

COOKING^{BY THE}

RULED

BOOK

step-by-step low carb recipes



COOKING BY THE RULED BOOK

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BREAKFAST





BREAKFAST BARS

Ingredients:

1/2 Cup Walnuts
 1/2 Cup Pistachios
 1/4 Cup Coconut Oil
 1/4 Cup Peanut Butter
 1/4 Cup Flax Seed Meal
 1/4 tsp. Almond Extract
 7 Drops Liquid Stevia

This makes 4 servings.

Each serving is:

40,5 Fats (g)
 4 Net Carbs (g)
 10,5 Protein (g)

Instructions:

1. Crush the nuts in a Ziploc bag using a rolling pin.
2. In a pan, begin to toast the nuts over medium-low heat.
3. While the nuts are toasting, put the coconut oil and peanut butter into a microwave safe container.
4. Microwave the oil and peanut butter for 25 seconds until it is melted.
5. Mix the oil and peanut butter together with the stevia and almond extract.
6. Once the nuts are toasted, lay them into a 9x4 dish.
7. Sprinkle 1/4 Cup Flax over the nuts, and then pour the peanut butter and oil mixture on top of the nuts.
8. Put the mixture into the freezer for a minimum of 4 hours so that it can turn solid. Slice into 4 bars when it is frozen.

Nutty Breakfast Bars	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/2 Cup Walnuts	383	38	8	4	4	9
1/2 Cup Pistachios	320	27	10	6	4	13
1/4 Cup Coconut Oil	480	56	0	0	0	0
1/4 Cup Peanut Butter	380	32	12	4	8	14
1/4 Cup Flax Seed Meal	120	9	8	8	0	6
Totals	1683	162	38	22	16	42



FAUX BENEDICT

Ingredients:

Bread:

1 tbsp. Butter
1 Large Egg
1/4 tsp. Baking Powder
1 1/2 tbsp. Almond Flour
1 1/2 tbsp. Flax Seed Meal
1/4 tsp. Apple Cider Vinegar
1 drops stevia

Sauce:

1 Egg Yolk
1/8 Lemon, Juiced
1 pinch Salt
1 pinch Cayenne Pepper
1 1/2 tbsp. Salted Butter, Melted

Egg:

1 Large Egg
1/3 Cup Water
1/2 tsp. Apple Cider Vinegar

This makes 1 serving.

Each serving is:

52.5 Fat (g)
3.3 Net Carbs (g)
18.7 Protein (g)

Instructions:

1. Mix together 1 Tbsp. butter, baking powder, vinegar, egg, almond flour, flax, and stevia into a mug.
2. Microwave for 75 seconds. When it comes out the microwave, flip it upside down and lightly bang the mug into a plate to remove the bread.
3. Microwave the Canadian bacon on a paper towel for 1-2 minutes (as per instructions).
4. In a ramekin, separate the egg yolk and egg white of 1 egg. Add cayenne pepper to the yolk and discard of the white.
5. In another ramekin, microwave 1 1/2 Tbsp. butter for 10-15 seconds until melted.
6. In a small bowl, add water and vinegar, and then crack the egg into it.
7. Microwave the egg with a plate on top for 50 seconds at 80% power.
8. Cut the bread into a muffin shape; add the Canadian bacon and egg.
9. Slowly pour butter into the egg yolk while stirring it constantly. Do this until everything is combined.
10. Pour the sauce over the egg, Canadian bacon, and muffin.

Microwave Eggs Benedict	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 1/2 tbsp. Butter	250	30	0	0	0	0
2 Large Eggs	140	12	1,4	0	1,4	12
1/4 tsp. Baking Powder	1	0	0,3	0	0,3	0
1 1/2 tbsp. Almond Flour	45	4	2	1	1	2
1 1/2 tbsp. Flax Seed Meal	30	2	2	2	0	2
1 Egg Yolk	55	4,5	0,6	0	0,6	2,7
1/8 lemon, juiced	5	0	0	0	0	0
Totals	526	52,5	6,3	3	3,3	18,7



FRITTATA MUFFINS

Ingredients:

5 eggs
 4 slices bacon
 4 tbsp. heavy cream
 1/2 cup cheddar cheese
 1 tbsp. bacon fat
 1 tsp. pepper
 1 tsp. salt
 1/3 diced red bell pepper
 1 tsp. minced garlic

This makes 6 servings.

Each serving is:

16,0 Fats (g)

1,6 Net Carbs (g)

9,3 Protein (g)

Instructions:

1. Slice up 4 slices of bacon into chunks.
2. Pan fry the bacon until it is crisp, and then set on paper towels to crisp further.
3. Preheat oven to 375F.
4. Dice 1/3 of a red pepper.
5. In a mixing bowl combine eggs, cream, bacon, cheese, bacon fat, red pepper, garlic, salt and pepper.
6. Distribute the mixture evenly between 6 cupcake holes in a cupcake tray.
7. Put these in the oven for 20 minutes or until fluffy.
8. Broil the top of the muffins for 2-3 minutes before you take them out to cool.

Western Bacon Frittatas	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
5 Large Eggs	350	30	3,5	0	3,5	30
4 Slices Bacon	168	13	0	0	0	12
4 tbsp. Heavy Cream	200	20	2	0	2	0
1/2 Cup Cheddar Cheese	180	20	2	0	2	14
1 tbsp. Bacon Fat	116	13	0	0	0	0
1/3 diced Red Bell Pepper	8	0	2	0,7	1,3	0
1 tsp. Minced Garlic	5	0	1	0	1	0
Totals	1027	96	10,5	0,7	9,8	56



VANILLA BUTTER POUND CAKE

Ingredients:

1/2 lb. Unsalted Butter (228g)
 1 1/2 Cup 200g Almond Flour (200g)
 3 Large, Whole Eggs
 3 Egg Yolks
 1/3 Cup Erythritol (90g)
 1/2 tbsp. Vanilla Extract (8 mL)
 1/2 tsp. Salt (2g)

This makes 12 servings.

Each serving is:

24,0 Fats (g)
 1,4 Net Carbs (g)
 4,6 Protein (g)

Instructions:

1. Bring all ingredients to room temperature. Once they are, preheat oven to 325F.
2. Slowly mix the egg yolks, whole eggs, and vanilla. You only want to break the egg yolks, not introduce any air.
3. Mix the soft butter on high, gradually adding the erythritol and salt. This should take about 4-5 minutes, turning the butter almost white in color.
4. Turn the mixer to the lowest speed and slowly add the egg mixture to the butter.
5. Sift half the almond flour into the batter and fold it in. Do the same with the second half.
6. Cut some baking or parchment paper to cover the inside of a 9x4 bread pan.
7. Grease the bread pan and add the baking or parchment paper inside.
8. Bake for 60 minutes until it is golden brown and a tooth pick comes out clean. Cool for 10 minutes, and remove the cake from the loaf pan.
9. Wrap in plastic wrap and store at room temperature for at least 24 hours.

Vanilla Butter Pound Cake	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/2 lb. Unsalted Butter (228g)	1600	192	0	0	0	0
1 1/2 Cup 200g Almond Flour (200g)	721	63	27	14	13	27
3 Large, Whole Eggs	210	18	2,1	0	2,1	18
3 Egg Yolks	150	15	1,8	0	1,8	10
1/2 tbsp. Vanilla Extract (8 mL)	5	0	0	0	0	0
Totals	2686	288	30,9	14	16,9	55



WALNUT MUFFIN

Ingredients:

Almond Flour Muffins
 1 Cup blanched almond flour
 (about 1 cup)
 2 Large eggs (about 2 large
 eggs)
 2 Tbsp. Erythritol
 5 Drops Stevia
 1/2 tsp. baking soda
 1 tsp. apple cider vinegar
 1 Cup Walnuts
 4x Lindt 98% Cacao Squares

This makes 6 servings.

Each serving is:

20,5 Fats (g)
 3,1 Net Carbs (g)
 7,7 Protein (g)

Instructions:

1. Preheat the oven to 350F.
2. Chop the chocolate into small chunks.
3. Combine almond flour, baking soda and erythritol in one bowl.
4. Mix the eggs, stevia, and vinegar in another bowl.
5. Slowly add the dry ingredients to the wet while stirring together.
6. Once everything combined, fold the chocolate and walnuts into the mixture.
7. Spoon the mixture evenly into 6 cupcake liners that are inside a cupcake tray.
8. Bake for 15 minutes, or until they are golden brown on the top.
9. Let them cool for 15-20 minutes.

Walnut Chocolate Chunk Muffins	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Cup Almond Flour	480	42	18	9	9	18
2 Large Eggs	140	12	1,4	0	1,4	12
1 Cup Walnuts	654	65	14	7	7	15
4 Squares 99% Cocoa	42	4	2	1	1	1
Totals	1316	123	35,4	17	18,4	46

LUNCH



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CHILI LIME SHRIMP

Ingredients:

Juice of 1 Lime
Zest of 1 Lime
1 Tbsp. Chili Powder

This makes 3 servings.

Each serving is:

0,3 Fats (g)
1,7 Net Carbs (g)
48,3 Protein (g)

Instructions:

1. Defrost the shrimp if you're using frozen. De-tail and de-vein them.
2. Zest 1 whole lime.
3. Use about 2-3 Tbsp. Olive Oil to grease a foiled baking sheet.
4. Lay the shrimp on the baking sheet and preheat the oven to 350F.
5. Measure out 1 Tbsp. Chili Powder.
6. Carefully season every shrimp with chili powder and lime zest. Squeeze the lime juice over the shrimp, once seasoned.
7. Bake in the oven for 12 minutes.

Chili Lime Shrimp	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
24 Oz. Shrimp	640	0	0	0	0	144
Juice of 1 Lime	11	0	4	0	4	0
Zest of 1 Lime	8	0	0	0	0	0
1 Tbsp. Chili Powder	24	1	4	3	1	1
Totals	683	1	8	3	5	145



PB&J SANDWICH

Ingredients:

Bread:

1 tbsp. Butter
1 Large Egg
1/4 tsp. Baking Powder
2 tbsp. Almond Flour
1 tbsp. Flax Seed Meal
1/4 tsp. Apple Cider Vinegar
2 Drops Stevia

Filling:

1 tbsp. Polaner's Raspberry
Fruit Preserve
1 tbsp. Macadamia Nut butter

Instructions:

1. Mix all ingredients except nut butter and fruit preserves in a mug.
2. Microwave bread for 75 seconds.
3. Lightly slam mug over cutting board or plate to dislodge the bread.
4. Slice bread in half and apply macadamia nut butter and fruit preserves.

This makes 1 serving.

Each serving is:

36 Fats (g)
5 Net Carbs (g)
5 Protein (g)

Quick PB&J Sandwich	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 tbsp. Butter	100	11	0	0	0	
1 Large Egg	70	6	0,7	0	0,7	0
1/4 tsp. Baking Powder	1	0	0,3	0	0,3	0
2 tbsp. Almond Flour	60	5	2	1	1	2
1 tbsp. Flax Seed Meal	30	2	2	2	0	2
1 tbsp. Raspberry Preserve	10	0	5	3	2	0
1 tbsp. Macadamia Nut butter	110	12	2	1	1	1
Totals	381	36	12	7	5	5



PIZZA MUFFINS

Ingredients:

1 Cup Shredded Mozzarella
 2/3 Cup Bacon
 1/3 Cup Flax Seed Meal
 1/4 Cup Grated Parmesan
 4 Large Eggs, beaten
 3 tbsp. Almond Flour
 1 Tbsp. Bacon Fat
 1 tsp. Oregano
 1 tsp. Minced Garlic
 3/4 tsp. Baking Powder
 1/2 tsp. Kosher Salt
 1/2 tsp. Mrs. Dash Table Blend
 1/4 tsp. Red Pepper Flakes

Instructions:

1. Cook 5 slices of bacon, cut into pieces. Set aside.
2. Preheat oven to 375F.
3. Measure out the flax, almond flour, and other spices into a mixing bowl.
4. Add the egg, mozzarella cheese, and bacon to the mixture and whisk it well.
5. Distribute the mixture to 6 holes in a cupcake tin.
6. Bake for 20 minutes.

This makes 6 servings.

Each serving is:

16,8 Fats (g)
 1,9 Net Carbs (g)
 14,3 Protein (g)

Pizza Muffins	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Cup Shredded Mozzarella	360	24	4	0	4	28
2/3 Cup Bacon	200	15	0	0	0	15
1/3 Cup Flax Seed Meal	160	12	11	11	0	8
1/4 Cup Grated Parmesan	83	5	1	0	1	8
4 Large Eggs, beaten	280	24	2,8	0	2,8	24
3 tbsp. Almond Flour	90	8	3	2	1	3
1 Tbsp. Bacon Fat	116	13	0	0	0	0
1 tsp. Oregano	3	0	1	1	0	0
1 tsp. Minced Garlic	5	0	1	0	1	0
3/4 tsp. Baking Powder	2	0	0,9	0	0,9	0
1/2 tsp. Mrs. Dash Table Blend	5	0	0,5	0	0,5	0
1/4 tsp. Red Pepper Flakes	1	0	0	0	0	0
Totals	1305	101	25,2	14	11,2	86



BROCCOLI & CAULIFLOWER SALAD

Ingredients:

1 Head Broccoli, Chopped
 1 Head Cauliflower, Chopped
 3/4 lb. Bacon, Baked and Crumbled (About 8 Slices)
 1/2 Cup Shredded Cheddar Cheese
 1/2 cup Mayonnaise
 1/3 Cup Water
 2 Tbsp. Softened Butter
 2 Tbsp. Salsa
 1/2 tsp. Salt
 1/2 tsp. Pepper

This makes 4 servings.

Each serving is:

38,3 Fats (g)
 6,0 Net Carbs (g)
 14,8 Protein (g)

Instructions:

1. Cook the bacon in the oven by adding 1/3 Cup water on top of it. Bake at 400 for 35 minutes.
2. While the bacon is cooking, chop the cauliflower and broccoli into florets.
3. In a Ziploc bag, measure out the cauliflower and 1/2 of the broccoli. Add the bacon fat, salt and pepper to the bag and shake well.
4. Lay the broccoli and cauliflower on a baking sheet and bake for 20-25 minutes until crisp.
5. Once the broccoli and cauliflower is out of the oven, put them into a large bowl.
6. Add the mayonnaise, butter, salsa and raw broccoli to the mixture and mix it well.
7. Chop up the cooked bacon and mix into the salad. Add cheddar cheese as garnish.

Roasted Broccoli & Cauliflower Bacon Salad

	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Head Broccoli	103	1	20	8	12	9
1/2 Head Cauliflower	72	0	15	7	8	6
3/4 lb. Bacon	400	30	0	0	0	30
1/2 Cup Shredded Cheddar	180	20	2	0	2	14
1/2 cup Mayonnaise	720	80	0	0	0	0
2 Tbsp. Softened Butter	200	22	0	0	0	0
2 Tbsp. Salsa	10	0	2	0	2	0
Totals	1685	153	39	15	24	59



STUFFED MUSHROOMS

Ingredients:

3 Slices Bacon
 1/2 Red Bell Pepper
 8oz Shredded Chicken
 16-20 Bella Mushrooms
 6 Oz. Cream Cheese
 1/4 Cup Grated Parmesan
 Cheese
 1 tsp. Minced Garlic
 Salt and Pepper

This makes 4 servings.

Each serving is:

29,5 Fats (g)
 4,8 Net Carbs (g)
 26,0 Protein (g)

Instructions:

1. Cook 3 slices of chopped bacon in a pan on the stove.
2. While the bacon is cooking, dice the red bell pepper and remove the stems from the mushrooms.
3. Once the bacon is finished, add the bacon, chicken, parmesan cheese, cream cheese, butter, mushroom stems, and spices to the food processor.
4. Pulse the mixture until everything becomes a paste, and then add the red bell peppers.
5. Preheat the oven to 350F.
6. On a baking sheet, lay the mushroom caps out.
7. Fill each one generously with the mixture you created.
8. Bake for 20 minutes and then broil for an additional 3-5 minutes, until the topping is browned.

Chicken & Bacon Stuffed Mushrooms

	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
3 Slices Bacon	126	10	0	0	0	9
1 Tbsp. Bacon Fat	116	13	0	0	0	0
2 Tbsp. Butter	200	22	0	0	0	0
1/2 Red Bell Pepper	12	0	3	1	2	0
8oz Shredded Chicken	350	8	0	0	0	60
16-20 Bella Mushrooms	100	0	15	5	10	15
6 oz Cream Cheese	600	60	6	0	6	12
1/4 Cup Grated Parmesan Cheese	83	5	1	0	1	8
Totals	1587	118	25	6	19	104

DINNER



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ASIAN STYLE MEATBALLS

Ingredients:

Meatballs:

1 lbs Ground Pork
2 Green Onions, thinly sliced
1 tsp. Garlic, minced
1/2 tsp. Minced Ginger
2 tsp. Soy Sauce
2 tsp. Sesame Oil
Juice in 1/2 Lime
2 tsp. Chili Paste
2 tsp. Erythritol
1 tbsp. Rice Wine Vinegar
1/4 Cup Pork Rinds
1 Large Egg, beaten

This makes 4 servings.
(6 Meatballs with Sauce)

Each serving is:
30.7 Fats (g)
3.8 Net Carbs (g)
30.7 Protein (g)

Sauce:

2 Tbsp. Sugar Free Ketchup
1 Tbsp. Chili Garlic Paste
1 Tbsp. Lime Juice
1 tsp. Sesame Oil
1 tsp. Rice Vinegar
1 1/2 tsp. Soy Sauce
1 tsp. Erythritol

Instructions:

1. Preheat oven to 400F.
2. Combine all meatball ingredients and mix well with your hands.
3. Form into 16-20 meatballs and place spread apart over a foiled baking sheet.
4. Bake for 12-15 minutes or until internal temperature reaches 165F.
5. While they are baking, combine all ingredients for the sauce and mix well.
6. When they come out of the oven, spoon a small amount of sauce over each meatball and garnish with spring onion.

ASIAN STYLE MEATBALLS

Sweet Chili Meatballs	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 lbs Ground Pork	930	65	0	0	0	80
2 Green Onions, thinly sliced	10	0	2	1	1	0
1 tsp. Garlic, minced	5	0	1	0	1	0
1/2 tsp. Minced Ginger	3	0	0,5	0	0,5	0
2 tsp. Soy Sauce	7	0	0	0	0	1
2 tsp. Sesame Oil	80	10	0	0	0	0
Juice in 1/2 Lime	5	0	3	0	3	0
2 tsp. Chili Garlic Paste	2	0	0,8	0	0,8	0
¼ Cup Pork Rinds	100	6	0	0	0	10
1 Large Egg, beaten	70	6	0,7	0	0,7	0
Totals	1212	87	8	1	7	91

Chili Lime Sauce	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Tbsp. Sugar Free Ketchup	10	0	2	0	2	0
1 Tbsp. Chili Garlic Paste	2	0	1,2	0	1,2	0
1 Tbsp. Lime Juice	4	0	1,25	0	1,25	0
1 tsp. Sesame Oil	40	5	0	0	0	0
1 1/2 tsp. Soy Sauce	5	0	0	0	0	1
Totals	61	5	4,45	0	4,45	1



BACON EXPLOSION

Ingredients:

10 slices bacon
 1/2 Pound Jimmy Dean Hot Sausage
 3 cups spinach
 3/4 - 1 Cup Cheddar Cheese
 Montreal Southwest Seasoning
 2 Tbsp. Salt (For Baking Pan)

This makes 3 servings.

Each serving is:

40,3 Fats (g)
 2,8 Net Carbs (g)
 29,3 Protein (g)

Instructions:

1. Preheat the oven to 375 Convection or 400 regular bake.
1. Create a 5x5 bacon weave.
2. Season the bacon weave well with your favorite seasonings.
3. Roll out 1/2 pound Jimmy Dean sausage on some foil into a square shape.
4. Transfer the sausage onto the bacon weave using the foil as a vessel.
5. Position the sausage well so that it's centered.
6. Add the cheese and spinach to the top of the sausage.
7. Transfer for the bacon roll onto a cooling rack inside a foiled baking pan.
7. Roll the bacon weave as tightly as possible. You can season the outside of the bacon weave if you want to at this point.
8. Bake for 50-60 minutes or until everything is well cooked inside.

Bacon Explosion	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
10 Slices Bacon	400	30	0	0	0	30
1/2 Pound Jimmy Dean Hot Sausage	600	51	3	0	3	27
3 Cups Spinach	21	0	3	2	1	3
1 Cup Cheddar Cheese	360	40	4	0	4	28
1 Tbsp. Southwest Seasoning	5	0	0,5	0	0,5	0
Totals	1386	121	10,5	2	8,5	88



CALZONE

Ingredients:

1/2 Cup Mozzarella
 1/4 Cup Almond Flour
 2 tbsp. Parmesan Cheese
 1/2 Large Egg
 1 tbsp. Cream Cheese
 3/4 tsp. Italian Seasoning
 pinch Salt

This makes 1 serving.

Each serving is:

48 Fats (g)
 7.8 Net Carbs (g)
 37.5 Protein (g)

Instructions:

1. Have 3 separate bowls ready. In one add the almond flour, Italian seasoning, salt, and parmesan cheese. In the other add the mozzarella cheese. In the third, have the egg and cream cheese.
2. Microwave the mozzarella for about 45-60 seconds for it to melt and bubble.
3. Mix the mozzarella into the almond flour and parmesan to create a dough.
4. Add the egg and and cream cheese, then mix well. You should have a very sticky dough ball at the end.
5. Set the oven to broil.
6. Lay the dough flat on a cookie sheet lined with a silpat. Pull it outward to create a pizza shape.
7. Broil on one side for 6 minutes.
8. Remove it from the oven and add extra mozzarella, tomato sauce, and pepperoni.
9. Fold it in half and broil it for 5 minutes.
10. Flip it over and broil for an additional 3-4 minutes.
11. Let cool and enjoy!

Calzone	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
3/4 Cup Mozzarella	270	18	3	0	3	21
1/4 Cup Almond Flour	120	11	5	2	3	5
2 tbsp. Parmesan Cheese	42	3	0	0	0	4
1/2 Large Egg	35	3	0,3	0	0,3	3
1 tbsp. Cream Cheese	50	5	0,5	0	0,5	0,5
2 Tbsp. Rao's Tomato Sauce	15	1	1	0	1	0
8 Slices Pepperoni	78	7	0	0	0	4
Totals	610	48	9,8	2	7,8	37,5



CAULIFLOWER BHAJI

Ingredients:

1 Head Cauliflower, riced
6 Slices Bacon
1/2 Onion
2 Cups Cheddar Cheese
1/3 Cup Parmesan Cheese
3 tbsp. Coconut Flour
1 tbsp. Curry Powder
1 tsp. Garlic, Minced
1/2 tsp. Cardamom
1/2 tsp. Turmeric
1/2 tsp. Coriander
1/4 tsp. Cayenne Pepper
2 tsp. Cumin
1 tsp. Smoked Paprika

Instructions:

1. Rice the cauliflower in a food processor.
2. Get as much excess moisture out of the cauliflower as possible, using either paper towels or cheese cloth.
3. Add all the spices to the cauliflower and mix well.
4. Dice 6 slices of bacon very small. Cook until it's crisp and remove from the pan.
5. In the same pan, fry the diced onion in the bacon fat.
6. Add the bacon, onion, coconut flour, and cheeses to the cauliflower and then mix well.
7. Add 1 scrambled egg to the mixture as a binder and mix everything well again.
8. Heat 2 Tbsp. coconut oil in a pan on medium-high heat.
9. Grab a small handful of the cauliflower mixture, form into patties and fry for 2-3 minutes on each side.
10. Rest on paper towels to cool, then serve.

CAULIFLOWER BHAJI

This makes 24 servings.

Each serving is:

5,4 Fats (g)

1,6 Net Carbs (g)

4,4 Protein (g)

Cauliflower Bhaji	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Head Cauliflower, Riced	146	1,6	28	12	16	11
6 Slices Bacon	253	19	0	0	0	18
1/2 Onion, Diced	23	0	6	1	5	1
2 Cups Cheddar Cheese	720	80	7	0	7	56
1/3 Cup Parmesan Cheese	110	7	1	0	1	10
3 tbsp. Coconut Flour	90	3	12	8	4	3
1 Tbsp. Bacon Fat	116	13	0	0	0	0
1 Large Egg	70	6	0,7	0	0,7	6
1 tbsp. Curry Powder	20	1	4	2	2	1
1 tsp. Garlic, Minced	5	0	1	0	1	0
1/3 tsp. Cardamom	2	0	0,3	0,3	0	0
1/2 tsp. Turmeric	4	0	0,5	0,5	0	0
1/2 tsp. Corriander	1	0	0	0	0	0
1/4 tsp. Cayenne Pepper	1	0	0	0	0	0
2 tsp. Cumin	8	0	1,5	0	1,5	0
1 tsp. Smoked Paprika	6	0	1	1	0	0
Totals	1575	130,6	63	24,8	38,2	106



COWBOY CHILI CASSEROLE

Ingredients:

1 lb. Ground Beef
1/2 lb. Ground Pork
1/2 Onion
1/2 Green Bell Pepper
1/4 Cup beef broth
3 tbsp. Organic Tomato Paste
1 tbsp. Olive Oil
2 tsp. Garlic
2 tsp. Chili Powder
1 tsp. Cumin
1 1/4 tsp. Oregano
1 tsp. Worcestershire
1 tsp. Salt
1 tsp. Pepper
1/2 tsp. Cayenne
1/2 tsp. Liquid smoke

Instructions:

1. Preheat the oven to 350F.
2. Season the ground beef and pork with salt and pepper. Put the ground beef and pork in a pan to brown.
3. As the beef and pork is cooking, dice up the onion and bell pepper.
4. As the beef cooks, tilt the pan and collect excess fat with a paper towel.
5. Once the beef and pork is browned, remove it and put it into a baking pan.
6. Start frying the onions, peppers, and garlic in the fat. Once finished, add them to the beef.
7. Add all the spices, tomato paste, and 1 cup of cheddar cheese to the meat.
8. Mix everything together well, and then add the other 1 cup of cheddar cheese to the top of the casserole.
9. Bake for 25-30 minutes until cheese on top is thoroughly melted.
10. You can broil the casserole for 3-5 minutes after if you wanted more crisped cheese.
11. Cut into 9 pieces and serve.

COWBOY CHILI CASSEROLE

This makes 4 servings.
Each serving is:
41 Fats (g)
6 Net Carbs (g)
46 Protein (g)

Cowboy Chili Casserole	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 lb. Ground Beef	708	37	0	0	0	88
2 Cups Cheddar Cheese	720	80	8	0	8	56
1/2 lb. Ground Pork	465	33	0	0	0	40
1 tbsp. Olive Oil	120	14	0	0	0	0
1/2 Onion	23	0	6	1	5	0
1/2 Green Bell Pepper	12	0	3	1	2	0
2 tsp. Garlic	10	0	2	0	2	0
1/4 Cup beef broth	6	0	0	0	0	0
3 tbsp. Organic Tomato Paste	38	0	8	3	5	0
2 tsp. Chili Powder	16	0	2	2	0	0
1 tsp. Cumin	8	0	1	0	1	0
1 1/4 tsp. Oregano	4	0	1	1	0	0
1 tsp. Worcestershire	5	0	1	0	1	0
1/2 tsp. Cayenne	3	0	0	0	0	0
1/2 tsp. Liquid smoke	0	0	0	0	0	0
Totals	2138	164	32	8	24	184



CRISPY FRIED WAHOO

Ingredients:

3 Wahoo Filets
1 Large Egg
1/4 Cup Crushed Pork Rinds
2 Tbsp. Almond Flour
1 Tbsp. Coconut Oil
1/2 tsp. Paprika
1/4 tsp. Cayenne
1/4 tsp. Oregano

Sauce:

2 Tbsp. Dijon Mustard
1 Tbsp. Mayonnaise
1/2 Tbsp. Heavy Cream

Instructions:

1. Add about 1 cup of pork rinds to the food processor and grind them down.
2. In a bowl, mix the pork rinds, almond flour, and spices.
3. Get a second bowl and crack 1 egg into it. Whisk it well.
4. Cut small filets of fish (about 3/4" thick) from the main filet.
5. Dip the fish in the egg batter, then in the dry mix. Make sure it gets coated on all sides.
6. In a pan, heat the coconut oil on medium-high.
7. Once the pan is hot, add the fish. You want an instant sizzle to make sure it seals the edges.
8. Fry on one side for 1 1/2 minutes, then on the other for 1 minute.
9. Remove from pan and let rest.
10. Mix together the Dijon mustard, mayonnaise, and heavy cream for the sauce.
11. Server fish with Dijon cream sauce and some chili paste.

CRISPY FRIED WAHOO

This makes 1 serving. (with sauce)

Each serving is:

56.5 Fats (g)

1.7 Net Carbs (g)

81 Protein (g)

Crispy Fried Wahoo	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
3 Wahoo Filets	357	30	0	0	0	66
1 Large Egg (To dip)	35	3	0,3	0	0,3	3
1/4 Cup Crushed Pork Rinds	100	6	0	0	0	10
2 Tbsp. Almond Flour	60	5	2	1	1	2
1/2 tsp. Paprika	3	0	1	1	0	0
1/4 tsp. Cayenne	2	0	0	0	0	0
1/4 tsp. Oregano	2	0	0	0	0	0
Totals	559	44	3,3	2	1,3	81

Dijon Cream Sauce	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Tbsp. Dijon Mustard	30	0	0	0	0	0
1 Tbsp. Mayonnaise	90	10	0	0	0	0
1/2 Tbsp. Heavy Cream	25	2,5	0,4	0	0,4	0
Totals	145	12,5	0,4	0	0,4	0
Totals Together	704	56,5	3,7	2	1,7	81



KETO BEEF STEW

Ingredients:

2 lbs. Stew Meat
3 Cups Beef Stock
4 Oz. Tomato Paste (1/3 cup or so)
2 Tbsp. Coconut Oil
1 tbsp. Butter
1 Medium Onion
1 tbsp. Minced Garlic
2 tsp. Worcestershire
1 tsp. Fish Sauce
1 tsp. Soy Sauce
Pinch Salt
Pinch Pepper

This makes 5 servings.

Each serving is:

21 Fats (g)
4,2 Net Carbs (g)
61 Protein (g)

Instructions:

1. Dice the onions and garlic, measure out the tomato paste, and cube the stew meat into about 1" cubes.
2. In a pan, heat 2 Tbsp. Coconut Oil. Once it's hot add the butter.
3. Let the butter sizzle for about 20 seconds, then add the beef. Don't overcrowd your pan.
4. Cook the beef well on all sides until it's deeply browned. Remove and continue cooking all the beef until it's all finished.
5. With the leftover fat in the pan, add the onions and garlic to the pan. Let their juices deglaze the stuck on bits.
6. Once the onions are cooked, add the tomato paste and cook it into the onions for about a minute.
7. Add all the rest of the ingredients, including the beef and its juices.
8. Bring this to a direct boil, then turn to low and simmer for 2 hours.
9. After 2 hours, remove the lid and simmer for 30-45 minutes for the sauce to reduce.

Keto Beef Stew	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 lbs. Stew Meat	1664	64	0	0	0	288
3 Cups Beef Stock	75	2	0	0	0	12
4 Oz. Tomato Paste	67	0	13	5	8	3
2 Tbsp. Coconut Oil	240	28	0	0	0	0
1 tbsp. Butter	100	11	0	0	0	0
1 Medium Onion	46	0	11	2	9	1
1 tbsp. Minced Garlic	15	0	3	1	2	0
2 tsp. Worcestershire	10	0	2	0	2	0
1 tsp. Fish Sauce	4	0	0	0	0	0
1 tsp. Soy Sauce	3	0	0	0	0	1
Totals	2224	105	29	8	21	305



EXOTIC MOJITO CHICKEN

Ingredients:

1/4 Cup Olive Oil
 1/2 Chopped Onion
 1 tbsp. Kosher Salt
 1 tbsp. Black Pepper
 1 tbsp. Chopped Fresh Mint
 2 tsp. Minced Garlic
 2 tsp. Ground Cumin
 2 tsp. Dried Oregano
 Zest of 1 Lime
 Juice of 1 Lime
 Zest of 1 Orange
 Juice of 1 Orange

This makes 3 servings.

Each serving is:

29.7 Fats (g)
 7.3 Net Carbs (g)
 42.0 Protein (g)

Without Extra Sauce

29,7 Fats (g)
 3,4 Net Carbs (g)
 42 Protein (g)

Instructions:

1. Dice the mint and onion fine.
2. Prep the bone-in chicken breasts by cutting off any extra grit, then put them in a Ziploc bag.
3. Add all the oil, spices, juices, and zest to the bag. Make sure that all of the chicken is coated on both sides.
4. Put the bag in the fridge to marinate for 3-12 hours.
5. Preheat the oven to 375F.
6. Remove the chicken from the bag and lay it out in a baking pan. You can keep the excess juice inside the bag or add it on the chicken.
7. Bake at 375 for 15 minutes, then turn the oven to 400F and continue baking for 25 minutes.
8. When the chicken is done, broil it for 5 minutes to make the skin crisp.
9. Serve without extra juice.

Exotic Mojito Chicken	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
3 Bone-In Chicken Breast	828	33	0	0	0	125
1/4 Cup Olive Oil	480	56	0	0	0	0
1/2 Chopped Onion	23	0	6	1	5	1
1 tbsp. Chopped Fresh Mint	3	0	0	0	0	0
2 tsp. Minced Garlic	10	0	2	0	2	0
2 tsp. Ground Cumin	16	0	2	0	2	0
2 tsp. Dried Oregano	6	0	1	1	0	0
Zest of 1 Lime	8	0	0	0	0	0
Juice of 1 Lime	11	0	4	0	4	0
Zest of 1 Orange	10	0	2	2	0	0
Juice of 1 Orange	39	0	9	0	9	0
Totals	1434	89	26	4	22	126



ORANGE CHICKEN

Ingredients:

5 Chicken Breasts, Cubed
1/4 Cup Crushed BBQ Pork Rinds
1/4 Cup Almond Flour

3 tbsp. Orange Juice
1 tbsp. Fish Sauce
2 tbsp. Soy Sauce
1 tbsp. Rice Vinegar
3 tbsp. Sugar Free Ketchup
1/3 tsp. Orange Extract
1/4 tsp. Xanthan Gum
7 Drops Liquid Stevia

This makes 3 servings.

Each serving is:

11,7 Fats (g)
3,7 Net Carbs (g)
61,3 Protein (g)

Instructions:

1. Clean the chicken breasts off and cube them. Set aside for later.
2. Prep the orange by zesting it completely then running the juice through a strainer. Measure out 3 Tbsp. Orange Juice.
3. In a ramekin or small mixing bowl, combine all the ingredients for the sauce. Mix well until the xanthan gum is completely dissolved.
4. Crush the pork rinds and mix with the almond flour.
5. In a container, whisk 2 eggs well.
6. Dip all the chicken into the egg first, then the almond flour and pork rinds. Make sure every piece is coated.
7. Heat 2 Tbsp. Coconut Oil in a pan on medium-high heat.
8. When the pan is hot, add the chicken. Don't overcrowd the pan, do this in batches.
9. Cook the chicken until it's browned on all sides. Remove and cool on a paper towel.
10. When serving, add the sauce onto the chicken. Garnish with extra lemon zest and red pepper flakes.

Orange Chicken with a Kick	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
5 Chicken Breasts, Cubed	980	18	0	0	0	161
1/4 Cup Crushed BBQ Pork Rinds	100	6	0	0	0	10
1/4 Cup Almond Flour	120	11	5	2	3	5
3 tbsp. Orange Juice	21	0	5	0	5	0
1 tbsp. Fish Sauce	15	0	0	0	0	4
2 tbsp. Soy Sauce	20	0	0	0	0	4
3 tbsp. Sugar Free Ketchup	15	0	3	0	3	0
1/3 tsp. Orange Extract	5	0	0	0	0	0
1/4 tsp. Xanthan Gum	3	0	1	1	0	0
Totals	1279	35	14	3	11	184



SEARED AHI TUNA FILETS

Ingredients:

2 Ahi Tuna Filets
1/4 Cup Soy Sauce
2 tsp. Salt
2 tsp. Chili Powder

2 Tbsp. Soy Sauce
1 1/2 tsp. Chili Paste
Squeeze Lime Juice

This makes 3 servings.
Each serving is:
2,0 Fats (g)
0,4 Net Carbs (g)
88,3 Protein (g)

Instructions:

1. Pour the soy sauce over the tuna steaks. Lightly rub it into the skin.
2. Turn the steaks over and do the same.
3. Lightly season each steak on both sides by adding salt and chili powder.
4. Turn the grill to medium-high heat.
5. Once the grill is hot enough, add the steaks and cook for 3 minutes on one side.
6. Flip it and cook for an additional 2 minutes.
7. Turn the fish 90 degrees to get a cross pattern. Cook for 1 more minute.
8. Flip the fish and cook for an additional 1 minute.
9. Mix together the ingredients for the sauce and slice thin.

Seared Ahi Tuna Filets	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Ahi Tuna Filets	1116	5	0	0	0	252
1/4 Cup Soy Sauce	40	0	0	0	0	8
2 tsp. Salt	0	0	0	0	0	0
2 tsp. Chili Powder	16	1	3	2	1	1
Totals	1172	6	3	2	1	261

Chili Lime Sauce	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Tbsp. Soy Sauce	20	0	0	0	0	4
1 1/2 tsp. Chili Paste	4	0	0,2	0	0,2	0
Squeeze Lime Juice	1	0	0	0	0	0
Sauce Totals	25	0	0,2	0	0,2	4
Totals Together	1197	6	3,2	2	1,2	265

DESSERT



CHOCOLATE CAKE IN-A-MUG

Ingredients:

1 Large Egg
2 Tbsp. Salted Butter
3 Tbsp. Almond Flour
2 Tbsp. Unsweetened Cocoa Powder
1 Tbsp. Erythritol or Splenda
1/4 tsp. Vanilla Extract
1/2 tsp. Baking Powder
1/4 tsp. Apple Cider Vinegar
4 Drops Stevia

Peanut Butter Filling:

2 Tbsp. Peanut Butter
2 Tbsp. Butter
1 Tbsp. Heavy Cream

Garnish:

2 Tbsp. Heavy cream (for over the top)
2 Tbsp. Roasted Almonds

Instructions:

1. Melt the butter in the microwave for 25 seconds.
2. Add the rest of the ingredients and mix well.
3. Microwave for 60-75 seconds.
4. Lightly slam the mug upside down onto a plate or cutting board.
5. Whip the peanut butter, butter, and heavy cream together to form the filling.
6. Slice the cake in half (horizontally) and add the filling. Replace top of cake.
7. Add remaining heavy cream over cake. Slice in half (vertically).
8. Garnish with roasted almonds.

This makes 2 servings.

Each serving is:

51 Fats (g)
5 Net Carbs (g)
11 Protein (g)

Chocolate Cake In-a-Mug	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Large Egg	70	6	0,7	0	0,7	6
4 Tbsp. Salted Butter	400	44	0	0	0	0
3 Tbsp. Almond Flour	90	8	3	2	1	3
2 Tbsp. Unsweetened Cocoa Powder	20	1	6	4	2	2
1/2 tsp. Baking Powder	1	0	0,6	0	0,6	0
2 Tbsp. Peanut Butter	190	18	6	3	3	8
4 Tbsp. Heavy Cream	200	20	2,4	0	2,4	0
2 Tbsp. Roasted Almonds	70	4	2	1	1	2
Totals	1041	101	20,7	10	10,7	21



CHOCOLATE ALMOND BUTTER TRIANGLES

Ingredients:

1/2 Cup Almond Flour
1/4 Scoop Vanilla Casein
1/2 Scoop Chocolate Whey
1 Large Egg
10 Drops Stevia
1/2 tsp. Baking Powder

2 tbsp. Almond Butter
2 tbsp. Butter
1 tsp. Erythritol

This makes 9 servings.

Each serving is:

7,4 Fats (g)
1,2 Net Carbs (g)
4,6 Protein (g)

Instructions:

1. Mix together almond butter, butter, and powdered erythritol into a paste.
2. In a mixing bowl, combine almond flour, whey powder, and casein powder.
3. Add the egg and stevia to the mixture and stir well.
4. A very sticky dough should form, rip off pieces of form balls.
5. Press balls flat in your hands and then scoop about 2 tsp. filling into each circle.
7. Bring 3 edges of the dough together to form a triangular shape. Seal off the edges and leave a hole where all the sealed edges meet.
8. In a pan, heat 2 Tbsp. Coconut Oil.
9. Once the oil is hot, fry the dough until browned.
10. Remove to paper towels to cool.
11. Top with powdered erythritol as garnish.

Petite Almond Butter Turnovers	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/2 Cup Almond Flour	240	21	9	5	4	9
1/4 Scoop Vanilla	30	0,25	0,7	0	0,7	6
1/2 Scoop Chocolate	60	0,5	1,5	0	1,5	12
1 Large Egg	70	6	0,7	0	0,7	6
1/2 tsp. Baking Powder	1	0	0,6	0	0,6	0
2 tbsp. Almond Butter	190	17	6	3	3	8
2 tbsp. Butter	200	22	0	0	0	0
Totals	791	66,75	18,5	8	10,5	41



LEMON MOUSSE

Ingredients:

2 eggs
1 lemon juice
1/4 packet gelatin
2 tbsp. eryth
1/4 tsp. orange extract
1/2 cup heavy cream

This makes 2 servings.

Each serving is:

26,0 Fats (g)
3,9 Net Carbs (g)
7,0 Protein (g)

Instructions:

1. In 2 bowls, separate the egg whites and yolks.
2. In another bowl, measure out the heavy cream.
3. Combine egg yolks and erythritol into a consistent mixture.
4. On a double boiler, bring the juice of 1 lemon and orange extract to heat.
5. Aggressively whisk 1/4 packet of flavorless gelatin into the lemon juice.
6. Once the gelatin has disintegrated, slowly drip the egg yolks and erythritol into the lemon juice.
7. Remove from the heat and let cool for a moment.
8. Whip the heavy cream until stiff peaks form. Mix the egg yolk and lemon juice mixture into this lightly.
9. Whip the egg whites until stiff peaks form.
10. Add the egg whites to the heavy cream and egg yolks, fold this in until a light and airy mixture is formed.
11. Refrigerate covered for at least 3 hours.
12. Serve with garnish of mint and orange zest.

Lemon & Orange Mousse	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Large Eggs	140	12	1,4	0	1,4	12
1 Tbsp. Lemon Juice	4	0	1,3	0	1,3	0
1/4 Packet Gelatin	5	0	0	0	0	2
1/2 Cup Heavy Cream	400	40	5	0	5	0
Totals	549	52	7,7	0	7,7	14



MACADAMIA ICE CREAM

Ingredients:

1/4 cup macadamia nut butter
 2 tbsp. butter
 2 tbsp heavy cream
 2 tsp. Erythritol
 1 tsp Vanilla
 Shaved chocolate & mint for garnish

This makes 2 servings.
 Each serving is:
 39 Fats (g)
 1,75 Net Carbs (g)
 2 Protein (g)

Instructions:

1. Microwave the butter for 25 seconds until melted.
2. Add the macadamia nut butter, heavy cream, and 2 tsp. Erythritol to the butter.
3. Mix well and put in the freezer for 10 minutes.
4. Take out of the freezer and add the vanilla extract. Mix it together well and then return to the freezer for 20-30 more minutes.
5. Garnish with shaved chocolate and mint.

Macadamia Nut Ice Cream	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/4 Cup Macadamia Nut Butter	440	46	8	6	2	4
2 tbsp. Butter	200	22	0	0	0	0
2 tbsp. Heavy Cream	100	10	1,5	0	1,5	0
1 tsp Vanilla Extract	6	0	0	0	0	0
Totals	746	78	9,5	6	3,5	4



TRIPLE LAYER FAT BOMB

Ingredients:

1/4 Cup Peanut Butter
 1/4 Cup Almond Butter
 1/4 Cup Coconut Oil
 3 tbsp. Cocoa Powder
 10 Drops Stevia
 3 Oz. Cream Cheese
 1 Tbsp. Heavy Cream
 2 tbsp. Erythritol

This makes 24 servings.

Each serving is:

6,71 Fats (g)
 0,86 Net Carbs (g)
 1,50 Protein (g)

Instructions:

1. Have 3 bowls ready. Divide the cream cheese, peanut and almond butter, and coconut oil between the 3 bowls.
2. Add stevia and cocoa powder to the coconut oil and mix well.
3. Add erythritol to the cream cheese and mix well until smooth.
4. Mix the almond butter and peanut butter together into a smooth paste.
5. In a silicon tray, equally divide the peanut butter mixture.
6. On top of the peanut butter, equally distribute the cream cheese mixture.
7. Lastly on top of the cream cheese, layer the coconut oil and cocoa mixture.
8. Put in the freezer overnight and pop out of the mold.

Triple Layer Fat Bomb	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/4 Cup Peanut Butter	380	32	12	4	8	14
1/4 Cup Almond Butter	380	36	12	6	6	16
1/4 Cup Coconut Oil	480	56	0	0	0	0
3 tbsp. Cocoa Powder	30	2	9	6	3	0
1 Tbsp. Heavy Cream	50	5	0,7	0	0,7	0
3 Oz. Cream Cheese	300	30	3	0	3	6
Totals	1620	161	36,7	16	20,7	36

SIDES



BACON ROASTED BRUSSELS SPROUTS

Ingredients:

1 Pound Brussels Sprouts,
Halved
2 Tbsp. Bacon Fat
1 Tbsp. Minced Garlic
Salt + Pepper
Half lemon juice

This makes 4 servings.
Each serving is:
6,75 Fats (g)
7 Net Carbs (g)
3,75 Protein (g)

Instructions:

1. Prep the Brussels sprouts by cutting them all in half and cutting off their stem.
2. Preheat the oven to 400F.
3. Heat the bacon fat in a pan and then add the garlic. Let it cook for about 1 minute.
4. Add the Brussels sprouts to the pan and let cook for 2-3 minutes. Mix the garlic into the Brussels sprouts.
5. Add the salt, pepper, and juice from half a lemon.
6. Put them in the oven for 20 minutes total, mixing them 10 minutes in.

Bacon Roasted Brussels Sprouts	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Pound Brussels Sprouts	195	1	41	17	24	15
2 Tbsp. Bacon Fat	231	26	0	0	0	0
1 Tbsp. Minced Garlic	15	0	3	1	2	0
Half lemon juice	6	0	2	0	2	0
Totals	447	27	46	18	28	15



CAULIFLOWER FRIED RICE

Ingredients:

1/2 Head Cauliflower - riced/
raw/water pushed out
2 Slices Bacon, chopped
2 Large Eggs
2 tbsp. Sesame oil
1 tbsp. Bacon Fat
1/2 tsp Fish Sauce
1 tbsp. Soy Sauce
1/2 tsp. Minced Ginger
1 tsp. Minced garlic
1/2 - 1 tsp. Pepper

This makes 2 servings.

Each serving is:

29,4 Fats (g)

5,95 Net Carbs (g)

13 Protein (g)

Instructions:

1. Chop 1/2 head of cauliflower into florets and then rice it in the food processor.
2. Drain the cauliflower of water using a paper towel.
3. Cook the bacon in a pan and save the grease.
4. Add the cauliflower to the bacon grease and mix it in well.
5. Add the sesame oil, soy sauce, fish sauce, and ginger to the cauliflower. Mix in well.
6. Move the cauliflower to one side of the pan and add the garlic to caramelize.
7. Mix the cauliflower and garlic to the side of one pan, then add the whisked eggs.
8. Let the eggs cook into an omelet, break them up, and mix with the cauliflower rice.
9. Add the bacon and mix well.

Cauliflower Fried Rice	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/2 Head Cauliflower	73	0,8	14,5	6	8,5	5,5
2 Slices Bacon, chopped	80	6	0	0	0	6
2 Large Eggs	140	12	1,4	0	1,4	12
2 tbsp. Sesame oil	240	27	0	0	0	0
1 tbsp. Bacon Fat	116	13	0	0	0	0
1/2 tsp Fish Sauce	2	0	0	0	0	0,5
1 tbsp. Soy Sauce	10	0	0	0	0	2
1/2 tsp. Minced Ginger	5	0	1	0	1	0
1 tsp. Minced garlic	5	0	1	0	1	0
Totals	671	58,8	17,9	6	11,9	26



CAULIFLOWER HUMMUS

Ingredients:

1/2 Head Cauliflower
 3 Tbsp. Olive Oil
 1 tbsp. Almond Butter
 1 tsp. Minced Garlic
 1 tbsp. Lemon Juice
 1/2 tsp. Paprika
 1/4 tsp. Cayenne Pepper

This makes 2 servings.

Each serving is:

25,9 Fats (g)
 5,8 Net Carbs (g)
 4,8 Protein (g)

Instructions:

1. Cut the cauliflower into florets and set on a baking sheet.
2. Drizzle olive oil over the cauliflower florets and bake at 435F for 30 minutes.
3. The cauliflower should be browned once it comes out the oven. Add the florets to the food processor.
4. Add the almond butter, garlic, lemon juice, paprika, and cayenne pepper to the food processor.
5. Pulse the cauliflower until you reach a consistency you want.

Cauliflower Hummus	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1/2 Head Cauliflower	73	0,8	14,5	6	8,5	5,5
3 Tbsp. Olive Oil	360	42	0	0	0	0
1 tbsp. Almond Butter	95	9	3	2	1	4
1 tsp. Minced Garlic	5	0	1	0	1	0
1 tbsp. Lemon Juice	4	0	1	0	1	0
1/2 tsp. Paprika	3	0	1	1	0	0
1/4 tsp. Cayenne Pepper	1	0	0	0	0	0
Totals	541	51,8	20,5	9	11,5	9,5



CREAMED SPINACH

Ingredients:

4 Cups Raw Spinach
 1/4 Cup Coconut Cream
 2 tbsp. Almond Flour
 2 tbsp. Toasted, Chopped Almonds
 1 tbsp. Salted Butter
 1 tsp. Minced Garlic
 1/4 tsp. Nutmeg
 Salt + Pepper to taste

This makes 2 servings.

Each serving is:

18 Fats (g)
 3,5 Net Carbs (g)
 5 Protein (g)

Instructions:

1. In a food processor, add the almonds and pulse them.
2. Toast the almonds in a pan on medium high heat until they become aromatic.
3. Remove the almonds and set aside.
4. In a pan, bring the coconut cream and butter up to heat.
5. Add all the spices and mix together.
6. Add the spinach and let it cook down, mixing the coconut milk mixture into the spinach.
7. Serve the spinach with the toasted almonds on top.

Coconut Creamed Spinach	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
4 Cups Raw Spinach	28	0	4	3	1	3
1/4 Cup Coconut Cream	128	12	3	0	3	2
2 tbsp. Almond Flour	60	5	2	1	1	2
2 tbsp. Chopped Almonds	90	8	3	2	1	3
1 tbsp. Salted Butter	100	11	0	0	0	0
1 tsp. Minced Garlic	5	0	1	0	1	0
1/4 tsp. Nutmeg	3	0	0	0	0	0
Totals	414	36	13	6	7	10



ROASTED BROCCOLI WITH CHEESE SAUCE

Ingredients:

Roasted Broccoli:

3 Cups Broccoli Florets
3 Tbsp. Olive Oil
Salt + Pepper

Cheese:

1 Cup Cheddar Cheese
1/2 Cup Heavy Cream
2 tsp. Dijon Mustard
1/4 tsp. Turmeric
2 tbsp. Salted Butter
1/4 tsp. Paprika

This makes 4 servings.

Each serving is:

36,0 Fats (g)
5,8 Net Carbs (g)
10,3 Protein (g)

Instructions:

1. In a Ziploc bag add 3 cups of broccoli florets, 3 Tbsp. Olive Oil, Salt and Pepper to taste.
2. Preheat the oven to 400F and shake the bag until all broccoli is covered in seasoning and oil.
3. Place the broccoli on a baking sheet, with the heads facing up.
4. Bake for 30-35 minutes until the broccoli heads are browned.
5. In a saucepan, add the heavy cream on medium-low heat.
6. Add the butter, spices, Dijon, and cheese to the pan and mix well.
7. Serve the cheese sauce on the side, or over the broccoli.

Roasted Broccoli and Cheese	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
5 Cups Broccoli Florets	133	0	27	13	14	13
1 Cup Cheddar Cheese	360	40	4	0	4	28
1/2 Cup Heavy Cream	400	40	5	0	5	0
3 Tbsp. Olive Oil	360	42	0	0	0	0
2 tsp. Dijon Mustard	10	0	0	0	0	0
1/4 tsp. Turmeric	2	0	0	0	0	0
2 tbsp. Salted Butter	200	22	0	0	0	0
1/4 tsp. Paprika	2	0	0	0	0	0
Totals	1467	144	36	13	23	41

SNACKS



CANDIED BACON

Ingredients:

- 6 Slices Bacon
- 2 Tbsp. Erythritol

This makes 6 servings.
Each serving is:
3 Fats (g)
0 Net Carbs (g)
3 Protein (g)

Instructions:

1. Preheat the oven to 350F
2. Foil a baking sheet and put a cooling rack on top of it.
3. Lay the bacon down on the cooling rack, sprinkling Erythritol over each side of the bacon.
4. Bake for 30-40 minutes.
5. Let cool, save for snacks!

Candied Bacon	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
6 Slices Bacon	240	18	0	0	0	18
Totals	240	18	0	0	0	18



CURRY ROASTED ALMONDS

Ingredients:

2 Cups Almonds
 1/2 Cup Walnuts
 1/2 Cup Pecans
 3 tbsp. Erythritol
 2 tbsp. Coconut Oil, Melted
 1 tbsp. Curry
 1 tsp. Salt
 1/2 tsp. Cumin
 1/2 tsp. Ginger
 1/2 tsp. Turmeric
 1/2 tsp. Coriander
 1/4 tsp. Cayenne Pepper

Instructions:

1. Preheat the oven to 325F.
2. In a large mixing bowl, combine all nuts with the spices and coconut oil.
3. Mix them well until all nuts are coated.
4. Bake for 20-25 minutes.

This makes 12 servings.

Each serving is:

20,8 Fats (g)
 1,5 Net Carbs (g)
 6,7 Protein (g)

Curry Roasted Trail Mix	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Cups Almonds	1680	144	40	32	8	64
1/2 Cup Walnuts	400	40	8	4	4	10
1/2 Cup Pecans	342	36	7	5	2	5
2 tbsp. Coconut Oil, Melted	240	28	0	0	0	0
1 tbsp. Curry Powder	20	1	4	2	2	1
1/2 tsp. Cumin	8	0	1	0	1	0
1/2 tsp. Ginger	3	0	0,5	0	0,5	0
1/2 tsp. Turmeric	4	0	0	0	0	0
1/2 tsp. Coriander	2	0	0	0	0	0
1/4 tsp. Cayenne Pepper	1	0	0	0	0	0
Totals	2700	249	60,5	43	17,5	80



FLAX CHIPS

Ingredients:

1 Cup Flax Seed Meal
 1/3 Cup Parmesan Cheese
 1/2 Cup Water
 1/2 tsp. Salt
 2 tsp. Red Pepper Flakes
 2 tsp. Dried Rosemary

This makes 24 servings.

Each serving is:

1,79 Fats (g)
 0,06 Net Carbs (g)
 1,42 Protein (g)

Instructions:

1. Preheat oven to 400F.
2. Mix all ingredients in a mixing bowl until well combined.
3. Spread your dough onto a baking sheet and cut into squares.
4. Bake for 20 minutes or until crisp.

Crunchy Flax Chips	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Cup Flax Seed Meal	480	36	32	32	0	24
1/3 Cup Parmesan Cheese	110	7	1	0	1	10
2 tsp. Red Pepper Flakes	3	0	0	0	0	0
2 tsp. Dried Rosemary	8	0	2	1,5	0,5	0
Totals	601	43	35	33,5	1,5	34



STUFFED CUCUMBERS

Ingredients:

1 Cucumber, peeled and sliced in 1 inch rounds
 4 Oz. Cream Cheese
 2 Slices Bacon
 3 tbsp. Fresh Dill (1 tbsp. Garnish)
 1/2 tsp. Minced Garlic
 1/4 tsp. Black Pepper
 Pinch Kosher Salt
 Juice of 1/2 Lemon
 Zest of 1/4 Lemon

Instructions:

1. Cook 2 slices of bacon in a pan so that it becomes crisp. Set it aside on paper towels to cool.
2. Peel the cucumber so that it has a zebra type pattern on it.
3. Cut the cucumber into 1" slices. Scoop holes out of the center of each piece with a spoon.
4. Mix together the cream cheese and spices.
5. Spoon the mixture into the holes of the cucumber.
6. Garnish with small pieces of bacon and extra dill.

This makes 11 servings.

Each serving is:

4,2 Fats (g)
 1,3 Net Carbs (g)
 0,7 Protein (g)

Refreshing Stuffed Cucumbers	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
1 Seedless Cucumber	45	0	10	2	8	2
4 Oz. Cream Cheese	400	40	4	0	4	0
2 Slices Bacon	84	6	0	0	0	6
3 tbsp. Fresh Dill	4	0	0	0	0	0
1/2 tsp. Minced Garlic	3	0	0,5	0	0,5	0
Juice of 1/2 Lemon	6	0	2	0	2	0
Zest of 1/4 Lemon	2	0	1	1	0	0
Totals	544	46	17,5	3	14,5	8



VANILLA CINNAMON ALMOND BUTTER

Ingredients:

2 Cups Raw Almonds
1 tbsp. Coconut Oil
3/4 tsp. Cinnamon
1 1/2 tsp. Pure Vanilla Extract
17 Drops Liquid Stevia
Pinch Salt

This makes 21 servings.

Each serving is:

7,5 Fats (g)
0,4 Net Carbs (g)
3,0 Protein (g)

Instructions:

1. Add the almonds to the food processor and process the nuts until they turn into a paste.
2. Scrape the edges of the food processor as the nuts rise up.
3. Continue processing them until they are a smooth paste.
4. Add the coconut oil, cinnamon, vanilla, stevia, and salt.
5. Pulse the mixture until desired consistency. Store in a mason jar.

Vanilla Cinnamon Almond Butter	Calories	Fats (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
2 Cups Raw Almonds	1680	144	40	32	8	64
1 tbsp. Coconut Oil	120	14	0	0	0	0
3/4 tsp. Cinnamon	5	0	1	1	0	0
1 1/2 tsp. Pure Vanilla Extract	6	0	0	0	0	0
Totals	1811	158	41	33	8	64

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