



Genetic Potential Through Nutrition

THE KETO COOKBOOK

72 delicious recipes to support a ketogenic lifestyle

A ketogenic diet typically consists of a 70:20:10 macronutrient profile of fats, protein, and carbohydrates. While this may seem restrictive, there are plenty of creative ways to enjoy delicious food at every meal and still meet high-fat, low-carb requirements. With 72 varied recipe options, you'll find savory snacks, delectable treats, and everything in between!

To learn more about the ketogenic lifestyle, visit [Metagenics.com/ketogenic](https://metagenics.com/ketogenic)

28g
Fat

7g
Protein

8g
Carbs



Cauli Keto "Potato" Salad

Cauli Keto “Potato” Salad

Makes 10 servings

Prep time: 5 minutes

Cook time: 10 minutes

Nutrient totals (per serving):

Calories: 309

Protein: 7 g

Carbohydrate: 8 g

Fiber: 28 g

Added sugar: 0 g

Fat: 28 g

Ingredients:

- 2 medium heads of cauliflower, diced
- 6 large hardboiled eggs, chopped
- ½ cup celery, diced
- 1½ cups mayonnaise
- 1 cup dill pickles, diced
- ½ medium red onion, finely chopped
- 1 Tbsp. apple cider vinegar
- ¼ cup yellow mustard
- Salt and pepper to taste
- Paprika (optional)

Directions:

1. Steam cauliflower until tender-crisp, about 5 minutes. Transfer to a large bowl and let cool slightly.
2. Add eggs.
3. Add celery, mayonnaise, pickles, onion, vinegar, and mustard. Toss to combine until cauliflower is evenly coated. Taste and adjust seasoning as needed. Sprinkle with paprika (optional).
4. Chill until ready to serve. Enjoy!



Vegetarian



Dairy-Free



Gluten-Free



26 g
Fat

20 g
Protein

5 g
Carbs



Soup/
Salad

Lobster Roll Salad

Lobster Roll Salad

Makes 4 servings

Prep time: 5 minutes

Cook time: 10 minutes

Nutrient totals (per serving):

Calories: 333

Protein: 20 g

Carbohydrate: 5 g

Fiber: 3 g

Added sugar: 0 g

Fat: 26 g

Ingredients:

- 1½ cups cauliflower florets
- 2 cups cooked lobster meat, chopped
- ½ cup mayonnaise
- 1 tsp. fresh tarragon leaves, chopped
- 8 fresh romaine lettuce leaves
- ½ cup tomatoes, chopped
- ½ cup celery, chopped
- ½ cup cooked bacon, chopped

Directions:

1. Steam cauliflower until crisp (about 5-6 minutes), and place in refrigerator to chill.
2. Combine cooked lobster, cooked cauliflower, mayonnaise, and tarragon in a bowl. Stir until well combined.
3. Lay lettuce leaves on a platter. Divide the mixture among 8 leaves.
4. Sprinkle with chopped tomatoes, celery, and bacon. Serve cold or at room temperature. Enjoy!



Dairy-Free



Gluten-Free

33 g
Fat

28 g
Protein

16 g
Carbs



Classic Wedge Salad

Classic Wedge Salad

Makes 2 servings

Prep time: 5 minutes

Cook time: 5 minutes

Nutrient totals (per serving):

Calories: 466

Protein: 28 g

Carbohydrate: 16 g

Fiber: 4 g

Added sugar: 0 g

Fat: 33 g

Ingredients: Salad/Dressing

- 1 medium head iceberg lettuce, cut into 4
 - $\frac{1}{3}$ cup cooked bacon, crumbled
 - 4 hard boiled eggs, chopped
 - 10 grape tomatoes, sliced in half
 - Chives (optional)
-
- $\frac{1}{4}$ cup plain Greek yogurt
 - 3 Tbsp. sour cream
 - 1 Tbsp. mayonnaise
 - 3 Tbsp. milk
 - $\frac{1}{4}$ cup blue cheese crumbles
 - 2 tsp. white balsamic vinegar
 - Salt & pepper to taste

Directions:

1. In a small bowl, whisk all dressing ingredients together and set aside.
2. On two dinner plates, arrange wedges of iceberg lettuce cut side up. Drizzle generously with dressing.
3. Top with bacon, eggs, tomatoes, extra blue cheese, and chives (optional). Serve and enjoy!



Gluten-Free

15 g
Fat

20 g
Protein

3 g
Carbs



Easy Caprese Chicken Salad

Easy Caprese Chicken Salad

Makes 8 servings

Prep time: 5 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 235

Protein: 20 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- ½ cup mayonnaise
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. garlic powder
- 20 oz. chicken breast grilled or sautéed and cut into cubes
- 1½ cups cherry tomatoes, halved
- ½ cup onion, chopped
- 1 cup fresh mozzarella, cut into ½" cubes
- ⅓ cup fresh basil, chopped
- Lettuce, tomato, or cucumber as base

Directions:

1. In a small bowl, mix mayo, salt, pepper, and garlic powder until combined.
2. Place chicken, tomatoes, onion, and mozzarella in a large bowl and fold in the mayo mixture until combined. Gently stir in basil to finish.
3. Serve on lettuce wraps, a tomato, or sliced cucumber. Enjoy!



Gluten-Free



28 g
Fat

36 g
Protein

11 g
Carbs



Soup/
Salad

Coastal Cobb Salad

Coastal Cobb Salad

Makes 3 servings

Prep time: 5 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 433

Protein: 36 g

Carbohydrate: 11 g

Fiber: 7 g

Added sugar: 0 g

Fat: 28 g

Ingredients: Salad/Dressing

- 6 cups romaine lettuce, chopped
 - 6 oz. cooked shrimp
 - 4 oz. cooked chicken breast, sliced
 - 2 large boiled eggs, halved
 - ¼ cup cooked bacon, crumbled
 - 1 California avocado, chopped
 - 1 cup cherry tomatoes, halved
 - ½ cup cilantro, chopped
 - 1 green onion, sliced
-
- ¼ cup mayonnaise
 - ¼ cup cilantro, minced
 - 1 Tbsp. water
 - 2 tsp. fresh lemon juice
 - ¼ tsp. garlic powder
 - ½ tsp. sea salt

Directions:

1. Mix dressing ingredients together by hand or blend using a food processor. Refrigerate until needed.
2. Assemble salad on a large platter. Line the platter with romaine lettuce, then arrange the toppings.
3. Serve with creamy cilantro-lemon dressing. Enjoy!



Dairy-Free



Gluten-Free

21 g
Fat

6 g
Protein

12 g
Carbs



Brussels Sprouts Caesar Salad

Brussels Sprouts Caesar Salad

Makes 4 servings

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 238

Protein: 6 g

Carbohydrate: 12 g

Fiber: 4 g

Added sugar: 0 g

Fat: 21 g

Ingredients:

- 4 Tbsp. lemon juice
- $\frac{1}{3}$ cup extra virgin olive oil
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. black pepper
- 1 lb. fresh Brussels sprouts, shredded
- $\frac{1}{4}$ cup freshly shaved Parmesan cheese
- Almond slivers (optional garnish)

Directions:

1. Whisk lemon juice with olive oil, salt, and pepper.
2. Toss with Brussels sprouts and Parmesan cheese.
3. Garnish with almond slivers (optional). Serve and enjoy!





30 g
Fat

7 g
Protein

13 g
Carbs



Californian BLT Salad

Californian BLT Salad

Makes 4 servings

Prep time: 5 minutes

Cook time: 5 minutes

Nutrient totals (per serving):

Calories: 348

Protein: 7 g

Carbohydrate: 13 g

Fiber: 8 g

Added sugar: 0 g

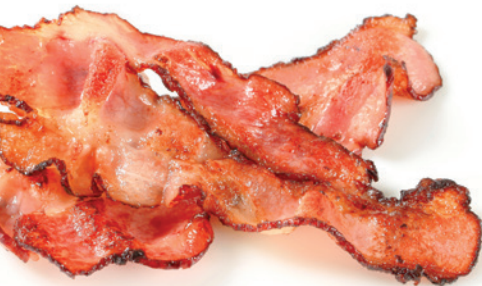
Fat: 30 g

Ingredients: Salad/Dressing

- 1 head romaine lettuce, roughly chopped
 - 2 cups cherry tomatoes, halved
 - 1 California avocado, sliced
 - 8 slices cooked bacon, crumbled
 - 1 green onion, finely sliced
-
- ½ cup mayonnaise
 - 1 Tbsp. almond milk, unsweetened
 - 1 Tbsp. white wine vinegar
 - ¼ tsp. garlic powder

Directions:

1. Add romaine lettuce to a large salad bowl. Top with the tomatoes, avocado, bacon, and green onion.
2. Combine dressing ingredients in a small bowl and whisk together.
3. Drizzle dressing on salad and toss to combine. Serve and enjoy!



Dairy-Free



Gluten-Free

21g
Fat

3g
Protein

10g
Carbs



Minty Cool Zucchini Salad

Minty Cool Zucchini Salad

Makes 2 servings

Prep time: 20 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 230

Protein: 3 g

Carbohydrate: 10 g

Fiber: 4 g

Added sugar: 0 g

Fat: 21 g

Ingredients: Salad/Dressing

- 1 medium tomato, diced
- 1 large zucchini
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 Tbsp. olive oil
- 1 1/2 Tbsp. lemon juice
- 1/3 cup fresh mint leaves
- 1/4 cup fresh flat-leafed parsley leaves

Directions:

1. Season diced tomato with salt and pepper and set aside.
2. Whisk lemon juice and oil together in a bowl.
3. Use a spiralizer or grate zucchini into large strips, then place in a colander and sprinkle with salt. Let sit for 15 minutes. Wash the zucchini and pat dry.
4. Chop mint and parsley thinly or combine in a food processor and blend.
5. Mix herbs with dressing and add in zucchini. Toss well and season to taste.
6. Top with tomatoes.
Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

43 g
Fat

32 g
Protein

18 g
Carbs



Keto-Proof Cobb Salad

Keto-Proof Cobb Salad

Makes 2 servings

Prep time: 5 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 576

Protein: 32 g

Carbohydrate: 18 g

Fiber: 11 g

Added sugar: 0 g

Fat: 43 g

Ingredients:

- 1 head romaine lettuce
- 2 slices bacon
- 1 medium avocado
- 4 oz. chicken breast
- 2 oz. cheddar cheese, shredded
- 2 large hard-boiled eggs
- 2 Tbsp. olive oil
- 2 Tbsp. apple cider vinegar
- Salt and pepper to taste

Directions:

1. Chop lettuce and set in a salad bowl.
2. Chop bacon, avocado, chicken breast, cheddar cheese, and eggs and arrange them into individual piles atop the lettuce.
3. Sprinkle salt and pepper. Add oil and vinegar or your dressing of choice. Enjoy!



Gluten-Free

16g
Fat

25g
Protein

12g
Carbs



Curried Chicken Soup

Curried Chicken Soup

Makes 2 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 296

Protein: 25 g

Carbohydrate: 12 g

Fiber: 5 g

Added sugar: 0 g

Fat: 16 g

Ingredients:

- 2½ tsp. turmeric powder
- 1½ tsp. cumin powder
- ¼ tsp. cayenne powder
- 3 chicken thighs, boneless and skinless
- 2 Tbsp. coconut oil
- 1 small onion, diced
- 1 tsp. grated fresh ginger
- ½ cup full-fat coconut milk
- 4 cups cauliflower and broccoli, chopped
- 4 cups vegetable broth + 1 cup water
- 2 cups kale, destemmed and sliced
- Fresh cilantro sprig
- Red pepper flakes
- ⅓ lemon

Directions:

1. Mix turmeric, cumin, and cayenne in a small bowl and set aside.
2. Chop chicken thighs into small bite-size pieces and set aside.
3. Melt 1 Tbsp. of coconut oil in a medium soup pot. Add onion and cook until translucent, about 3 minutes. Add half of the turmeric spice mixture and 4 cups of vegetables and cook for another 3-4 minutes.
4. In a pot, bring broth, water, and ginger to a boil. Lower heat and simmer until vegetables are fork tender, about 8-10 minutes. Turn off heat and stir in coconut milk and greens, allowing heat to wilt the greens.
5. While vegetables are cooking, heat remaining one Tbsp. of coconut oil in a large skillet. Add chopped chicken pieces and cook until outside is no longer pink, about 5 minutes. Add remaining turmeric spice mix and cook chicken thoroughly, about another 5 minutes.
6. Ladle soup into your favorite bowls and top with cooked chicken and garnish with fresh cilantro, red pepper flakes, and a squeeze of lemon.



Dairy-Free

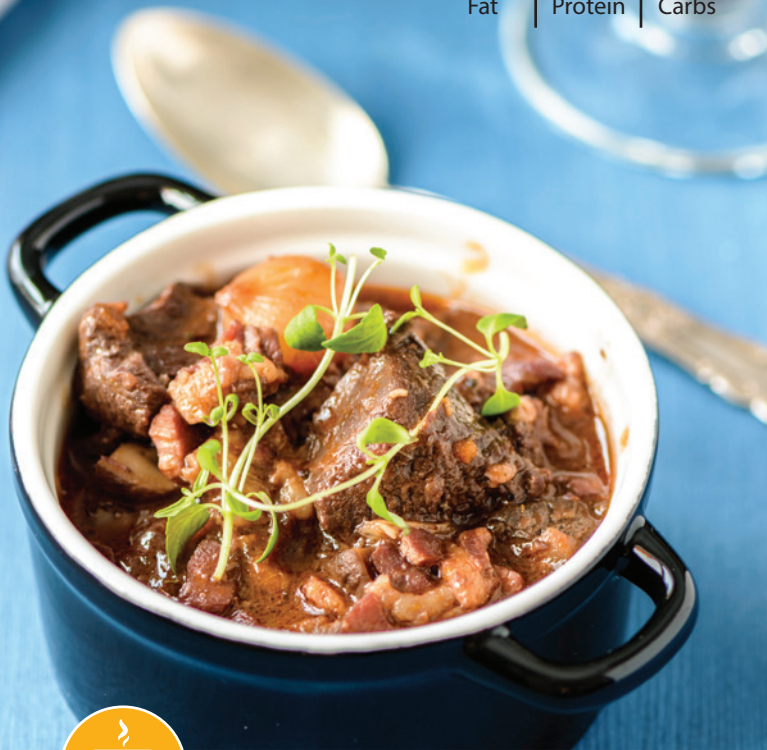


Gluten-Free

30g
Fat

41g
Protein

5g
Carbs



Coffee & Wine Crock-Pot Beef Stew

Coffee & Wine Crock-Pot Beef Stew

Makes 6 servings

Prep time: 20 minutes

Cook time: 3-6 hours

Nutrient totals (per serving):

Calories: 477

Protein: 41 g

Carbohydrate: 5 g

Fiber: 1 g

Added sugar: 0 g

Fat: 30 g

Ingredients:

- 2½ lb. stew meat
- 1 medium onion
- 1½ cup mushrooms
- 3 Tbsp. coconut oil
- 1 tsp. sea salt
- 1 tsp. pepper
- 2 tsp. garlic powder
- 3 cups coffee
- 1 cup beef stock
- ⅔ cup red wine (cabernet)
- 2 Tbsp. capers

Directions:

1. Cube all stew meat, then thinly slice onion and mushrooms.
2. In a pan, bring coconut oil to smoking point.
3. Season beef with salt and pepper, then brown in small batches.
4. Once all meat is browned, cook onions, mushrooms, and garlic in remaining fat in the pan, until onions are translucent.
5. Transfer to slow cooker. Add coffee, beef stock, red wine, and capers to the vegetables and stir.
6. Add beef into mixture. Cover and cook on low for 3-6 hours. Serve and enjoy!



Dairy-Free



Gluten-Free

15 g
Fat

24 g
Protein

5 g
Carbs



Brazilian Shrimp Stew

Brazilian Shrimp Stew

Makes 6 servings

Prep time: 10 minutes

Cook time: 10 minutes

Nutrient totals (per serving):

Calories: 251

Protein: 24 g

Carbohydrate: 5 g

Fiber: 2 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- ¼ cup olive oil
- ¼ cup onion, diced
- ¼ tsp. garlic powder
- ¼ cup red chili pepper, diced
- 1 can diced tomatoes
- 1½ lb. raw shrimp, peeled & deveined
- ¼ cup fresh cilantro, chopped
- 1 cup coconut milk
- 2 Tbsp. Sriracha hot sauce
- 2 Tbsp. fresh lime juice
- Salt and pepper to taste

Directions:

1. Heat olive oil in a medium saucepan. Sauté onion for several minutes until translucent, then add the garlic powder and red chili pepper and cook for several minutes more.
2. Add tomatoes, shrimp, and cilantro to the pan and simmer gently at medium heat until shrimp turns opaque. Pour in the coconut milk and Sriracha sauce, and cook just until heated through—do not boil. Add lime juice and season with salt and pepper to taste.
3. Serve hot, garnished with extra cilantro. Enjoy!



Dairy-Free

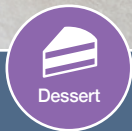


Gluten-Free

7 g
Fat

2 g
Protein

3 g
Carbs



Cookie Dough Fat Bombs

Cookie Dough Fat Bombs

Makes 30 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 77

Protein: 2 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 7 g

Ingredients:

- Butter (1 stick)
- $\frac{1}{3}$ cup sugar-free sweetener
- $\frac{1}{2}$ tsp. pure vanilla extract
- $\frac{1}{2}$ tsp. sea salt
- 2 cups almond flour
- $\frac{1}{3}$ cup sugar-free dark chocolate chips

Directions:

1. In a large bowl, beat butter until light and fluffy using a hand mixer. Add sweetener, vanilla, and salt and beat until mixed.
2. Slowly beat in almond flour, then fold in chocolate chips. Cover bowl with plastic wrap and place in refrigerator 15-20 minutes.
3. Scoop dough into small balls. Refrigerate for up to one week or freeze for up to a month. Enjoy!



Vegetarian



Gluten-Free

23 g
Fat

1 g
Protein

5 g
Carbs



Dessert

Mascarpone Blueberry Mousse Cup

Mascarpone Blueberry Mousse Cup

Makes 12 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 231

Protein: 1 g

Carbohydrate: 5 g

Fiber: 1 g

Added sugar: 2 g

Fat: 23 g

Ingredients:

- 8 oz. mascarpone cheese
- 1 cup whipping cream
- $\frac{3}{4}$ tsp. vanilla stevia drops
- 2 cups blueberries

Directions:

1. Whip together mascarpone, cream, and sweetener in a mixing bowl until stiff peaks form.
2. Pipe into individual cups and layer with berries. Serve and enjoy!



Vegetarian



Gluten-Free

34g
Fat

8g
Protein

10g
Carbs



Dessert

PB Cheesecake Cups

PB Cheesecake Cups

Makes 6 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 380

Protein: 8 g

Carbohydrate: 10 g

Fiber: 3 g

Added sugar: 0 g

Fat: 34 g

Ingredients:

- 8 oz. cream cheese, softened
- ¼ tsp. stevia
- ¼ cup heavy whipping cream
- 1 tsp. vanilla extract
- ¼ cup natural peanut butter
- ¾ cup sugar-free dark chocolate
- 2 tsp. coconut oil



Directions:

1. Mix cream cheese, stevia, and heavy whipping cream until smooth.
2. Mix in peanut butter and vanilla extract until fully combined.
3. Melt chocolate and mix with coconut oil.
4. Brush silicone cups with chocolate mixture and place in freezer for 5 minutes. Repeat and freeze for 10 minutes.
5. Place a couple of spoonfuls of cheesecake fluff into cups and freeze for 15 minutes.
6. Top cups with chocolate to cover cheesecake fluff.
7. Freeze for 20 minutes covered or refrigerate for 1 hour. Enjoy!



Vegetarian Gluten-Free

19g
Fat

1g
Protein

6g
Carbs



3-Ingredient Keto Coconut Blondies

3-Ingredient Keto Coconut Blondies

Makes 20 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 191

Protein: 1 g

Carbohydrate: 6 g

Fiber: 4 g

Added sugar: 0 g

Fat: 19 g

Ingredients:

- 3 cups shredded coconut flakes, unsweetened
- 1 cup coconut oil, melted
- ¼ cup stevia-sweetened maple syrup

Directions:

1. Line an 8" square pan, 8"x 10" pan, or loaf pan with parchment paper.
2. In a large bowl, mix all ingredients into a thick batter. Add additional syrup or water if needed to set.
3. Pour blondie batter into the lined pan. Press firmly into place with wet hands. Refrigerate or freeze until firm, then cut into bars. Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free



16g
Fat

3g
Protein

4g
Carbs



Dessert

Peanut Butter Fluffy Stuff

Peanut Butter Fluffy Stuff

Makes 8 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 178

Protein: 3 g

Carbohydrate: 4 g

Fiber: 1 g

Added sugar: 0 g

Fat: 16 g

Ingredients:

- ½ cup heavy whipping cream (about 1 cup whipped)
- 4 oz. cream cheese, softened
- 2¼ Tbsp. natural peanut butter
- 1 tsp. powdered stevia
- ½ tsp. vanilla extract, unsweetened
- 2 oz. sugar-free dark chocolate chips

Directions:

1. In a bowl, beat heavy whipping cream until it almost doubles in size.
2. In a separate bowl add the softened cream cheese, natural peanut butter, stevia, and vanilla and beat with a mixer until smooth and creamy.
3. Combine both and mix on low until smooth.
4. Add chocolate chips on top. Best if kept in the refrigerator overnight and served the next day. Enjoy!



Vegetarian Gluten-Free



27 g
Fat

8 g
Protein

10 g
Carbs



Dessert

No-Bake PB & Chocolate Bars

No-Bake PB & Chocolate Bars

Makes 8 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 308

Protein: 8 g

Carbohydrate: 10 g

Fiber: 4 g

Added sugar: 0 g

Fat: 27 g

Ingredients:

- $\frac{3}{4}$ cup coconut flour
- 4 Tbsp. butter
- $\frac{1}{4}$ tsp. stevia
- $\frac{1}{2}$ cup natural peanut butter
- $\frac{1}{2}$ tsp. vanilla extract, unsweetened
- $\frac{1}{2}$ cup sugar-free dark chocolate chips

Directions:

1. Mix all ingredients except chocolate chips together and spread into a 6" pan.
2. Microwave chocolate chips for 30 seconds or until melted, then stir.
3. Spread topping on top of bar mixture.
4. Refrigerate for at least 1-2 hours until bar mixture thickens. (Note: Taste improves the longer they are kept refrigerated.) Enjoy!



Vegetarian



Gluten-Free

29 g
Fat

8 g
Protein

2 g
Carbs



Keto Flan

Keto Flan

Makes 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 309

Protein: 8 g

Carbohydrate: 2 g

Fiber: 0 g

Added sugar: 0 g

Fat: 29 g

Ingredients:

- ¼ tsp. + ¼ tsp. liquid stevia
- ⅛ cup water
- 1 Tbsp. butter
- 1 cup heavy whipping cream
- 4 large eggs
- 1 Tbsp. vanilla extract, unsweetened



Directions:

1. In a deep pan, heat ¼ tsp. stevia. Stir frequently.
2. Add water and butter. Stir occasionally until golden brown.
3. Pour into each ramekin, covering entire bottom. Set aside to cool.
4. In a bowl, mix heavy whipping cream, remaining stevia, and vanilla.
5. In a separate bowl, whisk together eggs. Slowly stir eggs into cream mix.
6. Pour custard into each ramekin to top caramel.
7. Place ramekins into a casserole dish and fill over halfway with hot water. Bake at 350° for 30 minutes. After, leave ramekins to sit out in hot water for another 10 minutes.
8. Using tongs, take out ramekins and refrigerate for at least 4 hours.
9. When ready to eat, slowly run a knife along the inside of the custard to release from ramekin.
10. Turn the ramekin upside down and slowly jiggle the custard onto a plate. Serve and enjoy!



Vegetarian

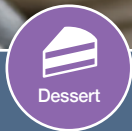


Gluten-Free

23 g
Fat

8 g
Protein

4 g
Carbs



Minty Chocolate Pudding

Minty Chocolate Pudding

Makes 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 246

Protein: 8 g

Carbohydrate: 4 g

Fiber: 3 g

Added sugar: 0 g

Fat: 23 g

Ingredients:

- 1 Tbsp. unflavored gelatin, unsweetened
- 3 Tbsp. cold water
- 1½ cups full-fat coconut milk
- 1 large egg
- 3½ Tbsp. cocoa powder, unsweetened
- ½ tsp. stevia
- 2 Tbsp. coconut oil
- ¼ tsp. vanilla extract, unsweetened
- ¼ tsp. mint extract, unsweetened
- Whipped cream and sugar-free chocolate chips (optional)

Directions:

1. Whisk cold water with unflavored gelatin until gelatin is dissolved.
 2. In a saucepan over medium heat, combine coconut milk, 1 beaten egg yolk, cocoa powder, stevia, coconut oil, vanilla extract, and mint extract. Whisk until smooth.
 3. Turn heat down to simmer and spoon in gelatin-water mixture. Whisk until smooth. Remove from heat and cool.
 4. Pour into four small containers, cover, and refrigerate for 4 hours or until pudding is set.
 5. Top with whipped cream and sugar-free chocolate chips (optional)
- Serve and enjoy!



Dairy-Free



Gluten-Free



28g
Fat

6g
Protein

8g
Carbs



Dessert

Flourless Chocolate Cake

Flourless Chocolate Cake

Makes 12 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 314

Protein: 6 g

Carbohydrate: 8 g

Fiber: 4 g

Added sugar: 0 g

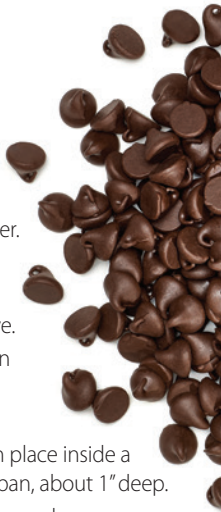
Fat: 28 g

Ingredients:

- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ tsp. salt
- 1 tsp. liquid stevia
- 12 oz. sugar-free dark chocolate chips
- $\frac{2}{3}$ cup butter
- 4 large eggs

Directions:

1. Line bottom of 9" springform pan with parchment paper.
2. In small pot, heat water, salt, and stevia over medium heat until salt and sweetener are dissolved.
3. Melt baking chocolate in a double boiler or microwave.
4. Mix melted chocolate and butter in large bowl with an electric mixer, then beat in hot water mixture.
5. Add in eggs, one at a time, and beat well.
6. Pour mix into springform pan and wrap with foil. Then place inside a larger cake pan and add boiling water to the outside pan, about 1" deep.
7. Bake cake in water bath at 350° for 45 minutes. Remove and cool slightly.
8. Chill cake overnight in refrigerator, then remove side of springform pan. Serve and enjoy!



Vegetarian



Gluten-Free

17 g

Fat

1 g

Protein

3 g

Carbs



Dessert

Choco-Coco Bars

Choco-Coco Bars

Makes 12 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 160

Protein: 1 g

Carbohydrate: 3 g

Fiber: 2 g

Added sugar: 0 g

Fat: 17 g

Ingredients: Bottom Layer/Topping

- 2 cups shredded coconut, unsweetened
- $\frac{1}{3}$ cup coconut oil
- 2 drops liquid stevia

- 1 tsp. sugar-free dark chocolate chips
- 1 Tbsp. coconut oil
- 2 drops liquid stevia

Directions:

1. Process all bottom layer ingredients in a food processor until a dough forms.
2. Press dough into the bottom of a 9" x 5" loaf pan and freeze.
3. Melt coconut oil and chocolate in microwave. Stir in sweetener.
4. Spread evenly over frozen coconut layer and freeze for 30 more minutes.
5. Take out and cut into squares. Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free



13g
Fat

1g
Protein

1g
Carbs



Dessert

Cocoa Keto Candies

Cocoa Keto Candies

Makes 18 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 121

Protein: 1 g

Carbohydrate: 1 g

Fiber: 1 g

Added sugar: 0 g

Fat: 13 g

Ingredients:

- 1 cup coconut oil, softened
- 1 tsp. vanilla extract, unsweetened
- 8 drops liquid stevia
- ½ tsp. salt
- 4 Tbsp. cocoa powder, unsweetened
- 2 Tbsp. almond butter

Directions:

1. Mix all ingredients together in a bowl or food processor until mixture is smooth.
2. Drop by the Tbsp. onto waxed or parchment paper.
3. Refrigerate until candies are solid, then store in a covered container in the fridge. Enjoy!



Vegetarian



Dairy-Free



Gluten-Free

9_g
Fat

4_g
Protein

7_g
Carbs



Coco-Lime Bars

Coco-Lime Bars

Makes 16 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 123

Protein: 4 g

Carbohydrate: 7 g

Fiber: 4 g

Added sugar: 0 g

Fat: 9 g

Ingredients:

- $\frac{3}{4}$ cup coconut flour
- $\frac{1}{4}$ cup almond flour
- 1 tsp. liquid stevia
- $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{4}$ cup coconut oil, room temperature
- 4 large eggs
- $\frac{1}{2}$ cup lime juice
- 1 Tbsp. lime zest
- $\frac{1}{2}$ tsp. stevia
- $\frac{1}{4}$ cup coconut flakes, unsweetened

Directions:

1. Preheat oven to 350°. Line an 8" square baking dish with parchment paper.
2. Whisk coconut flour, almond flour, and 1 tsp. stevia together and salt.
3. Cut coconut oil into dry ingredients with two butter knives or use a food processor and pulse until combined.
4. Press mixture onto parchment paper and spread evenly. Bake for 10 minutes.
5. Meanwhile, beat eggs, lime juice, zest, and remaining stevia.
6. Remove crust from oven and pour egg mixture onto crust.
7. Sprinkle coconut flakes evenly on top and bake for another 12-15 minutes or until center is set.
8. Allow to cool for 10 minutes, then remove from dish and cut into bars. Serve and enjoy!



Vegetarian



Dairy-Free

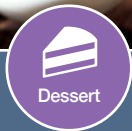


Gluten-Free

9g
Fat

2g
Protein

3g
Carbs



Keto Peppermint Patties

Keto Peppermint Patties

Makes 24 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 90

Protein: 2 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 9 g

Ingredients:

- ½ cup almond butter
- 6 Tbsp. coconut oil
- ¼ cup shredded coconut, unsweetened
- 1 tsp. unsweetened peppermint extract, or to taste
- Stevia, to taste
- 4 oz. unsweetened dark chocolate

Directions:

1. Allow almond butter and 2 Tbsp. coconut oil to soften, then mix with shredded coconut, stevia, and peppermint extract.
2. Spoon 2 tsp. mixture into mini muffin cups and refrigerate for 1 hour or until solid.
3. Melt 4 Tbsp. coconut oil and dark chocolate and mix well. Spoon 1 tsp. mixture into each mini muffin cup to form a layer. Refrigerate for 1 hour or until solid.
4. Repeat steps to add as many layers as desired. Serve and enjoy!



Vegetarian



Gluten-Free



26 g
Fat

23 g
Protein

8 g
Carbs



Main Dish

Fat Pizza

Fat Pizza

Makes 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 355

Protein: 23 g

Carbohydrate: 8 g

Fiber: 3 g

Added sugar: 0 g

Fat: 26 g

Ingredients: Crust/Topping

- 6 oz. shredded mozzarella cheese
 - 4 large eggs
 - ½ cup almond flour
 - ½ Tbsp. psyllium husk powder
 - 4 Tbsp. olive oil
-
- 3 Tbsp. tomato paste
 - 1 tsp. dried oregano
 - 5 oz. shredded cheese
 - 1½ oz. pepperoni

Directions:

1. Preheat oven to 400°. For crust, melt cheese in a bowl and add eggs to combine. Add flour and husk powder to mixture and knead dough into a ball.
2. Apply some olive oil to the bottom of the baking pan to keep from sticking. Flatten the ball of dough directly over oil, then bake for 10-15 minutes or until golden. Remove and allow to cool.
3. Increase oven temperature to 450°. Spread tomato paste on crust and sprinkle oregano on top. Top with cheese and pepperoni.
4. Bake for another 5-10 minutes or until golden brown. Serve and enjoy!



Gluten-Free

23 g
Fat

33 g
Protein

11 g
Carbs



Broccoli Beef Stir Fry

Broccoli Beef Stir Fry

Makes 1 serving:

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 391

Protein: 33 g

Carbohydrate: 11 g

Fiber: 6 g

Added sugar: 0 g

Fat: 23 g

Ingredients:

- 1 Tbsp. olive oil
- 2 cups broccoli florets
- ¼ lb. beef, cooked and thinly sliced
- 3 cloves garlic, crushed
- 1 tsp. ginger, freshly grated (sub ginger powder)
- 2 Tbsp. tamari sauce

Directions:

1. Heat olive oil in a skillet or saucepan, then add in broccoli florets.
2. When broccoli becomes soft, add beef.
3. Sauté for 2 minutes, then add garlic, ginger, and tamari sauce.
Serve and enjoy!



Dairy-Free



Gluten-Free

21 g
Fat

33 g
Protein

12 g
Carbs



Taco 'Bout It Keto Skillet

Taco 'Bout It Keto Skillet

Makes 4 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 376

Protein: 33 g

Carbohydrate: 12 g

Fiber: 6 g

Added sugar: 0 g

Fat: 21 g

Ingredients:

- 1 Tbsp. avocado oil
- 1 lb. ground beef
- ½ medium white onion, diced
- ½ large bell pepper, diced
- 3 Tbsp. taco seasoning
- 1 can green chilies
- 2 Roma tomatoes, seeded and diced
- 12 oz. cauliflower rice
- 1 cup shredded Mexican blend cheese
- 4 sprigs cilantro

Directions:

1. Heat oil in a large cast-iron skillet over medium-high heat, then add in beef and stir occasionally with a wooden spoon until brown.
2. Add in onion, bell pepper, and taco seasoning and cook 3 more minutes.
3. Stir in green chilies and tomatoes along with cauliflower rice. Cook 5-7 minutes until moisture is gone.
4. Sprinkle with cheese and cover until melted, about 2 minutes. Add cilantro, serve and enjoy!



Gluten-Free

22 g
Fat

31 g
Protein

10 g
Carbs



Beef Fried Rice

Beef Fried Rice

Makes 6 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 359

Protein: 31 g

Carbohydrate: 10 g

Fiber: 3 g

Added sugar: 0 g

Fat: 22 g

Ingredients:

- 3 Tbsp. avocado oil
- 1½ lb. grass-fed ground beef, thawed
- 1 large head of cauliflower, riced
- 4 large eggs
- 1 tsp. + ¼ cup gluten-free soy sauce
- 3 cloves garlic, minced
- 1 tsp. ginger powder
- 3-4 green onions, cut into small discs
- Hot sauce, pepper paste, or crushed red pepper to taste

Directions:

1. In a large saucepan, heat 2 Tbsp. of oil and add beef. Stir occasionally with a wooden spoon.
2. While beef is browning, rice the cauliflower by hand or use a food processor.
3. In a small bowl, beat eggs with 1 tsp. soy sauce.
4. Heat 1 Tbsp. of oil in a separate pan and cook eggs as a round sheet (like an omelette) on both sides. Cut into strips and set aside.
5. When beef is done browning, add in garlic, ginger, soy sauce, and cauliflower.
6. Stir until well combined, cover, and cook on medium heat until cauliflower is soft, about 7-8 minutes.
7. Remove cover and increase heat slightly. Add green onions, eggs, and hot sauce. Fry until remaining liquid is gone, about 5 minutes. Serve and enjoy!



Dairy-Free



Gluten-Free

23 g
Fat

21 g
Protein

3 g
Carbs



Coco Curry Chicken

Coco Curry Chicken

Makes 5 servings

Prep time: 10 minutes

Cook time: 60 minutes

Nutrient totals (per serving):

Calories: 291

Protein: 21 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 23 g

Ingredients:

- ¼ medium red onion
- 3 cloves garlic
- 1 tsp. grated ginger
- 20 oz. chicken thighs, boneless and skinless, cubed
- 2½ Tbsp. coconut oil
- 1 Tbsp. curry powder
- 2 tsp. cayenne pepper
- 1 tsp. chili powder
- ½ tsp. ground cinnamon
- 1½ cups coconut milk
- 1 cup chicken broth

Directions:

1. Finely chop onion and garlic and grate ginger root. Chop chicken into 1" cubes.
2. Add coconut oil to skillet or pot over medium-high heat. Add chicken and cook partially.
3. Add onion, ginger, garlic, curry powder, cayenne, chili powder, and cinnamon to the pan and cook for 2-3 minutes.
4. Add coconut milk and broth and stir. Reduce for 40-60 minutes or until desired consistency is achieved. Serve and enjoy!



Dairy-Free Gluten-Free





27 g
Fat

21 g
Protein

9 g
Carbs



Main Dish

Garlic Galore Greek Chicken

Garlic Galore Greek Chicken

Makes 4 servings

Prep time: 20 minutes

Cook time: 30 minutes

Nutrient totals (per serving):

Calories: 351

Protein: 21 g

Carbohydrate: 9 g

Fiber: 3 g

Added sugar: 0 g

Fat: 27 g

Ingredients:

- 3 Tbsp. extra virgin olive oil
- 1 lemon, juiced
- 3 cloves garlic, minced
- ½ tsp. paprika
- 1 tsp. dried oregano
- 16 oz. chicken thighs, skin on
- Salt and pepper
- 14 asparagus spears, ends removed
- 1 large zucchini, sliced
- 1 lemon, sliced thin

Directions:

1. In a bowl, whisk 2 Tbsp. olive oil, lemon juice, garlic, paprika, and oregano until combined, then add chicken thighs and toss to coat. Cover bowl and let marinate in fridge for 15 minutes to 2 hours.
2. When ready to cook, preheat oven to 425°. Heat remaining Tbsp. olive oil over medium-high heat. Season both sides of chicken with salt and pepper, then add chicken skin-side down and pour in the remaining marinade.
3. Sear until golden and crispy, about 10 minutes. Flip chicken and add asparagus, zucchini, and lemon to the skillet.
4. Transfer pan to oven and cook until chicken is cooked through and vegetables are tender, about 15 minutes. Serve and enjoy!



Dairy-Free



Gluten-Free

11 g
Fat

18 g
Protein

8 g
Carbs



Fat Chicken Chili

Fat Chicken Chili

Makes 6 servings

Prep time: 5 minutes

Cook time: 25 minutes

Nutrient totals (per serving):

Calories: 192

Protein: 18 g

Carbohydrate: 8 g

Fiber: 0 g

Added sugar: 0 g

Fat: 11 g

Ingredients:

- 16 oz. chicken breasts, boneless and skinless
- 2 cups chicken broth
- 1 Tbsp. butter
- ½ medium onion, chopped
- 10 oz. tomatoes, canned (not drained)
- 2 oz. tomato paste
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- ½ Tbsp. garlic powder
- 1 Tbsp. oregano
- 4 oz. cream cheese
- Salt and pepper to taste

Directions:

1. Boil chicken breasts in water or broth for 10-12 minutes, just barely covered in liquid. Once meat is no longer pink, remove from fluid and shred with two forks.
2. Melt butter over medium-high heat. Add onion and cook until translucent.
3. Add shredded chicken, chicken broth, tomatoes, tomato paste, chili powder, cumin, garlic powder, and oregano and gently stir. Bring to a boil, then simmer at medium-low heat (covered) for 10 minutes.
4. Cut cream cheese into small 1" chunks. Mix in cream cheese; increase heat and continue stirring until fully incorporated. Remove from heat and season with salt and pepper to taste. Serve and enjoy!



Gluten-Free



16 g
Fat

18 g
Protein

5 g
Carbs



Bacon-Wrapped Asparagus

Bacon-Wrapped Asparagus

Makes 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

Nutrient totals (per serving):

Calories: 233

Protein: 18 g

Carbohydrate: 5 g

Fiber: 2 g

Added sugar: 0 g

Fat: 16 g

Ingredients:

- 16 slices bacon
- 16 medium spears asparagus
- 1 tsp. garlic powder
- 2 tsp. salt
- 2 tsp. pepper

Directions:

1. Preheat oven to 400°. Wrap each slice of bacon tightly around each asparagus spear, then season with garlic powder, salt, and pepper. Bake for 15 minutes.
2. Use tongs to turn each piece over, then bake for an additional 10-15 minutes until bacon is crispy. Serve and enjoy!



Dairy-Free



Gluten-Free



15 g
Fat

31 g
Protein

7 g
Carbs



Main Dish

Skinny Pork Chops

Skinny Pork Chops

Makes 6 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 279

Protein: 31 g

Carbohydrate: 7 g

Fiber: 2 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- 1½ lb. pork loin chops
- 1 cup buttermilk
- 1 cup almond flour
- 1 tsp. kosher salt
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. pepper
- Olive oil spray

Directions:

1. In a large bowl, refrigerate pork chops in buttermilk for at least 2 hours. Remove from fridge 30 minutes before bake time.
2. Preheat oven to 425°. Line a large baking sheet with nonstick aluminum foil.
3. In a bowl, combine almond flour, salt, garlic, paprika, and pepper.
4. Remove pork chops from buttermilk, then coat thoroughly with crumb mixture and place on baking sheet.
5. Lightly spray olive oil on pork chops. Bake, uncovered, for 20 to 25 minutes or until pork is done (145°F). Serve and enjoy!



Gluten-Free

26 g | 23 g | 11 g
Fat | Protein | Carbs



Curried Coconut Fish

Curried Coconut Fish

Makes 4 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 371

Protein: 23 g

Carbohydrate: 11 g

Fiber: 3 g

Added sugar: 0 g

Fat: 26 g

Ingredients:

- 1 tsp. olive oil
- 1 lb. whitefish, chopped
- Salt and pepper to taste
- 4 Tbsp. butter
- 1 cup coconut cream
- 2 Tbsp. red or green curry paste
- 3 garlic cloves, minced
- ½ cup fresh cilantro, chopped
- 1 lb. cauliflower

Directions:

1. Preheat the oven to 400°. Grease a medium-sized baking dish with olive oil.
2. Add in fish, then add salt and pepper and top each piece of fish with a Tbsp. butter.
3. Mix coconut cream, curry paste, garlic, and cilantro in a small bowl and pour over fish; bake in the oven for 20 minutes or until fish is thoroughly cooked.
4. In the meantime, cut cauliflower into small florets and boil in lightly salted water for 5-7 minutes.
5. Remove fish from oven and serve with cauliflower. Enjoy!



Gluten-Free



27 g
Fat

28 g
Protein

7 g
Carbs



Main Dish

Keto Chili Salmon

Keto Chili Salmon

Makes 4 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 386

Protein: 28 g

Carbohydrate: 7 g

Fiber: 3 g

Added sugar: 0 g

Fat: 27 g

Ingredients:

- 3 Tbsp. butter
- 1 lb. salmon, cut in pieces
- Salt and pepper
- ½ cup sour cream
- 1 Tbsp. chili paste
- 4 Tbsp. Parmesan cheese, grated
- 1 lb. fresh spinach

Directions:

1. Preheat oven to 400°. Grease a baking dish with 1½ Tbsp. butter, then season salmon with salt and pepper and place in dish skin-side down.
2. Mix sour cream, chili paste, and Parmesan cheese and spread over salmon; bake for 15 to 20 minutes or until salmon flakes easily.
3. Meanwhile, sauté spinach in remaining butter until wilted, about 2 minutes. Season with salt and pepper.
4. Remove salmon from oven and serve over spinach. Enjoy!



Gluten-Free

23 g
Fat

31 g
Protein

6 g
Carbs



Lemon Parm Cod

Lemon Parm Cod

Makes 3 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 356

Protein: 31 g

Carbohydrate: 6 g

Fiber: 1 g

Added sugar: 0 g

Fat: 23 g

Ingredients:

- 1 lb. cod fillets, thawed
- 4 Tbsp. melted butter, salted
- 3 cloves garlic, minced
- $\frac{3}{4}$ cup Parmesan cheese, finely grated
- 1 tsp. oregano
- 1 tsp. paprika
- 1 Tbsp. fresh parsley, chopped
- 1 lemon, zested and juiced
- Salt and pepper

Directions:

1. Preheat oven to 400°. Dry cod fillets and remove bones, if any.
2. Combine melted butter and minced garlic in a bowl.
3. In another bowl, combine parmesan, oregano, and paprika.
4. Line a baking dish with parchment paper. Dip each fillet in butter and flip to coat all sides, then coat with parmesan mixture and add to dish.
5. Arrange fillets evenly in dish; sprinkle any remaining parmesan on top followed by parsley and half of the lemon zest, then bake for 15 minutes or until fish is cooked thoroughly.
6. Squeeze lemon juice over fish, about 2 Tbsp. Then, sprinkle remaining lemon zest and season with salt and pepper to taste. Serve and enjoy!



Gluten-Free



36 g
Fat

17 g
Protein

6 g
Carbs



Main Dish

La Keto Loca Quesadillas

La Keto Loca Quesadillas

Makes 3 servings

Prep time: 10 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 410

Protein: 17 g

Carbohydrate: 6 g

Fiber: 2 g

Added sugar: 0 g

Fat: 36 g

Ingredients: Tortillas/Filling

- 2 large eggs
 - 2 large egg whites
 - 6 oz. cream cheese
 - ½ tsp. salt
 - 1½ tsp. ground psyllium husk powder
 - 1 Tbsp. almond flour
-
- 1 Tbsp. avocado oil
 - 1 oz. spinach
 - 5 oz. shredded Mexican cheese

Directions:

1. Preheat oven to 400°. Beat eggs and egg whites together until fluffy, then add cream cheese and continue to beat until smooth.
2. Combine salt, psyllium husk powder, and almond flour in a small bowl and mix well. Beat flour mixture into batter until combined; ensure batter is thick and allow to rest. (If needed, add more husk powder to increase thickness.)
3. To make tortillas, use a spatula, spread batter over parchment paper-lined baking sheet, and bake 5-7 minutes until edges brown, then cut into pieces; alternatively, you may fry batter in rounds on the stove.
4. To make quesadillas, heat oil (or butter) in a small, non-stick skillet. Add tortilla to pan, top with a handful of spinach and sprinkle with cheese, then fold in half; fry for a couple minutes on each side until cheese is melted. Alternatively, you may leave tortilla open and add a second tortilla on top to close.
Serve warm and enjoy!



Vegetarian **Gluten-Free**

29 g
Fat

15 g
Protein

15 g
Carbs



Main Dish

Sesame Tofu & Eggplant Noodles

Sesame Tofu & Eggplant Noodles

Makes 4 servings

Prep time: 10 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 353

Protein: 15 g

Carbohydrate: 15 g

Fiber: 5 g

Added sugar: 0 g

Fat: 29 g

Ingredients:

- 1 cup fresh cilantro, chopped
- 3 Tbsp. rice vinegar, unseasoned
- 4 Tbsp. toasted sesame oil
- 2 cloves garlic, finely minced
- 1 tsp. crushed red pepper flakes
- 4 drops stevia
- 1 whole eggplant, peeled
- 1 Tbsp. avocado oil
- 1 lb. firm tofu block
- ¼ cup sesame seeds
- ¼ cup gluten-free soy sauce

Directions:

1. Whisk together ¼ cup cilantro, rice vinegar, 2 Tbsp. toasted sesame oil, minced garlic, crushed red pepper flakes, and stevia in a large mixing bowl.
2. Peel and julienne eggplant to make noodles, then mix with marinade.
3. Heat avocado oil in a skillet over medium-low heat. Cook eggplant until soft.
4. Mix remaining cilantro with eggplant, then transfer to an oven-safe dish. Cover dish and set in a preheated oven (200° then turn off) to keep warm.
5. Remove excess water from tofu and cut into 8 slices. Spread sesame seeds on a plate, then press tofu into seeds to cover.
6. Heat 2 Tbsp. sesame oil in a clean skillet, then fry tofu for 5 minutes each side or until crispy. Pour soy sauce into pan to coat tofu and cook until browned.
7. Top warm noodles with tofu.
Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

25 g
Fat

9 g
Protein

14 g
Carbs



Sesame-Almond Zoodles

Sesame-Almond Zoodles

Makes 3 servings

Prep time: 10 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 301

Protein: 9 g

Carbohydrate: 14 g

Fiber: 5 g

Added sugar: 0 g

Fat: 25 g

Ingredients: Zoodles/Sauce

- 2 Tbsp. sesame oil
 - 1 cup broccoli slaw, shredded
 - ½ cup white mushrooms, sliced
 - 2 medium zucchini, spiralized
 - 2 Tbsp. sliced almonds
 - 2 tsp. sesame seeds
 - 1 tsp. crushed red pepper flakes
-
- 1 tsp. sesame oil
 - ¼ cup almond butter
 - 2 Tbsp. gluten-free soy sauce
 - ¼ tsp. garlic powder
 - 1-2 drops stevia

Directions:

1. Heat sesame oil in a large skillet over medium heat. Add broccoli slaw and mushrooms and sauté until soft.
2. Using a vegetable spiralizer, create zucchini noodles and pat dry to remove excess moisture.
3. Add zoodles to skillet; turn often until they begin to soften, about 3-5 minutes.
4. Combine sauce ingredients in a bowl and mix well, adding a bit of water if needed.
5. Portion out zoodles and drizzle with sesame-almond sauce; toss to coat.
6. Top with chopped almonds, sesame seeds, and crushed red pepper flakes. Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

0 g
Fat

0 g
Protein

5 g
Carbs



Coolcumber-Lime Smoothie

Coolcumber-Lime Smoothie

Makes 2 servings

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 20

Protein: 0 g

Carbohydrate: 5 g

Fiber: 2 g

Added sugar: 0 g

Fat: 0 g

Directions:

1. Combine all ingredients in a blender and blend until smooth. Serve and enjoy!

Ingredients:

- 4 stalks celery heart, chopped into large chunks
- 1 small cucumber, peeled, chopped & seeded
- Juice from ½ lime
- 2 cups water
- ½ cup ice



Vegetarian



Vegan



Dairy-Free

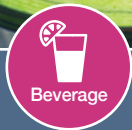


Gluten-Free

7 g
Fat

2 g
Protein

3 g
Carbs



Cool Peppermint Smoothie

Cool Peppermint Smoothie

Makes 2 servings:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 77

Protein: 2 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 7 g

Ingredients:

- 1 cup coconut milk, unsweetened
- 1 cup cashew milk, unsweetened
- ¼ tsp. mint extract
- A handful of spinach
- Ice, as desired

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Garnish with mint leaves (optional), serve, and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

14g
Fat

4g
Protein

8g
Carbs



Almond Butter Chocoholic Shake

Almond Butter Chocoholic Shake

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 160

Protein: 4 g

Carbohydrate: 8 g

Fiber: 4 g

Added sugar: 0 g

Fat: 14 g

Ingredients:

- 1 cup coconut milk, unsweetened
- 1 Tbsp. cocoa powder, unsweetened
- 1 Tbsp. almond butter
- 1-4 drops stevia, to taste
- Dash sea salt

Directions:

1. Combine all ingredients in a blender and blend until smooth.
Serve and enjoy!



Vegetarian



Vegan



Dairy-Free

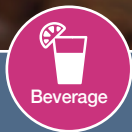


Gluten-Free

15g
Fat

3g
Protein

8g
Carbs



Ch-Chia Café Mocha

Ch-Chia Café Mocha

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 180

Protein: 3 g

Carbohydrate: 8 g

Fiber: 5 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- 1 cup brewed coffee or tea
- 3 Tbsp. coconut milk, unsweetened
- 1 Tbsp. cacao powder
- 1 Tbsp. chia seed
- 2¼ tsp. [MetaGenics MCT Oil](#)
- ¼ tsp. vanilla extract, alcohol-free
- 1-6 drops stevia, to taste

Directions:

1. Combine all ingredients in a blender and blend until smooth.
Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

12g
Fat

2g
Protein

3g
Carbs



Coconut Almond Mocha

Coconut Almond Mocha

Makes 1 serving:

Prep time: 5 minutes

Cook time: 5 minutes

Nutrient totals (per serving):

Calories: 130

Protein: 2 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

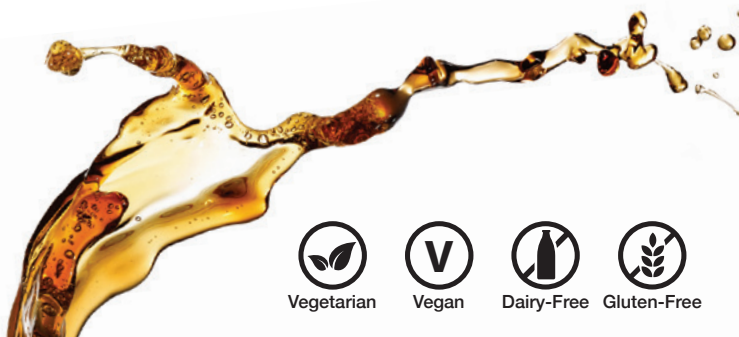
Fat: 12 g

Ingredients:

- ½ cup brewed coffee
- ⅔ cup almond milk, unsweetened
- 2 tsp. cacao powder
- 2¼ tsp. [Metagenics MCT Oil](#)
- ⅛ tsp. almond extract, unsweetened (optional)
- 1-2 drops liquid stevia, to taste

Directions:

1. Combine all ingredients in a small saucepan over medium heat. Heat and stir until mixed well.
2. Serve in a mug and enjoy!



Vegetarian



Vegan



Dairy-Free

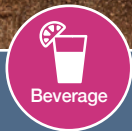


Gluten-Free

24g
Fat

2g
Protein

4g
Carbs



Hot Chocolate Fat Bomb

Hot Chocolate Fat Bomb

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 240

Protein: 2 g

Carbohydrate: 4 g

Fiber: 1 g

Added sugar: 0 g

Fat: 24 g

Ingredients:

- 2¼ tsp. [Metagenics MCT Oil](#)
- 1 tsp. cocoa powder
- 4 oz. boiling water
- 4 oz. almond milk
- 1 oz. heavy whipping cream
- 1-4 drops stevia, to taste

Directions:

1. Combine MCT oil and cocoa powder in a mug.
2. Pour in boiling water to mix cocoa powder and oil.
3. Pour in almond milk, heavy whipping cream, and stevia drops and mix well. Do a quick taste test; add more stevia if desired.
Serve and enjoy!



Vegetarian



Gluten-Free

18g

Fat

4g

Protein

10g

Carbs



Best Keto Hot Chocolate

Best Keto Hot Chocolate

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 220

Protein: 4 g

Carbohydrate: 10 g

Fiber: 7 g

Added sugar: 0 g

Fat: 18 g

Ingredients:

- 1 tsp. cocoa powder
- 1 Tbsp. chia seeds, ground
- 1-10 drops of stevia, to taste
- 5 almonds
- Pinch cinnamon
- 1/8 tsp. almond extract
- 2 1/4 tsp. [Metagenics MCT Oil](#)
- 12 oz. hot water
- Whipped cream (optional)

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Top with whipped cream (optional). Serve and enjoy!



Vegetarian



Vegan



Gluten-Free

24g
Fat

3g
Protein

8g
Carbs



Sparkling Coco-Lime Cooler

Sparkling Coco-Lime Cooler

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 240

Protein: 3 g

Carbohydrate: 8 g

Fiber: 0 g

Added sugar: 0 g

Fat: 24 g

Ingredients:

- ½ cup full-fat coconut milk
- ¼ cup lime juice, freshly squeezed
- 2-5 drops of stevia, to taste
- 1 tsp. lime zest
- 1 cup crushed ice
- ½ cup sparkling water

Directions:

1. Combine all ingredients except sparkling water in a blender and blend until smooth.
2. Divide into 4 small glasses and top each with sparkling water.
Serve and enjoy!



Vegetarian



Vegan



Dairy-Free

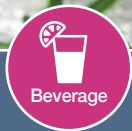


Gluten-Free

0g
Fat

0g
Protein

2g
Carbs



Rosemary Mint Water

Rosemary Mint Water

Makes 4 servings

Prep time: 7 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 5

Protein: 0 g

Carbohydrate: 2 g

Fiber: 0 g

Added sugar: 0 g

Fat: 0 g

Ingredients:

- 25 oz. bottle mineral water (sub soda water)
- 4 sprigs rosemary
- 4 sprigs mint
- 1 lime, cut into 4 wedges

Directions:

1. Squeeze juice from lime wedges into four separate glasses. Add ice as desired.
2. Using your hands, lightly squeeze herbs to release essence, or firmly pat them down on a cutting board. Add 1 sprig of rosemary and 1 sprig of mint to each glass.
3. Pour mineral water into each glass and wait 30 seconds to let herbs steep before serving. Enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free



14g
Fat

2g
Protein

0g
Carbs



Iced Matcha Keto Latte

Iced Matcha Keto Latte

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 130

Protein: 2 g

Carbohydrate: 1 g

Fiber: 0 g

Added sugar: 0 g

Fat: 14 g

Ingredients:

- 1 cup cashew milk, unsweetened
- 2¼ tsp. [Metagenics MCT Oil](#)
- 1 tsp. matcha powder
- ⅛ tsp. vanilla extract
- 2 ice cubes
- Cocoa powder (optional)

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Sprinkle with extra matcha or cocoa powder (optional). Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

10g
Fat

9g
Protein

3g
Carbs



Caulihash Browns

Caulihash Browns

Makes 6 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 140

Protein: 9 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 10 g

Ingredients:

- 3 cups cauliflower
- 1 large egg
- $\frac{3}{4}$ cup shredded cheddar cheese
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. black pepper

Directions:

1. Grate entire head of cauliflower.
2. Microwave for 3 minutes and let cool. Place in paper towels or cheese cloth and ring out excess water.
3. Place cauliflower in a bowl and add remaining ingredients. Mix well.
4. Form mixture into six square-shaped hash browns on a greased baking tray.
5. Bake at 400° for 15-20 minutes.
6. Let cool for 10 minutes, allowing hash browns to firm up. Serve warm and enjoy!



Vegetarian

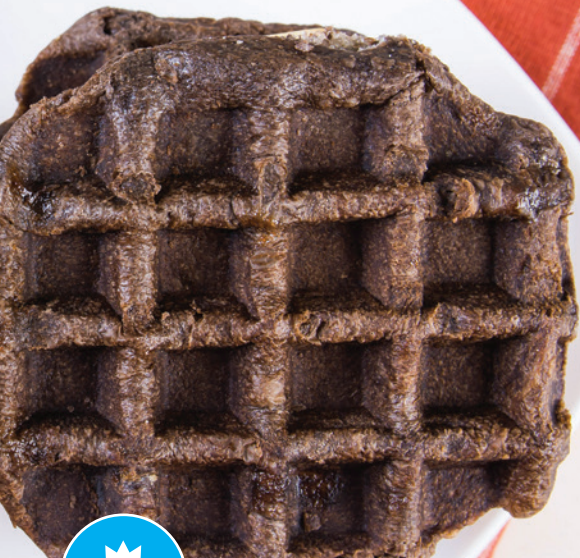


Gluten-Free

28g
Fat

10g
Protein

8g
Carbs



Keto Choco Waffles

Keto Choco Waffles

Makes 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 308

Protein: 10 g

Carbohydrate: 8 g

Fiber: 4 g

Added sugar: 0 g

Fat: 28 g

Ingredients:

- ¼ cup cocoa powder, unsweetened
- ¼ cup coconut flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 4 oz. cream cheese
- 4 large eggs
- 1-15 drops liquid stevia, to taste
- 1 oz. baker's chocolate, unsweetened
- 2 Tbsp. butter

Directions:

1. Combine cocoa powder, coconut flour, baking powder, and salt in a bowl and set aside.
2. In another bowl, microwave cream cheese 20-30 seconds until soft. Add eggs and stevia to the same bowl and combine using a hand mixer.
3. Combine all ingredients from steps 1 and 2 using a hand mixer.
4. Chop up baker's chocolate and place in a microwave-safe bowl. Add butter to the same bowl and microwave for 40 seconds. Using a spoon, combine until butter and chocolate are evenly mixed.
5. Add chocolate mixture to the batter and combine using a hand mixer. Pour ¼ of the batter into the center of a hot waffle iron and close the lid. Repeat until mixture is gone. Serve warm and enjoy!



Vegetarian



Gluten-Free





38g
Fat

24g
Protein

6g
Carbs



Bacon Spinach Breakfast Bowl

Bacon Spinach Breakfast Bowl

Makes 1 serving:

Prep time: 5 minutes

Cook time: 5 minutes

Nutrient totals (per serving):

Calories: 458

Protein: 24 g

Carbohydrate: 6 g

Fiber: 3 g

Added sugar: 0 g

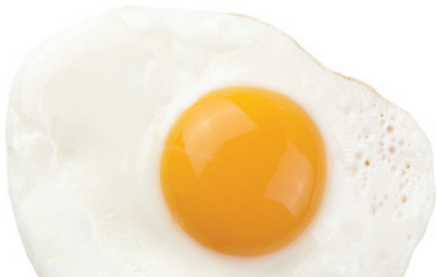
Fat: 38 g

Ingredients:

- 2 slices bacon
- 4 cups spinach
- ¼ tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ Tbsp. ghee
- 2 large eggs

Directions:

1. In a large skillet, cook bacon over medium heat to desired crispiness.
2. Add in spinach; season with garlic powder, salt, and pepper and cook until tender. Transfer bacon and spinach to a bowl.
3. Add ghee to the same pan, then crack in eggs. Allow to fry until white is fully cooked through; season with salt and pepper. Add to your bowl and enjoy!



Gluten-Free

17 g
Fat

13 g
Protein

8 g
Carbs



BLT Salad

BLT Salad

Makes 2 servings

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 240

Protein: 13 g

Carbohydrate: 8 g

Fiber: 3 g

Added sugar: 0 g

Fat: 17 g

Ingredients:

- 3 cups shredded kale (no stems)
- 2 tsp. olive oil
- 1 tsp. red wine vinegar
- ¼ tsp. salt
- 2 large eggs
- 4 strips bacon, cooked and chopped
- ½ cup grape tomatoes, halved
- 2 oz. avocado, sliced
- Salt and pepper, to taste

Directions:

1. In a bowl, combine kale, olive oil, vinegar, and salt. Massage by hand for 3 minutes, until kale softens.
2. Cook eggs as desired.
3. Divide kale between two bowls; top with bacon, tomatoes, avocado, and egg.
4. Finish with salt and pepper. Serve and enjoy!



Gluten-Free



16 g
Fat

17 g
Protein

2 g
Carbs



Bell-Loved Eggs

Bell-Loved Eggs

Makes 3 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 220

Protein: 17 g

Carbohydrate: 2 g

Fiber: 0 g

Added sugar: 0 g

Fat: 16 g

Ingredients:

- 1 bell pepper, sliced into ¼" rings
- 6 large eggs
- Salt and pepper, to taste
- ½ cup cheddar cheese, shredded
- 2 Tbsp. chives, chopped
- 2 Tbsp. parsley, chopped

Directions:

1. Heat a nonstick skillet over medium heat; grease lightly with cooking spray.
2. Sauté a bell pepper ring for 2 minutes, then flip. Crack an egg in the middle. Season with salt and pepper, then cook as desired, 2 to 4 minutes. Sprinkle cheese on top of egg to melt.
3. Repeat with remaining eggs and bell pepper rings, then garnish with chives and parsley. Serve and enjoy!



Vegetarian



Gluten-Free

13 g
Fat

3 g
Protein

3 g
Carbs



Lemon Pop Muffins

Lemon Pop Muffins

Makes 12 servings

Prep time: 10 minutes

Cook time: 22 minutes

Nutrient totals (per serving):

Calories: 140

Protein: 3 g

Carbohydrate: 3 g

Fiber: 1 g

Added sugar: 0 g

Fat: 13 g

Ingredients:

- ½ cup olive oil
- 4 large eggs
- 4 Tbsp. lemon juice
- ½ tsp. lemon zest
- ½ cup almond flour
- 4 Tbsp. stevia
- 1½ tsp. baking powder
- ¼ tsp. salt
- 3 Tbsp. poppy seeds

Directions:

1. Preheat oven to 350°. In a bowl, combine olive oil, eggs, lemon juice, and lemon zest.
2. In another bowl, combine almond flour, stevia, baking powder, and salt.
3. Slowly combine both sets of ingredients. Then add poppy seeds and mix well.
4. Evenly distribute batter in a muffin tin to make 12 muffins.
5. Bake for 20-22 minutes; allow to cool. Serve and enjoy!



Vegetarian



Dairy-Free



Gluten-Free



12g
Fat

5g
Protein

6g
Carbs



Keto Blueberry Scones

Keto Blueberry Scones

Makes 12 servings

Prep time: 15 minutes

Cook time: 25 minutes

Nutrient totals (per serving):

Calories: 150

Protein: 5 g

Carbohydrate: 6 g

Fiber: 3 g

Added sugar: 0 g

Fat: 12 g

Ingredients:

- 2 cups almond flour
- ¼ tsp. stevia
- ¼ cup coconut flour
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 2 large eggs
- 1 Tbsp. coconut oil
- ¼ cup heavy whipping cream
- ½ tsp. unsweetend vanilla extract
- ¾ cup fresh blueberries

Directions:

1. Preheat oven to 325°. Line a large baking sheet with parchment paper.
2. In a large bowl, whisk together almond flour, stevia, coconut flour, baking powder, and salt.
3. Stir in eggs, whipping cream, oil, and vanilla and mix until a dough forms. Add blueberries; carefully mix through.
4. On the baking sheet, pat dough into a rectangle, about 10" x 8" in size.
5. Cut dough into 6 squares, then cut each square diagonally to form two triangles. Gently lift scones and distribute them around the pan.
6. Bake 20 to 25 minutes, until golden brown and slightly firm. Remove and allow to cool. Serve and enjoy!



Vegetarian



Gluten-Free

8g
Fat

6g
Protein

7g
Carbs



Très Keto Crêpes

Très Keto Crêpes

Makes 5 servings

Prep time: 5 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 110

Protein: 6 g

Carbohydrate: 7 g

Fiber: 1 g

Added sugar: 0 g

Fat: 8 g

Ingredients: Crêpes/Filling

- 2 oz. cream cheese
 - 2 large eggs
 - 2 Tbsp. monk fruit sweetener
 - ¼ tsp. vanilla extract
 - Pinch of salt
 - Dash of cinnamon
-
- 10 Tbsp. whole-milk ricotta, divided 5 ways
 - 3 oz. raspberries, fresh or frozen
 - Optional, sugar-free whipped cream for garnish

Directions:

1. Combine crêpe ingredients in a food processor or blender; blend for 20 seconds or until smooth.
2. Heat a pan over medium heat, grease with cooking spray, and pour in about one-fifth of the batter to create a thin layer.
3. Cook one minute, until top begins to set and underside browns, then flip. Cook reverse side about 15 seconds and remove from pan. Repeat until batter is gone.
4. Allow to cool on a plate. (Lay crêpes next to each other—do not stack.)
5. Add 2 Tbsp. ricotta cheese in a line in the center of each crêpe from end to end. Add in raspberries.
6. Fold each side of the crêpe over the filling and press gently to seal.
7. Serve with sugar-free whipped cream (optional). Enjoy!



Vegetarian **Gluten-Free**

30 g
Fat

12 g
Protein

15 g
Carbs



Keto Crunch Cereal

Keto Crunch Cereal

Makes 1 serving:

Prep time: 5 minutes

Cook time: 0 minutes

Nutrient totals (per serving):

Calories: 360

Protein: 12 g

Carbohydrate: 15 g

Fiber: 11 g

Added sugar: 0 g

Fat: 30 g

Ingredients:

- ¼ cup slivered almonds
- 2 Tbsp. flaxseeds
- 1 Tbsp. sunflower seeds
- 1 Tbsp. shredded coconut, unsweetened
- ½ tsp. vanilla extract, unsweetened
- 1 pinch stevia powder

Directions:

1. In a bowl, combine almonds, flax seeds, sunflower seeds, and coconut.
2. Add stevia and vanilla extract, then pour in your favorite milk (recommended: unsweetened almond milk). Enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

15 g
Fat

11 g
Protein

8 g
Carbs



Summer Squash Hot Cakes

Summer Squash Hot Cakes

Makes 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

Nutrient totals (per serving):

Calories: 200

Protein: 11 g

Carbohydrate: 8 g

Fiber: 4 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- $\frac{3}{4}$ cup almond flour
- $\frac{1}{2}$ tsp. baking soda
- 1 tsp. salt
- 3 large eggs
- $\frac{1}{2}$ cup kefir
- 3 cups summer squash, shredded
- 1 tsp. avocado oil

Directions:

1. In a large bowl, combine almond flour, baking soda, and salt.
2. Beat in eggs, then stir in kefir and squash.
3. Heat avocado oil in a skillet over medium heat. Pour small $\frac{1}{4}$ cup-size circles of batter into the pan. Cover and cook for 2-3 minutes, until bottom turns golden and edges become dry. Flip and repeat on the other side. Serve and enjoy!



Vegetarian



Dairy-Free



Gluten-Free

22 g
Fat

31 g
Protein

7 g
Carbs



Spinach & Mushroom Frittata

Spinach & Mushroom Frittata

Makes 1 serving:

Prep time: 5 minutes

Cook time: 5 minutes

Nutrient totals (per serving):

Calories: 350

Protein: 31 g

Carbohydrate: 7 g

Fiber: 2 g

Added sugar: 0 g

Fat: 22 g

Ingredients:

- 1 Tbsp butter
- 3 brown mushrooms, sliced
- 1 cup spinach
- 4 large eggs
- Pinch of salt
- 1 + 1 Tbsp. Parmesan cheese, grated (keep separate)

Directions:

1. Preheat oven to broil. In a nonstick pan over medium heat, cook mushrooms in butter for 2-3 minutes, turning once or twice. Add spinach and cook for 1-2 more minutes, until spinach wilts.
2. Whisk eggs in a bowl until light and frothy, add a pinch of salt, and pour into the mushroom and spinach mixture. Sprinkle with 1 Tbsp. of Parmesan. Cook edges until edges begin to turn solid, then gently lift edges and tilt the pan to allow uncooked egg to run under the cooked portion; cook another minute.
3. Transfer pan to the oven and broil for 2-3 minutes, until eggs are cooked through. Remove and sprinkle on remaining Parmesan. Cut into wedges, serve, and enjoy!



Vegetarian Gluten-Free

13^g
Fat

7^g
Protein

1^g
Carbs



Bacon Lovers' Deviled Eggs

Bacon Lovers' Deviled Eggs

Makes 12 servings

Prep time: 20 minutes

Cook time: 10 minutes

Nutrient totals (per serving):

Calories: 150

Protein: 7 g

Carbohydrate: 1 g

Fiber: 0 g

Added sugar: 0 g

Fat: 13 g

Ingredients:

- 12 large hard-boiled eggs, peeled and cut in half
- ½ cup mayonnaise
- 2 Tbsp. heavy cream
- 2 tsp. yellow mustard
- Salt and pepper, to taste
- 4 slices bacon, cooked and crumbled
- ¼ cup chives, minced

Directions:

1. Separate egg whites from the yolks. Place yolks in a food processor and place whites on a serving tray.
2. Add mayonnaise, heavy cream, mustard, salt, and pepper to the food processor; process until smooth.
3. Place egg yolk mixture in a piping bag and pipe into the cavity of each white.
4. Top with bacon and chives. Serve and enjoy!



Gluten-Free

28 g
Fat

15 g
Protein

5 g
Carbs



Keto-Style Pigs in a Blanket

Keto-Style Pigs in a Blanket

Makes 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 330

Protein: 15 g

Carbohydrate: 5 g

Fiber: 2 g

Added sugar: 0 g

Fat: 28 g

Ingredients:

- 4 hot dogs
- ½ cup mozzarella cheese, shredded
- 1 Tbsp. cream cheese
- ¾ cup almond flour
- 1 large egg
- ¼ tsp. baking powder
- ¼ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. sesame seeds

Directions:

1. Preheat oven to 350°. Cut each hot dog into 3 equal-sized pieces; set aside.
2. Melt mozzarella and cream cheese in microwave and combine with almond flour and egg.
3. Add baking powder, garlic powder, and salt to the mixture; mix well.
4. Form dough in hands, split into 12 pieces, and roll pieces into balls.
5. Place dough balls onto a parchment-lined baking sheet. Press each ball flat into an oval shape.
6. Wrap each piece of hot dog in the pieces of dough. Sprinkle outside with sesame seeds, pressing down to stick.
7. Bake for 17-20 minutes. Serve warm and enjoy!

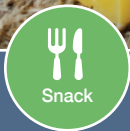


Gluten-Free

15 g
Fat

13 g
Protein

4 g
Carbs



Jalapeño Parm Crisps

Jalapeño Parm Crisps

Makes 2 servings

Prep time: 10 minutes

Cook time: 9 minutes

Nutrient totals (per serving):

Calories: 200

Protein: 13 g

Carbohydrate: 4 g

Fiber: 0 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- 8 Tbsp. Parmesan cheese, grated
- 1 medium jalapeño
- 2 slices sharp cheddar cheese

Directions:

1. Preheat oven to 425°. On a baking mat or parchment paper, create 8 mounds of Parmesan cheese, 1 Tbsp. each spaced 1" apart.
2. Slice jalapeño thinly, then lay on a baking sheet and bake for 5 minutes; remove and allow to cool.
3. Once cooled, lay a jalapeño slice on top of each mound of Parmesan, pressing down slightly.
4. Split both cheddar slices into 4 pieces (8 total) and lay each piece on top of the jalapeño and Parmesan.
5. Bake for 9 minutes. Serve warm and enjoy!



Vegetarian

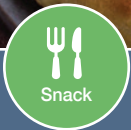


Gluten-Free

27 g
Fat

26 g
Protein

4 g
Carbs



Ketolicious Chicken Empanadas

Ketolicious Chicken Empanadas

Makes 3 servings

Prep time: 30 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 370

Protein: 26 g

Carbohydrate: 4 g

Fiber: 2 g

Added sugar: 0 g

Fat: 27 g

Ingredients: Crust/Filling

- 1 oz. cream cheese
 - 1 cup mozzarella cheese, shredded
 - ½ cup almond flour
 - 1 large egg
-
- 6 oz. ground chicken
 - 1¼ tsp. [Metagenics MCT oil](#)
 - Salt and pepper

Directions:

1. Cut cream cheese into 4-5 pieces and add to a bowl along with mozzarella cheese. Microwave for 30 seconds. Stir, then microwave for another 30 seconds. While cheese is still hot, mix in almond flour. Add egg and mix well.
2. On a nonstick sheet, roll out dough into a flat circle.
3. Using a cookie cutter, create 6-8 circles, approximately 5" in diameter.
4. In a bowl mix together ground chicken, MCT oil, salt and pepper.
5. Preheat oven to 350°. Place dough circles onto a nonstick baking pan. Layer filling on one side of the circle.
6. Fold and press down the edges, creating a half-moon shape.
7. Bake for 18-20 minutes, until puffed and golden brown.
Serve and enjoy!

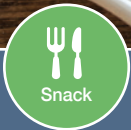


Gluten-Free

3g
Fat

3g
Protein

4g
Carbs



Sausage-Stuffed 'Shrooms

Sausage-Stuffed 'Shrooms

Makes 20 servings

Prep time: 15 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 50

Protein: 3 g

Carbohydrate: 4 g

Fiber: 1 g

Added sugar: 0 g

Fat: 3 g

Ingredients:

- 20 baby bella mushrooms
- ¼ medium onion
- 2 links sausage
- 2 tsp. oregano
- 2 tsp. garlic powder
- 1 cup cheddar cheese
- ¼ tsp. pepper
- ¼ tsp. salt

Directions:

1. Preheat oven to 350°. Remove stalks from mushrooms, then dice the stalks.
2. Dice onion and combine with the diced stalks; set aside.
3. Chop sausage links and cook over medium heat until cooked through; set aside to cool.
4. Add onion, stalks, oregano, and garlic powder to the pan and cook down until onions are translucent. Transfer to a bowl and combine with sausage and cheddar cheese. Add salt and pepper to taste.
5. Scoop sausage mixture into each mushroom cap, then place on a baking sheet; bake for 20 minutes. Serve warm and enjoy!



Gluten-Free



13g
Fat

3g
Protein

4g
Carbs



Snack

Homestyle Almond Butter

Homestyle Almond Butter

Makes 26 servings

Prep time: 25 minutes

Cook time: 25 minutes

Nutrient totals (per serving):

Calories: 130

Protein: 3 g

Carbohydrate: 4 g

Fiber: 2 g

Added sugar: 0 g

Fat: 13 g

Ingredients:

- 15 oz. raw almonds
- $\frac{1}{4}$ + $\frac{3}{4}$ cup coconut oil (separated)
- 1 + 1 tsp. salt (separated)
- 5 Tbsp. cocoa powder, unsweetened
- 1-27 drops of liquid stevia, to taste

Directions:

1. Preheat oven to 350°. Toss nuts with $\frac{1}{4}$ cup coconut oil and 1 tsp. salt until fully coated, then spread evenly on a baking sheet. Bake for 15-20 minutes; allow to cool.
2. Add nuts to a food processor and process for 1 minute. Add 1 tsp. salt, stevia, and the remaining $\frac{3}{4}$ cup coconut oil. Process for another 1-2 minutes.
3. Add cocoa powder; blend for 30-60 seconds. Store in a sealed container in the fridge and enjoy!



Vegetarian



Vegan

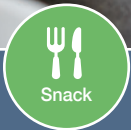


Dairy-Free



Gluten-Free

15g | **4g** | **6g**
Fat | Protein | Carbs



Vegalicious Snack Bars

Vegalicious Snack Bars

Makes 10 servings

Prep time: 10 minutes

Cook time: 60 minutes

Nutrient totals (per serving):

Calories: 160

Protein: 4 g

Carbohydrate: 6 g

Fiber: 5 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- ¼ cup ground chia seeds
- ¼ cup golden flax meal
- ½ cup coconut flakes, unsweetened
- ¼ cup ground hemp hearts
- ½ cup macadamia nuts, crushed
- ¼ tsp. salt
- 1½ cups canned coconut milk, unsweetened and chilled
- 2 Tbsp. coconut oil
- 1-40 drops liquid stevia, to taste

Directions:

1. Preheat oven to 350°. Line a bread loaf pan with parchment paper.
2. Combine ground chia, golden flax meal, ground coconut flakes, ground hemp hearts, macadamia nuts and salt in a large mixing bowl; mix well.
3. Combine coconut milk and coconut oil in a bowl, microwave for 30 seconds until melted, then add in stevia.
4. Combine coconut mixture with dry ingredients; mix well. Pour new mixture into the loaf pan; allow to rest for 10 minutes.
5. Bake for 50-60 minutes until browned and set. Allow to cool for 15 minutes, then remove from pan. Serve and enjoy!



Vegetarian



Vegan



Dairy-Free



Gluten-Free

12 g
Fat

8 g
Protein

5 g
Carbs



Cheesy Broccoli Griddle Cakes

Cheesy Broccoli Griddle Cakes

Makes 6 servings

Prep time: 15 minutes

Cook time: 15 minutes

Nutrient totals (per serving):

Calories: 160

Protein: 8 g

Carbohydrate: 5 g

Fiber: 2 g

Added sugar: 0 g

Fat: 12 g

Ingredients:

- 3 slices bacon
- 4 cups broccoli
- 3 oz. cheddar cheese
- 1 large egg
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. pepper
- ¼ tsp. salt
- 1½ Tbsp. almond flour
- ½ Tbsp. coconut flour



Directions:

1. Cook bacon in a nonstick pan, chop into pieces, then set aside. Save the grease for later use.
2. Place broccoli in a food processor and pulse until fully chopped into small pieces.
3. Add cheddar cheese to the chopped broccoli; pulse a few more times to mix.
4. Add egg and pulse a few more times until the broccoli, cheese, and egg are fully combined.
5. Add seasonings as well as the chopped bacon; stir lightly with a fork.
6. Add almond and coconut flour to bind the mix together. Add more flour if needed.
7. Reheat pan with bacon grease over medium heat. Form medium-sized patties with the mixture and cook for 3-4 minutes on each side, or until golden brown.
8. Allow to cool for 3-5 minutes. Serve and enjoy!



Gluten-Free

15 g
Fat

8 g
Protein

5 g
Carbs



Nacho Average Tortilla Chips

Nacho Average Tortilla Chips

Makes 7 servings

Prep time: 10 minutes

Cook time: 10 minutes

Nutrient totals (per serving):

Calories: 190

Protein: 8 g

Carbohydrate: 5 g

Fiber: 3 g

Added sugar: 0 g

Fat: 15 g

Ingredients:

- 2 cups almond flour
- ½ tsp. garlic powder
- ¼ tsp. paprika
- ¼ tsp. salt
- 1 large egg, beaten
- ½ cup mozzarella cheese

Directions:

1. Preheat oven to 350°. Line a baking sheet with parchment paper.
2. In a large bowl, mix together almond flour and spices.
3. Using a hand mixer, mix in egg until a crumbly dough forms.
4. Microwave mozzarella in a small bowl until melted or melt using a double boiler on the stove. Add melted cheese to the dough mixture and knead with your hands until well incorporated.
5. Place dough between two large pieces of parchment paper. Using a rolling pin, roll out very thin, about 1/16" thick.
6. Cut dough into triangles and lay them on the baking sheet. Bake for 8-12 minutes, until golden and firm. Allow to crisp and cool. Serve and enjoy!



Vegetarian



Gluten-Free

28g
Fat

20g
Protein

3g
Carbs



Snack

Crispy Keto Cheesy Chips

Crispy Keto Cheesy Chips

Makes 4 servings

Prep time: 5 minutes

Cook time: 20 minutes

Nutrient totals (per serving):

Calories: 350

Protein: 20 g

Carbohydrate: 3 g

Fiber: 0 g

Added sugar: 0 g

Fat: 28 g

Ingredients:

- 4 cups cheddar cheese, shredded
- ½ tsp. salt
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ¼ tsp. paprika
- ¼ tsp. chili powder

Directions:

1. Preheat oven to 400°. Line a baking sheet with parchment paper.
2. In a bowl, combine cheese and spices.
3. Spread out mixture over the baking sheet; form into a rectangle with straight edges. Bake in the oven for about 20 minutes until crispy.
4. Lift cheese out of the pan using the sides of the parchment paper; place on a cool countertop.
5. Allow to cool for 1 minute, then cut the rectangle of cheese into triangles. Serve and enjoy!



Vegetarian



Gluten-Free

32 g
Fat

12 g
Protein

7 g
Carbs



Snack

One-Minute Keto "Bread"

One-Minute Keto “Bread”

Makes 1 serving:

Prep time: 5 minutes

Cook time: 1 minute

Nutrient totals (per serving):

Calories: 360

Protein: 12 g

Carbohydrate: 7 g

Fiber: 3 g

Added sugar: 0 g

Fat: 32 g

Ingredients:

- 4 Tbsp. almond meal
- ½ tsp. baking powder
- 1 large egg
- 1 Tbsp. coconut oil
- Pinch salt

Directions:

1. Add all ingredients to a mug, and mix with a fork until well combined.
2. Microwave on high for 1 minute or until cooked through (may need an additional 20-30 seconds).
3. Turn mug upside down to release the bread and let cool slightly before slicing.
4. Serve alone or as a sandwich bun. Enjoy!



Vegetarian



Dairy-Free



Gluten-Free

Keto Made Easy

- [Ketogenic Shake](#) offers 14 g of fat with 3 g of MCT per serving
- [Ketogenic Soup](#) offers 14 g of fat with 3 g of MCT per serving
- [Exogenous Ketones](#) induce acute ketosis within 15 minutes*†
- [MCT Powder](#) provides the benefits of MCT in a convenient powdered form
- [MCT Oil](#) is a flavorless, odorless dietary supplement that can be easily added to food or beverages for convenience



Talk to your healthcare practitioner today for more information or visit [Metagenics.com/Ketogenic](https://www.metagenics.com/Ketogenic).

†Acute ketosis occurs when blood ketone levels temporarily rise above 0.5 millimoles per liter.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**