



KETO SLOW COOKING MADE EASY





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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

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

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!

BREAKFAST RECIPES

KETO SLOW COOKING MADE EASY



Ingredients:

Biscuit:

1 cup Almond Flour
1/4 cup Coconut Flour
1/4 cup Butter
2 tbsp. Sour Cream
1 tsp. Baking Powder
1/4 tsp. Salt

Sausage Gravy:

1 1/2 cup Heavy Cream
1/2 tsp. Guar Gum
1/2 lb. Breakfast Sausage
Salt and Pepper to Taste

This makes 4 servings. Each serving:
590.3 Calories - 54.3 Fats (g)
5.8 Net Carbs (g) - 16.0 Protein (g)

BISCUITS & SAUSAGE GRAVY

Instructions:

1. Combine all ingredients for the biscuits, then set aside.
2. Brown sausage in a pan over medium-high heat. Once finished, add to the slow cooker.
3. Add heavy cream and salt and pepper to the sausage. Then, add guar gum and whisk together.
4. Roll out biscuits and place on top of the sausage gravy.
5. Cook on high for 2 hours.

| 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 cup Coconut Flour | 90 | 4 | 22 | 16 | 6 | 8 |
| 1/4 cup Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 2 tbsp. Sour Cream | 60 | 5 | 1 | 0 | 1 | 0 |
| 1 tsp. Baking Powder | 3 | 0 | 1 | 0 | 1 | 0 |
| 1 1/2 cup Heavy Cream | 400 | 40 | 3 | 0 | 3 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| 1/2 lb. Breakfast Sausage | 760 | 68 | 0 | 0 | 0 | 32 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2361 | 217 | 52 | 29 | 23 | 64 |



Ingredients:

1/2 cup Almond Flour
 1/2 cup Parmesan Cheese
 12 oz. Daikon Radish, grated
 1 lb. Breakfast Sausage
 1/2 Red Bell Pepper
 8 Large Eggs
 2 tsp. Dried Parsley
 2 tsp. Dried Basil
 1 tsp. Onion Powder
 1 tsp. Garlic Powder
 Salt and Pepper to Taste

BREAKFAST PIE

This makes 8 servings. Each serving:
 452.5 Calories - 36.3 Fats (g)
 4.3 Net Carbs (g) - 24.3 Protein (g)

Instructions:

1. Grate daikon radish into a bowl. Dice red bell pepper and set aside.
2. Add all ingredients to daikon radish and mix together well.
3. Grease slow cooker with butter or cooking spray, then pour all ingredients in.
4. Set on low for 6-8 hours, and then use a spatula to remove the breakfast pie from the slow cooker.
5. Slice into 6 servings.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 1/2 cup Almond Flour | 320 | 28 | 12 | 6 | 6 | 12 |
| 1/2 cup Parmesan Cheese | 216 | 14 | 2 | 0 | 2 | 19 |
| 12 oz. Daikon Radish | 61 | 0 | 14 | 5 | 9 | 2 |
| 1 lb. Breakfast Sausage | 1520 | 136 | 0 | 0 | 0 | 64 |
| 1/2 Red Bell Pepper | 23 | 0 | 3 | 0 | 3 | 1 |
| 8 Large Eggs | 560 | 40 | 4 | 0 | 4 | 48 |
| 2 tsp. Parsley | 2 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Dried Basil | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2715 | 218 | 37 | 11 | 26 | 146 |



Ingredients:

4 cups Unsweetened Vanilla Almond Milk
 1/2 cup Heavy Cream
 1/3 cup Hemp Seeds
 1/3 cup Sugar Free Syrup (I used Salted Caramel from Torani)
 1/4 cup Flaxseed Meal
 1/4 cup Chia Seeds
 1/4 cup Butter
 6 oz. Package Frozen Cauliflower
 2 tsp. Cinnamon
 1 tsp. Maple Flavoring
 1 tsp. Allspice
 15 drops Liquid Stevia

This makes 5 servings. Each serving:
 329.6 Calories - 36.0 Fats (g)
 3.0 Net Carbs (g) - 8.6 Protein (g)

HOT BREAKFAST CEREAL

Instructions:

1. Add all ingredients into the slow cooker and stir together.
2. Cook on low for 4-5 hours, or high for 3 hours.
3. Use an immersion blender to blend together all ingredients, or a fork to mash the cauliflower for extra texture.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 4 cups Vanilla Almond Milk | 120 | 40 | 4 | 4 | 0 | 4 |
| 1/2 cup Heavy Cream | 400 | 48 | 2 | 0 | 2 | 0 |
| 1/3 cup Hemp Seeds | 302 | 23 | 5 | 4 | 1 | 18 |
| 1/3 cup Sugar Free Syrup | 0 | 0 | 2 | 0 | 2 | 0 |
| 1/4 cup Flaxseed Meal | 120 | 7 | 10 | 8 | 2 | 6 |
| 1/4 cup Chia Seeds | 240 | 18 | 20 | 20 | 0 | 12 |
| 1/4 cup Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 6 oz. Package Frozen Cauliflower | 41 | 0 | 8 | 4 | 4 | 3 |
| 2 tsp. Cinnamon | 16 | 0 | 4 | 2 | 2 | 0 |
| 1 tsp. Maple Flavoring | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Allspice | 5 | 0 | 1 | 0 | 1 | 0 |
| 15 drops Liquid Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1648 | 180 | 57 | 42 | 15 | 43 |



Ingredients:

8 large Eggs
 1 lb. 80/20 Ground Beef, browned
 5 oz. Mozzarella Cheese
 2 oz. Parmesan
 1 medium Bell Pepper
 1 tsp. Onion Powder
 1/2 tsp. Garlic Powder
 2 tsp. Chili Powder
 5 oz. Spinach
 1/2 tsp. Cumin
 1/4 tsp. Cayenne Pepper
 1/4 cup Salsa
 1/4 cup Sour Cream
 Salt and Pepper to Taste

This makes 8 servings. Each serving:
 323.8 Calories - 23.9 Fats (g)
 2.7 Net Carbs (g) - 23.3 Protein (g)

SLOW COOKER FRITTATA

Instructions:

1. In a pan over medium heat, brown the ground beef. After one side browns, add chopped bell pepper and spinach.
2. Meanwhile, mix together eggs, spices, and 2/3 of the cheese.
3. Add egg mixture to a greased slow cooker, and then add the beef to that.
4. Slowly stir to combine all of the ingredients, then top with remaining 1/3 cheese.
5. Cook on low for 2-3 hours or until eggs are firm.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 8 large Eggs | 560 | 40 | 4 | 0 | 4 | 48 |
| 1 lb. 80/20 Ground Beef | 1152 | 91 | 0 | 0 | 0 | 78 |
| 5 oz. Mozzarella Cheese | 425 | 32 | 3 | 0 | 3 | 31 |
| 2 oz. Parmesan | 235 | 16 | 2 | 0 | 2 | 21 |
| 1 medium Bell Pepper | 24 | 0 | 6 | 2 | 4 | 1 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Garlic Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 2 tsp. Chili Powder | 16 | 1 | 3 | 2 | 1 | 1 |
| 5 oz. Spinach | 33 | 1 | 5 | 3 | 2 | 4 |
| 1/2 tsp. Cumin | 4 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Cayenne Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup Salsa | 10 | 0 | 2 | 0 | 2 | 0 |
| 1/4 cup Sour Cream | 120 | 10 | 2 | 0 | 2 | 2 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2590 | 191 | 28.5 | 7 | 21.5 | 186 |



Ingredients:

12 oz. Zucchini
3/4 cup Water
1 packet Sugar-Free Lime (or Lemon) Jello
1 tbsp. Cinnamon
1 tsp. Nutmeg
2 tbsp. Xylitol
1/2 cup Heavy Cream

This makes 4 servings. Each serving:
148.0 Calories - 12.5 Fats (g)
4.0 Net Carbs (g) - 2.0 Protein (g)

ZUCCHINI BAKED GREEN APPLES

Instructions:

1. Peel zucchini and slice into 1/6" pieces. Using a mandolin will help with speed.
2. Add all ingredients (except heavy cream) to a slow cooker, and then stir together.
3. Cook on low for 2 1/2 hours.
4. Add 1/2 cup heavy cream and gently mix into the sauce.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 12 oz. Zucchini | 58 | 1 | 11 | 3 | 8 | 4 |
| 3/4 cup Water | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 packet Sugar-Free Lime Jello | 40 | 0 | 2 | 0 | 2 | 4 |
| 1 tbsp. Cinnamon | 24 | 0 | 6 | 4 | 2 | 0 |
| 1 tsp. Nutmeg | 12 | 1 | 1 | 0 | 1 | 0 |
| 2 tbsp. Xylitol | 58 | 0 | 0 | 0 | 0 | 0 |
| 1/2 cup Heavy Cream | 400 | 48 | 3 | 0 | 3 | 0 |
| Totals | 592 | 50 | 23 | 7 | 16 | 8 |

ENTRÉES RECIPES

KETO SLOW COOKING MADE EASY



Ingredients:

5 cups Chicken Stock
1/2 Red Onion, chopped
1 tbsp. Garlic, minced
2 tsp. Ginger Powder
3 tbsp. Tomato Paste
1/4 cup PB2
1/2 cup Coconut Oil
1/4 cup Peanuts (garnish)
2 cup chopped Kale
1 1/2 tsp. Guar Gum

This makes 5 servings. Each serving:
298.4 Calories - 26.8 Fats (g)
5.8 Net Carbs (g) - 7.2 Protein (g)

AFRICAN PEANUT SOUP

Instructions:

1. Chop red onion, and mince garlic.
2. Add chicken stock, red onion, garlic, ginger powder, PB2, and coconut oil to the slow cooker.
3. Stir everything together and then cook on low for 6 hours, or high for 4 hours.
4. Add 1 1/2 tsp. guar gum, then use an immersion blender to blend all of the ingredients together.
5. Add kale to the stew and let cook for 30 minutes on low.
6. Serve with chopped peanuts.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 5 cups Chicken Stock | 25 | 0 | 0 | 0 | 0 | 5 |
| 1/2 Red Onion, chopped | 42 | 0 | 10 | 2 | 8 | 1 |
| 1 tbsp. Garlic, minced | 15 | 0 | 3 | 0 | 3 | 0 |
| 2 tsp. Ginger Powder | 10 | 0 | 2 | 0 | 2 | 0 |
| 3 tbsp. Tomato Paste | 45 | 0 | 5 | 3 | 2 | 5 |
| 1/4 cup PB2 | 110 | 3 | 8 | 4 | 4 | 10 |
| 1/2 cup Coconut Oil | 960 | 112 | 0 | 0 | 0 | 0 |
| 1/4 cup Peanuts (garnish) | 207 | 18 | 6 | 3 | 3 | 9 |
| 2 cup chopped Kale | 66 | 1 | 12 | 5 | 7 | 6 |
| 1 1/2 tsp. Guar Gum | 12 | 0 | 4 | 4 | 0 | 0 |
| Totals | 1492 | 134 | 50 | 21 | 29 | 36 |



Ingredients:

1 lb. Ground Pork
1/4 cup Almond Flour
2 tbsp. Parmesan Cheese
2 tsp. Chili Powder
1 tsp. Garlic Powder
1/2 tsp. Onion Powder
1/4 tsp. Red Pepper Flakes
7 small Jalapenos
3 oz. Cream Cheese
Salt and Pepper to Taste

This makes 3 servings. Each serving:
590.3 Calories - 49.0 Fats (g)
3.8 Net Carbs (g) - 32.0 Protein (g)

ARMADILLO EGGS

Instructions:

1. Mix ground pork with all spices, set aside.
 2. Chop jalapeno peppers in half, and then de-seed them by scraping innards out with a spoon.
 3. Fill half jalapeno pepper with cream cheese, and then replace the other half on top. Repeat.
 4. Wrap each jalapeno with the pork mixture.
 5. Set all armadillo eggs in the slow cooker and cook for 5 hours on low.
- Optional: Top with additional bacon bits and cheese.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 lb. Ground Pork | 1191 | 96 | 0 | 0 | 0 | 76 |
| 1/4 cup Almond Flour | 160 | 14 | 6 | 3 | 3 | 6 |
| 2 tbsp. Parmesan Cheese | 60 | 5 | 0 | 0 | 0 | 6 |
| 2 tsp. Chili Powder | 16 | 1 | 6 | 2 | 1 | 1 |
| 1 tsp. Garlic Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Onion Powder | 3 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1/4 tsp. Red Pepper Flakes | 4 | 0 | 0 | 0 | 0 | 0 |
| 7 small Jalapenos | 29 | 1 | 6 | 3 | 3 | 1 |
| 3 oz. Cream Cheese | 300 | 30 | 3 | 0 | 3 | 6 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1771 | 147 | 22.5 | 8 | 11.5 | 96 |



Ingredients:

3.5 lbs. Country Ribs
1 tbsp. Sesame Oil
1 tbsp. Olive Oil
4 tbsp. Soy Sauce
2 1/2 tbsp. Sambal Olek
3 tbsp. Reduced Sugar Ketchup
1 1/2 tbsp. Rice Wine Vinegar
2 tsp. Garlic, minced
1 tsp. Onion Powder
1 tsp. Ginger Powder

This makes 12 servings. Each serving:
381.2 Calories - 25.7 Fats (g)
0.6 Net Carbs (g) - 33.3 Protein (g)

ASIAN COUNTRY RIBS

Instructions:

1. Combine all ingredients (except country ribs) by mixing with a whisk to create the marinade.
2. In a plastic bag, add marinade and ribs. Massage marinade into the ribs.
3. Let sit for at least 30 minutes, but preferably overnight.
4. Place all ingredients in a slow cooker. Turn on low for 6 hours (or high for 4 hours).
5. Once ribs are tender, remove the lid of the slow cooker and cook on low for another 30 minutes.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3.5 lbs. Country Ribs | 4256 | 280 | 0 | 0 | 0 | 392 |
| 1 tbsp. Sesame Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 1 tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 4 tbsp. Soy Sauce | 40 | 0 | 0 | 0 | 0 | 8 |
| 2 1/2 tbsp. Sambal Olek | 3 | 0 | 0 | 0 | 0 | 0 |
| 3 tbsp. Reduced Sugar Ketchup | 15 | 0 | 3 | 0 | 3 | 0 |
| 1 1/2 tbsp. Rice Wine Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Garlic, minced | 10 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Onion Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Ginger Powder | 5 | 0 | 1 | 0 | 1 | 0 |
| Totals | 4574 | 308 | 7 | 0 | 7 | 400 |

Ingredients:

2.5 lb. Beef Short Ribs
1 tbsp. Sesame Oil
1 tbsp. Coconut Oil
3 tbsp. Shallot, chopped
2 small Red Chiles, chopped thin
2 tsp. Garlic, minced
1 tsp. Dried Ginger
1 tsp. Dried Thyme
1/4 tsp. Cinnamon
1/4 tsp. Nutmeg
1/2 cup Chicken Broth
1/2 tsp. Guar Gum
2 tbsp. Soy Sauce
2 tbsp. Rice Wine Vinegar
Juice 1/2 Lime
Salt and Pepper to Taste

This makes 4 servings. Each serving:
432.8 Calories - 28.8 Fats (g)
2.9 Net Carbs (g) - 37.3 Protein (g)

ASIAN SHORT RIBS

Instructions:

1. Mix together all of the ingredients, except for the beef short ribs, in a bowl.
2. Coat the beef short ribs with the mixture, then set into bottom of a slow cooker.
3. Pour remaining mixture over the short ribs and cook on low for 7-8 hours.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 2.5 lb. Beef Short Ribs | 1400 | 87 | 0 | 0 | 0 | 145 |
| 1 tbsp. Sesame Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 1 tbsp. Coconut Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 3 tbsp. Shallot, chopped | 22 | 0 | 5 | 0 | 5 | 0 |
| 2 small Red Chiles, chopped thin | 4 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Garlic, minced | 10 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Dried Ginger | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Dried Thyme | 3 | 0 | 1 | 0 | 1 | 0 |
| 1/4 tsp. Cinnamon | 2 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Nutmeg | 3 | 0 | 0 | 0 | 0 | 0 |
| 1/2 cup Chicken Broth | 8 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| 2 tbsp. Soy Sauce | 20 | 0 | 0 | 0 | 0 | 4 |
| 2 tbsp. Rice Wine Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| Juice 1/2 Lime | 5 | 0 | 2 | 0 | 2 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1731 | 115 | 12.5 | 1 | 11.5 | 149 |



Ingredients:

Starting:

3 cups Unsweetened Coconut Milk (from the carton)
12 oz. Broccoli Florets
4 slices Bacon
1/2 cup Heavy Whipping Cream
4 tbsp. Butter
2 oz. Cream Cheese
1 tbsp. Soy Sauce
1 1/2 tsp. Onion Powder
1 1/2 tsp. Parsley
1 tsp. Garlic Powder
1/2 tsp. Smoked Paprika
Salt and Pepper to Taste

Finishing:

1/2 cup Heavy Whipping Cream
8 oz. Cheddar Cheese
10 drops Liquid Stevia
1/2 tsp. Guar Gum

This makes 6 servings. Each serving:
483.3 Calories - 46.7 Fats (g)
4.1 Net Carbs (g) - 13.0 Protein (g)

BROCCOLI CHEDDAR SOUP

Instructions:

1. Add all "starting ingredients" to the crock pot and stir together.
2. Cook on low for 5-6 hours or on high for 3-4 hours.
3. Once finished, use an immersion blender to emulsify all of the soup into a smooth mixture.
4. Whisk heavy whipping cream and guar gum into the soup until thickened, then stir cheese and stevia into it.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 3 cups Unsweetened Coconut Milk | 135 | 14 | 3 | 0 | 3 | 0 |
| 12 oz. Broccoli Florets | 100 | 0 | 16 | 8 | 8 | 12 |
| 4 slices Bacon | 311 | 31 | 0 | 0 | 0 | 8 |
| 1 cup Heavy Whipping Cream | 800 | 96 | 6 | 0 | 6 | 0 |
| 4 tbsp. Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 2 oz. Cream Cheese | 200 | 20 | 2 | 0 | 2 | 0 |
| 1 tbsp. Soy Sauce | 10 | 0 | 0 | 0 | 0 | 2 |
| 1 1/2 tsp. Onion Powder | 6 | 0 | 1.5 | 0 | 1.5 | 0 |
| 1 1/2 tsp. Parsley | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Smoked Paprika | 10 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| 8 oz. Cheddar Cheese | 912 | 75 | 3 | 0 | 3 | 56 |
| 10 drops Liquid Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| Totals | 2900 | 280 | 33.5 | 9 | 24.5 | 78 |



Ingredients:

1 lb. Ground Beef (80/20)
12-18 Cheese Cubes (depending on size of meatballs)
1/4 cup Almond Flour
1 large Egg
3/4 tsp. Garlic
1/2 tsp. Onion Powder
1/4 tsp. Cumin
1 tsp. Worcestershire Sauce
Salt and Pepper to Taste

This makes 5 servings. Each serving:
500.0 Calories - 40.0 Fats (g)
1.2 Net Carbs (g) - 32.0 Protein (g)

CHEESEBURGER MEATBALLS

Instructions:

1. Combine all ingredients (except for cheese) into a bowl. Mix together well.
 2. Form meatballs with cheese cubes in the center, making sure there are no holes left in the meatball mixture.
 3. Place all meatballs into the slow cooker and cook for 5 hours on low, or 3 hours on high.
- Note: Putting them on high for 30 minutes, then turning to low helps seal the meatballs and helps keep the cheese inside.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 lb. Ground Beef | 1152 | 91 | 0 | 0 | 0 | 78 |
| 18 Cheese Cubes | 1100 | 90 | 0 | 0 | 0 | 70 |
| 1/4 cup Almond Flour | 160 | 14 | 6 | 3 | 3 | 6 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| 3/4 tsp. Garlic | 5 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1/4 tsp. Cumin | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Worcestershire Sauce | 5 | 0 | 1 | 0 | 1 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2500 | 200 | 9 | 3 | 6 | 160 |



Ingredients:

1 lb. Ground Beef, browned with fat drained
1/4 cup Mayonnaise
4 oz. Cream Cheese
8 oz. Cheddar Cheese
2 large Eggs
1 tsp. Dried Minced Onion
1 cube Beef Bouillon Cube, crumbled
1/4 tsp. Onion Powder
1/4 tsp. Garlic Powder
Salt and Pepper to Taste

This makes 6 servings. Each serving:
401.5 Calories - 32.5 Fats (g)
1.7 Net Carbs (g) - 24.3 Protein (g)

CHEESEBURGER PIE

Instructions:

1. Grate cheddar cheese, separating half of it for later.
2. Mix all ingredients together in a bowl (except for half of the cheese).
3. Press all ingredients into a greased slow cooker.
4. Top with cheese and turn on low for 4-5 hours or high for 3 hours.
5. Garnish with ketchup, mayonnaise, and pickles.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 1 lb. Ground Beef | 582 | 30 | 0 | 0 | 0 | 78 |
| 1/4 cup Mayonnaise | 360 | 40 | 0 | 0 | 0 | 0 |
| 4 oz. Cream Cheese | 400 | 40 | 4 | 0 | 4 | 0 |
| 8 oz. Cheddar Cheese | 912 | 75 | 3 | 0 | 3 | 56 |
| 2 large Eggs | 140 | 10 | 1 | 0 | 1 | 12 |
| 1 tsp. Dried Minced Onion | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 cube Beef Bouillon Cube | 5 | 0 | 1 | 0 | 1 | 0 |
| 1/4 tsp. Onion Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Garlic Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2409 | 195 | 10 | 0 | 10 | 146 |



Ingredients:

Starting:

12 oz. Andouille Sausage, sliced thin
9 oz. Baby Bella Mushrooms, sliced thin
1 tbsp. Olive Oil
1/4 cup Butter
1/2 medium Onion, diced
1 tsp. Garlic, minced
3 cups Chicken Stock
1 tsp. Guar Gum
1/8 tsp. Nutmeg

Finishing:

1 cup Heavy Cream
8 oz. Cheddar Cheese, shredded
Salt and Pepper to Taste

This makes 6 servings. Each serving:

558.2 Calories - 50.2 Fats (g)
3.5 Net Carbs (g) - 23.5 Protein (g)

CHEESY SAUSAGE & MUSHROOM SOUP

Instructions:

1. In a pan over medium high heat, brown sausage until cooked. Set aside.
2. In the same pan, cook onion and mushroom in the pan until soft.
3. Add stock, nutmeg, garlic and guar gum into the slow cooker and whisk together until guar gum is incorporated.
4. Add the sausage, onion, mushrooms, and butter into the slow cooker and mix together.
5. Cook on low for 4 hours or high for 3 hours. Once finished, add the finishing ingredients and stir together.
6. Cook for an additional 30 minutes on high without the lid in the slow cooker.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|----------|----------|-----------|-----------|---------------|-------------|
| 12 oz. Andouille Sausage, sliced thin | 1000 | 72 | 0 | 0 | 0 | 72 |
| 9 oz. Baby Bella Mushrooms, sliced thin | 60 | 0 | 9 | 3 | 6 | 9 |
| 1 tbsp. Olive Oil | 120 | 14 | 0 | 0 | 0 | 0 |
| 1/4 cup Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 1/2 medium Onion, diced | 23 | 0 | 6 | 1 | 5 | 1 |
| 1 tsp. Garlic, minced | 4 | 0 | 1 | 0 | 1 | 0 |
| 3 cups Chicken Stock | 15 | 0 | 0 | 0 | 0 | 3 |
| 1 tsp. Guar Gum | 10 | 0 | 2 | 2 | 0 | 0 |
| 1/8 tsp. Nutmeg | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 cup Heavy Cream | 800 | 96 | 6 | 0 | 6 | 0 |
| 8 oz. Cheddar Cheese, shredded | 912 | 75 | 3 | 0 | 3 | 56 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 3349 | 301 | 27 | 6 | 21 | 141 |



Ingredients:

Starting:

5 Chicken Thighs, deboned (~1 3/4 lbs.)
8 slices Bacon
8 oz. Broccoli Florets
8 oz. Cheddar Cheese, grated
1/2 cup Ranch Dressing
1 tsp. Onion Powder
1 tsp. Garlic Powder
Salt and Pepper to Taste

Finishing:

1 tbsp. Dried Parsley
1/2 tsp. Dried Dill Weed
1/2 tsp. Dried Basil

This makes 8 servings. Each serving:

507.5 Calories - 42.1 Fats (g)
2.5 Net Carbs (g) - 27.8 Protein (g)

CHICKEN BACON RANCH CASSEROLE

Instructions:

1. Debone chicken thighs using kitchen shears.
2. Place all ingredients in the slow cooker and mix together.
3. Cook on low for 5 hours, or high for 3 hours.
4. Mix everything together, shredding the chicken as you stir. Add finishing herbs and mix again.
5. Optionally remove the lid and cook for another 30 minutes to reduce.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 5 Chicken Thighs | 1675 | 121 | 0 | 0 | 0 | 137 |
| 8 slices Bacon | 828 | 81 | 0 | 0 | 0 | 21 |
| 8 oz. Broccoli Florets | 67 | 0 | 11 | 5 | 6 | 8 |
| 8 oz. Cheddar Cheese | 912 | 75 | 3 | 0 | 3 | 56 |
| 1/2 cup Ranch Dressing | 560 | 60 | 8 | 0 | 8 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| 1 tbsp. Dried Parsley | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Dried Dill Weed | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Dried Basil | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 4060 | 337 | 25 | 5 | 20 | 222 |



Ingredients:

5 Chicken Thighs, deboned
3 cups Chicken Broth
1 tbsp. Butter
1 medium Jalapeno Pepper, minced
1 medium Green Pepper, chopped
2 Green Onions, chopped
1 tbsp. Ground Cumin
1 1/2 tsp. Ground Coriander
1 tsp. Ancho Chili Powder
1 tsp. Garlic Powder
1/2 tsp. Onion Powder
Juice 1 Lime
1/4 cup Cilantro Leaves, chopped
Salt and Pepper to Taste

CHICKEN CHILI

This makes 4 servings. Each serving:
476.3 Calories - 33.3 Fats (g)
3.6 Net Carbs (g) - 34.8 Protein (g)

Instructions:

1. Debone chicken thighs using kitchen shears.
2. Add all ingredients to the slow cooker and mix together until seasoning is well distributed.
3. Cook on low for 5 hours, or high for 3 hours.
4. As an option, you can turn this into a rich white chicken chili by adding 1/2 cup heavy cream at the end.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 5 Chicken Thighs | 1675 | 121 | 0 | 0 | 0 | 137 |
| 3 cups Chicken Broth | 45 | 0 | 3 | 0 | 3 | 0 |
| 1 tbsp. Butter | 100 | 11 | 0 | 0 | 0 | 0 |
| 1 medium Jalapeno Pepper | 7 | 0 | 1 | 0 | 1 | 0 |
| 1 medium Green Pepper | 24 | 0 | 6 | 2 | 4 | 1 |
| 2 Green Onions, chopped | 10 | 0 | 2 | 1 | 1 | 0 |
| 1 tbsp. Ground Cumin | 24 | 1 | 3 | 1 | 2 | 1 |
| 1 1/2 tsp. Ground Coriander | 2 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Ancho Chili Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| Juice 1 Lime | 5 | 0 | 2 | 0 | 2 | 0 |
| 1/4 cup Cilantro Leaves | 2 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1905 | 133 | 18.5 | 4 | 14.5 | 139 |



Ingredients:

1 1/2 lb. Chicken Thighs
(weight after debone and deskin)
1 tsp. Paprika
1 tsp. Dried Oregano
1 tsp. Dried Parsley
4 tbsp. Butter, cubed
14 oz. Cream Cheese
9 ounces Ham, diced and water
squeezed out
7 oz. Swiss cheese, diced
1/2 cup Dry White Wine
Salt and Pepper to Taste

This makes 8 servings. Each serving:
511.9 Calories - 39.9 Fats (g)
3.5 Net Carbs (g) - 33.1 Protein (g)

CHICKEN CORDON BLEU CASSEROLE

Instructions:

1. Debone and deskin chicken thighs using kitchen shears.
2. Chop about 12 oz. ham into cubes, then squeeze any excess water out.
3. Add all ingredients to a slow cooker and mix together well.
4. Cook on low for 6 hours or high for 4 hours.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 1 1/2 lb. Chicken Thighs | 960 | 48 | 0 | 0 | 0 | 132 |
| 1 tsp. Paprika | 6 | 0 | 1 | 1 | 0 | 0 |
| 1 tsp. Dried Oregano | 3 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Dried Parsley | 1 | 0 | 0 | 0 | 0 | 0 |
| 4 tbsp. Butter, cubed | 400 | 44 | 0 | 0 | 0 | 0 |
| 14 oz. Cream Cheese | 1400 | 140 | 14 | 0 | 14 | 28 |
| 9 ounces Ham | 480 | 32 | 0 | 0 | 0 | 52 |
| 7 oz. Swiss cheese, diced | 753 | 55 | 11 | 0 | 11 | 53 |
| 1/2 cup Dry White Wine | 88 | 0 | 2 | 0 | 2 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 4095 | 319 | 29 | 1 | 28 | 265 |



Ingredients:

Meatball:

1 lb Ground Chicken Thigh
1/4 cup Almond Flour
1/4 cup Flaxseed Meal
1 large Egg
1/4 tsp. Allspice
1/4 tsp. Nutmeg
Salt and Pepper to Taste

Starting:

1 1/2 cups Chicken Stock
1/2 cup Sour Cream
2 tbsp. Butter
1 tbsp. Soy Sauce
1/2 tsp. Guar Gum

Finishing:

1/2 cup Heavy Cream
1/2 tsp. Guar Gum

This makes 4 servings. Each serving:

471.5 Calories - 36.8 Fats (g)

2.9 Net Carbs (g) - 28.3 Protein (g)

CHICKEN SWEDISH MEATBALLS

Instructions:

1. Add all starting ingredients into the slow cooker and whisk vigorously to incorporate the guar gum.
2. Mix together all meatball ingredients. Form meatballs and place into bottom of slow cooker, about 18 in total.
3. Cook on low for 4 hours, or high for 3 hours.
4. Remove meatballs from the slow cooker, and then add heavy cream and guar gum. Use an immersion blender to emulsify the sauce.
5. Serve meatballs with sauce.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 1 lb Ground Chicken Thigh | 720 | 36 | 0 | 0 | 0 | 88 |
| 1/4 cup Almond Flour | 160 | 14 | 6 | 3 | 3 | 6 |
| 1/4 cup Flaxseed Meal | 120 | 7 | 10 | 8 | 2 | 6 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| 1/4 tsp. Allspice | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Nutmeg | 3 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| 1 1/2 cups Chicken Stock | 8 | 0 | 0 | 0 | 0 | 2 |
| 1/2 cup Sour Cream | 180 | 15 | 3 | 0 | 3 | 3 |
| 2 tbsp. Butter | 200 | 22 | 0 | 0 | 0 | 0 |
| 1 tbsp. Soy Sauce | 10 | 0 | 0 | 0 | 0 | 2 |
| 1/2 tsp. Guar Gum | 10 | 0 | 2 | 2 | 0 | 0 |
| 1/2 cup Heavy Cream | 400 | 48 | 3 | 0 | 3 | 0 |
| Totals | 1886 | 147 | 24.5 | 13 | 11.5 | 113 |



Ingredients:

Sauce:

1 cup Beef Broth
2 tbsp. Soy Sauce
2 tbsp. Rice Vinegar
4 tbsp. Sugar Free Maple Syrup (Such as Walden Farm's)
2 tbsp. Chili Garlic Paste
1 tsp. Garlic Powder
1 tsp. Onion powder
1 tsp. Ancho Chili Powder
1 tsp. Ginger Powder
1/4 tsp. Cayenne Pepper
1/2 tsp. Guar Gum

Meatballs:

1 lb. Ground Beef
1/4 cup Flaxseed Meal
1 large Egg
1 tsp. Garlic Powder
1 tsp. Ginger Powder
1 tsp. Onion Powder
1 tsp. Sesame Oil
2 tsp. Sesame Seeds
Salt and Pepper to Taste

This makes 4 servings. Each serving:

374.0 Calories - 27.8 Fats (g)
2.4 Net Carbs (g) - 24.8 Protein (g)

GENERAL TSO'S MEATBALLS

Instructions:

1. Mix together all of the sauce ingredients in slow cooker. Use a whisk to incorporate the guar gum.
2. Mix together all meatball ingredients, and then form into meatballs. About 18 in total.
3. Place meatballs in the slow cooker and cook on low for 5 hours or high for 3 hours.
4. Remove the lid and cook on high for 1 hour. Remove meatballs from sauce and use an immersion blender to emulsify sauce.
5. Serve meatballs with sauce spooned over the top.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 cup Beef Broth | 20 | 0 | 0 | 0 | 0 | 4 |
| 2 tbsp. Soy Sauce | 20 | 0 | 0 | 0 | 0 | 4 |
| 2 tbsp. Rice Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 tbsp. SF Maple Syrup | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 tbsp. Chili Garlic Paste | 4 | 0 | 1 | 0 | 1 | 0 |
| 2 tsp. Garlic Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 2 tsp. Onion powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Ancho Chili Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Ginger Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1/4 tsp. Cayenne Pepper | 2 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| 1 lb. Ground Beef | 1152 | 91 | 0 | 0 | 0 | 78 |
| 1/4 cup Flaxseed Meal | 120 | 7 | 10 | 8 | 2 | 6 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| 1 tsp. Sesame Oil | 40 | 5 | 0 | 0 | 0 | 0 |
| 2 tsp. Sesame Seeds | 34 | 3 | 1 | 1 | 0 | 1 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1496 | 111 | 19.5 | 10 | 9.5 | 99 |



Ingredients:

4 medium Avocados
3 cups Chicken Stock
3/4 cup Sour Cream
1 tsp. Cumin
Juice 1 lime (1/2 before, 1/2 after)
Salt and Pepper to Taste

This makes 4 servings. Each serving:
420.8 Calories - 37.0 Fats (g)
6.3 Net Carbs (g) - 6.3 Protein (g)

GUACAMOLE SOUP

Instructions:

1. Using a knife, carefully cut avocados in half and remove the pits.
2. Add all ingredients (except for juice of 1/2 lime) to the slow cooker.
3. Use a fork or potato masher to mash everything together.
4. Cook on low for 4-6 hours or high for 2-3 hours.
5. Once done, add additional lime juice and use an immersion blender to blend together all of the ingredients.
6. Serve and garnish with sour cream and sriracha.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 4 medium Avocados | 1286 | 118 | 69 | 54 | 15 | 16 |
| 3 cups Chicken Stock | 15 | 0 | 0 | 0 | 0 | 3 |
| 3/4 cup Sour Cream | 360 | 30 | 6 | 0 | 6 | 6 |
| 1 tsp. Cumin | 8 | 0 | 1 | 0 | 1 | 0 |
| Juice 1 lime | 10 | 0 | 3 | 0 | 3 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1683 | 148 | 79 | 54 | 25 | 25 |



Ingredients:

Meatballs:

1 lb. Ground Pork
1/4 cup Shelled Hemp Hearts
1 large Egg
1 tsp. Minced Garlic
1/2 tsp. Onion Powder
2 tsp. Paprika
1/2 tsp. Dried Thyme
Salt and Pepper to Taste

Sauce:

1/2 cup Canned Tomatoes with Jalapenos
1/4 cup Heavy Cream
1/2 tsp. Guar Gum

This makes 4 servings. Each serving:

444.3 Calories - 35.8 Fats (g)
2.3 Net Carbs (g) - 24.3 Protein (g)

HOMESTYLE SPANISH MEATBALLS

Instructions:

1. Mix together all meatball ingredients in a bowl. Set aside.
2. Add all sauce ingredients to the slow cooker, then whisk together thoroughly to incorporate guar gum.
3. Roll out meatballs and place in the bottom of the slow cooker, about 18 in total.
4. Cook on low for 5-6 hours or high for 4 hours.
5. Remove meatballs from the slow cooker and set aside. Use an immersion blender to emulsify the sauce.
6. Serve sauce spooned over meatballs.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--|-------------|------------|-----------|-----------|---------------|-------------|
| 1 lb. Ground Pork | 1191 | 96 | 0 | 0 | 0 | 76 |
| 1/4 cup Shelled Hemp Hearts | 227 | 17 | 4 | 3 | 1 | 13 |
| 1 large Egg | 70 | 5 | 0.5 | 0 | 0.5 | 6 |
| 1 tsp. Minced Garlic | 40 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 2 tsp. Paprika | 12 | 1 | 2 | 2 | 0 | 1 |
| 1/2 tsp. Dried Thyme | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 4 | 0 | | | | |
| 1/2 cup Canned Tomatoes with Jalapenos | 25 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup Heavy Cream | 200 | 24 | 2 | 0 | 2 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| Totals | 1777 | 143 | 16 | 7 | 9 | 97 |



Ingredients:

Sauce:

1/4 cup Erythritol
1/4 cup Rice Vinegar
2 tbsp. Reduced Sugar Ketchup
1 tbsp. Soy Sauce
1/2 tsp. Mango Extract
1/2 tsp. Guar Gum
7 drops Liquid Stevia

Starting:

4 Chicken Thighs
1 tsp. Garlic Powder
1 tsp. Toasted Sesame Seeds
Salt and Pepper to Taste

Finishing:

1/4 tsp. Guar Gum
1 tbsp. Reduced Sugar Ketchup
1 tbsp. Soy Sauce
1 tbsp. Erythritol
2 tbsp. Rice Wine Vinegar
Juice 1/2 Lemon

This makes 5 servings. Each serving:

399.8 Calories - 27.8 Fats (g)
1.3 Net Carbs (g) - 32.8 Protein (g)

HONEY SESAME CHICKEN

Instructions:

1. Whisk all sauce ingredients together in the bottom of the slow cooker until guar gum is incorporated.
2. Add all starting ingredients to the slow cooker.
3. Cook on low for 6-7 hours, or high for 5 hours.
4. Once finished, add all finishing ingredients and shred chicken using a fork. Mix everything together.
5. Serve on lettuce as lettuce wraps, or as a meal over vegetables.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------------|-------------|------------|-----------|------------|---------------|-------------|
| 1/4 cup + 1 tbsp. Erythritol | 0 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup + 2 tbsp. Rice Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| 3 tbsp. Reduced Sugar Ketchup | 15 | 0 | 3 | 0 | 3 | 0 |
| 2 tbsp. Soy Sauce | 30 | 0 | 0 | 0 | 0 | 6 |
| 1/2 tsp. Mango Extract | 2 | 0 | 0 | 0 | 0 | 0 |
| 3/4 tsp. Guar Gum | 7 | 0 | 1 | 1 | 0 | 0 |
| 7 drops Liquid Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 Chicken Thighs | 1914 | 138 | 0 | 0 | 0 | 157 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Toasted Sesame Seeds | 17 | 1 | 1 | 0.5 | 0.5 | 1 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Juice 1/2 Lemon | 6 | 0 | 2 | 0 | 2 | 0 |
| Totals | 1999 | 139 | 8 | 1.5 | 6.5 | 164 |



Ingredients:

4 medium Chicken Thighs, Deboned
(~1 1/2 lbs. after deboning)
6 slices Bacon, sliced
3 medium Jalapenos
(De-seed if you aren't a fan of spicy)
12 oz. Cream Cheese
1/4 cup Mayonnaise
4 oz. Shredded Cheddar
2 oz. Shredded Mozzarella Cheese
1/2 tsp. Onion Powder
1/2 tsp. Garlic Powder
Salt and Pepper to Taste

This makes 8 servings. Each serving:
533.3 Calories - 47.0 Fats (g)
2.0 Net Carbs (g) - 25.0 Protein (g)

JALAPENO POPPER CASSEROLE

Instructions:

1. Layer chicken in the bottom of the slow cooker and season to taste. Then, layer bacon on top of chicken.
2. Spread cream cheese and mayonnaise out on top of the bacon, and season to taste.
3. Chop jalapenos and sprinkle over the top. Then sprinkle shredded cheese over the jalapeno.
4. Cook on low for 5-6 hours, or high for 4 hours.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 4 medium Chicken Thighs | 1436 | 104 | 0 | 0 | 0 | 118 |
| 6 slices Bacon | 623 | 61 | 0 | 0 | 0 | 16 |
| 3 medium Jalapenos | 13 | 0 | 2 | 1 | 1 | 1 |
| 12 oz. Cream Cheese | 1200 | 120 | 12 | 0 | 12 | 24 |
| 1/4 cup Mayonnaise | 360 | 40 | 0 | 0 | 0 | 0 |
| 4 oz. Shredded Cheddar | 456 | 38 | 1 | 0 | 1 | 28 |
| 2 oz. Shredded Mozzarella Cheese | 170 | 13 | 1 | 0 | 1 | 13 |
| 1/2 tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1/2 tsp. Garlic Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 4266 | 376 | 17 | 1 | 16 | 200 |



Ingredients:

Liquids and Spice:

3 cups Chicken Stock
1 cup Diced Tomatoes with Green Chile
1 Chicken Thigh (~5 oz.), chopped
2 tsp. Paprika
2 tsp. Salt
1 tsp. Garlic Powder
1 tsp. Black Pepper
1/2 tsp. Onion Powder
1 tsp. Cayenne Pepper
1 tsp. Dried Oregano
1 1/2 tsp. Dried Thyme
1/4 tsp. Old Bay (or 2 Bay Leaves)
1 tsp. Guar Gum

Starting:

8 oz. Shrimp
12 oz. Andouille Sausage, sliced thin
1 1/2 cup Okra, frozen
1 red Bell Pepper, chopped
1/2 medium Onion, chopped
2 tsp. Garlic, minced
1/4 cup Butter
1/4 cup Coconut Oil

JAMBALAYA

This makes 6 servings. Each serving:

423.5 Calories - 32.7 Fats (g)

5.4 Net Carbs (g) - 22.2 Protein (g)

Instructions:

1. Add all liquid and spice ingredients to the slow cooker, then whisk together vigorously until it starts to slightly thicken.
 2. Add all of the starting ingredients and lightly stir together.
 3. Cook on low for 6 hours, or high for 4 hours.
 4. Remove lid from the slow cooker and cook on high for 30 minutes to reduce.
- Optional: For a fresher taste, leave out shrimp until last 30 minutes.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 3 cups Chicken Stock | 15 | 0 | 0 | 0 | 0 | 3 |
| 1 cup Diced Tomatoes with Green Chile | 50 | 0 | 10 | 2 | 8 | 1 |
| 1 Chicken Thigh (~5 oz.) | 299 | 22 | 0 | 0 | 0 | 24 |
| 2 tsp. Paprika | 12 | 0 | 2 | 2 | 0 | 1 |
| 2 tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Black Pepper | 4 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1 tsp. Cayenne Pepper | 6 | 0 | 1 | 1 | 0 | 0 |
| 1 tsp. Dried Oregano | 3 | 0 | 1 | 0 | 1 | 0 |
| 1 1/2 tsp. Dried Thyme | 4 | 0 | 1 | 1 | 0 | 0 |
| 1/4 tsp. Old Bay | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Guar Gum | 10 | 0 | 2 | 2 | 0 | 0 |
| 8 oz. Shrimp | 150 | 2 | 1 | 0 | 1 | 29 |
| 12 oz. Andouille Sausage | 1000 | 72 | 8 | 4 | 4 | 72 |
| 1 1/2 cup Okra, frozen | 44 | 0 | 10 | 5 | 5 | 1 |
| 1 red Bell Pepper, chopped | 25 | 0 | 6 | 1 | 5 | 1 |
| 1/2 medium Onion, chopped | 23 | 0 | 6 | 1 | 5 | 1 |
| 2 tsp. Garlic, minced | 10 | 0 | 2 | 0 | 2 | 0 |
| 1/4 cup Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 1/4 cup Coconut Oil | 480 | 56 | 0 | 0 | 0 | 0 |
| Totals | 2541 | 196 | 51.5 | 19 | 32.5 | 133 |



Ingredients:

Kofta:

1 lb. Ground Lamb
1/4 Red Onion
1/4 cup Mint Leaves, chopped
2 tsp. Garlic, minced
2 tsp. Paprika
1 tsp. Dried Parsley
1 tsp. Cumin
1/2 tsp. Coriander
1/2 tsp. Allspice

Sauce:

Fat from Slow Cooker
1/2 cup Full Fat Yogurt
2 tbsp. Tahini
Juice 1/2 Lemon
Salt to Taste
1/4 tsp. Cumin

LAMB KOFTA

Instructions:

1. Mix together all of the kofta ingredients and form into oval shaped meatballs.
2. Place in the bottom of the slow cooker and cook on low for 5-6 hours or high for 4 hours.
3. Once done, take meatballs out of the slow cooker and set aside.
4. Mix together all sauce ingredients and serve with kofta.

This makes 4 servings. Each serving:

412.5 Calories - 32.4 Fats (g)

4.6 Net Carbs (g) - 23.3 Protein (g)

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 lb. Ground Lamb | 1277 | 106 | 0 | 0 | 0 | 75 |
| 1/4 Red Onion | 24 | 0 | 6 | 1 | 5 | 1 |
| 1/4 cup Mint Leaves | 12 | 0 | 2 | 1 | 1 | 0 |
| 2 tsp. Garlic, minced | 10 | 0 | 2 | 0 | 2 | 0 |
| 2 tsp. Paprika | 13 | 1 | 3 | 2 | 1 | 1 |
| 1 tsp. Dried Parsley | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Cumin | 8 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Coriander | 5 | 0 | 1 | 1 | 0 | 0 |
| 1/2 tsp. Allspice | 2 | 0 | 1 | 0 | 1 | 0 |
| 1/2 cup Full Fat Yogurt | 110 | 5.5 | 4.5 | 0 | 4.5 | 10 |
| 2 tbsp. Tahini | 180 | 17 | 4 | 4 | 1 | 6 |
| Juice 1/2 Lemon | 6 | 0 | 2 | 0 | 2 | 0 |
| Salt to Taste | 0 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Cumin | 2 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1650 | 129.5 | 26.5 | 9 | 18.5 | 93 |



Ingredients:

3 1/2 lbs. Leg of Lamb, bone out
1/2 cup Olive Oil
1/2 cup Chicken Stock
1/4 cup Dry White Wine
1/4 cup White Wine Vinegar
1 medium Lemon, Juice and Zest
4 tsp. Garlic, minced
1 tsp. Dried Oregano
1 tsp. Nutmeg
2 tbsp. Fresh Mint, chopped
Salt and Pepper to Taste

This makes 10 servings. Each serving:
445.0 Calories - 38.2 Fats (g)
1.4 Net Carbs (g) - 28.1 Protein (g)

LEG OF LAMB

Instructions:

1. Add leg of lamb to the bottom of the slow cooker.
2. Add the rest of the ingredients, pouring over the leg of lamb as you add them.
3. Cook on low for 6 hours.
4. Remove lamb from slow cooker and slice. Serve with spooning of juice from the slow cooker.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|-------------|------------|-----------|-----------|---------------|--------------|
| 3 1/2 lbs. Leg of Lamb | 3360 | 269 | 0 | 0 | 0 | 280 |
| 1/2 cup Olive Oil | 960 | 112 | 0 | 0 | 0 | 0 |
| 1/2 cup Chicken Stock | 3 | 0 | 0 | 0 | 0 | 0.5 |
| 1/4 cup Dry White Wine | 48 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup White Wine Vinegar | 20 | 0 | 4 | 0 | 4 | 0 |
| 1 medium Lemon | 12 | 0 | 4 | 0 | 4 | 0 |
| 4 tsp. Garlic, minced | 20 | 0 | 4 | 0 | 4 | 0 |
| 1 tsp. Dried Oregano | 3 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Nutmeg | 12 | 1 | 1 | 0 | 1 | 0 |
| 2 tbsp. Fresh Mint, chopped | 6 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 6 | 0 | 0 | 0 | 0 | 0 |
| Totals | 4450 | 382 | 14 | 0 | 14 | 280.5 |



Ingredients:

5-6 lb. Pork Butt (Boston Butt)
1 tbsp. Kosher Salt
1 tsp. Black Pepper
1 tbsp. Cumin
2 tsp. Coriander
1 tsp. Garlic Powder
1 tsp. Onion Powder
1/8 tsp. Cinnamon
1/2 cup Chicken Stock
Juice 1/2 lime

This makes 12 servings. Each serving:
423.3 Calories - 29.5 Fats (g)
0.5 Net Carbs (g) - 36.9 Protein (g)

MEXICAN PORK SHOULDER

Instructions:

1. Mix all spices together in a small bowl.
2. Sprinkle seasoning over pork butt until all sides are covered.
3. Pour chicken stock into the bottom of a slow cooker, then place pork butt inside.
4. Cook on low for 6 hours or high for 4 hours. Shred the pork into the juices and cook for another 1 hour on low.
5. Before serving, squeeze lime juice over pork.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------|-------------|------------|-----------|-----------|---------------|--------------|
| 5-6 lb. Pork Butt | 5016 | 352 | 0 | 0 | 0 | 440 |
| 1 tbsp. Kosher Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Black Pepper | 5 | 0 | 1 | 1 | 0 | 0 |
| 1 tbsp. Cumin | 24 | 1 | 3 | 1 | 2 | 1 |
| 2 tsp. Coriander | 18 | 1 | 2 | 2 | 0 | 1 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/8 tsp. Cinnamon | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/2 cup Chicken Stock | 3 | 0 | 0 | 0 | 0 | 0.5 |
| Juice 1/2 lime | 5 | 0 | 2 | 0 | 2 | 0 |
| Totals | 5080 | 354 | 10 | 4 | 6 | 442.5 |

Ingredients:

1 1/2 lbs. Ground Beef
2 tbsp. Olive Oil
2 tsp. Garlic Powder
1 tsp. Onion Powder
1/2 Red Bell pepper, chopped
(1 medium)
1/2 Green Bell pepper, chopped
(1 medium)
1 tbsp. Chili Powder
1 tsp. Paprika
1 tsp. Dried Oregano
2 tsp. Ground Cumin
1/2 tsp. Cinnamon
1/4 cup White Wine
1/2 cup Tomatoes and Green Chile
(from a can)
1/2 cup Green Olives, sliced
2 tbsp. Cocoa Powder
1/4 cup Reduced Sugar Ketchup
1/2 cup fresh Cilantro, chopped
2 Chilis in Adobo Sauce
2 medium Jalapenos, sliced

This makes 5 servings. Each serving:
463.8 Calories - 35.4 Fats (g)
4.6 Net Carbs (g) - 24.6 Protein (g)

MOLE CHILI

Instructions:

1. Over medium-high heat, brown ground beef in olive oil over the stove.
2. Once browned, transfer beef to the slow cooker. Then add all of the other ingredients.
3. Mix together well, and then cook on low for 6 hours or high for 4 hours.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 1/2 lbs. Ground Beef | 1728 | 136 | 0 | 0 | 0 | 117 |
| 2 tbsp. Olive Oil | 240 | 28 | 0 | 0 | 0 | 0 |
| 2 tsp. Garlic Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 Red Bell pepper | 12 | 0 | 3 | 0.5 | 2.5 | 0.5 |
| 1/2 Green Bell pepper | 12 | 0 | 3 | 0.5 | 2.5 | 0.5 |
| 1 tbsp. Chili Powder | 24 | 1 | 4 | 3 | 1 | 1 |
| 1 tsp. Paprika | 7 | 0 | 1 | 1 | 0 | 0 |
| 1 tsp. Dried Oregano | 3 | 0 | 1 | 0 | 1 | 0 |
| 2 tsp. Ground Cumin | 16 | 1 | 2 | 0 | 2 | 1 |
| 1/2 tsp. Cinnamon | 4 | 0 | 1 | 1 | 0 | 0 |
| 1/4 cup White Wine | 48 | 0 | 0 | 0 | 0 | 0 |
| 1/2 cup Tomatoes and Green Chile | 25 | 0 | 5 | 1 | 4 | 1 |
| 1/2 cup Green Olives | 100 | 10 | 0 | 0 | 0 | 0 |
| 2 tbsp. Cocoa Powder | 40 | 1 | 4 | 4 | 0 | 2 |
| 1/4 cup Reduced Sugar Ketchup | 20 | 0 | 4 | 0 | 4 | 0 |
| 1/2 cup fresh Cilantro | 4 | 0 | 0 | 0 | 0 | 0 |
| 2 Chilis in Adobo Sauce | 20 | 0 | 6 | 3 | 2 | 0 |
| 2 medium Jalapenos, sliced | 4 | 0 | 2 | 1 | 1 | 0 |
| Totals | 2319 | 177 | 39 | 15 | 23 | 123 |



Ingredients:

White Sauce Pizza Dip

2 cups Mozzarella Cheese, Shredded (8 oz.)
1 1/4 cup Sour Cream (12 oz.)
1 cup Ricotta Cheese
1/4 cup Parmesan Cheese
1/4 medium Onion, diced
1 tbsp. Garlic, minced
1/4 cup Salsa
1/4 cup Mayonnaise
4 tsp. Italian Seasoning
1 6 oz. Package Pepperoni, sliced
Salt and Pepper to taste

This makes 6 servings. Each serving:

511.5 Calories - 43.3 Fats (g)

5.0 Net Carbs (g) - 21.7 Protein (g)

PIZZA DIP

Instructions:

1. Prep all ingredients and meat by dicing and mincing.
2. Mix together all ingredients into a crock pot.
3. Cook on low for 3 hours.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 cups Mozzarella Cheese | 679 | 51 | 5 | 0 | 5 | 50 |
| 1 1/4 cup Sour Cream | 600 | 50 | 10 | 0 | 10 | 10 |
| 1 cup Ricotta Cheese | 428 | 32 | 7 | 0 | 7 | 28 |
| 1/4 cup Parmesan Cheese | 120 | 9 | 0 | 0 | 0 | 12 |
| 1/4 medium Onion, diced | 12 | 0 | 3 | 0 | 3 | 0 |
| 1 tbsp. Garlic, minced | 12 | 0 | 3 | 0 | 3 | 0 |
| 1/4 cup Salsa | 10 | 0 | 2 | 0 | 2 | 0 |
| 1/4 cup Mayonnaise | 360 | 40 | 0 | 0 | 0 | 0 |
| 4 tsp. Italian Seasoning | 4 | 0 | 0 | 0 | 0 | 0 |
| 1 6 oz. Package Pepperoni | 840 | 78 | 0 | 0 | 0 | 30 |
| Salt and Pepper to taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 3069 | 260 | 30 | 0 | 30 | 130 |



POACHED SALMON

Ingredients:

1 cup Chicken Stock
1/2 cup Dry White Wine
1/4 tsp. Onion Powder
1/4 medium Lemon
1/2 tsp. Dried Dill Weed
1/2 tsp. Dried Tarragon
Salt and Pepper to Taste
3 6 oz. Salmon Fillets

This makes 3 servings. Each serving:
324.7 Calories - 13.7 Fats (g)
1.3 Net Carbs (g) - 36.7 Protein (g)

Instructions:

1. Combine all ingredients (except for salmon) in a slow cooker. Squeeze the lemon juice into the slow cooker and leave the whole 1/4 remaining lemon in the broth.
2. Add salmon to the juices in the crock pot.
3. Cook on high for 20 minutes or until salmon is cooked through according to taste.
4. Optionally add 1/4 cup heavy cream and 2 tbsp. butter to the slow cooker. Use an immersion blender to create a sauce.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|--------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 cup Chicken Stock | 5 | 0 | 0 | 0 | 0 | 1 |
| 1/2 cup Dry White Wine | 96 | 0 | 3 | 0 | 3 | 0 |
| 1/4 tsp. Onion Powder | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/4 medium Lemon | 3 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Dried Dill Weed | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Dried Tarragon | 1 | 0 | 0 | 0 | 0 | 0 |
| Salt and Pepper to Taste | 3 | 0 | 0 | 0 | 0 | 0 |
| 3 6 oz. Salmon Fillets | 864 | 41 | 0 | 0 | 0 | 109 |
| Totals | 974 | 41 | 4 | 0 | 4 | 110 |



Ingredients:

1 1/2 lbs. Beef Stew Meat
 2 cups Beef Broth
 3 stalks Celery (~5 oz), chopped
 15 oz. Daikon Radish
 4 tbsp. Olive Oil
 1 1/2 tsp. Garlic Powder
 1 tsp. Onion Powder
 2 tbsp. Dijon Mustard
 1 tsp. Worcestershire Sauce
 1 tbsp. Soy Sauce
 1/2 tsp. Maple Extract
 2 tsp. Dried Rosemary
 1 tsp. Dried Thyme
 1/2 cube Beef Boullion
 1 tsp. Guar Gum
 Salt and Pepper to Taste

RUSTIC BEEF STEW

This makes 5 servings. Each serving:
 362.2 Calories - 25.6 Fats (g)
 3.5 Net Carbs (g) - 29.2 Protein (g)

Instructions:

1. Peel daikon radish, then chop in half. Chop each half into 1/2" thick half-moon shaped slices. Set aside.
2. Chop celery into 1/4" slices. Set aside.
3. Heat 2 tbsp. olive oil in a pan, and then brown the stew beef without overcrowding the pan and set aside. This will take 2-3 batches.
4. In the slow cooker, add all of the other ingredients and whisk together well until guar gum is incorporated.
5. Add daikon radish, celery, and stew meat to the slow cooker. Stir together well.
6. Cook on low for 6-8 hours or high for 4-5 hours.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-----------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 1 1/2 lbs. Beef Stew Meat | 1140 | 72 | 0 | 0 | 0 | 132 |
| 2 cups Beef Broth | 40 | 0 | 0 | 0 | 0 | 8 |
| 3 stalks Celery | 17 | 0 | 4 | 2 | 2 | 1 |
| 15 oz. Daikon Radish | 77 | 0 | 17 | 7 | 10 | 3 |
| 4 tbsp. Olive Oil | 480 | 56 | 0 | 0 | 0 | 0 |
| 1 1/2 tsp. Garlic Powder | 6 | 0 | 1.5 | 0 | 1.5 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 2 tbsp. Dijon Mustard | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Worcestershire Sauce | 5 | 0 | 1 | 0 | 1 | 0 |
| 1 tbsp. Soy Sauce | 10 | 0 | 0 | 0 | 0 | 2 |
| 1/2 tsp. Maple Extract | 2 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Dried Rosemary | 8 | 0 | 2 | 1 | 1 | 0 |
| 1 tsp. Dried Thyme | 3 | 0 | 1 | 0 | 1 | 0 |
| 1/2 cube Beef Boullion | 3 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Guar Gum | 10 | 0 | 2 | 2 | 0 | 0 |
| Salt and Pepper to Taste | 6 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1811 | 128 | 29.5 | 12 | 17.5 | 146 |



Ingredients:

1 lb. Breakfast Pork Sausage
4 medium Bell Peppers
8 oz. Baby Bella Mushrooms, destemmed and washed
2 stalks Celery
1/4 cup Parmesan Cheese
2 tsp. Paprika
1/4 tsp. Cayenne Pepper
1/2 tsp. Dried Thyme
1 tsp. Onion Powder
1/2 tsp. Garlic Powder
Salt and Pepper to taste

This makes 4 servings. Each serving:
450.3 Calories - 36.3 Fats (g)
5.9 Net Carbs (g) - 21.3 Protein (g)

SAUSAGE STUFFED BELL PEPPERS

Instructions:

1. Chop mushrooms and celery into small pieces and set aside.
2. Mix together all of the ingredients, except for the bell peppers, in a large bowl.
3. Cut the top off of the bell peppers and scrape out any inner seeds.
4. Stuff bell peppers with equal amount sausage mixture, then place into the bottom of a slow cooker.
5. Cook on low for 6 hours, or high for 4 hours.
6. Remove the peppers from the slow cooker carefully, then peel the thin skin layer off and serve.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 1 lb. Breakfast Pork Sausage | 1520 | 136 | 0 | 0 | 0 | 64 |
| 4 medium Bell Peppers | 80 | 1 | 18 | 7 | 12 | 4 |
| 8 oz. Baby Bella Mushrooms | 58 | 0 | 11 | 3 | 8 | 5 |
| 2 stalks Celery | 11 | 0 | 2 | 1 | 1 | 1 |
| 1/4 cup Parmesan Cheese | 108 | 7 | 1 | 0 | 1 | 10 |
| 2 tsp. Paprika | 12 | 1 | 2 | 2 | 0 | 1 |
| 1/4 tsp. Cayenne Pepper | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Dried Thyme | 1 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Garlic Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| Salt and Pepper to taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1801 | 145 | 35.5 | 13 | 23.5 | 85 |



Ingredients:

2 packets Shirataki Noodles
12 oz. Ground Beef
1 1/2 cup Rao's Tomato Sauce
1/2 tsp. Garlic Powder
1/2 tsp. Onion Powder
1 tsp. Italian Seasoning
1/4 tsp. Nutmeg
2 slices Bacon, chopped thin
Salt and Pepper to Taste

SPAGHETTI BOLOGNESE

This makes 3 servings. Each serving:
338.3 Calories - 27.3 Fats (g)
4.7 Net Carbs (g) - 17.0 Protein (g)

Instructions:

1. Empty packets of shirataki noodles into a colander and rinse very well under hot water.
2. Add all ingredients to the slow cooker and mix together well.
3. Cook on low for 6 hours, or high for 4 hours.
4. Optional: Serve with shaved parmesan over the top.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 2 packets Shirataki Noodles | 40 | 2 | 12 | 8 | 4 | 4 |
| 12 oz. Ground Beef | 576 | 45 | 0 | 0 | 0 | 39 |
| 1 1/2 cup Rao's Tomato Sauce | 180 | 15 | 12 | 3 | 9 | 3 |
| 1/2 tsp. Garlic Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1/2 tsp. Onion Powder | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1 tsp. Italian Seasoning | 2 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Nutmeg | 3 | 0 | 0 | 0 | 0 | 0 |
| 2 slices Bacon | 206 | 20 | 0 | 0 | 0 | 5 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| Totals | 1015 | 82 | 25 | 11 | 14 | 51 |



Ingredients:

Pork Chop:

2 thick Cut Pork Chops (~1.25 lbs.)
1/4 tsp. Garlic Powder
1/4 tsp. Onion Powder
Salt and Pepper to Taste
4 Toothpicks

Stuffing:

2 oz. Cream Cheese
1 oz. Monterey Jack Cheese
2 slices Bacon, chopped thin
1/2 tsp. Onion Powder
1/2 tsp. Garlic Powder
1/2 tsp. Thyme
1/4 tsp. Rosemary

Gravy:

1/4 cup White Wine, to cover bottom of
pork chops
4 tbsp. Butter
1/2 tsp. Guar Gum

STUFFED PORK CHOPS

This makes 4 servings. Each serving:

475.25 Calories - 38.75 Fats (g)
1.625 Net Carbs (g) - 29.25 Protein (g)

Instructions:

1. Use a knife to slit an opening into the pork chops, creating a large pocket. Work the pocket to be almost as large as the entire pork chop.
2. Season pork chops to taste.
3. Mix together all stuffing ingredients, then stuff pork chops with equal amounts.
4. Place all gravy ingredients into a slow cooker except for guar gum. Place pork chops on top.
5. Cook on low for 5 hours.
6. Remove pork chops from slow cooker and set aside. Add guar gum into the leftover juices and use an immersion blender to create the gravy.
7. Serve gravy over the pork chops.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|-------------|------------|------------|-----------|---------------|-------------|
| 2 thick Cut Pork Chops | 950 | 65 | 0 | 0 | 0 | 100 |
| Salt and Pepper to Taste | 4 | 0 | 0 | 0 | 0 | 0 |
| 2 oz. Cream Cheese | 200 | 20 | 2 | 0 | 2 | 4 |
| 1 oz. Monterey Jack Cheese | 80 | 6 | 1 | 0 | 1 | 8 |
| 2 slices Bacon, chopped thin | 206 | 20 | 0 | 0 | 0 | 5 |
| 3/4 tsp. Onion Powder | 3 | 0 | 0.75 | 0 | 0.75 | 0 |
| 3/4 tsp. Garlic Powder | 3 | 0 | 0.75 | 0 | 0.75 | 0 |
| 1/2 tsp. Thyme | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Rosemary | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup White Wine | 48 | 0 | 2 | 0 | 2 | 0 |
| 4 tbsp. Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| Totals | 1901 | 155 | 7.5 | 1 | 6.5 | 117 |



Ingredients:

1.5 lb. Stew Beef
 3/4 cup Sour Cream (full fat)
 1 tsp. Onion Powder
 1 tsp. Ginger Powder
 1 tsp. Garlic Powder
 1 tsp. Ground Coriander
 1 tsp. Ground Cumin
 1 tsp. Garam Masala
 1 tsp. Paprika
 1 tsp. Salt
 1/2 tsp. Cayenne Pepper
 1 medium Lemon, cut in quarters

TANDOORI BEEF

This makes 4 servings. Each serving:
 392.5 Calories - 25.8 Fats (g)
 4.3 Net Carbs (g) - 34.8 Protein (g)

Instructions:

1. Place all ingredients into a slow cooker and mix together to distribute the spices and sour cream.
2. Cook on low for 5-6 hours.
3. Remove beef from slow cooker and use an immersion blender or whisk to emulsify yogurt sauce.
4. Serve yogurt sauce spooned over pieces of beef.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|-------------------------|-------------|------------|-----------|-----------|---------------|-------------|
| 1.5 lb. Stew Beef | 1140 | 72 | 0 | 0 | 0 | 132 |
| 3/4 cup Sour Cream | 360 | 30 | 6 | 0 | 6 | 6 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Ginger Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Ground Coriander | 9 | 0 | 1 | 1 | 0 | 0 |
| 1 tsp. Ground Cumin | 8 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Garam Masala | 6 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Paprika | 20 | 1 | 4 | 3 | 1 | 1 |
| 1 tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Cayenne Pepper | 3 | 0 | 1 | 0 | 1 | 0 |
| 1 medium Lemon | 12 | 0 | 4 | 0 | 4 | 0 |
| Totals | 1570 | 103 | 21 | 4 | 17 | 139 |



Ingredients:

5 small Chicken Thighs, deboned (~1 3/4 lbs.)
6 tbsp. Salsa
1/4 cup Soy Sauce
1 tbsp. Fish Sauce
2 tbsp. Rice Vinegar
1 tsp. Onion Powder
1 tsp. Garlic Powder
2 tsp. Ginger Powder
2 tbsp. Chili Garlic Paste
1/4 cup PB2 (Powdered Peanuts)
Juice 1 Lime
1/2 cup Cilantro, chopped
1/4 cup Coconut Oil

THAI PEANUT CHICKEN

This makes 5 servings. Each serving:
475.0 Calories - 36.0 Fats (g)
2.8 Net Carbs (g) - 31.8 Protein (g)

Instructions:

1. Debone chicken thighs using kitchen shears.
2. Place chicken thighs in the bottom of the slow cooker.
3. In a bowl, mix together all of the ingredients, then pour over the chicken. Use your hands to cover the chicken with the sauce.
4. Cook on low for 5-6 hours, or high for 4 hours.
5. Remove lid and shred the chicken. Cook for another 60 minutes on low, or 30 minutes on high.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|----------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 5 small Chicken Thighs | 1675 | 121 | 0 | 0 | 0 | 137 |
| 6 tbsp. Salsa | 15 | 0 | 3 | 0 | 3 | 0 |
| 1/4 cup Soy Sauce | 40 | 0 | 0 | 0 | 0 | 8 |
| 1 tbsp. Fish Sauce | 15 | 0 | 0 | 0 | 0 | 4 |
| 2 tbsp. Rice Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 tsp. Onion Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 1 tsp. Garlic Powder | 4 | 0 | 1 | 0 | 1 | 0 |
| 2 tsp. Ginger Powder | 8 | 0 | 2 | 0 | 2 | 0 |
| 2 tbsp. Chili Garlic Paste | 6 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup PB2 | 110 | 3 | 8 | 4 | 4 | 10 |
| Juice 1 Lime | 10 | 0 | 3 | 0 | 3 | 0 |
| 1/2 cup Cilantro | 8 | 0 | 0 | 0 | 0 | 0 |
| 1/4 cup Coconut Oil | 480 | 56 | 0 | 0 | 0 | 0 |
| Totals | 2375 | 180 | 18 | 4 | 14 | 159 |

DESSERT RECIPES

KETO SLOW COOKING MADE EASY



Ingredients:

Cake:

1 1/2 cup Almond Flour
2 tsp. Baking Powder
3/4 cup Erythritol
5 large Eggs
6 tbsp. Butter
1/4 tsp. Liquid Stevia
6 oz. Cream Cheese
1 tsp. Vanilla
2 tsp. Maple Extract

Topping:

1/2 cup Heavy Cream
1/3 cup Sugar Free Maple Syrup (Walden Farm's)
1/2 tsp. Guar Gum

This makes 8 servings. Each serving:

366.9 Calories - 35.4 Fats (g)
4.1 Net Carbs (g) - 9.8 Protein (g)

MAPLE PUDDING POKE CAKE

Instructions:

1. Mix together all of the dry cake ingredients. Using a hand mixer, mix together all of the wet cake ingredients.
2. Using a hand mixer, mix the dry ingredients into the wet.
3. Line a slow cooker with parchment paper, and then pour cake batter into the well.
4. Cook on low for 2 hours. Turn the slow cooker off and let cool for 30 minutes.
5. Remove cake from the slow cooker and carefully poke holes into the top using a fork.
6. Using a hand mixer, combine all topping ingredients until thickened. Pour over the top of the cake and let sit at least 10 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 |
| 2 tsp. Baking Powder | 8 | 0 | 1 | 0 | 1 | 0 |
| 3/4 cup Erythritol | 0 | 0 | 0 | 0 | 0 | 0 |
| 5 large Eggs | 350 | 25 | 2.5 | 0 | 2.5 | 30 |
| 6 tbsp. Butter | 600 | 66 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Liquid Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| 6 oz. Cream Cheese | 600 | 60 | 6 | 0 | 6 | 12 |
| 1 tsp. Vanilla | 4 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Maple Extract | 8 | 0 | 2 | 0 | 2 | 0 |
| 1/2 cup Heavy Cream | 400 | 48 | 3 | 0 | 3 | 0 |
| 1/3 cup SF Maple Syrup | 0 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Guar Gum | 5 | 0 | 1 | 1 | 0 | 0 |
| Totals | 2935 | 283 | 51.5 | 19 | 32.5 | 78 |



Ingredients:

15 oz. Canned Pumpkin
1 1/2 cups Heavy Cream
1/2 cup Xylitol
4 large Eggs
4 tbsp. Butter
1 tbsp. Vanilla
2 tsp. Cinnamon
1/2 tsp. Nutmeg
1/2 tsp. Ginger
1/4 tsp. Allspice
1/8 tsp. Clove

This makes 8 servings. Each serving:
366.9 Calories - 35.4 Fats (g)
4.1 Net Carbs (g) - 9.8 Protein (g)

PUMPKIN PIE CUSTARD

Instructions:

1. Mix together all ingredients into a slow cooker.
2. Cook on low for 5-6 hours, or high for 4 hours.
3. Let cool for 30 minutes, and then use a serving spoon to dish out custard.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------|----------|----------|-----------|-----------|---------------|-------------|
| 15 oz. Canned Pumpkin | 175 | 2 | 35 | 11 | 24 | 4 |
| 1 1/2 cups Heavy Cream | 1200 | 144 | 10 | 0 | 10 | 0 |
| 1/2 cup Xylitol | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 large Eggs | 240 | 0 | 0 | 0 | 0 | 0 |
| 4 tbsp. Butter | 400 | 44 | 0 | 0 | 0 | 0 |
| 1 tbsp. Vanilla | 13 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp. Cinnamon | 16 | 0 | 4 | 2 | 2 | 0 |
| 1/2 tsp. Nutmeg | 6 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Ginger | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 1/4 tsp. Allspice | 1 | 0 | 0 | 0 | 0 | 0 |
| 1/8 tsp. Clove | 1 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2054 | 190 | 50.5 | 13 | 37.5 | 4 |



Ingredients:

Cake:

1 1/2 cup Almond Flour
2 tsp. Baking Powder
1/2 cup Erythritol
4 large Eggs
6 tbsp. Butter
1/4 tsp. Liquid Stevia
1 tsp. Vanilla

Raspberry Swirl:

2 oz. Raspberries
4 oz. Cream Cheese
2 tbsp. Butter
2 tbsp. Erythritol
1/2 tsp. Vanilla

This makes 8 servings. Each serving:

310.4 Calories - 29.0 Fats (g)

3.5 Net Carbs (g) - 8.6 Protein (g)

RASPBERRY SWIRL COFFEE CAKE

Instructions:

1. Mix together the dry cake ingredients into a bowl. In a separate bowl, mix together the wet cake ingredients using a hand mixer.
2. Using a hand mixer, mix the dry cake ingredients into the wet. Set aside.
3. Using a hand mixer, mix together all of the raspberry swirl ingredients and set aside.
4. Line a slow cooker with parchment paper, then pour in the cake batter. Use a spatula to flatten the mixture out.
5. Spoon dollops of the raspberry swirl mixture on top of the batter, giving space in between each dollop.
6. Use a knife to swirl the raspberry mixture into the cake batter.
7. Cook on low for 2 1/2 hours.
8. Turn slow cooker off and let cool for 30 minutes. Remove cake from slow cooker and slice.

| 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 |
| 2 tsp. Baking Powder | 8 | 0 | 1 | 0 | 1 | 0 |
| 1/2 cup + 2 tbsp. Erythritol | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 large Eggs | 280 | 20 | 2 | 0 | 2 | 24 |
| 8 tbsp. Butter | 800 | 88 | 0 | 0 | 0 | 0 |
| 1/4 tsp. Liquid Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 1/2 tsp. Vanilla | 6 | 0 | 0 | 0 | 0 | 0 |
| 2 oz. Raspberries | 29 | 0 | 7 | 4 | 3 | 1 |
| 4 oz. Cream Cheese | 400 | 40 | 4 | 0 | 4 | 8 |
| Totals | 2483 | 232 | 50 | 22 | 28 | 69 |



Ingredients:

Cake:

1 3/4 cups Almond Flour
1/2 cup Xylitol
1/4 tsp. Stevia
2 tsp Baking Powder
1/2 cup Salted Butter, melted
5 large Eggs
1/2 cup Coconut Milk, unsweetened
1/4 cup Sour Cream
1 tsp Vanilla Extract
3 tbsp. Psyllium Husk Powder
1 tsp. Cinnamon
1 tsp. Ground Ginger
1/2 tsp. Nutmeg
1/2 tsp. Allspice

Frosting:

10 oz. Cream Cheese
10 tbsp. Butter
3 tbsp. Heavy Cream
1/4 cup Xylitol
1/4 tsp. Stevia
Juice 1/2 lemon

This makes 12 servings. Each serving:

420.9 Calories - 37.6 Fats (g)

3.6 Net Carbs (g) - 7.8 Protein (g)

SPICE CAKE

Instructions:

1. Mix together all dry cake ingredients into a bowl. In a separate bowl, mix together all of the wet cake ingredients.
2. Using a hand mixer, mix all dry cake ingredients into the wet until well incorporated.
3. Line bottom of slow cooker with parchment paper, then pour in cake batter. Spread smooth with a spatula.
4. Cook on low for 2 1/2 hours, then turn off and remove lid. Let cool for 30 minutes.
5. While cake is cooling, use a hand mixer to mix together all of the frosting ingredients.
6. Once cake is cool, remove from the slow cooker and frost.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|------------------------------|-------------|------------|-------------|-----------|---------------|-------------|
| 1 3/4 cups Almond Flour | 1120 | 98 | 42 | 21 | 21 | 42 |
| 3/4 cup Xylitol | 360 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Stevia | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 tsp Baking Powder | 8 | 0 | 1 | 0 | 1 | 0 |
| 18 tbsp. Salted Butter | 1800 | 198 | 0 | 0 | 0 | 0 |
| 5 large Eggs | 350 | 25 | 2.5 | 0 | 2.5 | 30 |
| 1/2 cup Coconut Milk | 23 | 2 | 0.5 | 0 | 0.5 | 0 |
| 1/4 cup Sour Cream | 120 | 10 | 2 | 0 | 2 | 2 |
| 1 tsp Vanilla Extract | 4 | 0 | 0 | 0 | 0 | 0 |
| 3 tbsp. Psyllium Husk Powder | 90 | 0 | 24 | 24 | 0 | 0 |
| 1 tsp. Cinnamon | 8 | 0 | 2 | 1 | 1 | 0 |
| 1 tsp. Ground Ginger | 4 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Nutmeg | 6 | 0 | 1 | 0 | 1 | 0 |
| 1/2 tsp. Allspice | 2 | 0 | 0.5 | 0 | 0.5 | 0 |
| 10 oz. Cream Cheese | 1000 | 100 | 10 | 0 | 10 | 20 |
| 3 tbsp. Heavy Cream | 150 | 18 | 1 | 0 | 1 | 0 |
| Juice 1/2 lemon | 6 | 0 | 2 | 0 | 2 | 0 |
| Totals | 5051 | 451 | 89.5 | 46 | 43.5 | 94 |



ULTIMATE SLOW COOKER BROWNIES

Ingredients:

1 1/4 cups Almond Flour
2 tbsp. Dutch Process Cocoa Powder, unsweetened
8 tbsp. Butter, melted
2 tsp. Vanilla Extract
1/2 tsp. Coffee Extract (optional)
3/4 cup Xylitol
2 large Eggs
2 large Egg Yolks
3/4 cup Sugar Free Chocolate Chips (112g)
1/4 tsp. Salt

This makes 12 servings. Each serving:
224.9 Calories - 17.5 Fats (g)
3.4 Net Carbs (g) - 4.8 Protein (g)

Instructions:

1. Add all ingredients (except for chocolate chips) into a bowl and mix together using a hand mixer.
2. Once a thick batter is formed, fold in chocolate chips. Set aside.
3. Line the bottom of a slow cooker with parchment paper, then spread the batter out evenly.
4. Cook on low for 2 hours.
5. Let cool for 15 minutes, and then remove from the slow cooker. Slice into 14 and serve.

| NUTRITION INFORMATION | CALORIES | FATS (G) | CARBS (G) | FIBER (G) | NET CARBS (G) | PROTEIN (G) |
|---|-------------|------------|-----------|-----------|---------------|-------------|
| 1 1/4 cups Almond Flour | 800 | 70 | 30 | 15 | 15 | 30 |
| 2 tbsp. Dutch Process Cocoa Powder | 40 | 1 | 4 | 4 | 0 | 2 |
| 8 tbsp. Butter, melted | 800 | 88 | 0 | 0 | 0 | 0 |
| 2 tsp. Vanilla Extract | 8 | 0 | 0 | 0 | 0 | 0 |
| 1/2 tsp. Coffee Extract | 2 | 0 | 0 | 0 | 0 | 0 |
| 3/4 cup Xylitol | 360 | 0 | 0 | 0 | 0 | 0 |
| 2 large Eggs | 140 | 10 | 1 | 0 | 1 | 12 |
| 2 large Egg Yolks | 109 | 9 | 1 | 0 | 1 | 5 |
| 3/4 cup Sugar Free Chocolate Chips (112g) | 440 | 32 | 40 | 16 | 24 | 8 |
| 1/4 tsp. Salt | 0 | 0 | 0 | 0 | 0 | 0 |
| Totals | 2699 | 210 | 76 | 35 | 41 | 57 |

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