



# keto-fied!

comfort foods made low-carb

 ruled.me







# KETO-FIED! RECIPES

COMFORT FOODS MADE LOW CARB



Lunch  
**Red Pepper Bacon  
Mug Cake**

33



Dinner  
**Baked Asian Thighs**

34

36



Dinner  
**General Tso Chicken**

37

38



Dinner  
**Marinated Pork Chops**

39

40



Dinner  
**Teriyaki Meatballs**

41

42



Dinner  
**Slow Cooker Chili**

43

44



Dessert  
**Banana Chocolate  
Ice Cream**

45

47



Dessert  
**Caramel  
Coconut Macaroons**

48

49



Dessert  
**Coconut  
Almond Bars**

50

51



Dessert  
**Peanut Butter  
Jelly Bars**

52

53



Dessert  
**Raspberry Sandwich  
Cookies**

54

55

56

Lunch  
**Szechuan Chicken**



Dinner  
**Curry Rub Thighs**



Dinner  
**Keto Gumbo**



Dinner  
**Shrimp Alfredo**



Dinner  
**Shrimp Cauliflower Curry**



Dinner  
**Tex Mex Casserole**



Dessert  
**Bread Pudding**



Dessert  
**Chia Brownies**



Dessert  
**Coconut Cashew Bars**



Dessert  
**Pistachio Pumpkin  
Muffins**



Dessert  
**Raspberry Sandwich  
Cookies**



# WHAT IS A KETOGENIC DIET?

A keto diet is well-known for being a low carb diet, in which the body produces ketones in the liver to be used as energy. It's referred to by many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), and so on. Though some of these other "names" have different standards, we'll stick with the standards of keto.

When you eat something high in carbs, your body will produce glucose and insulin. Glucose is the easiest molecule for your body to convert and use as energy, so it will be chosen over any other energy source.

Insulin is produced to process the glucose in your bloodstream, by taking it around the body. Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy.

By lowering the intake of carbs, the body is induced into a state known as ketosis.

# WHAT IS KETOSIS?

Ketosis is an everyday process of the body, regardless of the number of carbs you eat. Your body can adapt very well, processing different types of nutrients into the fuels that it needs. Proteins, fats, and carbs can all be processed for use. Eating a low carb, high fat diet just ramps up this process, which is a normal and safe chemical reaction.

When you eat carbohydrate-based foods or excess amounts of protein, your body will break this down into sugar – known as glucose. Why? Glucose is needed in the creation of ATP (an energy molecule), which is a fuel that is needed for the daily activities and maintenance inside our bodies.

If you've ever used a calculator to determine your caloric needs, you will see that your body uses up quite a lot of calories. It's true, our bodies use up much of the nutrients we intake just to maintain itself on a daily basis. If you eat enough food, there will likely be excess glucose your body doesn't need.

There are two main things that happen to glucose if your body doesn't need it:

- Glycogenesis. Excess glucose will be converted to glycogen, and stored in your liver and muscles. Estimates show that only about half of your daily energy can be stored as glycogen.
- Lipogenesis. If there's already enough glycogen in your muscles and liver, any extra glucose will be converted into fats and stored.

So, what happens to you once your body has no more glucose or glycogen? Ketosis happens.

When your body has no access to food, like when you are sleeping, the body will burn fat and create molecules called ketones. This is what happens on a ketogenic diet - we burn fat for energy. We can thank our body's ability to switch metabolic pathways for that.

These ketones (acetoacetate) are created when the body breaks down fats, creating fatty acids, and burned off in the liver in a process called beta-oxidation. The end result of this process is the creation of 2 other ketones (BHB and acetone), which are used as fuel by the muscles and brain.

Although glucose is the main source of fuel for most people, these fatty acids (BHB and acetone) are used by the brain cells when carbohydrate or food intake is low. In simpler terms, since you have no more glucose or glycogen, ketosis kicks in and your body will use your stored/consumed fat as energy.

Ketosis is pretty amazing, and in fact, gets even better. Studies show that the body and brain actually prefer using ketones, being able to run 70% more efficiently than glucose. From an evolutionary standpoint, this makes perfect sense.



# HOW DOES IT WORK?

When fat is broken down by the liver, glycerol and fatty acid molecules are released. The fatty acid is broken down further, in a process called ketogenesis, and a ketone body called acetoacetate is produced.

Acetoacetate is then converted into 2 other types of ketone bodies:

- **Beta-hydroxybutyrate (BHB)** – After being keto-adapted for a while, your muscles will convert the acetoacetate into BHB as it's preferred by the brain for fuel.
- **Acetone** – Can sometimes be metabolized into glucose, but is mostly excreted as waste. This gives the distinct smelly breath that most ketogenic dieters know.

Over time, your body will expel fewer ketone bodies, and you may think that ketosis is slowing down. That's not the case, as your brain is burning the BHB as fuel, and your body is trying to give your brain as much efficient energy as possible.

# WHAT SHOULD YOU EAT?

To start a keto diet, you will want to plan ahead. Normally, anywhere between 20-30g of net carbs is recommended for every day dieting.

You might be asking, "What's a net carb?" It's simple, really! The net carbs are your total dietary carbohydrates, minus the total fiber. Let's say for example you want to eat some broccoli (1 cup).

- There are a total of 6g carbohydrates in 1 cup.
- There's also 2g of fiber in 1 cup.
- So, we take the 6g (total carbs) and subtract the 2g (dietary fiber).
- This will give us our net carbs of 4g.

# WHAT ARE THE BENEFITS?

- **Weight Loss.** As your body is burning fat as the main source of energy, you will essentially be using your fat stores as an energy source while in a fasting state.
- **Energy.** By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.
- **Cholesterol.** A keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup.
- **Blood Sugar.** Many studies show the decrease of LDL cholesterol over time and have shown to eliminate ailments such as type 2 diabetes.
- **Hunger.** Fat is naturally more satisfying and ends up leaving us in a satiated ("full") state for longer.
- **Skin.** Recent studies have shown a drop in acne lesions and skin inflammation over 12 weeks.

# TIPS BEFORE STARTING

Anyway, I think that's enough for a brief overview of the ketogenic diet! If you're interested in reading more, or find out more information about it, please feel free to visit my website: [www.ruled.me](http://www.ruled.me)

There are, however, a few other notes I want to hit on.

Some people don't believe in counting calories on a ketogenic diet, but I am one of the few that does. For most normal people, the amounts of fats and protein will be enough to naturally keep you satiated and naturally keep you in a calorie deficit. Though, the average American is not always normal. There's tons of hormone, endocrine, and deficiency problems that we need to take into account. That said, it doesn't always allow you to lose weight when you are consuming more than your own body is expending.

"Macros" is a shortened version of macronutrients. These are the "big 3" – fats, proteins, and carbs. You can use a calculator to find out how much or how little of each you need in order to attain your goals. You can find the calculator on my website: [www.ruled.me](http://www.ruled.me)

A lot of people take their macros as a "set in stone" type of thing. You shouldn't worry about hitting the mark every single day to the dot. If you're a few calories over some days, a few calories under on others – it's fine. Everything will even itself out in the end. It's all about a long term plan that can work for you, and not the other way around.

To increase calories, it's quite easy – increase the amounts of fat you eat. Olive oil, coconut oil, macadamia nuts, and butter are great ways to increase fats without getting too much of the other stuff in the way. Drizzle it on salads, slather it on vegetables, snack on it, do what you need to do to make it work in your favor!

To decrease calories, you will have to think about what you need. Most likely, you will need less protein as well. So, keep in mind the portions or sizes of meals. Decrease them as you need to, or see fit.

Last, but certainly not least, is sticking to the diet! Ketosis is a process that happens in your body. You can't just have "that one" cheat meal. If you do, it can hamper progress for up to a week before your body is back in ketosis and normally functioning again.

You want to keep your cheats to none. Be prepared, make sure you're eating what you need to be satiated ("full"), and make sure you're satisfied with what you're eating. If you have to force yourself to eat something, it will never work out in the end. This is just a guideline on how you can eat on a ketogenic diet, so you're very welcome to change up what kind of foods you eat!



# BASE RECIPES

**KETO-FIED!**  
COMFORT FOODS MADE LOW CARB

## BASE RECIPES

### Ingredients:

4 large Eggs, Separated  
1 tbsp. Maple Syrup  
2 1/2 tsp. Apple Cider Vinegar  
1/4 cup Almond Milk  
1/4 cup Coconut Flour  
1 tsp. Baking Soda  
1/2 tsp. Sea Salt  
1 1/2 cup Raw Cashews  
1 1/2 tbsp. Coconut Oil  
Butter (Greasing Bread Pan)

### TIP:

Placing the pan of water below the bread allows for more steam to be created, leaving the inside of the bread a whiter color.

**This makes 4 servings. Each serving:**

153.3 Calories - 12.32 Fats (g)

5.04 Net Carbs (g) - 6.2 Protein (g)

# BREAD

### Preparation:

1. Grind cashews and coconut oil in a food processor until cashew butter is formed. Scrape sides down as needed.
2. Line the bottom of a loaf pan with parchment paper. Coat all sides with butter.
3. Separate egg yolks from whites and set aside.
4. Place a small dish of water in the oven on the bottom rack. Preheat oven to 325F.

### Steps:

1. Beat together wet ingredients (cashew butter, egg yolks, maple syrup, vinegar, almond milk).
2. Beat egg whites until stiff peaks form in another bowl. Combine all dry ingredients (coconut flour, baking soda, sea salt) in another bowl.
3. Beat the dry ingredients into the wet ingredients until completely combined. Then, gently fold the egg whites into the dough until it's just mixed together.
4. Pour the batter into the bread pan and bake for 50 minutes.
5. Let the bread cool in the pan for 20 minutes before removing it. Once removed, let cool completely and tightly wrap in plastic wrap to store.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/2 cup Raw Cashews	960	72	48	6	42	30
4 Large Eggs	280	24	2.4	0	2.4	24
1 1/2 tbsp. Coconut Oil	180	21	0	0	0	0
1 tbsp. Maple Syrup	13	1.2	0	0	0	0
2 1/2 tsp. Apple Cider Vinegar	0	0	0	0	0	0
1/4 cup Almond Milk	8	1	0	0	0	0
1/4 cup Coconut Flour	90	4	22	16	6	8
1 tsp. Baking Soda	2	0	0	0	0	0
1/2 tsp. Salt	0	0	0	0	0	0
Totals	1533	123.2	72.4	22	50.4	62





### Ingredients:

3/4 cup Water  
1/4 cup Erythritol (Powdered)  
1 tbsp. Unsalted Butter  
2 1/4 tsp. Coconut Oil  
2 tsp. Maple Extract  
1/2 tsp. Vanilla Extract  
1/4 tsp. Xanthan Gum

### TIP:

Grinding the granulated erythritol in a spice grinder will give you powdered erythritol.

**This makes 4 servings. Each serving:**  
49.5 Calories - 5.3 Fats (g)  
0.0 Net Carbs (g) - 0.0 Protein (g)

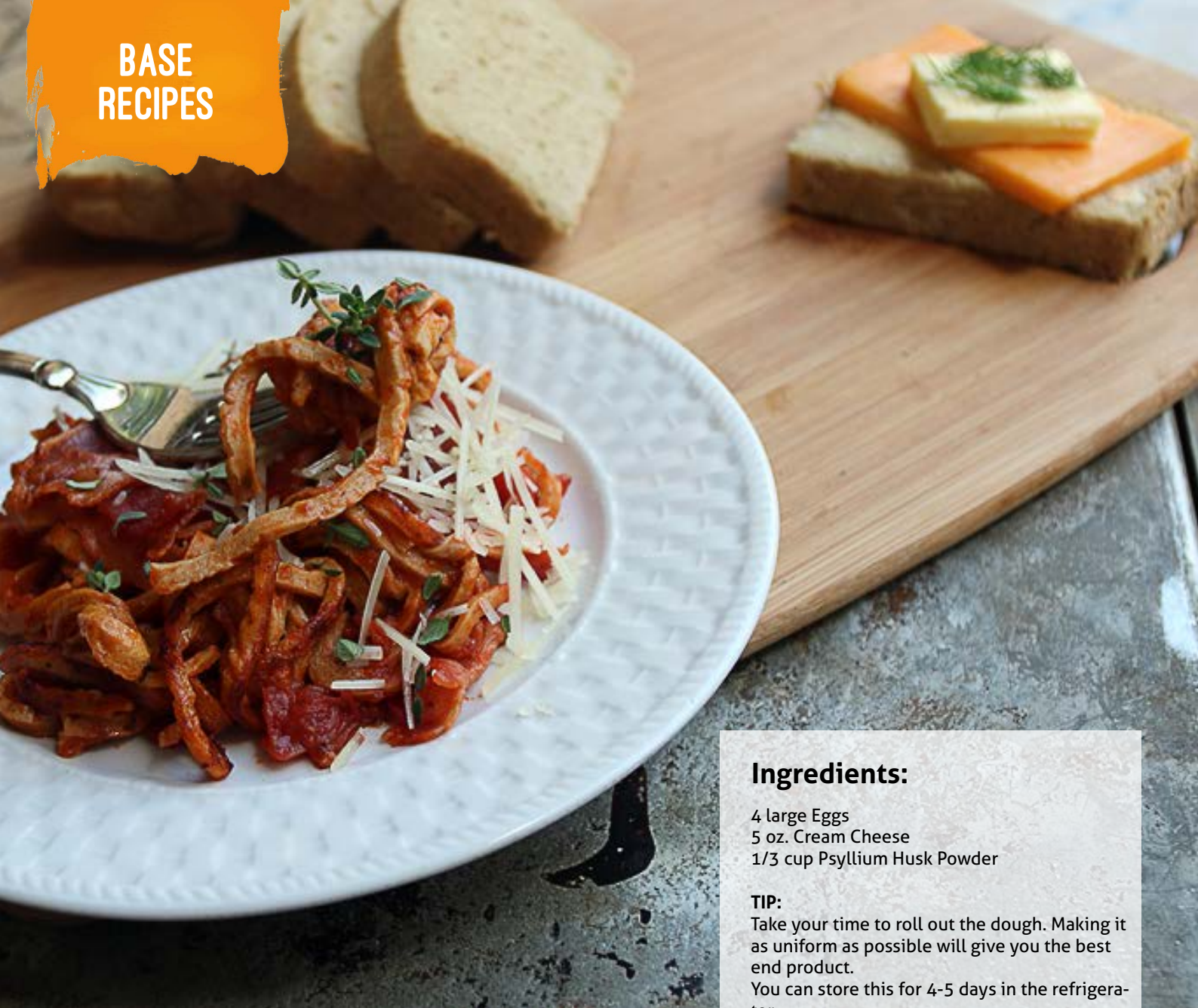
# MAPLE SYRUP

### Steps:

1. Heat butter in pan on low heat until browned.
2. Add coconut oil, maple extract, vanilla extract and powdered erythritol to the melted butter.
3. Mix thoroughly until everything is combined.
4. Add water to dilute the strong flavors and cook down on low heat for 3-4 minutes, stirring constantly.
5. Add xanthan gum and vigorously stir in until combined, slightly thickening the mixture.
6. Store in a bottle or container until ready to use.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3/4 cup Water	0	0	0	0	0	0
1 tbsp. Unsalted Butter	100	11	0	0	0	0
2 1/4 tsp. Coconut Oil	90	10	0	0	0	0
2 tsp. Maple Extract	4	0	0	0	0	0
1/2 tsp. Vanilla Extract	1	0	0	0	0	0
1/4 tsp. Xanthan Gum	3	0	0.5	0.5	0	0
Totals	198	21	0.5	0.5	0	0





### Ingredients:

4 large Eggs  
5 oz. Cream Cheese  
1/3 cup Psyllium Husk Powder

### TIP:

Take your time to roll out the dough. Making it as uniform as possible will give you the best end product.  
You can store this for 4-5 days in the refrigerator.

**This makes 4 servings. Each serving:**  
240.3 Calories - 14.8 Fats (g)  
3.4 Net Carbs (g) - 9.5 Protein (g)

# PASTA

## Preparation:

1. Bring cream cheese and eggs to room temperature.
2. Preheat oven to 300F.

## Steps:

1. Mix together all ingredients until a dough forms.
2. Between 2 pieces of parchment paper, roll the dough out to the size of a cookie sheet. The dough should be just under 1/8" thick.
3. Bake dough for 10 minutes, with the parchment paper on the top and bottom of it. Once done, remove parchment from the top and let cool.
4. Once completely cool, roll the dough tightly into a large log and use a sharp knife to cut thin strips.
5. Use as needed for pasta dishes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 large Eggs	280	24	2.4	0	2.4	28
5 oz. Cream Cheese	500	35	5	0	5	10
1/3 cup Psyllium Husk Powder	181	0	43	37	6	0
Totals	961	59	50.4	37	13.4	38

# BREAKFAST RECIPES

**KETO-FIED!**  
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## BREAKFAST RECIPES



### Ingredients:

10 slices Bacon, Chopped  
1/2 cup Almond Flour  
12 large Eggs  
200g Bella Mushrooms  
1 medium Green Pepper  
3 stalks Green Onion  
1 stalk Celery  
1/4 tsp. Xanthan Gum

### TIP:

Lightly coating the cupcake liners with cooking spray will help the eggs not stick to the liners.

**This makes 4 servings. Each serving:**

220.8 Calories - 16.7 Fats (g)

2.3 Net Carbs (g) - 16.0 Protein (g)

# BACON HASH MUFFINS

### Preparation:

1. Slice bacon into thin strips and fry them until crisp. Set aside on paper towels.
2. Chop mushrooms, pepper, onion, and celery into small pieces. Fry in extra bacon fat until soft.
3. Preheat oven to 350F

### Steps:

1. Mix all ingredients (EXCEPT eggs) together in a mixing bowl.
2. Line each mold in the cupcake tray with a cupcake liner. Distribute meat and vegetable mixture into each liner evenly.
3. Crack 1 egg on top of each muffin.
4. Put in the oven and bake for 25-28 minutes, or until egg is properly cooked.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
10 Slices Bacon, Chopped	1390	100	0	0	0	100
1/2 cup Almond Flour	320	28	12	6	6	12
12 Large Eggs	840	72	7.2	0	7.2	72
200g Bella Mushrooms	52	0	10	2	8	6
1 Medium Green Pepper	24	0	6	2	4	1
3 Stalks Green Onion	14	0	3	1	2	1
1 Stalk Celery	6	0	1	1	0	0
1/4 tsp. Xanthan Gum	3	0	0.5	0.5	0	0
Totals	2649	200	39.7	12.5	27.2	192





## Ingredients:

### Base – Dry Ingredients:

1/4 cup Coconut Flour  
1/2 cup Golden Flaxseed Meal  
1 tsp. Baking Powder  
1/8 tsp. Celtic Sea Salt  
3 tbsp. Erythritol

### Base – Wet Ingredients:

4 large Eggs  
2 tbsp. Coconut Oil  
1/2 Juice of Lime  
1/2 tsp. Vanilla  
1/2 cup Coconut Milk  
1/2 cup Blueberries  
10 drops Liquid Stevia  
Topping - Waffle  
3 tbsp. Maple Syrup  
1 tbsp. Butter

### TIP:

For the most bang for your buck, buy fresh berries in season and frozen berries the rest of the year.

### This makes 4 servings. Each serving:

220.8 Calories - 16.7 Fats (g)  
2.3 Net Carbs (g) - 16.3 Protein (g)

# BLUEBERRY LIME WAFFLES

## Preparation:

1. Bring eggs to room temperature by submerging in warm water for 5 minutes.
2. If using frozen blueberries, thaw out completely.

## Steps:

1. In a mixing bowl, mix together all wet ingredients.
2. In a separate mixing bowl, mix together all dry ingredients.
3. Sift dry ingredients into wet ingredients and mix together thoroughly until all clumps are gone.
4. Spray hot waffle iron with non-stick cooking spray, spread batter onto griddle and cook until finished.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/2 cup Golden Flaxseed	240	32	16	16	0	16
1/2 cup Coconut Milk	23	2	1	1	0	0
1/2 cup Blueberries	41	0	11	2	9	1
1/4 cup Coconut Flour	120	4	16	10	6	4
4 Large Eggs	280	24	2.4	0	2.4	24
3 tbsp. Maple Syrup	37	4	0	0	0	0
2 tbsp. Coconut Oil	240	28	0	0	0	0
1 tbsp. Butter	100	11	0	0	0	0
1 tsp. Baking Powder	2	0	1	0	1	0
1/2 tsp. Vanilla	2	0	0	0	0	0
1/8 tsp. Celtic Sea Salt	0	0	0	0	0	0
Juice of 1/2 Lime	5	0	2	0	2	0
Totals	1090	105	49.4	29	20.4	45



## Ingredients:

### Quiche Crust:

1 1/2 cup Almond Flour  
1/4 cup Olive Oil (+1 tsp. if needed)  
1 tsp. Dried Oregano  
1/4 tsp. Salt

### Quiche Filling:

6 large Eggs  
1 1/2 cups Cheddar Cheese  
1 medium Green Pepper  
6 slices Bacon  
1 tsp. Garlic  
1 tsp. Mrs. Dash Table Blend  
1/2 tsp. Pepper  
1/4 tsp. Salt

### TIP:

Add mushrooms, jalapeño, or chopped broccoli florets to this to give a new twist on flavors and textures!

### This makes 4 servings. Each serving:

331.3 Calories - 31.6 Fats (g)  
4.1 Net Carbs (g) - 11.3 Protein (g)

# CHEDDAR BACON QUICHE

## Preparation:

1. Preheat oven to 350F.
2. Chop bacon and add to a pan. Cook until crisp, then set aside.
3. In a mixing bowl, combine all crust ingredients.
4. "Knead" dough together into a ball, then spread dough out in a greased 11x7 casserole dish. Try to make it as even as possible, using your fingers to spread it out.
5. Bake crust for 20 minutes until slightly cooked. Remove from oven when finished.
6. Dice bell pepper into small chunks.

## Steps:

1. Once bacon is finished, sauté bell pepper and garlic until soft in bacon grease.
2. In a mixing bowl, combine all filling ingredients and mix well.
3. Pour egg mixture into semi-cooked crust and bake again for 15-18 minutes. Broil for 3-5 additional minutes for added color.
4. Let cool completely before removing from the casserole dish.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/2 cup Almond Flour	960	84	36	18	18	36
1/4 cup Olive Oil	480	54	0	0	0	0
6 large Eggs	420	36	3.6	0	3.6	36
1 1/2 cups Cheddar Cheese	500	60	5	0	5	0
1 medium Green Pepper	24	0	6	2	4	0
6 slices Bacon	255	19	0	0	0	18
1 tsp. Garlic	5	0	1	0	1	0
1 tsp. Mrs. Dash Table Blend	3	0	0.5	0	0.5	0
1 tsp. Dried Oregano	3	0	1	0.5	0.5	0
Totals	2650	253	53.1	20.5	32.6	90





### Ingredients:

1/4 cup + 3 tbsp. Chia Seeds  
2 cups Unsweetened Coconut Milk  
2 tsp. Vanilla Extract  
2 tbsp. Maple Syrup  
2 tbsp. Crushed Almonds  
Zest of 1/4 Lemon  
1/2 cup Blackberries

**This makes 3 servings. Each serving:**  
299.7 Calories - 22.9 Fats (g)  
2.3 Net Carbs (g) - 12.7 Protein (g)

### TIP:

You must leave this in the fridge for at least a few hours to make sure the chia seeds absorb moisture and get soft.

# CHIA SEED PUDDING

## Preparation:

1. Mix together chia seeds, coconut milk, vanilla, and maple syrup in a bowl. Let sit in fridge for at least 3 hours.
2. In a pan, toast almonds on low heat for 10 minutes.
3. Separate berries, toasted almonds and lemon zest into 3 parts

## Steps:

1. Add half of each serving of berries to bottom of container.
2. Pour half of each serving of chia pudding on top of berries, lightly sprinkling half of each serving's lemon zest and toasted almonds.
3. Add berries as you please and continue pouring each serving of chia pudding out.
4. Top with any leftover berries, toasted almonds, and lemon zest.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/4 cup + 3 tbsp. Chia Seeds	660	50	55	55	0	33
2 cups Unsweetened Coconut Milk	90	9	4	2	2	0
2 tsp. Vanilla Extract	10	0	0	0	0	0
2 tbsp. Maple Syrup	25	2.7	0	0	0	0
2 tbsp. Toasted Almonds	80	7	2	0	2	4
Zest of 1/4 Lemon	3	0	1	1	0	0
1/2 cup Blackberries	31	0	7	4	3	1
Totals	899	68.7	69	62	7	38





## Ingredients:

### Base Ingredients:

3 cups Almond Flour  
1/2 tsp. Salt  
1/4 tsp. Baking Soda  
1/4 cup Coconut Oil  
2 tbsp. Maple Syrup  
2 large Eggs

### Filling:

1/4 cup Maple Syrup  
1/2 cup Crushed Pecans  
1 tbsp. Ground Cinnamon

### TIP:

Melted coconut butter with a small hint of sweetener and vanilla extract makes a great icing.

**This makes 6 servings. Each serving:**

502.2 Calories - 47.4 Fats (g)  
6.7 Net Carbs (g) - 14.7 Protein (g)

# CINNAMON ROLLS

## Preparation:

1. Grind 1/2 Heaped Cup of Pecans in a food processor until small pieces are formed.
2. Bring 2 eggs to room temperature by submerging them in warm water for 5 minutes.

## Steps:

1. Mix together base wet ingredients (coconut oil, maple syrup, eggs). Then pour base wet ingredients into base dry ingredients (almond flour, salt, baking soda).
2. Using your hand, "knead" the dough together until a solid ball is formed.
3. Between 2 pieces of parchment paper, roll dough out to the size of a cookie sheet. Take your time to ensure the dough is even.
4. Top dough with filling ingredients (maple syrup, ground pecans, ground cinnamon).
5. Carefully roll the dough into a log, refrigerate for 20 minutes.
6. Before taking the dough out of the fridge, preheat oven to 340F.
7. With a sharp knife, cut log into rolls to whichever size you'd like.
8. Place rolls flat on baking sheet and bake for 10-15 minutes, then broil for additional 2-3 minutes.
9. Let cool for 10 minutes, and serve.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 cups Almond Flour	1920	168	72	36	36	72
1/2 tsp. Salt	0	0	0	0	0	0
1/4 tsp. Baking Soda	1	0	0	0	0	0
1/4 cup Coconut Oil	480	56	0	0	0	0
1/4 cup + 2 tbsp. Maple Syrup	74	8.2	0	0	0	0
2 large Eggs	140	12	1.2	0	1.2	12
1/2 cup Crushed Pecans	380	40	8	6	2	4
1 tbsp. Ground Cinnamon	18	0	5	4	1	0
<b>Totals</b>	<b>3013</b>	<b>284.2</b>	<b>86.2</b>	<b>46</b>	<b>40.2</b>	<b>88</b>



### Ingredients:

1/2 cup Unsweetened Coconut Milk  
 1/4 cup Coconut Oil  
 1/4 cup Coconut Flour  
 1/4 cup Golden Flaxseed Meal  
 4 Chocoperfection Bars  
 (or 90% Dark Chocolate)  
 3 large Eggs  
 1 tsp. Vanilla Extract  
 1/2 tsp. Baking Powder  
 1/4 tsp. Salt

Makes 12 Silver Dollar Sized Pancakes

### TIP:

Not overcrowding the pan will help give these a crispier outside and a softer inside. Taking your time is important to achieve a perfect pancake.

### This makes 3 servings. Each serving:

372.0 Calories - 35.0 Fats (g)  
 4.2 Net Carbs (g) - 9.3 Protein (g)

# COCONUT CHOCOLATE PANCAKES

## Preparation:

1. Chop Chocoperfection (or Dark Chocolate) squares into small chunks.
2. Rub coconut oil around the entire surface of a cast iron skillet.

## Steps:

1. In a bowl, mix wet ingredients (coconut milk, coconut oil, eggs, vanilla) together well.
2. In a separate bowl, mix dry ingredients (coconut flour, golden flaxseed, baking powder, salt) together.
3. Add dry ingredients into the wet ingredients and mix well.
4. Chop chocolate into chunks. Add chocolate and mix again to form pancake batter.
5. Heat cast iron skillet to medium heat and wait for it to become hot.
6. Spoon pancake batter into pan forming silver dollar sized pancakes. Do this 3-4 at a time.
7. Cook batter until bubbles form on top and edges are firm.
8. Flip pancakes and continue cooking on the opposite side until lightly browned.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/2 cup Unsweetened Coconut Milk	23	2	1	1	0	0
1/4 cup Coconut Oil	480	56	0	0	0	0
1/4 cup Coconut Flour	120	4	16	10	6	4
1/4 cup Golden Flaxseed Meal	120	9	8	8	0	6
4 Chocoperfection Bars	156	16	16	12	4	0
3 large Eggs	210	18	1.8	0	1.8	18
1 tsp. Vanilla Extract	5	0	0	0	0	0
1/2 tsp. Baking Powder	2	0	0.7	0	0.7	0
1/4 tsp. Salt	0	0	0	0	0	0
Totals	1116	105	43.5	31	12.5	28





## Ingredients:

1 cup Blanched Almond Flour  
1/2 cup Unsweetened Shredded Coconut  
1/2 cup Pumpkin Seeds  
1/2 cup Pecans  
1/4 cup Coconut Oil  
1/4 cup Cashews  
1/4 cup Almonds  
3 tbsp. Maple Syrup  
1 tsp. Vanilla Extract  
1/4 tsp. Kosher Salt

### TIP:

Make the bars your own by changing out the nuts for your own favorites. Any nuts can be used in this!

**This makes 8 servings. Each serving:**

299.1 Calories - 28.6 Fats (g)  
3.3 Net Carbs (g) - 8.0 Protein (g)

# GRANOLA BARS

## Preparation:

1. Preheat oven to 350F.

## Steps:

1. Add almonds, cashews, and pecans to food processor and pulse until desired consistency.
2. Add all wet ingredients (coconut oil, maple syrup, water, and vanilla) then pulse a few times more.
3. Add the rest of the ingredients and pulse again.
4. Distribute dough into an 8"x8" baking dish lined with parchment paper, wetting your hands as needed to press the dough down.
5. Bake for 20-25 minutes, broiling for 2-3 minutes at the end if you would prefer a darker color.
6. Let cool for 2 hours, remove from baking dish, and cut into squares.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 cup Blanched Almond Flour	640	56	24	12	12	24
1/2 cup Unsweetened Shredded Coconut	142	14	6	4	2	2
1/2 cup Pumpkin Seeds	380	32	2	2	0	20
1/2 cup Pecans	342	36	7	5	2	5
1/4 cup Coconut Oil	480	56	0	0	0	0
1/4 cup Cashews	160	13	8	1	7	5
1/4 cup Almonds	207	18	7	4	3	8
3 tbsp. Maple Syrup	37	4.1	0	0	0	0
1 tsp. Vanilla Extract	5	0	0	0	0	0
1/4 tsp. Kosher Salt	0	0	0	0	0	0
Totals	2393	229.1	54	28	26	64





## Ingredients:

1 cup Almond Flour  
 1/2 cup Golden Flaxseed  
 3/4 cup Pecan Halves  
 1/2 cup Coconut Oil  
 2 Large Eggs  
 1/4 cup Erythritol  
 2 tsp. Maple Extract  
 1 tsp. Vanilla Extract  
 1/2 tsp. Baking Soda  
 1/2 tsp. Apple Cider Vinegar  
 1/4 tsp. Liquid Stevia

**This makes 11 servings. Each serving:**  
 208.0 Calories - 20.7 Fats (g)  
 1.5 Net Carbs (g) - 4.8 Protein (g)

## TIP:

Once you mix the wet ingredients into the dry, try to get the muffins into the oven as fast as possible. The reaction of the baking soda happens right away.

# MAPLE PECAN MUFFINS

## Preparation:

1. Grind pecans in food processor until small chunks are formed. Set 2/3 nuts aside in large mixing bowl and leave 1/3 nuts for later.
2. Line cupcake tray with cupcake liners.
3. Preheat oven to 325F.

## Steps:

1. In a mixing bowl, combine wet ingredients (coconut oil, eggs, maple extract, vanilla extract, apple cider vinegar, liquid stevia).
2. Combine dry ingredients (almond flour, golden flaxseed, pecan halves, erythritol, baking soda) in a bowl. Mix the wet ingredients into the dry ingredients.
3. Distribute batter evenly between 11 wells in a cupcake tray.
4. Sprinkle remaining 1/3 pecans over the top of the muffins.
5. Bake for 25-30 minutes in oven. Remove and cook for 5-10 minutes before eating.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 cup Almond Flour	640	56	24	12	12	24
1/2 cup Golden Flaxseed	240	18	16	16	0	12
3/4 cup Pecan Halves	300	30	6	3	3	5
1/2 cup Coconut Oil	960	112	0	0	0	0
2 Large Eggs	140	12	1.2	0	1.2	12
1/4 cup Erythritol	5	0	0	0	0	0
2 tsp. Maple Extract	3	0	0	0	0	0
1 tsp. Vanilla Extract	0	0	0	0	0	0
1/2 tsp. Baking Soda	0	0	0	0	0	0
Totals	2288	228	47.2	31	16.2	53



## Ingredients:

0.75 oz. Pork Rinds  
1 tbsp. Almond Flour  
1 large Egg, beaten  
1 tbsp. Heavy Cream  
1/4 tsp. Vanilla Extract  
2 tbsp. Maple Syrup  
4 oz. Hot Sausage  
1 slice Cheddar Cheese  
1 large Egg

## TIP:

Place cheese on hot bun after cooking to help the melting process.

# MCKETO SANDWICH

## Preparation:

1. Grind pork rinds in a food processor until a powder is formed.
2. Mix together pork rinds with all bun ingredients.
3. Measure out 4 Oz. Sausage and set aside.

## Steps:

1. Heat a pan to medium high heat on the stove.
2. Put an egg ring mold inside the pan and fill 3/4 of the way with bun batter (this should be half of the batter).
3. Cook this until it is browned on the bottom and started to bubble on top.
4. Remove ring mold from bun, flip, and cook until browned on the other side.
5. Repeat process with second part of bun. Set aside on paper towel when finished.
6. In the same pan, add sausage to ring mold and cook until medium-well temperature.
7. Once the sausage is finished, add an egg to the ring mold and lightly scramble. Cook completely until solidified.
8. Assemble together with 1 bun on bottom, 1 slice of cheese, hot egg, sausage, and the last bun on top.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
0.75 oz. Pork Rinds	120	8	0	0	0	12
1 tbsp. Almond Flour	40	4	2	1	1	2
2 large Eggs	140	12	1.2	0	1.2	12
1 tbsp. Heavy Cream	50	5	0.5	0	0.5	0
1/4 tsp. Vanilla Extract	2	0	0	0	0	0
2 tbsp. Maple Syrup	25	2.7	0	0	0	0
2 oz. Hot Sausage	200	17	0	0	0	9
1 slice Cheddar Cheese	80	7	0	0	0	5
Totals	657	55.7	3.7	1	2.7	40





### Ingredients:

1 oz. Pork Rinds  
1 cup Unsweetened Vanilla  
Coconut Milk  
2 tbsp. Butter  
2 tbsp. Heavy Cream  
1 tbsp. Erythritol  
1/4 tsp. Ground Cinnamon

### TIP:

Serve these without milk as a snack to replace  
caramel popcorn.

# PORK RIND CEREAL

## Preparation:

1. Start making caramel sauce. On low heat, add butter to pan.
2. Stirring consistently, let butter brown. Once browned, add heavy cream and erythritol.
3. Remove from heat and continue stirring. Place back on heat once bubbling has subsided and continue cooking for 4-5 minutes.

## Steps:

1. Add pork rinds to caramel sauce and stir together well. Make sure all pork rinds are coated with caramel sauce.
2. Put the coated pork rinds in the fridge for at least 30 minutes. You can leave these overnight also.
3. Once completely hardened, serve pork rinds with milk. Garnish with nuts and sprinkle of cinnamon.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 oz. Pork Rinds	160	10	0	0	0	14
1 cup Unsweetened Vanilla Coconut Milk	50	5	2	1	1	0
2 tbsp. Butter	200	22	0	0	0	0
2 tbsp. Heavy Cream	100	10	1.5	0	1.5	0
1/4 tsp. Ground Cinnamon	2	0	0	0	0	0
Totals	512	47	3.5	1	2.5	14

# LUNCH RECIPES

**KETO-FIED!**  
COMFORT FOODS MADE LOW CARB





### Ingredients:

4 cups Packed Arugula  
1/4 cup Olive Oil  
Juice 1/2 Lemon  
3 tbsp. Parmesan Cheese  
1 Red Chili, Diced  
Kosher Salt  
Freshly Ground Black Pepper

### TIP:

Add crumbled bacon or chopped boiled egg over the top to get extra taste and protein in!

# ARUGULA SALAD

### Steps:

1. In a salad bowl, mix the arugula, red chili, and parmesan cheese.
2. Drizzle olive oil and lemon juice over the top. Sprinkle salt and pepper over the top.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 cups Packed Arugula	40	1	6	2	4	4
1/4 cup Olive Oil	480	56	0	0	0	0
Juice 1/2 Lemon	6	0	2	0	2	0
3 tbsp. Parmesan Cheese	62	4	1	0	1	6
1 Red Chili, Diced	18	0	4	1	3	1
Kosher Salt	0	0	0	0	0	0
Freshly Ground Black Pepper	1	0	0	0	0	0
Totals	607	61	13	3	10	11





### Ingredients:

1/4 Head Savoy Cabbage  
2 tbsp. Soy Sauce  
1 1/2 tbsp. Rice Vinegar  
1 tbsp. Reduced Sugar Ketchup  
2 tsp. Sesame Oil  
1/2 tsp. Minced Ginger  
1/2 tsp. Minced Garlic  
Juice 1/2 Lemon

### TIP:

Drizzle chili oil over the top for added spice and flavor.

# ASIAN SLAW

## Preparation:

1. Slice cabbage into long strips.

## Steps:

1. Combine all ingredients together in a small mixing bowl and whisk vigorously for 45-60 seconds.
2. Add cabbage to dressing and toss, making sure everything is coated.
3. Garnish with sesame seeds and red pepper flakes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/4 Head Savoy Cabbage	19	0	4	2	2	1
2 tbsp. Soy Sauce	20	0	0	0	0	4
1 1/2 tbsp. Rice Vinegar	0	0	0	0	0	0
1 tbsp. Reduced Sugar Ketchup	5	0	1	0	1	0
2 tsp. Sesame Oil	80	9	0	0	0	0
1/2 tsp. Minced Ginger	4	0	0	0	0	0
1/2 tsp. Minced Garlic	4	0	1	0	1	0
Juice 1/2 Lemon	6	0	2	0	2	0
Totals	138	9	8	2	6	5





### Ingredients:

2 lbs. Thinly Sliced Stew Meat  
1/3 cup Soy Sauce  
1/3 cup Red Wine  
1 tbsp. Worcestershire  
2 tbsp. Maple Syrup  
2 tsp. Black Pepper  
1 tsp. Liquid Smoke  
1 tsp. Red Pepper Flakes  
1 tsp. Onion Powder  
1 tsp. Garlic Powder

### TIP:

The leaner the cut of meat, the more similar to jerky it comes out like.

### NOTE:

Not all marinade gets used when cooking the meat so the macros will not be 100% correct.

# BEEF JERKY

## Preparation:

1. Combine all ingredients in a plastic bag and marinate for 16-24 hours.
2. Preheat oven to 170F.
3. Line a baking sheet in foil and place a cooling rack on the top of it.

## Steps:

1. Dry off the beef from the marinade and let it sit out for 10-20 minutes.
2. Place the beef on top of the cooling rack, piece by piece. Make sure that no pieces overlap.
3. Bake for 8 hours until beef is dried out but not overly dry.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 lbs. Thinly Sliced Stew Meat	1160	41	0	0	0	198
1/3 cup Soy Sauce	53	0	0	0	0	11
1/3 cup Red Wine	67	0	2	0	2	0
1 tbsp. Worcestershire	15	0	3	0	3	0
2 tbsp. Maple Syrup	25	2.7	0	0	0	0
2 tsp. Black Pepper	4	0	0	0	0	0
1 tsp. Liquid Smoke	0	0	0	0	0	0
1 tsp. Red Pepper Flakes	24	0	0	0	0	0
1 tsp. Onion Powder	8	0	2	0	2	0
1 tsp. Garlic Powder	9	0	2	0	2	1
Totals	1365	43.7	9	0	9	210





### Ingredients:

1/2 head Cauliflower  
2 cups Shredded Cheddar Cheese  
1/2 tsp. Onion Powder  
1/2 tsp. Pepper  
1/4 tsp. Salt  
2 tsp. Paprika  
1 tsp. Red Pepper Flakes  
1/4 cup Almond Flour  
1/4 cup Flaxseed Meal

**This makes 12 servings. Each serving:**  
94.8 Calories - 8.4 Fats (g)  
1.7 Net Carbs (g) - 6.2 Protein (g)

### TIP:

Add spring onion, chives, or jalapeno for your own twist on this recipe!

# CAULI CHEDDAR BISCUITS

## Preparation:

1. Rice cauliflower by placing florets into food processor and grinding into crumbles.
2. Preheat oven to 375F.
3. Grease cupcake tray well.

## Steps:

1. Combine all ingredients together in a large mixing bowl using your hands.
2. Divide mixture evenly in cupcake tray, pressing down dough flat.
3. Bake for 25-30 minutes, or until browned on top.
4. Let cool completely before removing from cupcake tray.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/2 head Cauliflower	72	0	15	7	8	6
2 cups Cheddar Cheese	720	80	8	0	8	56
1/2 tsp. Onion Powder	40	0	1	0	1	0
1/2 tsp. Pepper	1	0	0	0	0	0
1/4 tsp. Salt	0	0	0	0	0	0
2 tsp. Paprika	12	0	2	2	0	0
1 tsp. Red Pepper Flakes	12	0	0	0	0	0
1/4 cup Almond Flour	160	14	6	3	3	6
1/4 cup Flaxseed Meal	120	7	8	8	0	6
Totals	1137	101	40	20	20	74





### Ingredients:

2 slices Bread  
4 slices Capicola Salami  
2 slices Prosciutto  
1 small Handful Mixed Lettuce  
1 tbsp. Mayonnaise  
1 tsp. Sriracha  
1 tbsp. Butter

### TIP:

Make this your own by adding your favorite meats or cheeses!

# CLASSIC SANDWICH

### Steps:

1. Slice 2 pieces of bread off of the bread loaf.
2. Assemble sandwich by adding meat and lettuce.
3. Add mayonnaise and sriracha to one slice of bread and spread butter on another.
4. Put sandwich together and enjoy!

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 slices Bread	304	24.4	14.5	4.4	10.1	12.4
4 slices Salami	53	3	0	0	0	5
2 slices Prosciutto	70	5	0	0	0	8
1 small Handful Mixed Lettuce	7	0	0	0	0	0
1 tbsp. Mayonnaise	90	10	0	0	0	0
1 tsp. Sriracha	5	0	1	0	1	0
1 tbsp. Butter	100	11	0	0	0	0
Totals	629	53.4	15.5	4.4	11.1	25.4





### Ingredients:

1 lb. Ground Beef  
1 lb. Fresh Green Beans  
2 tbsp. Maple Syrup  
1 tbsp. Reduced Sugar Ketchup  
1 tbsp. Chili Garlic Paste  
3 tbsp. Soy Sauce  
1 tbsp. Sesame Oil  
1 tsp. Crushed Red Pepper  
2 tsp. Garlic  
Salt + Pepper  
Spring Onion (Garnish)

### TIP:

Serve with a side of snow peas sautéed in garlic, olive oil, and red pepper flakes.

**This makes 3 servings. Each serving:**

499.7 Calories - 36.2 Fats (g)  
6.7 Net Carbs (g) - 30.7 Protein (g)

# KOREAN BBQ BEEF

## Preparation:

1. Chop ends off green beans and then chop beans into thirds.

## Steps:

1. Brown the ground beef and garlic in sesame oil, then add maple syrup. Remove to plate and set aside when finished.
2. Cook green beans in residual beef fat until they are just starting to get tender.
3. Add beef back into pan and add the rest of the ingredients. Cook for 2-3 minutes more until everything is heated through.
4. Garnish with spring onion and sesame seeds.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 lb. Ground Beef	1160	92	0	0	0	76
1 lb. Green Beans	125	0	30	15	15	10
2 tbsp. Maple Syrup	25	2.7	0	0	0	0
1 tbsp. Reduced Sugar Ketchup	5	0	1	0	1	0
1 tbsp. Chili Garlic Paste	5	0	1	0	1	0
3 tbsp. Soy Sauce	30	0	0	0	0	6
1 tbsp. Sesame Oil	120	14	0	0	0	0
1 tsp. Crushed Red Pepper	12	0	0	0	0	0
2 tsp. Garlic	10	0	2	0	2	0
Salt + Pepper	2	0	0	0	0	0
Spring Onion (Garnish)	5	0	1	0	1	0
Totals	1499	108.7	35	15	20	92





### Ingredients:

2 Chicken Thighs  
2 tbsp. Olive Oil  
1 tsp. Salt  
1 tsp. Pepper  
Juice 1/2 Lemon

### TIP:

Use an oil catcher over the top of the cast iron when you put it in the oven. This way excess oil splatters will not dirty your oven.

### This makes 3 servings. Each serving:

394.0 Calories - 34.0 Fats (g)  
1.0 Net Carbs (g) - 22.0 Protein (g)

# LEMON CRISPED CHICKEN

## Preparation:

1. Preheat oven to 475F
2. Heat oil in pan to high heat.

## Steps:

1. Place chicken skin side down in pan for 2-3 minutes, until skin slightly crisps.
2. Flip chicken and cook on the other side for 5-7 minutes. Flip chicken again and continue cooking skin side down for 10 minutes.
3. Place chicken pan in oven for 12 minutes skin side down. Flip chicken and continue cooking for 3-5 minutes.
4. Remove from the oven and let cool for 10 minutes. The pan will continue cooking the chicken.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 Chicken Thighs	540	40	0	0	0	44
2 tbsp. Olive Oil	240	28	0	0	0	0
1 tsp. Salt	0	0	0	0	0	0
1 tsp. Pepper	2	0	0	0	0	0
Juice 1/2 Lemon	6	0	2	0	2	0
Totals	788	68	2	0	2	44





### Ingredients:

#### Dough Ingredients:

0.75 oz. Pork Rinds  
1 tbsp. Almond Flour  
1 Large Egg  
1 tbsp. Cream  
1/4 tsp. Oregano  
1/4 tsp. Italian Seasoning  
1 tbsp. Parmesan Cheese

#### Topping:

2 tbsp. Alfredo Sauce  
3 tbsp. Mozzarella Cheese  
1 oz. Prosciutto  
Small Handful Arugula

#### TIP:

Add toppings of your choice to make it your own recipe! Try ham, spinach, and cheddar cheese for a change.

# PERSONAL PIZZA

### Preparation:

1. Grind pork rinds in food processor until a powder is formed.
2. Combine all other dough ingredients with pork rind flour and then mix together.

### Steps:

1. Pour pizza base dough into a skillet and cook over medium-low heat until it is solid at the bottom. Flip the pizza and cook other side on high heat until crisp.
2. Add toppings to the pizza, then broil in oven for 5-7 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
0.75 oz. Pork Rinds	120	11	0	0	0	11
1 tbsp. Almond Flour	40	4	2	1	1	2
1 Large Egg	70	6	0.6	0	0.6	6
1 tbsp. Cream	50	5	0.5	0	0.5	0
1/4 tsp. Oregano	1	0	0	0	0	0
1/4 tsp. Italian Seasoning	2	0	0	0	0	0
1 tbsp. Parmesan Cheese	21	1	0	0	0	2
2 tbsp. Alfredo Sauce	45	4	1	0	1	2
3 tbsp. Mozzarella Cheese	48	4	0	0	0	4
1 oz. Prosciutto	80	6	0	0	0	7
Small Handful Arugula	5	0	0	0	0	0
Totals	482	41	4.1	1	3.1	34





### Ingredients:

1 Large Egg  
2 tbsp. Butter  
3 tbsp. Almond Flour  
1/2 tsp. Baking Powder  
2 Slices Bacon  
1/3 Red Pepper, Chopped  
Dash Onion Powder  
Dash Garlic Powder  
Dash Black Pepper  
Pinch Salt

### TIP:

Create your own mug cake by changing the ingredients. Try green chili, jalapeno, and even cheese!

# RED PEPPER BACON MUG CAKE

### Steps:

1. Mix all ingredients together.
2. Microwave for 70 seconds on high (power level 10).
3. Lightly tap the cup against plate to take the mug cake out. Add extra red peppers, then serve!

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 Large Egg	70	6	0.6	0	0.6	6
2 tbsp. Butter	200	22	0	0	0	0
3 tbsp. Almond Flour	120	11	5	2	3	5
1/2 tsp. Baking Powder	1	0	0.7	0	0.7	0
2 Slices Bacon	86	7	0	0	0	6
1/3 Red Pepper, Chopped	17	0	3	1	2	0
Dash Onion Powder	1	0	0	0	0	0
Dash Garlic Powder	1	0	0	0	0	0
Dash Black Pepper	0	0	0	0	0	0
Pinch Salt	0	0	0	0	0	0
Totals	496	46	9.3	3	6.3	17



### Ingredients:

1 1/2 lbs. Ground Chicken  
6 cups Spinach  
1/2 cup Chicken Stock  
4 tbsp. Organic Tomato Paste  
3 tbsp. Coconut Oil  
2 tbsp. Chili Garlic Paste  
1 tbsp. + 1 tsp. Erythritol  
1 tbsp. Red Wine Vinegar  
2 tsp. Spicy Brown Mustard  
2 tbsp. Soy Sauce  
2 tsp. Salt  
2 tsp. Pepper  
1 tsp. Red Pepper Flakes  
1/2 tsp. Mrs. Dash Table Blend  
1/2 tsp. Minced Ginger

**This makes 4 servings. Each serving:**

387.5 Calories - 28.8 Fats (g)  
3.9 Net Carbs (g) - 47.3 Protein (g)

### TIP:

Add a squeeze of fresh lime juice and lime zest at the end to give a more authentic Thai flavor.

# SZECHUAN CHICKEN

## Preparation:

1. Mix together tomato paste, soy sauce, chili garlic paste, brown mustard, and ginger in a ramekin.

## Steps:

1. Heat coconut oil to medium-high temperature.
2. Brown ground chicken with salt and pepper. Break it up into small pieces, then add 2/3 sauce. Mix everything together well.
4. Add spinach, salt, pepper, Mrs. Dash seasoning, red pepper flakes to the chicken and let spinach wilt.
5. Add the last 1/3 sauce, chicken stock, red wine vinegar, and erythritol. Mix well, turn the heat to low, cover the pan, and cook for 10-15 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/2 lbs. Ground Chicken	1040	72	4	0	4	176
6 cups Spinach	41	1	7	4	3	5
1/2 cup Chicken Stock	10	0	1	0	1	2
4 tbsp. Organic Tomato Paste	50	0	10	4	6	2
3 tbsp. Coconut Oil	360	42	0	0	0	0
2 tbsp. Chili Garlic Paste	5	0	0.7	0	0.7	0
1 tbsp. Red Wine Vinegar	0	0	0	0	0	0
2 tsp. Spicy Brown Mustard	10	0	0	0	0	0
2 tbsp. Soy Sauce	20	0	0	0	0	4
2 tsp. Salt	0	0	0	0	0	0
2 tsp. Pepper	4	0	0	0	0	0
1 tsp. Red Pepper Flakes	2	0	0	0	0	0
1/2 tsp. Mrs. Dash Table Blend	5	0	0.4	0	0.4	0
1/2 tsp. Minced Ginger	3	0	0.5	0	0.5	0
<b>Totals</b>	<b>1550</b>	<b>115</b>	<b>23.6</b>	<b>8</b>	<b>15.6</b>	<b>189</b>



# DINNER RECIPES

**KETO-FIED!**  
COMFORT FOODS MADE LOW CARB



### Ingredients:

#### Marinade:

1/4 cup Soy Sauce  
2 tbsp. Maple Syrup  
1 tbsp. Vinegar  
1 tbsp. Lemon Juice  
2 tsp. Ginger  
2 tsp. Garlic  
2 tsp. Sesame Oil  
1 tsp. Red Pepper Flakes  
1/2 tsp. Black Pepper  
1/2 tsp. Salt

#### Extras:

4 Chicken Thighs, Bone-In  
Juice 1 lime  
1/4 tsp. Five-Spice

#### TIP:

Serve with a side of roasted broccoli topped with parmesan cheese and olive oil.

**This makes 4 servings. Each serving:**  
316.0 Calories - 22.9 Fats (g)  
1.8 Net Carbs (g) - 24.0 Protein (g)

# BAKED ASIAN THIGHS

### Preparation:

1. Combine chicken and all marinade ingredients into a plastic bag and let marinate for 4-12 hours.
2. Once marinated, preheat oven to 425F.

### Steps:

1. Line a 9x9 baking pan with foil. Empty contents of bag into the pan, spreading the chicken thighs out.
2. Sprinkle 1/4 tsp. of Five-Spice on top of the chicken thighs.
3. Squeeze the juice of 1 lime over the chicken, then lay the lime in the marinade liquid between the chicken.
4. Bake for 50-60 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 Chicken Thighs	1080	80	0	0	0	88
Juice 1 lime	10	0	3	0	3	0
1/4 cup Soy Sauce	40	0	0	0	0	8
2 tbsp. Maple Syrup	25	2.7	0	0	0	0
1 tbsp. Vinegar	0	0	0	0	0	0
1 tbsp. Lemon Juice	4	0	1	0	1	0
2 tsp. Ginger	3	0	1	0	1	0
2 tsp. Garlic	10	0	2	0	2	0
2 tsp. Sesame Oil	80	9	0	0	0	0
1 tsp. Red Pepper Flakes	10	0	0	0	0	0
1/2 tsp. Black Pepper	1	0	0	0	0	0
1/4 tsp. Five Spice	1	0	0	0	0	0
Totals	1264	91.7	7	0	7	96





### Ingredients:

8 Bone-In, Skin-On Chicken Thighs  
 1/4 cup Olive Oil  
 2 tsp. Yellow Curry  
 1 1/2 tsp. Salt  
 1 tsp. Ground Cumin  
 1 tsp. Paprika  
 1 tsp. Garlic Powder  
 1/2 tsp. Cayenne Pepper  
 1/2 tsp. Allspice  
 1/2 tsp. Chili Powder  
 1/2 tsp. Ground Coriander  
 1/4 tsp. Ground Cardamom  
 1/4 tsp. Ground Cinnamon  
 1/4 tsp. Ginger

### TIP:

Let the chicken come to room temperature before seasoning it to help the chicken cook evenly.

### Per Serving ( /4 ) Each serving:

554.5 Calories - 39.8 Fats (g)  
 1.3 Net Carbs (g) - 42.3 Protein (g)

### Per Thigh ( /8 ) Each serving:

277.3 Calories - 19.9 Fats (g)  
 0.6 Net Carbs (g) - 21.1 Protein (g)

# CURRY RUB THIGHS

## Preparation:

1. Preheat oven to 425F.
2. Mix together all spices into a bowl.
3. Wrap a baking sheet in foil and lay all 8 chicken thighs onto the foil.

## Steps:

1. Rub olive oil evenly into all chicken thighs.
2. Rub spice mixture on both sides of the chicken, coating liberally. Put the chicken in the oven and bake for 50-60 minutes, until skin is crispy.
3. Let cool for 5 minutes before serving.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
8 Chicken Thighs	1680	105	0	0	0	168
1/4 cup Olive Oil	480	54	0	0	0	0
2 tsp. Yellow Curry	13	0	2	1	1	1
1 1/2 tsp. Salt	0	0	0	0	0	0
1 tsp. Ground Cumin	8	0	1	0	1	0
1 tsp. Paprika	6	0	1	1	0	0
1 tsp. Garlic Powder	9	0	2	0	2	0
1/2 tsp. Cayenne Pepper	4	0	0	0	0	0
1/2 tsp. Allspice	3	0	0.5	0	0.5	0
1/2 tsp. Chili Powder	4	0	0.5	0	0.5	0
1/2 tsp. Ground Coriander	5	0	1	1	0	0
1/4 tsp. Ground Cardamom	2	0	0	0	0	0
1/4 tsp. Ground Cinnamon	2	0	0	0	0	0
1/4 tsp. Ginger	2	0	0	0	0	0
Totals	2218	159	8	3	5	169



## Ingredients:

### Chicken:

6 Chicken Thighs, Bone-In  
2 tsp. Salt  
1/2 tsp. Black Pepper

### Coating:

1/2 C Almond Flour  
1 large Egg  
2 tbsp. Water  
1 tbsp. Ground Ginger  
1/4 tsp Cayenne Pepper

### General Tso Sauce:

1 1/2 C Chicken Broth  
3 tbsp. Erythritol  
15 drops Stevia  
8 dried Chilis  
3 tbsp. Soy Sauce  
3 tbsp. Rice Vinegar  
2 tbsp. Maple Syrup  
1 tbsp. Chili Garlic Paste  
2 tsp. Garlic Powder  
2 tsp. Ginger Powder  
1/4 tsp. Xanthan Gum

### TIP:

Keep an eye on the sauce the whole time it cooks. Stirring often is important as you don't want it to over-boil.

**This makes 6 servings. Each serving:**

302.7 Calories - 21.5 Fats (g)  
3.3 Net Carbs (g) - 21.7 Protein (g)

# GENERAL TSO CHICKEN

## Preparation:

1. Preheat oven to 400F.
2. Pat chicken thighs dry with paper towels.
3. Measure out dry coating ingredients (almond flour, ground ginger, pepper) in a bowl. Measure out wet coating ingredients (egg and water) in another bowl.
4. Cover a baking sheet with foil and lay a cooling rack on the top of it.

## Steps:

1. Season all chicken thighs with salt and pepper. Dip chicken thighs in egg mixture, then dry coating mixture. Set each thigh on top of the cooling rack.
2. Bake chicken for 25-30 minutes. Once finished, flip chicken over and cook for an additional 25-30 minutes.
3. Once chicken is flipped, begin making sauce. Combine all General Tso sauce ingredients in a sauce pan on high heat.
4. Bring sauce to a boil. Stir continuously for 15-20 minutes, allowing the sauce to completely reduce into a syrup.
5. Let chicken cool for 5 minutes and then brush sauce over chicken.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
6 Chicken Thighs, Bone-In	1260	90	0	0	0	102
2 tsp. Salt	0	0	0	0	0	0
1/2 tsp. Black Pepper	1	0	0	0	0	0
1/2 C Almond Flour	320	28	12	6	6	12
1 large Egg	70	6	0.6	0	0.6	6
1 tbsp. + 2 tsp. Ground Ginger	27	0	6	2	4	0
1/4 tsp Cayenne Pepper	2	0	0	0	0	0
1 1/2 C Chicken Broth	30	2	1	0	1	3
8 dried Chilis	16	0	2	0	2	0
3 tbsp. Soy Sauce	30	0	0	0	0	6
3 tbsp. Rice Vinegar	0	0	0	0	0	0
2 tbsp. Maple Syrup	25	2.7	0	0	0	0
1 tbsp. Chili Garlic Paste	15	0	3	0	3	0
2 tsp. Garlic Powder	19	0	4	1	3	1
1/4 tsp. Xanthan Gum	1	0	0.5	0.5	0	0
<b>Totals</b>	<b>1816</b>	<b>128.7</b>	<b>29.1</b>	<b>9.5</b>	<b>19.6</b>	<b>130</b>





## Ingredients:

1/4 cup Olive Oil  
 1/4 cup Coconut Flour  
 1 medium Green Pepper  
 1/2 medium Red Pepper  
 2 medium Celery Stalks  
 1 medium Onion  
 2 lb. Boneless, Skinless Chicken Thighs  
 12 oz. Frozen Okra  
 6 oz. Hot Italian Sausage, Crumbled  
 1 1/2 cup chicken broth  
 1/2 tsp. Cayenne  
 1 tsp. Fresh Thyme  
 9 oz. Pre-cooked Shrimp, shelled and deveined  
 1 pinch Salt  
 1 pinch Black pepper

## TIP:

Use andouille sausage and serve over cauliflower rice for a more authentic take on the dish.

# KETO GUMBO

This makes 6 servings. Each serving:  
 478.8 Calories - 30.7 Fats (g)  
 6.2 Net Carbs (g) - 41.8 Protein (g)

## Preparation:

1. In a saucepan, heat olive oil on medium heat. Sprinkle in coconut flour and whisk to combine into a paste. Cook for 5-10 minutes until it's browned and starting to dry out.
2. Chop peppers, celery, and onion, then add them to the pan, cooking them until soft.
3. Chop chicken thighs into 1 inch cubes and set aside while cooking vegetables.

## Steps:

1. Transfer all ingredients from the pan into a crock pot on low setting.
2. Add all ingredients except for shrimp to crock pot and stir together. Let this cook on low for 8 hours.
3. Once cooked fully, add shrimp and cook with top on for additional 5-10 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/4 cup Olive Oil	480	56	0	0	0	0
1/4 cup Coconut Flour	120	4	16	10	6	4
1 Medium Green Pepper	24	0	6	2	4	1
1/2 Medium Red Pepper	12	0	3	1	2	0
2 Celery Stalks	12	0	2	1	1	0
1 Medium Onion	44	0	10	2	8	1
2 lb. Chicken Thighs	1280	80	0	0	0	152
12 oz. Frozen Okra	105	0	24	11	13	7
6 oz. Hot Italian Sausage	510	39	2	0	2	30
1 1/2 cup Chicken Broth	30	2	1	0	1	3
1/2 tsp. Cayenne	2	0	0	0	0	0
1 tsp. Fresh Thyme	2	0	0	0	0	0
9 oz. Shrimp	252	3	0	0	0	53
Totals	2873	184	64	27	37	251





### Ingredients:

4 Boneless Pork Chops  
2 tbsp. Olive Oil

#### Marinade:

6 tbsp. Soy Sauce  
1/4 cup Maple Syrup  
Juice from 1 lemon  
2 tsp. Dijon Mustard  
2 tsp. Garlic  
1 tsp. Ginger  
1 tsp. Red Pepper Flakes

#### TIP:

The asian slaw (lunch recipes) makes a great complementary side dish!

**This makes 2 servings. Each serving:**

475.5 Calories - 24.75 Fats (g)  
3.0 Net Carbs (g) - 52.0 Protein (g)

# MARINATED PORK CHOPS

### Preparation:

1. Add all ingredients together (except for olive oil) in a plastic bag.
2. Marinate ingredients together for at least 6 hours.

### Steps:

1. Bring 2 Tbsp. Olive Oil to medium heat in a cast iron skillet. Once hot, add pork chops to pan. Keep the sauce in the plastic bag and set aside.
2. Sear the pork chops off on one side by caramelizing one of the sides.
3. Flip the pork chops over and after 2 minutes, turn the heat down to low.
4. Add all of the marinade liquid to the pan and let reduce with the pork chops for 5-6 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 Boneless Pork Chops	560	16	0	0	0	92
6 tbsp. Soy Sauce	60	0	0	0	0	12
1/4 cup Maple Syrup	49	5.5	0	0	0	0
Juice from 1 lemon	12	0	4	0	4	0
2 tsp. Dijon Mustard	8	0	0	0	0	0
2 tsp. Garlic	10	0	2	0	2	0
1 tsp. Ginger	2	0	0	0	0	0
1 tsp. Red Pepper Flakes	10	0	0	0	0	0
2 tbsp. Olive Oil	240	28	0	0	0	0
Totals	951	49.5	6	0	6	104





### Ingredients:

4 tsp. Olive Oil  
3 sprigs Fresh Thyme  
1/2 tsp. Minced Garlic  
3 oz. Pre-cooked Shrimp, deveined and deshelled  
1 tbsp. Butter  
2 tbsp. Parmesan Cheese  
2 tbsp. White Wine  
4 tbsp. Heavy Cream  
1 serving "Pasta"

### TIP:

Put your own twist on this dish by adding basil, lemon, tarragon, or even trying a different variety of wine!

# SHRIMP ALFREDO

## Preparation:

1. Sauté garlic and thyme in olive oil until slightly browned.

## Steps:

1. Add shrimp and butter to olive oil and cook shrimp until butter is slightly browned.
2. Add parmesan, 2 Tbsp. heavy cream, and white wine. Let this reduce on low while you cook the pasta.
3. In a separate pan, add 2 tsp. Olive Oil and bring to medium-high heat. Once hot, sauté pasta until slightly crisp on the outside.
4. Reduce heat on pasta to low, add shrimp and sauce, and mix together.
5. Add additional 2 Tbsp. heavy cream and mix well until it reduces slightly.

**This makes 2 servings. Each serving:**  
425.7 Calories - 33.9 Fats (g)  
3.2 Net Carbs (g) - 15.8 Protein (g)

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
4 tsp. Olive Oil	160	18	0	0	0	0
3 sprigs Fresh Thyme	2	0	0	0	0	0
1/2 tsp. Minced Garlic	3	0	1	0	1	0
3 oz. Shrimp	84	1	0	0	0	18
1 tbsp. Butter	100	11	0	0	0	0
2 tbsp. Parmesan Cheese	42	3	0	0	0	4
2 tbsp. White Wine	20	0	0	0	0	0
4 tbsp. Cream	200	20	2	0	2	0
1 serving "Pasta"	240.3	14.8	12.6	9.3	3.4	9.5
Totals	851.3	67.8	15.6	9.3	6.4	31.5



### Ingredients:

1 lb. Ground Chicken  
1 tsp. Garlic  
3 stalks Spring Onion  
1 tsp. Pepper  
1 tsp. Sesame Seeds  
1 tbsp. Soy Sauce  
1/4 cup Parmesan Cheese  
1/2 tsp. Red Pepper Flakes

### Sauce:

Juice of 1 Lemon  
3 tbsp. Sugar Free Ketchup  
1 tbsp. Maple Syrup  
1 1/2 tbsp. Erythritol  
2 tbsp. Rice Wine Vinegar  
4 tbsp. Soy Sauce  
1 tbsp. Sesame Oil  
1 tbsp. Garlic  
1 tbsp. Ginger

### TIP:

Packing the meatballs together in the slow cooker before pouring the sauce on will help the flavor cook into the meatballs.

**This makes 3 servings. Each serving:**  
362.3 Calories - 19.2 Fats (g)  
5.7 Net Carbs (g) - 35.7 Protein (g)

# TERIYAKI MEATBALLS

## Preparation:

1. Chop spring onions into thin slices.
2. Combine all meatball ingredients using hands in large mixing bowl.
3. Mix all sauce ingredients together.

## Steps:

1. Roll meat mixture into balls and set at the bottom of a slow cooker.
2. Pour sauce over meatballs, coating liberally.
3. Let cook for 6 hours on low, until meatballs are tender.
4. Turn to high and remove lid. Cook for an additional 15-30 minutes to reduce sauce.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 lb. Ground Chicken	720	36	0	0	0	88
1 tbsp. + 1 tsp. Garlic	20	0	4	0	4	0
3 stalks Spring Onion	15	0	3	1	2	1
1 tsp. Pepper	3	0	0	0	0	0
1 tsp. Sesame Seeds	17	1	0	0	0	0
5 tbsp. Soy Sauce	50	0	0	0	0	10
1/4 cup Parmesan Cheese	83	5	1	0	1	8
1/2 tsp. Red Pepper Flakes	5	0	0	0	0	0
Juice of 1 Lemon	12	0	4	0	4	0
3 tbsp. Sugar Free Ketchup	15	0	3	0	3	0
1 tbsp. Maple Syrup	12	1.5	0	0	0	0
2 tbsp. Rice Wine Vinegar	0	0	0	0	0	0
1 tbsp. Sesame Oil	120	14	0	0	0	0
1 tbsp. Ginger	15	0	3	0	3	0
<b>Totals</b>	<b>1087</b>	<b>57.5</b>	<b>18</b>	<b>1</b>	<b>17</b>	<b>107</b>



# SHRIMP CAULIFLOWER CURRY

## Ingredients:

24 oz. Shrimp  
5 cups Raw Spinach  
4 cups Chicken Stock  
1 medium Onion  
1/2 head Medium Cauliflower  
1 cup Unsweetened Coconut Milk  
1/4 cup Butter  
1/4 cup Heavy Cream  
3 tbsp. Olive Oil  
2 tbsp. Curry Powder  
1 tbsp. Coconut Flour  
1 tbsp. Cumin  
2 tsp. Garlic Powder  
1 tsp. Chili Powder  
1 tsp. Onion powder  
1 tsp. Cayenne  
1 tsp. Paprika  
1/2 tsp. Ground Ginger  
1/2 tsp. Coriander  
1/2 tsp. Turmeric  
1/2 tsp. Pepper  
1/4 tsp. Cardamom  
1/4 tsp. Cinnamon  
1/4 tsp. Xanthan Gum  
Salt + Pepper to taste

## TIP:

Don't want shrimp? Give this a try with chicken, tofu or other type of vegetables and meat!

## Preparation:

1. Mix all spices (EXCEPT xanthan and coconut flour) and set aside.
2. Cut 1 medium onion into slices.

## Steps:

1. Bring 3 tbsp. olive oil to hot heat in a pan. Add onion, cook onion till soft.
2. Add butter, heavy cream 1/8 tsp. xanthan and spices, stir it in so it's all mixed well.
3. After about 1-2 minutes of the spices sweating, add chicken broth and coconut milk. Stir well and cover.
4. Cook for 30 minutes on medium-low, with the lid on. Chop cauliflower into small florets then add to curry. Cook for another 15 minutes, covered.
5. De-tail and de-vein shrimp, then add them to the curry. Cook for an additional 20 minutes with the lid off.
6. Measure out coconut flour and 1/8 tsp. xanthan gum and stir well into curry. Let cook for 5 minutes.
7. After 5 minutes, add spinach and mix in well. Cook for an additional 5-10 minutes with the lid off.

**This makes 6 servings. Each serving:**

330.7 Calories - 19.5 Fats (g)

5.6 Net Carbs (g) - 27.4 Protein (g)

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
24 oz. Shrimp	640	0	0	0	0	144
5 cups Raw Spinach	35	1	5	3	2	4
4 cups Chicken Stock	25	0	0	0	0	5
1 medium Onion	46	0	11	2	9	1
1/2 head Medium Cauliflower	73	1	14.5	6	8.5	5.5
1 cup Coconut Milk	45	5	2	1	1	0
1/4 cup Butter	400	44	0	0	0	0
1/4 cup Heavy Cream	200	20	2	0	0	0
3 tbsp. Olive Oil	360	42	0	0	0	0
2 tbsp. Curry Powder	41	2	7	4	3	2
1 tbsp. Coconut Flour	30	1	4	3	1	1
1 tbsp. Cumin	24	1	3	1	2	1
2 tsp. Garlic Powder	19	0	4	1	3	1
1 tsp. Chili Powder	8	0	1	1	0	0
1 tsp. Onion powder	8	0	2	0	2	0
1 tsp. Cayenne	6	0	1	0	1	0
1 tsp. Paprika	6	0	1	1	0	0
1/2 tsp. Ground Ginger	6	0	1	0	1	0
1/2 tsp. Coriander	1	0	0	0	0	0
1/2 tsp. Turmeric	4	0	0	0	0	0
1/4 tsp. Cardamom	2	0	0	0	0	0
1/4 tsp. Cinnamon	2	0	0	0	0	0
1/4 tsp. Xanthan Gum	3	0	1	1	0	0
Totals	1984	117	59.5	24	33.5	164.5



## Ingredients:

2 lbs. Stew Meat  
1 medium Onion  
1 medium Green Pepper  
2 tbsp. Olive Oil

### Sauce:

1 cup Beef Broth  
1/3 cup Tomato Paste  
2 tbsp. Soy Sauce  
2 tbsp. + 1 tsp. Chili Powder  
1 1/2 tsp. Cumin  
2 tsp. Gluten Free Fish Sauce  
2 tsp. Minced Garlic  
2 tsp. Paprika  
1 tsp. Oregano  
1 tsp. Cayenne Pepper  
1 tsp. Worcestershire  
1 tsp. Black Pepper  
1 tsp. Salt

### TIP:

If you like a watery chili, add 1 Cup Coffee before turning slow cooker on.

### If you make 3 servings, each serving is:

530.7 Calories - 23.7 Fats (g)  
7.0 Net Carbs (g) - 69.0 Protein (g)

### If you make 4 servings, each serving is:

398.0 Calories - 17.8 Fats (g)  
5.3 Net Carbs (g) - 51.8 Protein (g)

# SLOW COOKER CHILI

## Preparation:

1. Cube half stew meat into small cubes, and process the other half in a food processor into ground beef.
2. Chop pepper and onion into small pieces.
4. Sauté cubed beef with olive oil in a pan until browned, transfer to a slow cooker. Do the same with the ground beef.
5. Sauté vegetables in the remaining fat in the pan until onions are translucent.

## Steps:

1. Combine all spices and sauce ingredients together to make sauce.
2. Add everything to the slow cooker and mix together.
4. Simmer for 2-3 hours on high, then remove lid and continue cooking for 20-30 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 lbs. Stew Meat	1120	40	0	0	0	192
1 medium Onion	16	0	4	1	3	0
1 medium Green Pepper	24	0	6	2	4	1
1 cup Beef Broth	25	1	0	0	0	4
1/3 cup Tomato Paste	66	0	13	5	8	3
2 tbsp. Soy Sauce	20	0	0	0	0	4
2 tbsp. Olive Oil	240	28	0	0	0	0
2 tbsp. + 1 tsp. Chili Powder	33	2	6	4	2	1
1 1/2 tsp. Cumin	12	0	1	0	1	0
2 tsp. Gluten Free Fish Sauce	9	0	0	0	0	2
2 tsp. Minced Garlic	10	0	2	0	2	0
2 tsp. Paprika	6	0	1	1	0	0
1 tsp. Oregano	3	0	0	0	0	0
1 tsp. Cayenne Pepper	3	0	0	0	0	0
1 tsp. Worcestershire	5	0	1	0	1	0
Totals	1592	71	34	13	21	207





## Ingredients:

### Casserole Ingredients:

1 1/4 lb. Ground Beef  
1 large Egg  
1 1/2 tsp. Ground Cumin  
1/2 tsp. Garlic Powder  
2 tsp. Dried Oregano  
1 1/2 tsp. Salt  
1/2 tsp. Black Pepper

### Food Processor Ingredients:

1/2 whole Red Pepper  
3 stalks Green Onion  
1 whole Jalapeno  
1/4 cup packed fresh cilantro  
2 tbsp. Olive Oil

### Topping:

4 oz. Shredded Cheddar Cheese

### TIP:

Don't over-process the vegetables in the food processor, you want them to add texture to the casserole.

**This makes 4 servings. Each serving:**

568.3 Calories - 46.5 Fats (g)

2.2 Net Carbs (g) - 32.3 Protein (g)

# TEX MEX CASSEROLE

## Preparation:

1. Preheat oven to 350F.
2. Cut the stem off of the red pepper and jalapeno. Take out the seeds if you do not like spicy food.
3. Add all "Food Processor" ingredients into a food processor. Grind them into a finely diced mixture by pulsing slowly.

## Steps:

1. In a mixing bowl, combine casserole ingredients and food processor ingredients. Mix together well with your hands.
2. Press meat mixture into casserole dish, then top with cheese.
3. Bake for 30 minutes and then broil for additional 5 minutes to crisp the cheese on top.
4. Let cool for 10 minutes before serving.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/4 lb. Ground Beef	1450	115	0	0	0	95
1 large Egg	70	6	0.6	0	0.6	6
1 1/2 tsp. Ground Cumin	12	0	1	0	1	0
1/2 tsp. Garlic Powder	5	0	1	0	1	0
2 tsp. Dried Oregano	6	0	1	1	0	0
1 1/2 tsp. Salt	0	0	0	0	0	0
1/2 tsp. Black Pepper	1	0	0	0	0	0
1/2 whole Red Pepper	12	0	3	1	2	0
3 stalks Green Onion	15	0	3	0	3	0
1 whole Jalapeno	4	0	0	0	0	0
1/4 cup packed fresh cilantro	3	0	0	0	0	0
2 tbsp. Olive Oil	240	28	0	0	0	0
4 oz. Shredded Cheddar Cheese	455	37	1	0	1	28
Totals	2273	186	10.6	2	8.6	129

# DESSERT RECIPES

**KETO-FIED!**  
COMFORT FOODS MADE LOW CARB





### Ingredients:

3/4 cup Erythritol  
3 large Egg Yolks  
1 cup Unsweetened Vanilla Coconut Milk  
2 cups Heavy Cream  
pinch Salt  
1/4 tsp Xanthan Gum  
3 Squares Dark Chocolate  
1 tsp. Banana Extract  
1 cup Chopped Pecans

### TIP:

Making sure your mixture is completely cooled before adding to the ice cream machine is very important.

### This makes 8 servings. Each serving:

342.6 Calories - 34.1 Fats (g)  
4.6 Net Carbs (g) - 2.5 Protein (g)

# BANANA CHOCOLATE ICE CREAM

## Preparation:

1. Spread pecans out on baking sheet, sprinkle with salt, and roast on 350F for 5-10 minutes.
2. When cooled, pulse pecans in food processor until roughly chopped.
3. Separate 3 egg yolks from the whites. Set aside egg yolks and store egg whites for another recipe.

## Steps:

1. Mix together cream, coconut milk, and erythritol. Pour into a saucepan and stir until it comes to a boil.
2. Reduce heat to low and continue stirring. As it cools down, pour a small amount of the cream mixture into the egg yolks and mix well to temper the eggs. You don't want the egg yolks to cook.
3. Add more of your cream mixture to your egg yolks to bring it to temperature, then pour the egg yolks into the saucepan.
4. Continue cooking on low to medium-low for about 20-30 minutes until a thicker consistency is achieved.
5. Remove mixture from pan and let it sit in the fridge overnight.
6. Remove mixture from fridge and add xanthan gum and banana extract, mix thoroughly with a whisk.
7. Whisk pecans and chopped chocolate into the ice cream base, pour into ice cream machine and follow manufacturer's instructions. If you don't have an ice cream machine, put this in the freezer for 45 - 90 minutes, checking to see when it has turned into soft serve.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 large Egg Yolks	164	14	2	0	2	8
1 cup Unsweetened Vanilla Coconut Milk	45	5	2	1	1	0
2 cups Heavy Cream	1600	160	24	0	24	0
1/4 tsp Xanthan Gum	2	0	0.5	0.5	0	0
3 Squares Dark Chocolate	173	14	11	5	6	4
1 tsp. Banana Extract	5	0	0	0	0	0
1 cup Chopped Pecans	752	80	16	12	4	8
Totals	2741	273	55.5	18.5	37	20



## Ingredients:

### Bread Pudding:

2 large Eggs  
2 tbsp. Melted Butter  
2 tbsp. Vanilla  
1 1/2 cups Coconut Milk  
1/2 cup Heavy Cream  
3/4 cup Erythritol  
1/4 tsp. Stevia  
1/2 loaf Bread  
1/3 cup Pecan Halves

### Bourbon Sauce:

1/4 cup Powdered Erythritol  
1/8 tsp. Stevia  
1 stick Butter  
1/2 cup Heavy Cream  
1/4 cup Bourbon

### TIP:

Waiting until the bread is a few days old adds better texture and consistency to the dish.

**This makes 12 servings. Each serving:**

264.7 Calories - 24.7 Fats (g)  
2.9 Net Carbs (g) - 3.8 Protein (g)

# BREAD PUDDING

## Preparation:

1. Chop 1/2 loaf of pre-made bread (from bread recipe) into cubes.
2. Mix together eggs, vanilla, coconut milk, erythritol, and stevia.
3. In a small plastic bag, add pecans and hit with rolling pin until crushed. Alternatively, chop them fine.
4. Preheat oven to 325F.

## Steps:

1. Place bread cubes tightly together in an 11x8 casserole dish.
2. Pour milk mixture over bread evenly, then sprinkle crushed pecans on top of the bread.
3. Bake for 60-70 minutes, or until bread is nicely browned.
4. When there is 20 minutes left until bread is finished, create the sauce.
5. Brown 1 stick of butter in a pan. Once butter is browned, add rest of ingredients (powdered erythritol, stevia, heavy cream, bourbon) and bring to a rolling boil. Turn heat to low and mix constantly for 10-15 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
2 Large Eggs	140	12	1.2	0	1.2	12
1 stick + 2 tbsp. Melted Butter	1000	110	0	0	0	0
2 tbsp. Vanilla	30	0	0	0	0	0
1 1/2 cups Coconut Milk	68	7	3	2	1	0
1 cup Heavy Cream	800	80	6	0	6	0
1/2 Loaf Bread	760	61	36.2	11	25.2	31
1/3 cup Pecans, chopped finely	248	26	5	4	1	3
1/4 cup Jack Daniels	130	0	0	0	0	0
Totals	3176	296	51.4	17	34.4	46





### Ingredients:

3/4 cup Almond Flour  
1 1/2 cup Dried, Shredded Unsweetened Coconut  
1/4 cup Coconut Oil  
3 tbsp. Butter  
2 tbsp. Heavy Cream  
2 tbsp. + 2 tsp. Erythritol  
1 1/2 tsp. Vanilla Extract  
1 tsp. Maple Extract  
10 Drops Liquid Stevia  
Pinch Salt

### TIP:

Broiling for an additional few minutes can help add a browned color to the top of the macaroons.

### This makes 4 servings. Each serving:

99.8 Calories - 10.1 Fats (g)  
0.9 Net Carbs (g) - 1.3 Protein (g)

# CARAMEL COCONUT MACAROONS

## Preparation:

1. Heat butter in a small pan under low heat. Stir this until it becomes completely browned.
2. Stir in the heavy cream, erythritol, and maple extract and stir until fully combined.
3. Set aside and let cool.
4. Preheat oven to 200F.

## Steps:

1. Add all other ingredients to a bowl, mix well, and then add caramel sauce on top of ingredients.
2. Mix everything together until a dough is formed.
3. To form each macaroon, gently pack dough into a rounded "measuring" tablespoon and tap against hand to dislodge.
4. Lay all macaroons on a silpat and sprinkle a small amount of shredded coconut on top.
5. Bake for 50 minutes, or until slightly golden brown on top.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3/4 cup Honeyville Almond Flour	480	42	18	9	9	18
1 1/2 cup Unsweetened Coconut	425	41	18	11	7	5
1/4 cup Coconut Oil	480	56	0	0	0	0
3 tbsp. Butter	300	33	0	0	0	0
2 tbsp. Heavy Cream	100	10	1	0	1	0
1 1/2 tsp. Vanilla Extract	6	0	0	0	0	0
1 tsp. Maple Extract	5	0	0	0	0	0
Totals	1796	182	37	20	17	23





### Ingredients:

1/2 cup Ground Chia Seed  
1/2 cup Erythritol  
1/4 tsp. Stevia  
1/2 tsp. Baking Powder  
1/4 tsp. Salt  
1/2 cup Butter  
1/3 cup Unsweetened Cocoa  
4 large Eggs  
1/4 cup Unsweetened Coconut Milk  
1 tbsp. Raspberry Extract  
1/4 cup Frozen Raspberries to top

### TIP:

You can use other berries and berry extracts to create new and exciting flavors!

**This makes 9 servings. Each serving:**

162.9 Calories - 14.8 Fats (g)  
1.6 Net Carbs (g) - 3.7 Protein (g)

# CHIA BROWNIES

## Preparation:

1. Thaw out frozen raspberries (if using) completely before starting.
2. Preheat oven to 350F and grease a 9x9 baking pan. Line it with parchment paper.
3. Grind chia seeds in a spice grinder into chia seed meal.

## Steps:

1. In a medium mixing bowl, mix together all ingredients (EXCEPT raspberries), using a hand mixer.
2. Once all combined, pour mixture into baking pan and top the brownie with raspberries.
3. Bake for 15-20 minutes. The shorter the time you bake, the fudgier the consistency of the brownie.
4. Let cool completely and remove brownies. Slice and store.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1/2 cup Ground Chia Seed	240	16	16	16	0	8
1/2 tsp. Baking Powder	1	0	0.7	0	0.7	0
1/2 cup Butter	800	88	0	0	0	0
1/3 cup Unsweetened Cocoa	53	3	16	11	5	0
4 large Eggs	280	24	2.4	0	2.4	24
1/4 cup Coconut Milk	11	1	1	0	1	0
1 tbsp. Raspberry Extract	11	0	0	0	0	0
1/4 cup Frozen Raspberries	70	1	12	7	5	1
Totals	1466	133	48.1	34	14.1	33





## Ingredients:

### Candy Bar:

1 cup Raw Almonds  
1 cup Unsweetened Dried Shredded Coconut  
1/2 tsp. Vanilla Extract  
1/4 tsp. sea salt  
2 tsp. Coconut Oil  
14 drops Stevia

### Coating:

5 tbsp. Coconut Oil  
4 tbsp. Cocoa Powder  
2 tbsp. Erythritol  
10 drops Stevia

### TIP:

To get a thick coating of chocolate, refrigerate the candy bars after dipping them in chocolate the first time. Wait until the chocolate is hardened and then dip in chocolate again.

### This makes 4 servings. Each serving:

421.3 Calories - 45.0 Fats (g)  
3.3 Net Carbs (g) - 9.3 Protein (g)

# COCONUT ALMOND BARS

## Preparation:

1. Roast the almonds on a baking sheet for 12-15 minutes at 350F. Once roasted, set aside for 10 minutes.
2. In a food processor, grind shredded coconut, 1 tsp. coconut oil, salt, and stevia until it turns into coconut butter. Scoop into a dish and set aside.
3. Process the almonds with 1 tsp. coconut oil in the same way.

## Steps:

1. Combine coconut butter and almond butter in food processor by pulsing slowly. Add vanilla and pulse again until mixed thoroughly.
2. Scrape mixture out of food processor and into a 5x3 dish that's lined with parchment paper. Put in the freezer until completely solid.
3. Once all of the candy bar mixture is frozen, cut into 4 rectangles.
4. Combine all of the coating ingredients (coconut oil, cocoa powder, erythritol, stevia) into a metal mixing bowl and bring to heat using a double-boil method.
5. Mix all coating ingredients well until fully combined, then let cool for 5-10 minutes or until it begins to thicken.
6. Hold 2 almonds in place on the top of the candy bar, and dip them into the cooled chocolate mixture.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 cup Raw Almonds	680	72	20	16	4	32
1 cup Unsweetened Shredded Coconut	283	27	12	7	5	3
1/2 tsp. Vanilla Extract	2	0	0	0	0	0
5 tbsp. + 2 tsp. Coconut Oil	680	79	0	0	0	0
4 tbsp. Cocoa Powder	40	2	12	8	4	2
Totals	1685	180	44	31	13	37





### Ingredients:

3 large Eggs  
1 cup Unsweetened Coconut Milk  
1/3 cup Erythritol  
1 tbsp. Vanilla Extract  
1 tsp. Baking Powder  
1/4 tsp Stevia  
3/4 cup Almond Flour  
1 1/2 cup Unsweetened Shredded Coconut  
1/4 tsp. Salt  
1 cup Cashews  
2 tbsp. Coconut Oil  
1/4 tsp. Nutmeg (Sprinkle on Top)

### TIP:

Add in your favorite crushed nuts to give a new texture to the bars!

**This makes 16 servings. Each serving:**

128.4 Calories - 11.4 Fats (g)  
3.3 Net Carbs (g) - 3.8 Protein (g)

# COCONUT CASHEW BARS

### Preparation:

1. Grind cashews in food processor until small crumbs appear.
2. Add coconut oil to food processor and grind together until cashew butter is formed.
3. Preheat oven to 350F.

### Steps:

1. Add eggs, coconut milk, vanilla and stevia in the food processor with cashew butter. Pulse together to mix well.
2. Pulse in erythritol, almond flour, shredded coconut and salt.
3. Once all ingredients are mixed together well, transfer everything into a greased 9x9 baking dish. Sprinkle with nutmeg over the top.
4. Bake for 30 minutes or until top springs back when pressed.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
3 large Eggs	210	18	1.8	0	1.8	18
1 cup Unsweetened Coconut Milk	45	5	2	1	1	0
1 tbsp. Vanilla Extract	11	0	0	0	0	0
1 tsp. Baking Powder	2	0	1.3	0	1.3	0
3/4 cup Almond Flour	480	42	18	9	9	18
1 1/2 cup Unsweetened Shredded Coconut	425	41	18	11	7	5
1 cup Cashews	640	48	36	4	32	20
2 tbsp. Coconut Oil	240	28	0	0	0	0
1/4 tsp. Nutmeg	2	0	0	0	0	0
Totals	2055	182	77.1	25	52.1	61





## Ingredients:

### Base Ingredients:

1 1/2 cup Almond Flour  
4 tbsp. Erythritol  
1/4 tsp. Stevia  
1 tsp. Baking Powder  
1 large Egg  
1/4 cup Peanut Butter  
1/4 cup Cashew Butter  
1/4 cup Butter  
1 tsp. Vanilla Extract

### Caramel Blackberry Jam:

1/4 cup Butter  
1/4 cup Sugar Free Blackberry Preserves  
3 tbsp. Heavy Cream  
1 tbsp. Erythritol

### TIP:

To make cashew butter add 1/2 cup cashews to food processor. Process together with 1-2 tsp. coconut oil, scraping sides as needed, until butter is formed.

**This makes 9 servings. Each serving:**

233.8 Calories - 21.6 Fats (g)

4.4 Net Carbs (g) - 5.3 Protein (g)

# PEANUT BUTTER JELLY BARS

## Preparation:

1. Preheat oven to 325F.
2. Mix together all base ingredients in a large mixing bowl.
3. Press 2/3 of the dough into an 11x8 baking pan lined with parchment paper. Bake for 10 minutes.

## Steps:

1. While first portion of dough is cooking, create the jam. In a pan, add 1/4 cup butter on low heat.
2. Cook butter until it is browned. Once browned, add heavy cream, erythritol, and blackberry preserves.
3. Stir constantly until everything is combined well and sticky jam is formed.
4. Take dough out of oven and spread jam over the top of the bar.
5. Crumble the rest of the dough on top of the jam and return to oven. Bake for an additional 18-20 minutes.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/2 cup Almond Flour	960	84	36	18	18	36
1 tsp. Baking Powder	2	0	1.3	0	1.3	0
1 large Egg	70	6	0.6	0	0.6	6
1/4 cup Peanut Butter	380	32	10	4	6	14
1/4 cup Cashew Butter	400	34	20	2	18	8
1/2 cup Butter	800	88	0	0	0	0
1 tsp Vanilla Extract	4	0	0	0	0	0
1/4 cup Blackberry Preserves	40	0	20	12	8	0
3 tbsp. Heavy Cream	150	15	1	0	1	0
Totals	2806	259	88.9	36	52.9	64





### Ingredients:

1 1/2 cups Almond Flour  
1/2 cup Pumpkin Puree  
1/2 cup Pistachios (Pre-salted)  
1/2 cup Erythritol  
2 large Eggs  
1/4 cup Coconut Oil  
3 ChocoPerfection Bars  
(or 90%+ Cacao Squares)  
2 tsp. Vanilla Extract  
1 1/2 tsp. Cinnamon  
1/2 tsp. Baking Soda  
1/2 tsp. Apple Cider Vinegar  
1/2 tsp. Nutmeg  
1/2 tsp. Ground Cloves  
1/2 tsp. Ginger

### TIP:

Change out nuts for different types to change up the taste and texture.

**This makes 8 servings. Each serving:**  
230.5 Calories - 21.5 Fats (g)  
4.0 Net Carbs (g) - 6.6 Protein (g)

# PISTACHIO PUMPKIN MUFFINS

### Preparation:

1. Preheat oven to 325F.
2. Chop chocolate into chunks.
3. Line cupcake tray with 8 cupcake liners.

### Steps:

1. In a mixing bowl, combine all dry ingredients (almond flour, erythritol, baking soda, spices).
2. In a separate mixing bowl, combine all wet ingredients (pumpkin, eggs, coconut oil, vanilla, apple cider vinegar).
3. Stir the wet ingredients into the dry ingredients, starting off by pouring only half of the wet into the dry. Continue mixing until everything is combined.
4. Add the chocolate and pistachios to the batter and fold them in. Divide batter evenly between 8 cupcake liners.
5. Bake for 25-30 minutes, or until golden brown.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/2 cups Almond Flour	721	63	27	14	13	27
1/2 cup Pumpkin Puree	40	1	9	5	4	2
1/2 cup Pistachios	320	28	16	6	10	12
2 large Eggs	140	12	1.2	0	1.2	12
1/4 cup Coconut Oil	480	56	0	0	0	0
3 ChocoPerfection Bars	117	12	12	9	3	0
2 tsp. Vanilla Extract	6	0	0	0	0	0
1 1/2 tsp. Cinnamon	9	0	3	2	1	0
1/2 tsp. Nutmeg	5	0	0	0	0	0
1/2 tsp. Ground Cloves	3	0	0.4	0.4	0	0
1/2 tsp. Ginger	3	0	0	0	0	0
1/2 tsp. Baking Soda	0	0	0	0	0	0
1/2 tsp. Apple Cider Vinegar	0	0	0	0	0	0
<b>Totals</b>	<b>1844</b>	<b>172</b>	<b>68.6</b>	<b>36.4</b>	<b>32.2</b>	<b>53</b>





### Ingredients:

1 1/2 cup Almond Flour  
1 tsp. Coconut Flour  
2 tbsp. Unsweetened Cocoa Powder  
1/8 tsp. Salt  
3 tbsp. Butter  
1/4 cup Maple Syrup  
1/4 tsp. Xanthan Gum

### Filling:

1 stick Butter  
4 Oz. Cream Cheese  
1/2 cup Raspberries, Blended

### TIP:

Make sure cookies are completely cooled before icing them. The icing will melt if you pipe it on to a hot cookie.

### Each serving:

128.5 Calories - 11.5 Fats (g)  
1.4 Net Carbs (g) - 1.8 Protein (g)

# RASPBERRY SANDWICH COOKIES

## Preparation:

1. Mix together dough ingredients well until a solid dough forms.
2. Roll the dough to 1/8" thickness between 2 sheets of parchment paper. Put this in the freezer for 30-40 minutes.
3. Bring cream cheese and butter to room temperature for filling.
4. Preheat oven to 350F.

## Steps:

1. Use a small cookie cutter or shot glass to cut out small circles from the dough. Yields about 40 total circles.
2. Place cookie circles onto baking sheet covered in silpat or parchment and bake for 15 minutes.
3. While cookies are cooking, use a hand mixer to cream butter in a mixing bowl.
4. Once butter is white, add cream cheese and crushed raspberries.
5. Mix together until a pink icing is created.
6. Remove cookies from oven and let completely cool.
7. Scoop icing into a plastic bag and twist the top shut. Cut the corner of the plastic bag and pipe the icing on to half of the cookies.
8. Replace the top of the cookie to make a sandwich.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 1/2 cup Almond Flour	960	84	36	18	18	36
1 tsp. Coconut Flour	7	0	1	1	0	0
2 tbsp. Cocoa Powder	20	1	6	4	2	0
1/4 cup Maple Syrup	49	5.5	0	0	0	0
1/4 tsp. Xanthan Gum	2	0	0.5	0.5	0	0
1 stick + 3 tbsp. Butter	1100	111	0	0	0	0
4 Oz. Cream Cheese	400	28	4	0	4	0
1/2 cup Raspberries	32	0	7	4	3	0
Totals	2570	229.5	54.5	27.5	27	36





## Ingredients:

### Donuts:

1 cup Almond Flour  
1 pinch Salt  
1/4 tsp. Baking Soda  
1 tsp. Ground Ginger  
1 tsp. Ground Cinnamon  
1/4 tsp. Ground Allspice  
1 1/2 large Eggs  
2 1/2 tbsp. Coconut Oil  
3 tbsp. Maple Syrup  
1 tsp. Vanilla Extract

### Sugar Coating:

2 tbsp. Melted Butter  
1 tbsp. Erythritol  
1 tbsp. Cinnamon

### TIP:

You can make these in the oven with a donut pan. Baking at 350F for 10-12 minutes. Flipping the donuts is important because almond flour won't rise as much as regular flour.

# SPICED DONUTS

**This makes 9 servings. Each serving:**

233.8 Calories - 21.6 Fats (g)  
4.4 Net Carbs (g) - 5.3 Protein (g)

## Preparation:

1. Bring eggs to room temperature by submerging them in warm water for 5 minutes.
2. Separate egg yolks from the whites and set whites aside.
3. Begin preheating donut maker (or oven to 350F).

## Steps:

1. Mix together wet ingredients EXCEPT egg whites (coconut oil, maple syrup, vanilla) in one bowl and dry ingredients (almond flour, salt, baking soda, spices) in another.
2. Sift the dry ingredients into the wet ingredients and mix well.
3. Beat egg whites until stiff peaks form. Once formed, gently fold egg whites into donut batter.
4. Pour the batter into a plastic bag, twisting the top closed. Using scissors, cut off the corner of the bag where the dough is.
5. Pipe the dough into the donut maker, filling each hole above the mold with a rounded shape.
6. Close the lid and cook for 2-3 minutes, flip them and continue cooking for about 1 more minute.
7. Coat donuts with "sugar" coating (erythritol, cinnamon) by first brushing them with melted butter then dipping them into the coating.

NUTRITION INFORMATION	CALORIES	FATS (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
1 cup Almond Flour	640	56	24	12	12	24
1/4 tsp. Baking Soda	0	0	0	0	0	0
1 tsp. Ground Ginger	6	0	1	0	1	0
1 tbsp. + 1 tsp. Ground Cinnamon	23	0	7	5	2	0
1/4 tsp. Ground Allspice	1	0	0	0	0	0
1 1/2 large Eggs, Separated	105	9	0.9	0	0.9	9
2 1/2 tbsp. Coconut Oil	300	35	0	0	0	0
3 tbsp. Maple Syrup	37	4.1	0	0	0	0
1 tsp. Vanilla Extract	4	0	0	0	0	0
2 tbsp. Melted Butter	200	22	0	0	0	0
<b>Totals</b>	<b>1316</b>	<b>126.1</b>	<b>32.9</b>	<b>17</b>	<b>15.9</b>	<b>33</b>



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