the freezer. So, for a super-satisfying lunch, just toss a piece in your lunch bag. Or pack a few slices into your favourite basket and head out for a summer picnic. Or reheat a few pieces for an easy weeknight dinner. Just let those delicious leftovers work for you.

SALADS & VEGETABLE DISHES

KETO CAESAR SALAD



Ingredients

10 oz. chicken breasts
1 tbsp olive oil
salt and pepper
3 oz. bacon
7 oz. Romaine lettuce
1 oz. freshly grated parmesan cheese

Dressing

- 1 tbsp Dijon mustard
- ½ lemon, zest and juice
- 2 tbsp grated parmesan cheese
- 2 tbsp finely chopped filets of anchovies
- 1 garlic clove pressed or finely chopped. (optional)
- salt and pepper
- ½ cup mayonnaise

Instructions

1. Mix the ingredients for the dressing with a whisk or an immersion blender. Set aside in the refrigerator.
 2. Preheat the oven to 400°F (200°C). Place the chicken breasts in a greased baking dish.
 3. Season the chicken with salt and pepper and drizzle olive oil or melted butter on top. Bake the chicken in the oven for about 20 min or until fully cooked through. You can also cook the chicken on the stove top if you prefer.
 4. Fry the bacon until crisp. Shred the lettuce and place as a base on two plates. Place sliced chicken and the crispy, crumbled bacon on top.
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5. Finish with a generous dollop of dressing and a good grating of parmesan cheese.

KETO SALAD NICOISE

Ingredients

- 2 eggs
- 3 oz. turnip or celery root
- 7 oz. fresh green beans
- 2 tbsp olive oil
- 1 - 2 finely chopped garlic cloves (optional)
- 7 oz. baby gem lettuce or Romaine lettuce
- 2 oz. cherry tomatoes
- ½ red onion
- 1 can tuna in olive oil
- 2 oz. olives
- salt and pepper

Dressing

- ½ tbsp Dijon mustard
- 2 tbsp small capers
- 1 oz. anchovies
- ½ cup olive oil
- ¼ cup mayonnaise
- 1 tbsp fresh parsley
- ½ lemon, the juice
- 1 minced garlic clove (optional)

Instructions

1. Mix all the ingredients for the dressing using a mixer or an immersion blender until fully combined and creamy. Set aside.
 2. Boil the eggs the way you like them, soft or hard boiled. Place them immediately in ice-cold water when they are done to make them easier to peel. Cut them into wedges.
 3. Wash and peel the turnips. Cut them in half-inch pieces. Wash and trim the green beans and parboil both for 5 minutes in lightly salted water. Use separate pans. Rinse in cold water when done.
 4. Place a skillet on medium high heat and fry the green beans in butter or olive oil. Add finely chopped garlic. Season with salt and pepper.
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5. Place lettuce on a serving plate or on individual plates. Add tomatoes, onion, drained tuna, eggs, beans, olives and turnip. Serve with dressing on the side.

KETO GRECO SALAD

Ingredients

- 3 ripe tomatoes
- ½ cucumber
- ½ red onion
- ½ green bell pepper
- 7 oz. feta cheese
- 10 black Greek olives
- 4 tbsp olive oil
- ½ tbsp red wine vinegar
- salt and pepper
- 2 tsp dried oregano

Instructions

1. Cut the tomatoes and cucumber into bite-sized pieces. Thinly slice the bell pepper and the onion. Arrange on a serving platter or, if possible, plate the salad on individual salad plates.
 2. Add feta cheese and olives, and drizzle olive oil and vinegar over the salad.
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3. Season with salt and pepper according to taste. Sprinkle with crumbled oregano and serve.

KETO SALAD BACHIC



Ingredients

1 lb boneless chicken thighs
1 oz. butter
½ lb bacon
4 oz. cherry tomatoes
10 oz. Romaine lettuce
salt and pepper

Garlic mayonnaise

- ½ tbsp garlic powder
- ¾ cup mayonnaise

Instructions

1. Mix mayonnaise and garlic powder in a small bowl and set aside.
 2. Fry the bacon slices in butter until crispy. Remove and keep warm. Save the grease in the pan.
 3. Shred the chicken and season with salt and pepper. Fry in the same skillet as the bacon until golden brown and thoroughly cooked.
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4. Rinse and shred the lettuce; be sure to use a clean cutting board and knife (different from the one used when handling the raw chicken). Place the lettuce on a plate and top with chicken, bacon, tomatoes, and a hearty dollop of garlic mayonnaise.

KETO COBB SALAD

Ingredients

- 2 eggs
- 3 oz. bacon
- ½ rotisserie chicken
- 2 oz. blue cheese
- 1 avocado
- 1 tomato
- 5 oz. iceberg lettuce
- 1 tbsp fresh chives (optional)
- salt and ground black pepper
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Easy ranch dressing

- 3 tbsp mayonnaise
- ½ - 1 tbsp ranch seasoning
- 2 - 3 tbsp water
- salt and ground black pepper

Instructions

1. Start by preparing the dressing. Combine mayonnaise, ranch seasoning and water. Season with salt and pepper and set aside.
 2. Place the eggs in boiling water for 8-10 minutes. Cool in ice water for easier peeling. Chop them roughly.
 3. Fry bacon in a hot dry skillet until crispy. Cut grilled chicken in smaller pieces and chop up vegetables. If you're starting with raw chicken, fry it in the bacon fat, and season with salt and pepper to taste. Crumble the blue cheese.
 4. Distribute everything on a bed of shredded or torn lettuce. Season with salt and pepper (especially the eggs).
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5. Drizzle with dressing and top with finely chopped chives.

KETO AVACADO SALAD



Ingredients

8 oz. goat cheese
8 oz. bacon
2 avocados
4 oz. walnuts
4 oz. arugula lettuce

Dressing

½ lemon, the juice
½ cup mayonnaise

- ½ cup olive oil
- 2 tbsp heavy whipping cream

Instructions

1. Preheat the oven to 400°F (200°C) and place parchment paper in a baking dish.
 2. Cut the goat cheese into round half inch (~1 cm) slices and place in the baking dish. Bake on upper rack until golden.
 3. Fry the bacon in a pan until crispy.
 4. Cut the avocado into pieces and put on top of the arugula. Add the fried bacon and goat cheese. Sprinkle nuts on top.
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5. Using an immersion blender, make a salad dressing with the juice from half a lemon, **homemade mayonnaise**, olive oil, and perhaps a couple of tablespoons of heavy whipping cream. Season with salt and pepper to taste.

HOMEMADE MAYONNAISE

Ingredients

- 1 egg yolk
- 1 tbsp Dijon mustard
- 1 cup avocado oil or light olive oil
- 2 tsp white wine vinegar or lemon juice

Instructions

1. Bring the egg and mustard to room temperature in advance.
 2. Mix egg and mustard with a stick blender (or mixer) and add the oil slowly in a thin stream. The mayonnaise should begin to thicken. Continue to mix until all the oil has been added and the mayonnaise has set.
 3. Add vinegar or lemon juice. Mix some more and season with salt and pepper. Taste, and adjust seasoning, and perhaps add more vinegar or lemon juice.
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4. Let the mayonnaise rest in the fridge before serving; this allows the flavour to develop and gives the mayonnaise time to thicken.

KETO PASTRAMI SALAD



Ingredients

½ cup mayonnaise
2 tbsp Dijon mustard
1 shallot
1 dill pickle
4 oz. lettuce
8 oz. pastrami
4 eggs
4 low-carb parmesan croutons

Instructions

1. Start making the low-carb parmesan croutons, if you don't have them on hand already.
 2. Stir together mayonnaise and mustard and set aside.
 3. Place the lettuce on two plates. Chop the onion and place on top.
 4. Cut the pickled cucumber lengthwise into four pieces and place on the lettuce.
 5. Add pastrami and a generous amount of the mustard mayonnaise.
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6. Fry the eggs just before serving the salad. Sunny side up or over easy and serve immediately with parmesan croutons.

KETO GOAT CHEESE SALAD

Ingredients

- 10 oz. goat cheese
- ¼ cup pumpkin seeds
- 2 oz. butter
- 1 tbsp balsamic vinegar
- 3 oz. baby spinach

Instructions

1. Preheat the oven to 400°F (200°C).
 2. Put slices of goat cheese in a greased baking dish and bake in the oven for 10 minutes.
 3. While the goat cheese is in the oven, toast pumpkin seeds in a dry frying pan over fairly high temperature until they get some colour and start to pop.
 4. Lower the heat, add butter and let simmer until it turns a golden brown colour and a pleasant nutty scent. Add balsamic vinegar and let boil for a few more minutes. Turn off the heat.
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5. Spread out baby spinach on a plate. Place the cheese on top and add the balsamico butter.

KETO ASIAN BEEF SALAD



Ingredients

Beef

- 1 tbsp olive oil
- 1 tbsp fish sauce
- 1 tbsp grated fresh ginger
- 1 tsp chili flakes
- $\frac{2}{3}$ lb ribeye steaks

Sesame mayonnaise

- 1 egg yolk, at room temperature
- 1 tsp Dijon mustard
- $\frac{1}{2}$ cup avocado oil or light olive oil
- 1 tbsp sesame oil
- $\frac{1}{2}$ tbsp lime juice
- salt and pepper

Salad

- 2 scallions
- 3 oz. cherry tomatoes
- 2 oz. cucumber
- 3 oz. lettuce
- $\frac{1}{2}$ red onion
- fresh cilantro
- 1 tbsp sesame seeds

Instructions

1. Make the sesame mayonnaise by mixing egg yolk and mustard in a bowl.
2. Add avocado oil in a very slow stream while whisking continuously. You can do this by hand or using a hand mixer or immersion blender. Add sesame oil, lime juice and spices towards the end, once the mayonnaise has emulsified. Reserve.
3. Mix all ingredients for the beef marinade and pour into a plastic bag. Add the beef and marinate for 15 minutes or more at room temperature.
4. Chop all vegetables for the salad, except the scallions, into bite-sized pieces. Divide between two plates.
5. Heat a medium frying pan over medium heat. Add sesame seeds to the dry pan, and toast them for a couple of minutes, or until they're lightly browned and fragrant. Set aside.
6. Pat the meat dry on both sides with paper towels. Fry for a minute or two on each side on high heat, or until cooked to medium. (In this dish, the beef is best served at medium, but you can make it well done if you prefer.)

7. Fry the scallions for a minute in the same pan.

8. Slice the meat, across the grain, into thin slices. Place beef and scallions on top of the vegetables. Serve with roasted sesame seeds and sesame mayonnaise.

ZUCHINNI WALNUT SALAD



Ingredients

2 zucchini
1 tbsp olive oil
salt and pepper
1 head of Romaine lettuce
4 oz. arugula lettuce
¼ cup finely chopped fresh chives or scallions
¾ cup chopped walnuts or pecans

Dressing

2 tbsp olive oil
¾ cup mayonnaise
2 tsp lemon juice
1 garlic clove

- ½ tsp salt
- ¼ tsp chili powder

Instructions

1. In a small bowl, whisk together all ingredients for the dressing. Reserve the dressing to develop flavour while you make the salad.
 2. Split the zucchini length-wise and scoop out the seeds. Cut the zucchini halves crosswise into ½-inch pieces.
 3. Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm.
 4. Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini.
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5. Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Spoon nuts onto salad, and drizzle with salad dressing.

Tip!

Let your imagination soar! This dressing pairs beautifully with other salads – or even as a refreshingly cool sauce for meat or fish. Make up extra dressing to keep on hand. It stores well for at least 5 days in the refrigerator. The zucchini salad is super flexible too! Try it as the perfect base for hearty grilled beef, chicken or fish.

THAI CURRY CABBAGE



Ingredients

3 tbsp coconut oil
1 tbsp red curry paste
preferably Thai
30 oz. shredded green
cabbage
1 tsp salt
1 tbsp sesame oil

Instructions

1. Heat up coconut oil in a frying pan or a wok over high heat. Add curry paste and stir for a minute. Add cabbage.
 2. Sauté until the cabbage begins to turn golden brown, but still is a little chewy. Stir thoroughly and lower the heat towards the end.
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3. Salt to taste. Add sesame oil and sauté for another 1–2 minutes and serve!

Tip!

When selecting a green cabbage, go for the ones with tight, compact heads. And look for a firm stem, rather than limp, for the freshest taste.

GREEN GAZPACHO

Ingredients

- ½ cup pre-soaked cashew nuts, drained
- ½ cup diced celery stalks
- ½ cup watercress leaves
- ½ cup sliced cucumber, peeled and seeded
- 5 oz. Romaine lettuce (5 large, crisp leaves)
- ¼ cup extra virgin olive oil
- 1 garlic clove
- 1 tsp fine salt
- 1 cup chicken broth

Instructions

1. Combine all of the ingredients in a blender and blend until smooth and creamy. Enjoy right away.

Tip!

Soaking the cashews in water with a pinch of salt for 3 hours minimized the phytic acid in them, making them easier to digest.

If you can't eat cashews, use half of a ripe avocado instead.

Notes

This liquid lunch won't spike your blood sugar, but it will deliver a delicious dose of essential nutrients!

KETO ASIAN CABBAGE STIR-FRY

Ingredients

- 25 oz. green cabbage
- 5 oz. butter
- 20 oz. ground beef or chicken or pork or lamb
- 1 tsp salt
- 1 tsp onion powder
- ¼ tsp ground black pepper
- 1 tbsp white wine vinegar
- 2 garlic cloves
- 3 scallions, in slices
- 1 tsp chili flakes
- 1 tbsp fresh ginger - finely chopped or grated
- 1 tbsp sesame oil

WASABI MAYONNAISE

- 1 cup mayonnaise
- ½ - 1 tbsp wasabi paste



Instructions

Shred the cabbage finely using a sharp knife or a food processor.

Fry the cabbage in 2–3 ounces (60–90 g) butter in a large frying or wok pan on medium-high heat, but don't let the cabbage turn brown. It takes a while for the cabbage to soften.

3. Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.
 4. Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger and sauté for a few minutes.
 5. Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.
 6. Add scallions and cabbage to the meat. Stir until everything is hot. Add salt and pepper to taste, and top with the sesame oil before serving.
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7. Mix together the wasabi mayonnaise by starting with a small amount of wasabi and adding more until the flavour is just right. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.

ROASTED VEGETABLES TRICOLORE



Ingredients

1 lb Brussels sprouts
8 oz. cherry tomatoes
8 oz. mushrooms
1 tsp sea salt
½ tsp ground black pepper
1 tsp dried rosemary or dried thyme
½ cup olive oil

Instructions

1. Preheat the oven to 400°F (200°C). Rinse and trim all vegetables and peel the outer layer of the Brussels sprouts if needed.
 2. Cut the vegetables so they're roughly the same size. Place in a 9" baking dish.
 3. Add spices and olive oil and mix.
 4. Bake for 20 minutes or until the vegetables have softened and turned a nice colour.
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5. Serve as a side dish with meat, chicken or fish.

Tip!

You could serve it with a dipping sauce on the side or customize by adding other vegetables and herbs as well. Have fun!

FLAVOURED OLIVE OIL



Ingredients

olive oil
flavouring of your choice (see our suggestions for inspiration)

Instructions

1. One way of varying your olive oil is to use different herbs, lemon zest, or perhaps garlic or chili for flavouring. Use organic products when available.
2. Wash carefully and peel/cut them the way you like.
3. Add flavouring to a dry, clean small glass jar/bottle or a jar with a lid and pour in extra virgin olive oil. Bundle and tie the herbs together, so that it will be easier to get them out. To prevent mould from growing, be sure the oil covers the flavouring.
4. Prepare fresh and use right away. If you are saving any leftovers, refrigerate the oil and use within a week. Flavoured oils can be enjoyed as a dressing on top of your meal or used for cooking.

Tip!

A drizzle of olive oil over plated food is a smart way to get enough fat. So live like they do in Mediterranean countries, and pour it on! A couple of tablespoons cold-pressed olive oil takes a lot less time to make than a complicated sauce and is especially handy if you want to cut back on dairy, since many LCHF sauces, both cold and hot, are based on butter, heavy whipping cream, or cheese.

Flavour suggestions

- Thinly sliced lemon or lime zest
- Fresh or dried chili/peppers
- A small bundle fresh or dried herbs like parsley, thyme, oregano, basil or rosemary
- 1–2 garlic cloves, lightly crushed—no need to peel

MEAT DISHES

BUTTER-FRIED KALE WITH PORK

Ingredients

- 3 oz. butter
- 1 lb kale
- ¾ lb smoked pork belly or bacon
- 2 oz. pecans or walnuts
- ½ cup frozen cranberries
- salt and ground black pepper to taste

Instructions

1. Rinse, trim and chop kale into large chunks. Set aside.
 2. Cut the pork belly into strips (or use strips of bacon) and fry in butter over medium high heat until golden brown and crispy.
 3. Add kale to the pan and fry for a couple of minutes until wilted. Salt and pepper to taste.
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4. Turn off the heat. Add cranberries and nuts to the pan and stir. Serve immediately.

KETO MEAT PIE



- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water

Topping

- 8 oz. cottage cheese
- 7 oz. shredded cheese

Instructions

1. Preheat the oven to 350°F (175°C).
2. Fry onion and garlic in butter or olive oil over medium heat for a few minutes, until the onion is soft. Add the ground beef and keep frying. Add oregano or basil and add salt and pepper to taste.
3. Add tomato paste, pesto or ajvar relish – use what you have on hand. Add water. Lower the heat and let simmer for at least 20 minutes. While the meat simmers, make the dough for the crust.
4. Mix all the dough ingredients in a food processor for a few minutes until the dough turns into a ball. If you don't have a food processor, you can mix by hand with a fork.
5. Place a round piece of parchment paper in a well-greased springform pan — 9-10 inches in diameter — to make it easier to remove the pie when it's done. (You can also use a deep-dish pie pan.) Spread the dough in the pan and up along the sides. Use a spatula or well-greased fingers.

Ingredients

- ½ yellow onion, finely chopped
- 1 garlic clove finely chopped
- 2 tbsp butter or olive oil
- 20 oz. ground beef or ground lamb
- salt and pepper
- 1 tbsp dried oregano or dried basil
- 4 tbsp tomato paste or ajvar relish
- ½ cup water

Pie crust

- ¾ cup almond flour

6. Pre-bake the crust for 10-15 minutes. Take it out of the oven and place the meat in the crust. Mix cottage cheese and shredded cheese together, and layer on top of the pie.
 7. Bake for 30-40 minutes on lower rack or until the pie has turned a golden colour.
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8. Serve with a fresh green salad and dressing.

YOGHURT CHICKEN KEBAB

Ingredients

- 1½ lbs boneless chicken thighs
- ½ cup Greek yogurt or sour cream
- 2 tbsp curry powder or paprika powder
- 1 tbsp light olive oil
- 1 tsp salt
- ½ tsp ground black pepper

Beet carpaccio

- 4 beets, red and/or yellow
- 3 oz. sugar snaps
- ½ red onion, chopped

Cilantro vinaigrette

- ½ cup light olive oil
- ½ cup fresh cilantro, chopped
- 1 tbsp lemon juice
- 1 garlic clove
- salt and ground black pepper

Instructions

1. Cut chicken into smaller pieces. Preheat outdoor grill or oven — with the grill function on — to 450°F (225°C).
 2. Mix yogurt, curry, olive oil, pepper and salt in a bowl. Cover chicken with marinade and let sit for at least 10 minutes. Place in refrigerator overnight if you want to prepare the day before. Thread chicken pieces onto skewers just before you start grilling.
 3. Scrub and rinse beets properly. Peel and cut into paper-thin slices, preferably with a mandolin. Remove strings from sugar snaps. Place vegetables and finely chopped onion on a plate.
 4. Mix ingredients for vinaigrette with a hand blender. Drizzle over beet salad.
 5. Grill chicken kebabs for 3-4 minutes on each side or until fully cooked and inner temperature is 160°F (72°C).
-
6. Serve with beet carpaccio.

KETO PESTO CHICKEN



Ingredients

- 25 oz. chicken thighs or chicken breasts
- 1 oz. butter, for frying
- 3 oz. red pesto or green pesto
- 1¼ cups heavy whipping cream
- 3 oz. pitted olives
- 5 oz. feta cheese - diced
- 1 garlic clove - finely chopped
- salt and pepper

For serving

- 5 oz. leafy greens
- 4 tbsp olive oil
- sea salt and ground black pepper

Instructions

1. Preheat the oven to 400°F (200°C).
 2. Cut the chicken thighs or chicken breasts into bite-sized pieces. Season with salt and pepper.
 3. Add butter to a large skillet and fry the chicken pieces in batches on medium-high heat until golden brown.
 4. Mix pesto and heavy cream in a bowl.
 5. Place the fried chicken pieces in a baking dish together with olives, feta cheese and garlic. Add the pesto.
-
6. Bake in oven for 20-30 minutes, until the dish turns bubbly and light brown around the edges.

Tip!

A simple side dish of field greens or crunchy romaine complements the rich flavours. Lightly sautéed asparagus or green beans work, too. If you feel like making this dish even heartier you can pair it with cauliflower rice, roasted cauliflower or fried broccoli.

Meal prep

This dish can be prepared by frying the chicken ahead of time. You can assemble the entire casserole and keep in the fridge for a day before baking it. Just make sure you let it come to room temperature before placing in the oven. It's also good to give it a stir since the pesto can sink to the bottom.

If you have chicken or turkey left overs they are perfect for this dish. Just skip the first 3 steps of the instructions and take it from there.

If you're short on time you can also use a rotisserie chicken. Take the meat from the bones and divide into bite-sized pieces. Follow the instructions from step 3.

Storing and reheating

If you intend to eat the casserole within 2-3 days you can store it in the fridge. Otherwise it's better to place the casserole in the freezer where it will last up to 3 months. Make sure your dish is suitable for freezing.

Let thaw in the refrigerator the day before you plan on serving it. Don't place a cold baking dish straight from the fridge into a hot oven as this can cause your dish to crack. Reheat the casserole in the oven at 300°F (150°C) until thoroughly warm.

KETO HAMBURGER PATTIES



Ingredients

Hamburger patties

- 25 oz. ground beef
- 1 egg
- 3 oz. crumbled feta cheese
- 1 tsp salt
- $\frac{1}{4}$ tsp ground black pepper
- 2 oz. fresh parsley - finely chopped
- 1 tbsp olive oil, for frying
- $\frac{1}{6}$ oz. butter, for frying

Gravy

- $\frac{3}{4}$ cup heavy whipping

cream

- 1 oz. fresh parsley - coarsely chopped
- 2 tbsp tomato paste or ajvar relish
- salt and pepper

Fried green cabbage

- 25 oz. shredded green cabbage
- $4\frac{1}{4}$ oz. butter
- salt and pepper

Instructions

1. Add all ingredients for the hamburgers to a large bowl. Blend it using a wooden spoon or your clean hands. Don't over mix since that can make your patties tough. Use wet hands to form eight oblong patties.
2. Add butter and olive oil to a large frying pan. Fry over medium-high heat for at least 10 minutes or until the patties have turned a nice colour. Flip them a few times for even cooking.
3. Add tomato paste and whipping cream to the pan when the patties are almost done. Stir and let simmer for a few minutes. Salt and pepper to taste.

4. Sprinkle chopped parsley on top before serving.

Butter-fried green cabbage

1. Shred the cabbage finely using a food processor or sharp knife.

2. Add butter to a large frying pan.
 3. Place the pan over medium high heat and sauté the shredded cabbage for at least 15 minutes or until the cabbage is wilted and golden brown around the edges.
-

4. Stir regularly and lower the heat a little towards the end. Add salt and pepper to taste.

Tip!

Switch it up! These patties pair well with any sautéed vegetable... What do you love? Onions, mushrooms, spinach, Brussels sprouts, asparagus, green beans...

KETO CHICKEN CASSEROLE



Ingredients

- 1 cup heavy whipping cream or sour cream
- 2 tbsp green pesto
- ½ lemon, the juice
- 30 oz. chicken thighs
- 3 tbsp butter
- 1 lb cauliflower
- 1 leek
- 4 oz. cherry tomatoes
- 7 oz. shredded cheese
- salt and pepper

Instructions

1. Preheat the oven to 400°F (200°C).
 2. Mix cream (or sour cream) with pesto and lemon juice. Salt and pepper to taste.
 3. Season the chicken thighs with salt and pepper, and fry in butter until they turn a nice golden brown.
 4. Place the chicken in a greased 9 x 13 inch baking dish, and pour in the cream mixture.
 5. Chop the leek and cherry tomatoes. Chop the cauliflower into small florets. Top chicken with leek, tomatoes and cauliflower.
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6. Sprinkle cheese on top and bake in the middle of the oven for at least 30 minutes or until the chicken is fully cooked. If the casserole is at risk of burning before it's done, cover it with a piece of aluminium foil, lower the heat and let cook for a little longer.

Tip!

Green it up! A rich dish like this only gets better if you serve it with a side of fresh leafy greens. Dress with a generous drizzle of olive oil, some balsamic vinegar and a sprinkle of sea salt.

Meal prep

This dish can be prepared by frying the chicken ahead of time. You can assemble the entire casserole and keep in the fridge for a day before baking it. Just make sure you let it come to room temperature before placing in the oven. It's also good to give it a stir since the pesto can sink to the bottom.

If you have chicken or turkey left overs they are perfect for this dish. Just skip step 3 in the instructions and you are good to go!

If you're short on time you can also use a rotisserie chicken. Take the meat from the bones and divide into bite-sized pieces before adding it to the baking dish.

Storing and reheating

If you intend to eat the casserole within 2-3 days you can store it in the fridge. Otherwise it's better to place the casserole in the freezer where it will last up to 3 months. Make sure your dish is suitable for freezing.

Let thaw in the refrigerator the day before you plan on serving it. Don't place a cold baking dish straight from the fridge into a hot oven as this can cause your dish to crack. Reheat the casserole in the oven at 300°F (150°C) until thoroughly warm. When thawing and reheating this casserole the result may be a bit more liquid but the flavour will still be good.

FRIED CHORIZZO



- ½ cup fresh parsley, finely chopped
- ½ lemon, the zest

Instructions

1. Fry the chorizo in butter in a skillet over medium heat. Keep warm until serving.
 2. Shred the cabbage using a food processor, mandolin or sharp knife.
 3. Sauté cabbage with remaining butter in the same skillet over medium heat. Stir occasionally for a few minutes, until cabbage is golden brown.
 4. Add heavy whipping cream and bring to a light boil. Reduce heat and let simmer until the cream is reduced. Season with salt and pepper.
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5. Add parsley and lemon zest before serving with the fried chorizo.

Ingredients

Fried chorizo

25 oz. chorizo, or other high-quality sausage
2 tbsp butter, for frying

Creamed green cabbage

25 oz. green cabbage
2 oz. butter
1¼ cups heavy whipping cream
salt and pepper

KETO TURKEY WITH CREAM CHEESE

Ingredients

- 2 tbsp butter
- 20 oz. turkey breast
- 2 cups crème fraîche or heavy whipping cream
- 7 oz. cream cheese
- salt and pepper
- ⅓ cup small capers
- 1 tbsp tamari soy sauce

Instructions

1. Preheat the oven to 350°F (175°C).
 2. Melt half of the butter over medium heat, in a large oven-proof frying pan. Season the turkey generously and fry until golden brown all around.
 3. Finish off the turkey breasts in the oven. When turkey is cooked through and has an internal temperature of at least 165°F (74°C), place on a plate, and tent with foil.
 4. Pour turkey drippings into a small saucepan. Add sour cream or heavy cream, and cream cheese. Stir and bring to a light boil. Lower the heat and let simmer until thickened. Season to taste with salt and pepper. Japanese gluten-free tamari can also be used to add more colour and flavour.
 5. Heat remaining butter in a medium frying pan over high heat. Quickly sauté the capers until crispy.
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6. Serve turkey with sauce and fried capers.

Tip!

Don't forget your side dishes! Both broccoli or cauliflower mash perfectly complement the rich flavours of this turkey. And have fun with this supremely versatile cream cheese sauce! It can be adapted to any kind of boneless or bone-in meat you like. Fillets or chops. Beef or pork. Lamb or chicken. Just remember to keep the skin or fat on when possible, as this really enhances flavour and fat content.

Let your imagination be your guide! There are so many flavour combinations to try: tapenade, pimientos, tomato paste, parmesan cheese, fresh herbs, fried onion, garlic, curry paste, lemon and capers all work beautifully with this recipe.

KETO PIMIENTO CHEESE MEATBALLS



Ingredients

Pimiento cheese

- 1/3 cup mayonnaise
- 1/4 cup pimientos or pickled jalapeños
- 1 tsp paprika powder or chili powder
- 1 tbsp Dijon mustard
- 1 pinch cayenne pepper
- 4 oz. grated cheddar cheese

Meatballs

- 1 egg
 - salt and pepper
 - 2 tbsp butter, for frying
- 25 oz. ground beef

Instructions

1. Start by mixing all ingredients for the pimiento cheese in a large bowl. Set aside for a few minutes.
 2. Add ground beef and the egg to the mixture. Use a wooden spoon or clean hands to combine. Salt and pepper to taste.
 3. Form large meatballs and fry them in butter or oil in a skillet on medium heat until they are thoroughly cooked.
-
4. Serve with a side dish of your choice, a green salad and perhaps a homemade mayonnaise.

Tip!

Do you want to make dinner even simpler? Preheat the oven to 400°F (200°C). Make a meatloaf of the ground beef and bake for 30-40 minutes!

LAMB KEBABS

Ingredients

Mint and Parsley Salsa Verde

- ½ cup fresh mint
- ½ cup fresh parsley
- 1 oz. anchovies, fillets
- 2 tbsp capers, drained
- 2 tbsp pine nuts
- 1 lemon, the zest
- ¼ garlic clove
- ½ tsp red pepper flakes
- 1 cup olive oil, extra virgin
- 1 pinch coarse sea salt



Ingredients

- 8 fresh rosemary stems
- 8 oz. boneless lamb chops or lamb loin, cut into 1-inch cubes
- 1 Japanese eggplant, trimmed and cut into 1-inch pieces
- coarse sea salt and ground black pepper
- 1 lemon
- ¼ cup olive oil, extra virgin

Instructions

1. Start with the salsa verde. In a food processor, combine the mint, parsley, anchovies, capers, pine nuts, lemon zest, garlic, and red pepper flakes and pulse until finely chopped. With the machine running, add the olive oil in a slow, steady stream. Process until smooth. Season with salt.
 2. Preheat a grill to medium-high.
 3. Strip the leaves off the rosemary stems, leaving only the leaves at the tops. Coarsely chop the plucked leaves.
 4. Season the lamb and eggplant all over with salt and pepper. Zest the lemon directly on top and sprinkle with the rosemary. Drizzle with olive oil and toss until evenly coated. Skewer the lamb and eggplant onto the rosemary stems, alternating the pieces.
 5. Grill until nicely browned, about 2 minutes per side for medium-rare.
-
6. Let rest for a few minutes before slicing and serving with the salsa verde

KETO MOUSAKA

Ingredients

- 10 oz. eggplant
- 4 tbsp olive oil
- 1 yellow onion
- 2 garlic cloves - chopped
- 1 tsp ground cinnamon
- 1 tbsp paprika powder
- 1 tbsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper
- 20 oz. ground chicken, or any other ground meat
- ½ cup tomato sauce

Cheese sauce

- 3 oz. cream cheese
- ½ cup heavy whipping cream
- 1 garlic clove - pressed
- ¼ tsp salt
- 7 oz. shredded cheese

Serving

- 3 oz. leafy greens (optional)

Instructions

1. Preheat the oven to 360°F (185°C).
 2. Cut the eggplant into small dices, around half an inch (1x1 cm). In a large frying pan, fry eggplant in olive oil on medium heat. Salt and pepper.
 3. Add chopped onion, garlic and spices. Fry for a few minutes until the onion and eggplant start to soften and get some colour.
 4. Add ground meat and fry until cooked through. Stir in tomato sauce and let it simmer for a few minutes.
 5. In a saucepan, mix the ingredients for the cheese sauce - save half of the cheese for the top! Let simmer for a few minutes until it thickens.
 6. Transfer the meat into a large baking dish or several small ones. Pour the sauce on top and top with the remaining cheese.
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7. Place in the oven for about 20 minutes or until the cheese turns a nice golden colour. Serve with leafy greens.

Tip!

Moussaka is the perfect dish to prepare when you're expecting a crowd and it also works great for your lunchbox. It's also one of those dishes that tastes even better the next day!

For the extra Greek touch, treat yourself to a nice salad to go with the moussaka - leafy greens with feta cheese, red onion and olives.

EGG & PASTA DISHES

KETO OMELETTE

Ingredients

- 6 eggs
- 2 tbsp heavy whipping cream or sour cream
- salt and pepper
- 3 oz. shredded cheese
- 2 oz. butter
- ½ yellow onion, finely chopped
- ½ green bell pepper, finely chopped
- 5 oz. smoked deli ham - diced

Instructions

1. In a mixing bowl, whisk eggs and cream/sour cream until fluffy. Add salt and pepper.
 2. Add half of the shredded cheese and mix well.
 3. Melt the butter in a frying pan on medium heat; sauté the diced ham, onion and peppers for a few minutes. Add the egg mixture and fry until the omelette is almost firm. Be extra mindful not to burn the edges.
 4. Reduce the heat after a little while. Sprinkle the rest of the cheese on top and fold the omelette.
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5. Serve immediately... and enjoy!

Tip!

Pair with a fresh, green salad. If you like to keep it spicy, serve with Tabasco or Sriracha sauce, or jalapeños on the side. Yes!

ANCHOVIE EGGS



Ingredients

- 12 eggs
- 3 tbsp crème fraîche or sour cream
- 1 tbsp Dijon mustard
- ¼ tsp cayenne pepper
- ¼ cup olive oil, extra virgin
- ½ lemon, the juice
- ¼ cup fresh rosemary
- 1 pinch coarse sea salt
- 1¾ oz. anchovies fillets, each cut in half
- 2 tbsp fresh chives
- 1 tsp paprika powder, for topping

Instructions

1. Bring a large pot of water to a boil. Fill a large bowl with ice and water. Add the eggs and cook for 8 minutes. Drain the eggs and transfer to the ice water.
 2. When cool, peel and cut each egg in half lengthwise. Transfer the yolks to the bowl of a food processor; refrigerate the whites.
 3. Add the crème fraîche, mustard, cayenne, olive oil, lemon juice, rosemary, and a pinch of salt to the food processor. Process until smooth, scraping the bowl occasionally. The mixture should be soft enough to pipe through a piping bag, but not too loose. If it's stiff, pulse in another tablespoon of crème fraîche.
 4. Transfer the mixture to a piping bag or resealable plastic bag with a hole snipped in one corner.
 5. Arrange the egg whites cut-side up in a single layer on a serving platter. Pipe the yolk mixture into the egg white cavities. Top each with an anchovy half.
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6. Sprinkle with chives and paprika and served immediately or refrigerate for up to 2 days.

KETO LASAGNA



Ingredients

- 2 tbsp olive oil
- 1 yellow onion
- 1 garlic clove
- 20 oz. ground beef
- 3 tbsp tomato paste
- ½ tbsp dried basil
- 1 tsp salt
- ¼ tsp ground black pepper
- ½ cup water

Keto pasta

- 8 eggs
- 10 oz. cream cheese
- 1 tsp salt
- 5 tbsp ground psyllium husk powder

Cheese topping

- 2 cups crème fraîche or sour cream
- 5 oz. shredded cheese
- 2 oz. grated parmesan cheese
- ½ tsp salt
- ¼ tsp ground black pepper
- ½ cup fresh parsley, finely chopped

Instructions

1. Start with the ground beef mixture, perhaps even the day before, for a more flavourful result.
2. Peel and finely chop onion and garlic and fry in olive oil until soft. Add the ground beef and fry until golden. Add tomato paste and spices.
3. Stir thoroughly and add water. Bring to a boil, lower the heat, and let simmer for at least 15 minutes or until most of the water has evaporated. Since the lasagne sheets used here don't soak up as much liquid as regular ones, the mixture should be quite dry.
4. Meanwhile, make the lasagne sheets according to instructions below.
5. Preheat the oven to 400°F (200°C). Mix shredded cheese with sour cream and most of the Parmesan cheese. Reserve one or two tablespoons for topping. Add salt and pepper and stir in the parsley.
6. Place lasagna sheets and pasta sauce in layers in a greased 9" x 13" baking dish.

7. Spread the crème fraîche mixture and the remaining Parmesan cheese on top.
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8. Bake in the oven for about 30 minutes or until the lasagna has a nicely browned surface. Serve with a green salad and your favourite dressing.

Lasagna sheets

1. Preheat the oven to 300°F (150°C). Add eggs, cream cheese and salt to a medium-sized bowl and mix into a smooth batter. Continue to whisk while adding in the ground psyllium husk powder, a little at a time. Let sit for a few minutes.
 2. Spread the batter on a baking sheet lined with parchment paper using a spatula. Place another parchment paper on top and flatten with a rolling pin until the batter is at least 13" x 18" (33 x 45 cm). You can also divide into two batches and use another baking sheet for an even thinner pasta.
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3. Let both pieces of parchment paper remain in place. Bake for about 10-12 minutes. Let cool and remove the paper, slice into sheets that fit your baking dish.

Substitute ingredients

Want to change things up and make it a little easier? You can substitute thinly sliced zucchini for the low-carb lasagna sheets. If you don't want the crunchy texture you can place the slices on a baking sheet and sprinkle salt on them. This will draw liquid from the zucchini and make it softer.

Instead of ground beef you can use ground pork or poultry. It gives the dish a different but equally great flavour.

Preparing ahead of time

If you want to prepare this meal ahead you can make both the ground beef mixture and the lasagna sheets ahead of time. The ground beef mixture actually tastes better if you make it a day or two ahead of time. You can store it in the fridge for 3-4 days and in the freezer for up to 4 months. Take out from the freezer a day ahead and let thaw in the fridge.

The lasagna sheets need to cool completely before placing them in the fridge or freezer. Cut them to size and place parchment paper between them before wrapping them in plastic. Store in the fridge for 2-3 days or up to 3 months in the freezer (taste is better for the first 1-2 months). The sheets thaw in about an hour at room temperature. Keep it in the fridge if you take it out earlier than that.

Storing the lasagna

This lasagna can be stored in the fridge for 3-4 days and in the freezer for up to 3 months. Make sure the dish you baked the lasagna in is suitable for freezing. Before reheating you should always allow baking dishes to thaw to avoid the dish cracking from the temperature shift. Once thawed you can reheat in the oven at 300°F (150°C) until warm all the way through.

SCRAMBLED EGGS



Ingredients

1 oz. butter
2 eggs
salt and pepper

Instructions

Crack the eggs into a small bowl and use a fork to whisk them

together with some salt and pepper.

2. Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!
3. Pour the eggs into the skillet and stir for 1–2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.

Tip!

These fluffy eggs pair well with many low-carb favorites. Obvious choices are bacon or sausage, but other great options include salmon, avocado, cold cuts and cheese (try cheddar, fresh mozzarella or feta cheese).

And, if you are really hungry (or have extra-large eggs), don't be shy. Add more butter!

FISH DISHES

GRILLED WHITE FISH

Ingredients

Kale pesto

- 3 oz. kale
- 3 tbsp lemon juice or lime juice
- 2 oz. walnuts
- 1 garlic clove
- ½ tsp salt
- ¼ tsp ground black pepper
- ¾ cup olive oil

FISH AND ZUCCHINI



Ingredients

- 2 zucchini
- 1 tbsp lemon juice
- ½ tsp salt
- 2 tbsp olive oil
- 1½ lbs white fish (thawed at room temperature, if frozen)
- ¼ tsp ground black pepper

Instructions

Start preparing the pesto by chopping the kale roughly. Place the kale,

walnuts, lime and garlic in a blender or food processor, and purée until smooth. Season with salt and pepper. Add the oil towards the end and process a bit more. Set aside.

2. Rinse the zucchini and cut thinly with a sharp knife, slicer or mandolin. Put the slices in a bowl. Season with salt and pepper to taste, and dress with lemon juice and olive oil. Set aside.
3. Salt the fish on both sides and let sit for a few minutes. Wipe off excess liquid and brush with oil.
4. Grill or fry for a few minutes on each side. Add pepper and serve together with the zucchini and pesto.

Tip!

The pesto is a wonderful accompaniment to many different dishes—red meats, chicken, and roasted vegetables come to mind, but it also complements eggs, fried halloumi and salads. Leftover pesto can be stored in the refrigerator for 3-4 days or in the freezer for up to one month.

SPICY SHRIMP SALAD



Ingredients

- 2 avocados
 - ½ lime, juice
 - 5 oz. cucumber
 - 2 oz. baby spinach
 - 3 tbsp olive oil, for frying
 - 1 garlic clove - pressed
 - 2 tsp chili powder or sambal oelek
 - 10 oz. shrimp - peeled
 - fresh cilantro, for serving
- 2 tbsp hazelnuts or salted peanuts (optional)

Ginger dressing

- ¼ cup light olive oil or avocado oil
- 1 tbsp fresh ginger - minced
- ½ lime, juice
- ½ tbsp tamari soy sauce
- ½ garlic clove, pressed
- salt and pepper, to taste

Instructions

1. Split avocado in half and remove pit. Scoop out avocado pieces with a spoon and cut in slices. Squeeze some lime juice over avocado. Peel and slice cucumber.
 2. Combine spinach, avocado and cucumber on a plate. Season with sea salt.
 3. Fry garlic and chili in oil. Add shrimp and fry on each side for a few minutes if raw. Pre-cooked shrimp should only be heated up quickly. Salt and pepper to taste.
 4. Add shrimp on top of vegetables and sprinkle with nuts and cilantro.
-
5. Mix ingredients for dressing with an immersion blender and drizzle over salad.

COD LOIN WITH HORSERADISH



Ingredients

- 1½ lbs cod
- 1 tsp salt
- 3 oz. fresh horseradish - grated
- 5 oz. butter
- 1 lb fresh green beans
- salt and pepper
- 1 oz. celery root, finely sliced (optional)

Instructions

1. Salt fish pieces and keep in refrigerator for an hour. If you don't have enough time, you can salt and fry the fish straight away, but first start with peeling and grating the horseradish.
 2. Wipe the fish completely dry with paper towels. Heat one third of the butter and fry fish on medium heat for 3-4 minutes on each side. Baste the fish with the butter in the pan every now and then to prevent it from drying out.
 3. Reduce the heat towards the end. Season with freshly ground pepper. Remove from the pan when just cooked through to ensure a nice, flaky result.
 4. Melt the rest of the butter in a saucepan on medium heat and keep heating until it gets a nutty fragrance and light brown colour.
 5. Boil beans in salted water for a few minutes.
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6. Place the fish on a bed of freshly cooked beans. Drizzle browned butter on the fish and top with freshly grated horseradish.

Tip!

If you want to go that extra mile and add a luxurious touch, top the fish with crispy celery chips. Slice celery root really thin and fry in butter until golden. Salt and pepper to taste.

SNACKS

PARMESAN CHIPS



Ingredients

$\frac{2}{3}$ cup parmesan cheese, grated
 $\frac{2}{3}$ oz. chia seeds
 $\frac{2}{3}$ oz. flaxseed
 $\frac{2}{3}$ oz. pumpkin seeds

Instructions

Preheat the oven to 350°F (180°C).

2. Line a baking sheet with parchment paper.
 3. Mix the cheese and seeds in a bowl.
 4. Spoon small mounds of the mixture onto the baking sheet, leaving some space between them. Do not flatten the mounds. Bake for 10 to 15 minutes. Check often. The chips should be light brown, but certainly not dark brown.
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5. Remove from the oven and let cool before removing the chips from the paper and serving.

Tip!

Feel free to use any seed you like; try sesame, hemp and others.

SMASHED AVACADO



Ingredients

- 1 avocado - pitted and peeled
- 1 tbsp green chili peppers, preferably Serrano
- 1 tbsp fresh ginger, grated and peeled
- ¼ garlic clove, finely grated
- 3 tbsp sprigs fresh cilantro, coarsely chopped
- ⅓ oz. anchovies, fillets
- 4 tbsp avocado oil, plus more for drizzling
- 1½ limes, the juice

- 2 kohlrabis, cut into paper-thin slices on a mandoline
- 1 pinch coarse sea salt
- 2 soft-boiled eggs, peeled and halved

Instructions

1. In a large bowl, combine the avocado, chilis, ginger, garlic, cilantro, anchovies, half of the avocado oil and half of the lime juice and mash together with a potato masher.
 2. In another large bowl, toss the kohlrabi, the remaining lime juice, the remaining avocado oil and a pinch of salt. Arrange on a serving plate and top with the avocado mixture and the halved eggs.
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3. Zest the remaining lime half on top, sprinkle with salt and drizzle with oil.

KETO GUACAMOLE

Guacamole is an avocado-based dip, spread, or salad first developed by the Aztecs in what is now Mexico. In addition to its use in modern Mexican cuisine, it has become part of international and American cuisine as a dip, condiment and salad ingredient. It is an excellent Keto food due to its high fat content.



Ingredients

- 1/2 small yellow or 1/4 red onion, minced
- 2 cloves garlic
- 2 tsp salt
- 3 ripe avocados
- 1 lime, juiced
- 1 to 2 tsp roughly chopped fresh coriander
- 1 ripe plum tomato, cored and diced
- 1/2 to 1 jalapeno (with seeds), finely chopped

METHOD

- Soak the onion in cold water for 15 mins. Drain and transfer to a large bowl.
- On a cutting board, lightly sprinkle the garlic with a pinch of salt and smash it into a paste with the side of a cook's knife. Transfer the paste to the bowl with the onion.
- Using a knife cut the avocados in half, rotating around the seeds. Remove the seeds and discard (See Cook's Note).
- Using the knife, carefully make several slashes in the avocado flesh. Using a spoon, scoop the avocado flesh into the bowl with the onion and garlic. Repeat with the remaining avocados.
- Add the coriander, tomato, and jalapeno, to taste, to the avocados. Using a rubber spatula or large fork, mix until just combined, keeping the guacamole chunky. Season with salt, to taste. Serve immediately.

*Cook's Note: Here's a quick and easy way to remove the seed from an avocado: tap the edge of a cook's knife into the seed and twist--the seed will pop out. Knock the knife on the edge of a counter and the seed will drop off.

KETO MATCHA MCT FAT BOMBS



This keto MCT Matcha Fat Bomb recipe is chock full of healthy fats like cocoa butter, coconut oil and cream cheese to keep you full and energized throughout your day.

INGREDIENTS

- 1/2 cup raw cocoa butter
- 2 tbsp coconut oil
- 2 tbsp cream cheese, softened
- 1 tbsp MCT oil
- 1/2 tsp cinnamon
- 1/4 cup HWC

METHOD

- Heat cocoa butter in microwave in 30 second increments, stirring each time, until just melted.
- In a mixing bowl, add all ingredients and mix with a hand mixer until well-combined.
- Moving quickly, spoon mixture into silicone mould and place flat in the freezer. Freeze until solid, about 4 hours.
- Remove fat bombs from silicone moulds and enjoy!

CAULIFLOWER AND BROCCOLI GRATIN



Ingredients

1 leek
1 yellow onion
15 oz. broccoli, in florets
8 oz. cauliflower, in florets
15 oz. sausages, precooked links
2 oz. butter, for frying
2 tbsp Dijon mustard
1 cup sour cream or crème fraîche
5 oz. shredded cheese
4 tbsp fresh thyme
salt and pepper

Instructions

Preheat the oven to 450°F (225°C).

2. Coarsely chop the leek and onion. Chop the broccoli and cauliflower florets into ~1" chunks. Slice the sausage links into 1" pieces.
 3. Fry onion and vegetables in butter in one pan and the sausage in a separate pan.
 4. Put the vegetables in a baking dish, blend the mustard with the sour cream and pour over the vegetables.
 5. Add the sausage and cheese on top and season with thyme.
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6. Bake in oven on upper rack for 15 minutes.

Tip!

You can use raw sausage links in this recipe. If so, allow extra cooking time and cook through before slicing into pieces.

KETO FRITTATA



Ingredients

5 oz. diced bacon or chorizo
2 tbsp butter, for frying
8 oz. fresh spinach
8 eggs
1 cup heavy whipping cream
5 oz. shredded cheese
salt and pepper

Instructions

Preheat the oven to 350°F (175°C).

2. Fry the bacon in butter on medium high heat until crispy. Add the spinach and stir until wilted. Remove the pan from the heat and set aside.
3. Whisk the eggs and cream together and pour into a greased baking dish (9x9 inches) or in individual ramekins.
4. Add the bacon, spinach and cheese on top and place in the middle of the oven. Bake for 25–30 minutes or until set in the middle and golden brown on top.

Tip!

Try with shredded green or red cabbage with a homemade dressing. Delish!

RUTABAGA FRITTER WITH AVACADO

Ingredients

Rutabaga fritters

- 15 oz. rutabaga
- 8 oz. halloumi cheese
- 4 eggs
- 3 tbsp coconut flour
- 1/8 tsp turmeric
- 1 tsp salt
- 1/4 tsp pepper
- 4 oz. butter, for frying

Ranch mayonnaise

- 1 cup mayonnaise
- 1 tbsp ranch seasoning

For serving

- 4 avocados
- 5 1/3 oz. leafy greens

Instructions

1. Preheat oven to 250°F (120°C).
 2. Rinse and peel the rutabaga. Grate coarsely with a grater or in a food processor. Shred the cheese the same way.
 3. Mix the rutabaga, cheese, eggs, coconut flour, turmeric, salt and pepper in a large bowl. Let sit to absorb flour for 3-5 minutes.
 4. Heat butter in a large frying pan over medium-high heat, until melted.
 5. Form the batter into 12 patties.
 6. Working in batches, fry for 3-5 minutes, or until golden brown. Flip, and cook for an additional 3-5 minutes.
 7. Reserve cooked patties to warm oven. Repeat until all the batter is gone.
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8. Serve cooked fritters with a green salad, sliced avocado and a dollop of ranch-flavoured mayonnaise.

Tip!

Add fresh or dried herbs to the batter. Spice them up with chili flakes. Switch up the cheese to play with different depths of flavour. Or double the umami with a touch of tamari. They're your delicious blank canvas!

KETO BREADS

KETO BREAD



Ingredients

1¼ cups almond flour
5 tbsp ground psyllium husk powder
2 tsp baking powder
1 tsp sea salt
2 tsp cider vinegar
1 cup boiling water
3 egg whites
2 tbsp sesame seeds (optional)

Instructions

1. Preheat the oven to 350°F (175°C). Mix the dry ingredients in a large bowl.
 2. Bring the water to a boil and add it, the vinegar and egg whites to the bowl, while beating with a hand mixer for about 30 seconds. Don't over mix the dough, the consistency should resemble Play-Doh.
 3. Moisten hands and make 6 pieces of the dough. Place on a greased baking sheet.
 4. Bake on lower rack in the oven for 50–60 minutes, depending on the size of your bread. They're done when you hear a hollow sound when tapping the bottom of the bun.
 5. Serve with butter and toppings of your choice.
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KETO NAAN BREAD

Ingredients

- ¾ cup coconut flour
- 2 tbsp ground psyllium husk powder
- ½ tsp baking powder
- 1 tsp salt
- ⅓ cup melted coconut oil
- 2 cups boiling water
- coconut oil, for frying (optional)
- sea salt

GARLIC BREAD

- 4 oz. butter
- 2 garlic cloves, minced

Instructions

1. Mix all dry ingredients in a bowl. Add oil and boiling water (hold some of it back in case it's not needed) and stir thoroughly.
2. Allow to rise for five minutes. The dough will turn firm quickly - but stay flexible. It should resemble the consistency of Play-Doh. If you find it's too runny then add more psyllium husk until it feels right. If it's too firm, add some of the remaining water. The amount needed may vary depending on what brand of husk or coconut flour you use.
3. Divide into 6 or 8 pieces and form into balls that you flatten with your hands directly on parchment paper or on the kitchen counter.
4. Fry rounds in a skillet over medium heat until the Naan turn a nice golden colour. Depending on your skillet you can add some coconut oil to it so the bread doesn't stick.
5. Heat the oven to 140°F (70°C) and keep the bread warm while you make more.

6. Melt the butter and stir in the freshly squeezed garlic. Apply the melted butter on the bread pieces using a brush and sprinkle flaked salt on top.
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7. Pour the rest of the garlic butter in a bowl and dip pieces of bread in it.

SOFT KETO SEED BREAD

Ingredients

- 1 cup almond flour
- $\frac{3}{4}$ cup coconut flour
- $5\frac{1}{3}$ tbsp sesame seeds
- $\frac{1}{2}$ cup flaxseed
- $\frac{1}{4}$ cup ground psyllium husk powder
- 3 tsp baking powder
- 1 tsp ground fennel seeds or ground caraway seeds
- 1 tsp salt
- 6 eggs
- 7 oz. cream cheese
- $\frac{1}{2}$ cup melted butter or melted coconut oil
- $\frac{3}{4}$ cup heavy whipping cream
- 1 tbsp poppy seeds or sesame seeds

Instructions

1. Take the cream cheese out of the fridge and let it come to room temperature, that way it blends better.
2. Preheat the oven to 350°F (175°C).
3. Mix all dry ingredients, except the seeds for the topping (poppy or sesame seeds) in a bowl.
4. In a separate bowl, whisk all remaining ingredients until smooth.
5. Add the dry mixture to the batter and mix thoroughly. Place the dough in a greased bread pan, about 4 x 7 inches (non-stick or use parchment paper).

6. Bake for about 45 minutes on the lower rack in the oven. Prick the bread with a knife to see if it's ready, it should come out clean. Take it out of the oven and remove the bread from the form.
 7. Remove the parchment paper and let the loaf cool on a rack. If the loaf is allowed to cool in the form the crust will be soggy.
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8. Serve it freshly baked with your favourite toppings.

Serving suggestions

This bread is great for toasting and can also be used to make your favourite sandwiches. Fill it with bacon, lettuce and tomato for an awesome BLT or serve it as a side to your favourite low-carb or keto soup.

Storing the bread

This bread needs to be stored in the fridge or in the freezer. When stored in the fridge it keeps up to 5 days. If you want to store it in the freezer we suggest slicing it before doing so. Place a bit of parchment paper between each slice to make single servings easier. Thaw the bread in the fridge or in room temperature and then toast it for best flavour.

KETO SESAME CRISPBREADS

Ingredients

- 1¼ cups sesame seeds
- 6⅔ tbsp sunflower seeds
- 2 oz. shredded cheese
- 1 tbsp ground psyllium husk powder
- 6⅔ tbsp water
- 2 eggs
- ¼ - 1 tsp salt

Instructions

1. Mix together all ingredients (grate the cheese coarsely), and spread out on parchment paper on a baking sheet.
2. Sprinkle sea salt on top.

3. Set the oven to 350°F (175°C) for 20 minutes.
 4. Carefully cut the crackers into the desired form.
 5. Lower the heat to 280°F (140°C) and let sit for another 40 minutes.
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6. Remove the crispbread and make sure it's dry all the way through. I usually let it stay in the oven with the door slightly open until the oven is cool.

Tip!

The sesame crispbread may also be made without cheese and you can replace the sunflower seeds with things like pumpkin seeds.

DESSERTS & BEVERAGES

BERRIES AND WHIPPED CREAM



Ingredients

1 cup fresh raspberries or fresh blueberries or fresh strawberries
 $\frac{2}{3}$ cup heavy whipping cream
 $\frac{1}{4}$ tsp vanilla extract

Instructions

1. If you are using frozen berries, let thaw at room temperature. Fresh berries are also best if they are at room temperature.
2. Whip the heavy cream fluffy, until soft peaks form. It should not get grainy or too firm. Add the vanilla towards the end.
3. Serve immediately with the berries.

Tip!

Raspberries are low in carbs, while strawberries and blueberries contain more carbs. The nutrition calculation is based on raspberries.

CRUNCHY KETO BERRY MOUSSE

Ingredients

- 2 cups heavy whipping cream
- 3 oz. fresh raspberries or fresh strawberries or fresh blueberries
- 2 oz. chopped pecans
- ½ lemon the zest
- ¼ tsp vanilla extract

Instructions



1. Pour the cream into a bowl and whip with a hand mixer until soft peaks form. Add the lemon zest and vanilla towards the end.

2. Add berries and nuts to the whipped cream and stir thoroughly.

3. Cover with plastic wrap and let sit in the refrigerator for 3 or more hours for a firm mousse. You can also enjoy the dessert immediately if you don't mind a less firm consistency.

Tip!

We like a blend of raspberries and blueberries. What do you like? Try any combination— strawberries, cherries, blackberries, or red and black

KETO COFFEE



smooth and frothy.

Ingredients

1 cup hot coffee freshly brewed
2 tbsp unsalted butter
1 tbsp MCT oil or coconut oil

Instructions

Combine all ingredients in a blender. Blend until

2. Serve immediately.

Why add butter and oil to your coffee?

The fat provides satiety and helps curb cravings. The amount of fat can be adjusted to your liking. It can be a good idea to start off with a small amount, let's say a teaspoon, of MCT oil and work your way up to a full tablespoon if you feel good doing so. Some people experience stomach problems if adding too much oil at once.

The fat together with the caffeine from the coffee will give you a boost of energy to start your day. If caffeine isn't your thing, go ahead and try it with decaf. It won't give you quite the same effect, but you will still have a great-tasting and filling drink.