

# **THE KETO RESET DIET**

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**CHARTS, MENU PLANS, & RECIPES**

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**MARK SISSON**  
WITH **BRAD KEARNS**

# 21-Day Metabolism Reset Meal Plan

Note: All the meals in this section are at the end of this PDF (page numbers are at the bottom).

## WEEK 1

### DAY 1

#### Breakfast

Primal Omelet (page 23)

Coffee or tea with heavy cream

#### Lunch

Go-to Green Smoothie (page 39)

#### Dinner

Hamburger (6 ounces meat with 2 tablespoons Primal Kitchen Mayo, wrapped in lettuce leaves)

$\frac{1}{2}$  medium avocado, sliced  
Sliced tomato (approximately  $\frac{1}{2}$  cup)  
Dill pickle spears

### DAY 2

#### Breakfast

2 eggs, fried in 2 tablespoons butter

Chicken sausage (2 small links)

Fresh berries

Coffee or tea with heavy cream

#### Lunch

Bigass Salad (page 86)

#### Dinner

The Best Grilled Chicken (page 64), with pesto (store-bought or homemade, pages 50 or 89)

Grilled asparagus spears (+1 teaspoon avocado oil, per serving)

### DAY 3

#### Breakfast

Primal n'oatmeal (see [marksdailyapple.com/primal-noatmeal/](http://marksdailyapple.com/primal-noatmeal/))

Coffee or tea with heavy cream

#### Lunch

Bigass Salad (page 86), with leftover grilled chicken

#### Dinner

Chili (see [marksdailyapple.com/sweet-potato-chili-fries/](http://marksdailyapple.com/sweet-potato-chili-fries/))

Green beans sautéed with butter and garlic

## DAY 4

### Breakfast

Greek Yogurt Crunch Bowl (page 28)

1 cup fresh berries

Coffee or tea with heavy cream

### Lunch

Baked sweet potato topped with:

*½ cup leftover chili*

*2 tablespoons shredded cheese*

*1½ tablespoons sour cream*

*1 tablespoon chopped green onions*

### Dinner

Creamy Gorgonzola “Mac” and Cheese  
(page 95)

Side green salad (¼ Bigass Salad, page 86)  
with 1–2 tablespoons Perfect Vinaigrette  
(page 48)

## DAY 5

### Breakfast

Primal Omelet (page 23)

Coffee or tea with heavy cream

### Lunch

Go-to Green Smoothie (page 39)

### Dinner

Slow-Baked Salmon with Dill Aioli (page 69)

Spinach Salad with Warm Bacon Vinaigrette  
(page 87)

## DAY 6

### Breakfast

Coconut Flour Macadamia Pancakes  
(page 25), made with 1 cup blueberries

3 slices of bacon

Coffee or tea with heavy cream

### Lunch

Collard Green–Turkey Club Wraps (page 70)

1 small apple

2 tablespoons almond butter

### Dinner

Beef stew (see [marksdailyapple.com/beef-stew-and-chicken-soup-in-35-minutes-or-less/](http://marksdailyapple.com/beef-stew-and-chicken-soup-in-35-minutes-or-less/))

Cauliflower Rice (page 93; make extra for tomorrow’s dinner, too!)

## DAY 7

### Breakfast

Egg Muffins in Ham Cups (page 31)

Coffee or tea with heavy cream

### Lunch

Leftover beef stew

### Dinner

Thai Soup with Shrimp (page 79)

Veggie Sushi with Cauliflower Rice (page 91)

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## WEEK 2

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### DAY 8

#### Breakfast

Go-to Green Smoothie (page 39)

#### Lunch

Cheesy Chicken and Ham (or turkey) Roll-ups  
(page 71)

Raw veggies with 2 tablespoons Primal Kitchen Ranch Dressing to dip

Mandarin orange

#### Dinner

White chicken chili (see [marksdailyapple.com/white-chicken-chili/](http://marksdailyapple.com/white-chicken-chili/))

Note: Also make Chai Chia Breakfast Pudding (page 32) for tomorrow morning

Sautéed zucchini and yellow squash

### DAY 9

#### Breakfast

Chai Chia Breakfast Pudding (see day 8)

#### Lunch

Leftover white chicken chili

Coffee or tea with heavy cream

#### Dinner

Slow Cooker Carnitas (page 56)

Sautéed Cabbage with Bacon (page 90)

### DAY 10

#### Breakfast

Primal Omelet (page 23)

#### Lunch

Coffee or tea with heavy cream

Leftover carnitas in (raw) cabbage cups

$\frac{1}{4}$  cup guacamole

$\frac{1}{4}$  cup salsa

#### Dinner

Pan-Fried Cod with Dill Caper Sauce  
(page 81)

Side green salad ( $\frac{1}{4}$  Bigass Salad, page 86)  
with 1–2 tablespoons Perfect Vinaigrette  
(page 48)

Perfect Roasted Brussels Sprouts (page 101)

### DAY 11

#### Breakfast

Turmeric Scrambled Eggs (page 33)

#### Lunch

1 cup cubed cantaloupe

Ginger Beet Smoothie (page 40)

Coffee or tea with heavy cream

$\frac{1}{4}$  cup almonds

2 squares dark chocolate

## Dinner

Turmeric and kale soup (see [marksdailyapple.com/turmeric-kale-soup-with-ground-lamb/](http://marksdailyapple.com/turmeric-kale-soup-with-ground-lamb/))

Roasted baby carrots with cumin

## DAY 12

### Breakfast

Brad's "Ketoatmeal" (page 30) topped with  $\frac{1}{2}$  cup fresh berries and  $\frac{1}{4}$  cup shredded coconut

Coffee or tea with heavy cream

### Lunch

Leftover kale soup

$\frac{1}{2}$  baked sweet potato with 1 tablespoon butter and cinnamon

Side green salad ( $\frac{1}{4}$  Bigass Salad, page 86) with 1–2 tablespoons Perfect Vinaigrette (page 48)

## Dinner

Macadamia-Crusted Mahi-Mahi with Browned Butter (page 83)

Steamed broccoli with  $\frac{1}{4}$  cup finely grated Parmesan cheese

## DAY 13

### Breakfast

Katie's Keto Granola (page 34), with  $\frac{3}{4}$  cup full-fat coconut milk and  $\frac{1}{4}$  cup fresh berries

Coffee or tea with heavy cream

### Lunch

Antipasto plate:

*3 ounces salami and/or prosciutto*

*1 ounce cheese, sliced or cubed*

*$\frac{1}{2}$  cup roasted red pepper (store-bought, in olive oil)*

*$\frac{1}{2}$  cup olives*

*$\frac{1}{4}$  cup artichoke hearts (store-bought, in water)*

*$\frac{1}{4}$  cup Marcona almonds*

*1 small pear or apple, thinly sliced*

## Dinner

Sausage and Kale (page 67)

## DAY 14

### Breakfast

3 eggs, scrambled with 1 cup Sausage and Kale left over from last night's dinner

Coffee or tea with heavy cream

### Lunch

BLT wrap in collard greens, with Primal Kitchen Mayo

$\frac{1}{2}$  baked sweet potato

## Dinner

Chicken Kabobs (page 65)

Butternut squash roasted with avocado oil, salt, and pepper

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## WEEK 3

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### DAY 15

#### Breakfast

Brad's "Ketoatmeal" (page 30), topped with:  
½ banana, diced (the greener, the better)  
1 tablespoon cacao nibs  
1 tablespoon almond butter  
Coffee or tea with heavy cream

#### Lunch

Bigass Salad (page 86), with leftover chicken and veggies

#### Dinner

Zucchini Noodles (2 cups; see page 89)

Marinara sauce (homemade or store-bought with no added sugar), with 1 cup ground beef, turkey, or chicken; and ¼ cup shredded Parmesan cheese added

### DAY 16

#### Breakfast

2 hard-boiled eggs  
1 cup diced cantaloupe  
1 ounce prosciutto  
Coffee or tea with heavy cream

#### Lunch

Crunchy Tuna Salad (page 72) in collard green wrap (see page 70)  
Small green apple

#### Dinner

Slow cooker Korean beef, with kimchi (see page 75)

Steamed broccoli with 1 tablespoon butter (make a big batch!)

### DAY 17

#### Breakfast

2 eggs, scrambled  
2 slices bacon  
Turnip Hash Browns (page 27)  
Coffee or tea with heavy cream

#### Lunch

Baked sweet potato with leftover Korean beef, topped with 2 tablespoons sour cream  
Leftover steamed broccoli

#### Dinner

Baked chicken breast with pesto  
Cauliflower Rice (page 93)

Steamed green beans with butter

## DAY 18

### Breakfast

Go-to Green Smoothie (page 39)

### Lunch

Collard green wrap (see page 70) with 2 slices of ham, 1 piece of provolone cheese, and 2 tablespoons Primal Kitchen Mayo

Small green apple

2 tablespoons almond butter

### Dinner

Shrimp sautéed in butter with garlic

1 cup roasted beets

Massaged Kale Salad with Goat Cheese (page 96)

## DAY 19

### Breakfast

High-Fat Coffee (page 37) or Chicken Bone Broth (page 43), then delay until hungry

2 eggs, scrambled with 1 cup spinach and  $\frac{1}{4}$  cup feta cheese (*if eating breakfast*)

### Lunch

Bigass Salad (page 86) with leftover shrimp (or canned tuna)

### Dinner

Grilled chicken thighs (brine and marinate; see page 64, but do not cut into pieces before grilling)

Cheesy Broccoli and Cauliflower Casserole (page 98)

## DAY 20

### Breakfast

High-Fat Coffee (page 37) or Chicken Bone Broth (page 43), then delay until hungry

Greek Yogurt Crunch Bowl (*if eating breakfast*)

### Lunch

Smoked Salmon Spread (page 54)

*1 small cucumber, sliced*

*3 small radishes, sliced*

### Dinner

Flank steak, 6–8 ounces, topped with:

*1 cup mushrooms sautéed in avocado oil*

*$\frac{1}{4}$  cup blue cheese crumbles*

*Steamed broccoli with 1 tablespoon butter*

## DAY 21

### Breakfast

High-Fat Coffee (page 37) or Chicken Bone Broth (page 43), then delay until hungry

Go-to Green Smoothie (*if eating breakfast*)

### Lunch

Cheesy Ham Roll-ups (page 71)

Celery sticks

2 tablespoons almond butter

### Dinner

Seared Ahi with Herb + Lime Dressing  
(page 60)

½ avocado

Side green salad (¼ Bigass Salad, page 86)  
with 1–2 tablespoons Perfect Vinaigrette  
(page 48)

**CARB CHART:** Here is a quick look at the carbohydrate levels in various keto-friendly foods. (Fitday.com was the resource for most of those measurements; you will find variation in the calculations depending on which macronutrient calculator you use.)

Dairy and Other Proteins/Fats	Size	Carbs
Cheese, cheddar or colby	1 cup	3 grams
Cheese, feta	1 cup	6 grams
Coconut milk, full fat	1 cup	12 grams
Coconut flakes	½ cup	7 grams
Cottage cheese	½ cup	4 grams
Cream cheese	½ cup	5 grams
Dark chocolate, 85%	40 g—⅓ bar	13 grams
Eggs		Little to no carbs
Fats and oils		Little to no carbs
Meat, fish, fowl		Little to no carbs
Yogurt, Greek full-fat	⅔ cup	5 grams

Fruits	Size	Carbs
Avocado	⅓ medium	4 grams (net gross is 19)
Banana, Green	1 medium	5 grams
Banana, Yellow	1 medium	27 grams
Blackberries	½ cup	7 grams
Blueberries	½ cup	7 grams
Raspberries	½ cup	7 grams
Strawberries	½ cup	6 grams

Nuts, Seeds, and Their Derivative Butters	Size	Carbs
Almonds	½ cup	6 grams
Almond butter	2 tablespoons	6 grams
Cashew butter	2 tablespoons	9 grams
Macadamia nuts	½ cup	9 grams
Pecans	½ cup	7 grams
Pumpkin seeds	½ cup	7 grams
Sesame seeds	½ cup	9 grams
Sunflower seeds	½ cup	14 grams
Walnuts	½ cup	6 grams

<b>Vegetables (cooked except when otherwise noted)</b>	<b>Size</b>	<b>Carbs</b>
Broccoli florets	1 cup	7 grams
Brussels sprouts	1 cup	11 grams
Cabbage, green	1 cup	8 grams
Cabbage, red	1 cup	7 grams
Chard	1 cup	6 grams
Cucumber (raw)	1 cup	3 grams
Kale	1 cup	6 grams
Kohlrabi	1 cup	11 grams
Pepper, green	1 cup	4 grams
Pepper, red	1 cup	6 grams
Spinach	1 cup	7 grams
Tomatoes	1 cup	10 grams

**PROTEIN CHART:** Here are some common high-protein foods and the approximate amount of protein grams a typical serving provides. (Fitday.com was the resource for most of those measurements; you will find variation in calculations depending on which macronutrient calculator you use.)

Nuts, Nut Butters, and Seeds	Size	Protein
Almonds	½ cup	15 grams
Almond butter	2 tablespoons	8 grams
Macadamia nuts	½ cup	10 grams
Sesame seeds	½ cup	11 grams
Sunflower seeds	½ cup	12 grams
Dairy and Other Proteins	Size	Protein
Cheese, Swiss	1 cup	35 grams
Cheese, cheddar	1 cup	32 grams
Cheese, colby	1 cup	31 grams
Cheese, feta	1 cup	21 grams
Cheese, gouda	1 cup	33 grams
Eggs	3	18 grams
Whey protein	1 scoop	25 grams
Yogurt (Greek)	⅔ cup	11 grams
Fish	Size	Protein
Salmon (baked)	4 ounces	29 grams
Sardines (water-packed)	1 tin	17 grams
Sardines (oil-packed)	1 tin	22 grams
Tilapia	4 ounces	30 grams
Tuna, fresh	4 ounces	28 grams
Tuna, canned	4 ounces	51 grams
Meats	Size	Protein
Beef, ground (80% lean)	8 ounces	57 grams
Beef, filet mignon	8 ounces	70 grams
Beef, sirloin	8 ounces	68 grams
Chicken (breast)	4 ounces	35 grams
Pork (chop, center loin)	1 chop (146 g)	41 grams
Pork (tenderloin)	4 ounces	32 grams

# Keto Kalculations

## **Cheese and Dairy**

	CARBS	FAT	PROTEIN	CALORIES
Butter, 2 tablespoons (30 g)	0 G	23 G	0 G	204
Cheddar cheese, 1 cup diced (132 g)	3 G	43 G	32 G	525
Colby cheese, 1 cup diced (132 g)	3 G	42 G	31 G	520
Cottage cheese, 1/2 cup (112 g)	4 G	3 G	12 G	88
Cream cheese, 1/2 cup (112 g)	5 G	40 G	7 G	397
Feta cheese, 1 cup crumbled (150 g)	6 G	32 G	21 G	396
Gouda cheese, 1 cup diced (132 g)	2 G	37 G	33 G	471
Yogurt, Greek (2/3 cup, 150 g)	5 G	8 G	11 G	13

## **Coconut Products**

	CARBS	FAT	PROTEIN	CALORIES
Coconut milk, 1 cup full-fat (240 ml)	6 G	45 G	0 G	420
Coconut flakes, 1/2 cup (28 g)	7 G	17 G	2 G	191
Coconut oil, 1 tablespoon (15 ml)	0 G	14 G	0 G	117
Dark Chocolate (85% Trader Joe's, 40 g)	13 G	20 G	4 G	250

<b>Eggs</b>	CARBS	FAT	PROTEIN	CALORIES
Primal Omelet (page 259)	12 G	38 G	30 G	510
Scrambled, 2 large (100 g)	2 G	14 G	14 G	204

<b>Fish</b>	CARBS	FAT	PROTEIN	CALORIES
Salmon, 4-ounce fillet, wild-caught (112 g)	0 G	9 G	29 G	206
Sardines, 1 tin (packed in water)	0 G	7 G	17 G	130
Sardines, 1 tin (packed in oil)	0 G	10.5 G	22.5 G	180
Tilapia, 4-ounce fillet (112 g)	0 G	3 G	30 G	145
Tuna, 4-ounce fresh fillet (112 g)	0 G	6 G	27 G	163
Tuna, 5-ounce can (140 g)	0 G	6 G	35 G	200

<b>Fruits</b>	CARBS	FAT	PROTEIN	CALORIES
Avocado, $\frac{1}{3}$ medium (50 g)	4 G	8 G	1 G	80
Banana, medium yellow (120 g)	27 G	0 G	1 G	105
Banana, medium green (120 g)	5 G	0 G	1 G	24
Blackberries, $\frac{1}{2}$ cup (62 g)	7 G	0 G	1 G	31
Blueberries $\frac{1}{2}$ cup (50 g)	8 G	1 G	2 G	42
Raspberries, $\frac{1}{2}$ cup (62 g)	7 G	0 G	1 G	32
Strawberries, $\frac{1}{2}$ cup sliced (100 g)	6 G	0 G	1 G	27

<b>Meats</b>	CARBS	FAT	PROTEIN	CALORIES
Beef, ground (80% lean), 8 ounces (225 g)	0 G	37 G	57 G	137
Beef, filet mignon, 8 ounces (225 g)	0 G	20 G	70 G	462
Beef, sirloin steak, 8 ounces (225 g)	0 G	10 G	68 G	362
Chicken breast, boneless, skinless, 4 ounces (112 g)	0 G	5 G	35 G	196
Chicken thigh, boneless, skinless, 4 ounces (112 g)	0 G	7 G	31 G	196
Pork chop, center loin, 1 chop (146 g)	0 G	8 G	41 G	248
Pork tenderloin, 4 ounces (112 g)	0 G	6 G	32 G	192

<b>Nuts, Seeds, and Their Derivative Butters</b>	CARBS	FAT	PROTEIN	CALORIES
Almonds, 1/2 cup (56 g)	14 G	37 G	15 G	422
Almond butter, 2 tablespoons (30 ml)	6 G	2 G	7 G	196
Cashews, 1/2 cup (56 g)	20 G	31 G	11 G	378
Cashew butter, 2 tablespoons (30 ml)	9 G	16 G	6 G	188
Macadamias, 1/2 cup (60 g)	9 G	51 G	5 G	481
Pecans, 1/2 cup (56 g)	7 G	36 G	5 G	342
Pumpkin seeds, 1/2 cup (59 g)	12 G	32 G	17 G	373
Sesame seeds, 1/2 cup (75 g)	17 G	31 G	11 G	363
Sunflower seeds, 1/2 cup (70 g)	14 G	38 G	12 G	415
Walnuts, 1/2 cup (60 g)	8 G	39 G	9 G	392

<b>Oils</b>	CARBS	FAT	PROTEIN	CALORIES
Avocado oil, 1 tablespoon (15 g)	0 G	14 G	0 G	124
Coconut oil, 1 tablespoon (15 g)	0 G	14 G	0 G	116
Olive oil, 1 tablespoon (15 g)	0 G	14 G	0 G	119
<b>Vegetables</b>	CARBS	FAT	PROTEIN	CALORIES
Broccoli florets, 1 cup cooked (156 g)	7 G	2 G	2 G	51
Brussels sprouts, 1 cup cooked (223 g)	11 G	4 G	4 G	81
Cabbage, green, 1 cup shredded raw (70 g)	5 G	0 G	1 G	22
Cabbage, green, 1 cup cooked (150 g)	8 G	3 G	2 G	60
Cabbage, red, 1 cup shredded raw (70 g)	7 G	0 G	1 G	28
Cabbage, red, 1 cup cooked (150 g)	10 G	3 G	2 G	69
Chard, 1 cup cooked (175 g)	6 G	3 G	3 G	50
Cucumber, 1 cup sliced raw (104 g)	3 G	0 G	1 G	14
Kale, 1 cup chopped raw (16 g)	6 G	1 G	3 G	33
Kale, 1 cup cooked (130 g)	7 G	3 G	3 G	62
Kohlrabi, 1 cup sliced raw (135 g)	8 G	0 G	2 G	36
Kohlrabi, 1 cup cooked (165 g)	11 G	0 G	3 G	48
Lettuce, 1 cup shredded (47 g)	2 G	0 G	1 G	8

	CARBS	FAT	PROTEIN	CALORIES
Pepper, green, 1 cup sliced (92 g)	4 G	0 G	1 G	18
Pepper, red, 1 cup sliced (92 g)	6 G	0 G	1 G	26
Spinach, 1 cup chopped leaves (30 g)	1 G	0 G	1 G	7
Spinach, 1 cup cooked (180 g)	7 G	3 G	5 G	67
Tomatoes, 1 cup sliced (176 g)	7 G	0 G	2 G	32
Tomatoes, 1 cup diced cooked (240 g)	10 G	0 G	2 G	41

# The Keto Meal Plan

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The foods you eat during keto won't actually differ much from the foods you ate during the 21-Day Metabolism Reset; you'll just make some tweaks to your meal patterns to keep the carbs under 50 grams and make sure your protein averages 0.7 grams per pound of lean mass per day. This means going from occasional trickles to zero with sweeteners like honey or sweetened beverages, temporarily cutting out fruit and starchy in-ground vegetables like sweet potatoes and squash, and watching out for excess consumption of nuts, seeds, and dark chocolate. To make sure you are hitting the ideal keto macronutrient percentages, you must also find deliberate ways to increase your fat intake, such as being more liberal with your healthy salad dressing or application of butter to your steamed vegetables, throwing avocado into whatever you're eating (including smoothies!), or trying out some of the "Bombs, Balls, and Bites" section on page 119.

The Keto Meal Plan mixes in some different strategies and techniques, such as a range of morning options like fasting, green smoothies, delicious omelets, high-fat beverages, and more. See what works best for you, or throw caution to the wind and try the exact plan for the 21 days provided, then reassess what works the best for you over the long term. Note: All the meals in this section are at the end of this PDF (page numbers are at the bottom).

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## WEEK 1

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### DAY 1

Breakfast	Lunch
Fast until lunch; black coffee or herbal tea is okay	Baked Avocado (page 106), one of two ways ½ cup macadamias 2 squares dark chocolate
Dinner	
Slow Cooker Carnitas (page 56) Primal Coleslaw (page 88)	Steamed cauliflower, mashed with 1 tablespoon butter and 1 tablespoon sour cream

## DAY 2

### Breakfast

Ginger Beet Smoothie (page 40)

### Lunch

Cuban Un-sandwich (page 58) with leftover carnitas

Sliced avocado

### Dinner

The Best Grilled Chicken (page 64; make extra!)

Caesar Salad with Anchovies and Pancetta (page 103)

Parmesan Crisps (page 112)

## DAY 3

### Breakfast

Sausage, Kale, and Goat Cheese Frittata (page 29)

High-Fat Coffee (page 37), or coffee or tea with heavy cream

### Lunch

Bigass Salad (page 86), with leftover grilled chicken

### Dinner

Cashew Beef (page 80)

Cauliflower Rice (page 93)

Steamed broccoli, with 1 tablespoon butter

## DAY 4

### Breakfast

Fast until lunch

### Lunch

Stuffed Tomato (page 63)

Side salad ( $\frac{1}{4}$  Bigass Salad, page 86), with 1–2 tablespoons Perfect Vinaigrette (page 48)

$\frac{1}{2}$  small green apple

2 tablespoons raw almond butter

### Dinner

Turkey Fajita Salad with Chipotle Lime Dressing (page 68)

## DAY 5

### Breakfast

Greek Yogurt Crunch Bowl (page 28)

High-Fat Coffee (page 37), or coffee or tea with heavy cream

### Lunch

Collard Green–Turkey Club Wrap (page 70)

Sweet Pepper Nacho Bites (page 116)

## Dinner

Grilled chicken thighs

Green Bean Casserole (page 99)

## DAY 6

### Breakfast

Go-to Green Smoothie (page 39)

### Lunch

Leftover Green Bean Casserole

$\frac{1}{2}$  avocado

$\frac{1}{4}$  cup almonds

## Dinner

One-Pan Shrimp and Asparagus (page 66)

Side green salad ( $\frac{1}{4}$  Bigass Salad, page 86),  
with 1–2 tablespoons Perfect Vinaigrette  
(page 48)

## DAY 7

### Breakfast

Turmeric Scrambled Eggs (page 33) Leftover  
asparagus with 1 tablespoon butter

High-Fat Coffee (page 37), or coffee or tea  
with heavy cream

### Lunch

Smoked Salmon Spread (page 54)

1 small cucumber, sliced

3 small radishes, sliced

$\frac{1}{2}$  avocado

$\frac{1}{4}$  cup macadamias

## Dinner

Tilapia Bake (page 78)

Broccoli roasted with avocado oil and garlic

## WEEK 2

## DAY 8

### Breakfast

Fast until lunch

### Lunch

Collard Green–Turkey Club Wrap (page 70)

Veggie sticks with Chive Macadamia  
“Cheese” (page 49)

## Dinner

Chicken Kabobs (page 65; make extra!)

Herbalicious Shredded Salad with  
Tahini Dressing (page 97)

## DAY 9

### Breakfast

Egg Muffins in Ham Cups (page 31; make extra to eat as snacks!)

High-Fat Coffee (page 37), or coffee or tea with heavy cream

### Dinner

Bacon-Wrapped Scallops (page 74)

Creamed Spinach (page 111)

### Lunch

Bigass Salad (page 86) with leftover chicken

## DAY 10

### Breakfast

Chai Chia Breakfast Pudding (page 32) with:  
1 tablespoon cacao nibs  
2 tablespoons shredded coconut

High-Fat Coffee (page 37), or coffee or tea with heavy cream

### Lunch

Crunchy Tuna Salad (page 72), wrapped in collard green

Celery sticks with Chive Macadamia “Cheese” (page 49)

### Dinner

Shredded Beef Cabbage Cups with Kimchi (page 75)

Cashew Cream Broccoli Salad (page 109)

## DAY 11

### Breakfast

Fast until lunch

### Lunch

Bigass Salad (page 86), with leftover shredded beef

### Dinner

Stuffed Turkey Burgers with Goat Cheese (page 73)

Whole Roasted Romanesco (page 104; substitute cauliflower if not in season)

Note: Make almond milk (see page 45) and use pulp to make Nut Pulp Bread (page 118)

## DAY 12

### Breakfast

Burger Skillet (page 26)

High-Fat Coffee (page 37), or coffee or tea with heavy cream

### Lunch

Greek Yogurt Crunch Bowl (page 28)

Golden Chai (page 42) made with almond milk

## Dinner

Cheesy Chicken and Ham Roll-up (page 71)

Lemony Pressure Cooker Artichokes with Aioli  
(page 108)

## DAY 13

### Breakfast

Brad's "Ketoatmeal" (page 30)

### Lunch

Sandwich on Almond Pulp Bread (page 118):  
3 ounces sliced roast beef (or meat of choice)  
2 slices raw-milk cheddar cheese  
2 tablespoons Primal Kitchen Mayo  
1 tablespoon Dijon mustard

Small green salad ( $\frac{1}{4}$  Bigass Salad, page 86),  
with 1-2 tablespoons Perfect Vinaigrette  
(page 48)

## Dinner

Spaghetti Squash "Pad Thai" (page 105; make extra Pea-NOT Sauce, page 46)

## DAY 14

### Breakfast

Katie's Keto Granola (page 34), with  $\frac{3}{4}$  cup plain Greek yogurt

High-Fat Coffee (page 37), or coffee or tea with heavy cream

### Lunch

Antipasto Skewers (page 48)

## Dinner

Thai Soup with Shrimp (page 79)

Steamed zucchini and yellow squash with Pea-NOT Sauce (page 46)

## WEEK 3

## DAY 15

### Breakfast

Fast until lunch, or longer if you can

### Lunch

Collard Green-Turkey Club Wrap (page 70)  
 $\frac{1}{2}$  small green apple  
2 celery stalks, cut into sticks  
3 tablespoons almond butter

## Dinner

Pork fajitas:

*Slow Cooker Carnitas (page 56)*

*Raw cabbage cups or collard greens*

*½ cup guacamole or diced avocado*

*2 tablespoons sour cream*

*Fresh cilantro*

## DAY 16

### Breakfast

Carnitas Kale Scramble (page 57)

High-Fat Coffee (page 37), or coffee or tea  
with heavy cream

### Lunch

Chicken Liver Pâté (page 52) with vegetable  
sticks

*¼ cup raw salted almonds*

### Dinner

Chicken and Broccoli Casserole (page 76)

Zucchini Noodles with Arugula Pesto  
(page 89; make a big batch of pesto!)

Note: Make hard-boiled eggs for tomorrow

## DAY 17

### Breakfast

Breakfast Egg Salad (page 24)

High-Fat Coffee (page 37), or coffee or tea  
with heavy cream

### Lunch

Next Level Baked Avocado (page 107)

2 ounces raw-milk cheddar cheese, cubed

*¼ cup Whoops They're Gone Walnuts 'n Dark  
Chocolate Snack Bag (page 113)*

### Dinner

Slow-Baked Salmon with Dill Aioli (page 69)

Massaged Kale Salad with Goat Cheese  
(page 96; make extra!)

## DAY 18

### Breakfast

Fast until lunch, or longer if you can

### Lunch

2 hard-boiled eggs (Marinated, page 117, or  
plain)

Leftover kale salad sautéed with 1 tablespoon  
avocado oil

*½ avocado*

### Dinner

Crab-Stuffed Portabello  
Mushrooms (page 85)

*½ cup roasted beets with 2 tablespoons pesto*

## DAY 19

### Breakfast

Waffles with Sausage Gravy (page 36)  
High-Fat Coffee (page 37), or coffee or tea  
with heavy cream

### Dinner

Pan-Fried Cod with Dill Caper Sauce  
(page 81)  
Cauliflower Rice (page 93; use large head and  
reserve half the riced cauliflower for lunch  
tomorrow)

### Lunch

Go-to Green Smoothie (page 39)

Side green salad ( $\frac{1}{4}$  Bigass Salad, page 86),  
with 1–2 tablespoons Perfect Vinaigrette  
(page 48)

## DAY 20

### Breakfast

Turmeric Scrambled Eggs (page 33)  
Turnip Hash Browns (page 27)  
High-Fat Coffee (page 37), or coffee or tea  
with heavy cream

### Dinner

Braised Chicken with Olives (page 82)

### Lunch

Cauliflower garlic bread  
Pizza Bites (page 115)

Prosciutto-Wrapped Asparagus (page 102)

## DAY 21

### Breakfast

Fast until lunch, or longer if you can

### Lunch

Leftover Braised Chicken  
English Cucumber Tea Un-sandwiches  
(page 116)  
 $\frac{1}{2}$  avocado

### Dinner

Steak topped with Bacon Chili Butter  
(page 51)  
Massaged Kale Salad with Goat Cheese  
(page 96)

Perfect Roasted Brussels Sprouts (page 101)

# The Keto Reset Diet Recipes

## BREAKFAST

### Primal Omelet

Makes 1 Bigass serving

This is the ultimate go-to primal breakfast, and a great way to transition out of your All-American high-carbohydrate breakfast patterns. If you are accustomed to starting your day with oatmeal, toast, and juice, switching over to a delicious omelet will keep you deeply satisfied for hours, and make going primal, and eventually going keto, a breeze.

1. Melt half the butter in a medium skillet over medium heat. Add vegetables and sauté until soft, 5 to 7 minutes. Remove vegetables from pan.
2. In the same pan, melt the remaining butter. In a small bowl, whisk together eggs, cream, salt, and pepper. Tilt and swirl the pan so the butter coats the entire bottom. Add the egg mixture and tilt and swirl the pan in the same manner.
3. Cook without stirring. As the egg around the edge sets, use a silicone spatula to gently push the egg away from the sides of the pan, and tilt the pan so that the egg mixture in the center can get to the edge.
4. When the entire egg mixture is set, add the vegetables on top of one half of the omelet. Sprinkle half of the cheese (if using) over the vegetables, then gently fold the omelet in half to cover the vegetables. Slide the omelet onto a plate and sprinkle with the remaining cheese. Serve immediately.

CALORIES: 610

FAT: 49 G

CARBOHYDRATE: 12 G PROTEIN: 30 G

1 tablespoon (15 ml) salted butter  
1 ounce (28 g) chopped mushrooms  
1 ounce (28 g) chopped onions  
1 ounce (28 g) chopped red bell peppers  
4 medium eggs  
1 ounce (30 ml) cream  
1/4 teaspoon (1 ml) salt  
1/8 teaspoon (0.5 ml) freshly ground pepper  
1/2 ounce (14 g) shredded cheddar cheese (optional)

# Breakfast Egg Salad

Makes 4 servings

This tasty egg salad is great eaten by itself or over a bed of spinach, or lightly toast a slice of keto-friendly bread (like the one on page 118) and make an open-faced egg salad sandwich.

1. In a medium bowl, mash the avocado with a fork. Stir in the mayo until well combined.
2. Roughly chop the hard-boiled eggs. Add to the mayo mixture and use a fork to combine, mashing the egg (should remain a bit chunky).
3. Chop or crumble the bacon. Add the bacon bits, green onions, and Tajin to egg mixture. Stir well. Taste and adjust seasoning with pepper.

CALORIES: 326

FAT: 30 G

CARBOHYDRATE: 3 G PROTEIN: 13 G

½ medium avocado

⅓ cup (75 ml) Primal Kitchen

Mayo, or other primal-approved  
mayo (see Note)

6 large hard-boiled eggs

4 slices bacon (no sugar added),  
cooked until crispy

2 tablespoons (30 ml) finely  
chopped green onion

½ teaspoon (2 ml) Tajin (see Note)

Freshly ground pepper to taste

**NOTE:** Primal Kitchen Mayo is the name of my commercial product made with an avocado oil base instead of the refined vegetable oil from which most mayonaises are made. If you use mayo in any recipe, ever, be sure it's made with healthy oils. Make your own from scratch or purchase Primal Kitchen or another brand made with a healthy oil.

Tajin is a chili lime salt available in many grocery stores or online. You can also omit the Tajin and use Primal Kitchen Chipotle Lime Mayo, or substitute ¼ teaspoon (1 ml) kosher salt (adjust to taste) and up to ½ teaspoon (2 ml) fresh lime juice.

# Coconut Flour Macadamia Pancakes

Makes 8 pancakes; serving size = 1 pancake

Coconut flour pancakes are a great substitute for pancakes made with white or whole wheat flour. The macadamias here add healthy fat and an interesting texture; if you leave them in bigger pieces, you get crunchy pancakes! You can substitute more coconut milk for the heavy cream if you want to make the pancakes dairy-free. Serve these hot with butter, almond butter, coconut butter, or Coconut Milk Whipped Cream (page 129).

1. In medium bowl, whisk together the eggs, butter, cream, coconut milk, and vanilla.
2. In a small bowl, stir together the flour, salt, baking powder, cinnamon, and sweetener with a fork, breaking up clumps of coconut flour. Stir the dry ingredients into the wet.
3. Add the macadamias to the batter and stir. Batter will be thick. Add water a little bit at a time until it is the consistency of *thick* pancake batter.
4. Heat a large, flat-bottomed skillet or griddle over medium-low heat. When warm, grease lightly with coconut oil. Drop big spoonfuls of the batter onto the griddle. It will not spread like traditional pancake batter, so use the back of a spoon or spatula to gently spread the batter into a thinner pancake.
5. Allow to cook slowly, several minutes per side until bubbles form, then flip. Serve hot.

CALORIES: 154

FAT: 14 G

CARBOHYDRATE: 4 G PROTEIN: 4 G

3 large eggs  
 $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick; 60 g) unsalted butter, melted  
 $\frac{1}{4}$  cup (60 ml) heavy cream  
 $\frac{1}{4}$  cup (60 ml) full-fat coconut milk  
 $\frac{1}{2}$  teaspoon (2 ml) vanilla extract  
 $\frac{1}{4}$  cup (30 g) coconut flour  
 $\frac{1}{4}$  teaspoon (1 ml) kosher salt  
 $\frac{1}{2}$  teaspoon (2 ml) baking powder  
 $\frac{1}{2}$  teaspoon (2 ml) ground cinnamon  
Keto-friendly sweetener of choice, to taste (optional; see Note)  
 $\frac{1}{4}$  cup (30 g) macadamias, chopped or ground to desired coarseness  
Coconut oil to grease griddle

**NOTE:** If you omit the sweetener from this recipe, the pancakes will still be delicious, just not as cakey as you are probably used to. Unsweetened pancakes are great bread substitutes. If you opt to sweeten the batter, though, make a single test pancake and adjust the sweetness. Try starting with  $\frac{1}{4}$  teaspoon (1 ml) powdered stevia or  $1\frac{1}{2}$  tablespoons (22 ml) erythritol.

# Burger Skillet

Makes 4 servings

I'll eat this meal any time of day, but I particularly enjoy it at breakfast. Feel free to throw a couple pieces of cooked bacon on top for a breakfast bacon cheeseburger!

1. Preheat the oven to 400°F (200°C).
2. In an ovenproof skillet (cast iron works well), brown the ground beef. When it is just cooked, in about 5 minutes, push the meat to the edges and add the garlic. Sauté for about 1 minute, then stir into the meat. Add the oregano, salt, and pepper, and stir well.
3. Begin adding the spinach one handful at a time, adding more as it wilts. As soon as all the spinach is incorporated, remove the pan from the heat. Stir in ½ cup (120 g) of the cheese.
4. Spread the meat evenly in the skillet, then create four depressions in the top of the meat and gently crack an egg into each depression. Sprinkle the remaining cheese on top.
5. Transfer the skillet to the oven. Bake 10 minutes. The egg whites should be set and the yolks still runny. Leave in oven for a few minutes longer for firmer yolks, if desired. Scoop out each of the servings and transfer to plates.

CALORIES: 414

FAT: 30 G

CARBOHYDRATE: 4 G PROTEIN: 32 G

2 pounds (900 g) ground beef

2 garlic cloves, minced

1 teaspoon (5 ml) dried oregano

1 teaspoon (5 ml) kosher salt

½ teaspoon (2 ml) black pepper

3 cups (85 g) fresh baby spinach

1½ cups (168 g) shredded cheese  
(cheddar or pepper jack)

4 large eggs

# Turnip Hash Browns

Makes 4 servings

Once you've tried these hash browns, the potato version will seem bland in comparison. Serve them alongside a frittata (see page 29) for a complete keto brunch.

1. Shred the turnips using a box grater or food processor.
2. In a large bowl, whisk the egg, then add the turnips. Stir in the flour, salt, and pepper.
3. Heat a large, flat-bottomed skillet over medium-high heat. When hot, add the bacon fat; when melted, turn the heat down to medium.
4. Give the turnips another stir and drop by approximately  $\frac{1}{2}$  cup (120 ml) servings into the hot grease. Press lightly with a spatula to flatten. Let cook 3 to 5 minutes, until edges brown, then flip and cook on the other side.
5. Move to a plate and sprinkle with a little more salt. If desired, top each with a dollop of sour cream and garnish with a sprinkling of chives.

CALORIES: 159

FAT: 14 G

CARBOHYDRATE: 5 G PROTEIN: 3 G

2 medium turnips (232 g), washed and peeled

1 large egg

1 tablespoon (15 ml) coconut flour (optional)

1 teaspoon (5 ml) kosher salt, plus more to taste

$\frac{1}{2}$  teaspoon (2 ml) black pepper

2 tablespoons (30 ml) bacon fat or butter, or more if needed

Sour cream (optional)

Minced chives (optional)

# Greek Yogurt Crunch Bowl

Makes 2 servings

If you aren't familiar with cacao nibs, they are simply the roasted beans of the cacao plant from which chocolate is made. Don't expect them to taste like your favorite chocolate bar, though! They are pure cacao—chocolate before it is processed, without sugar and other ingredients added. Cacao nibs have myriad health benefits, including being a great source of magnesium, iron, and antioxidants. Per serving, they contribute 5 grams of carbs but 0 grams of sugar, so you can decide whether and how much to include here.

1. In a small, dry skillet set over medium-low heat, toast the coconut flakes until lightly brown. Repeat for the sliced almonds.
2. Stir together the yogurt, coconut milk, and sweetener, if using. Divide the mixture between two bowls. Add 1 tablespoon (15 ml) almond butter to each, and stir to swirl together (don't worry about combining entirely). Top each with some toasted coconut, sliced almonds, and cacao nibs, and sprinkle with cinnamon.

CALORIES: 481

FAT: 37 G

CARBOHYDRATE: 18 G PROTEIN: 19 G

¼ cup (15 g) unsweetened coconut flakes

2 tablespoons (14 g) sliced almonds

1 cup (250 ml) plain full-fat Greek yogurt

1/3 cup (80 ml) full-fat coconut milk

Keto-friendly sweetener to taste (optional)

2 tablespoons (30 ml) raw almond butter (no added sugar)

2 tablespoons (14 g) cacao nibs

Sprinkle of ground cinnamon

# Sausage, Kale, and Goat Cheese Frittata

Makes 6 servings

Every keto enthusiast should know how to make a frittata. You can use any combination of meat, cheese, veggies, herbs, and spices to tailor it to your liking—it is endlessly customizable.

1. Use a sharp paring knife to remove any thick stems from the kale leaves. Dice the stems and chop the leaves (keep stems and leaves separate).
2. Heat the oil in a large broilerproof skillet over medium heat (cast iron works well). When hot, add the pork. Cook for 5 minutes, stirring occasionally.
3. In a small bowl, combine the sage, thyme, nutmeg, and red pepper flakes. Add to the meat in the skillet and stir well. Continue cooking until the pork is cooked through, about 5 minutes more.
4. Use a slotted spoon to move the meat to a bowl. If there is a lot of grease in the pan, pour some off so that only 1 to 2 tablespoons (15 to 30 ml) remain.
5. Add the onion and kale stems to the skillet. Sauté until the onion softens, about 5 minutes. Add the garlic and stir for 1 minute. If needed, deglaze the pan with a small amount of water, stirring up any browned particles.
6. Add the kale leaves to the pan a handful at a time, stirring to wilt until all the leaves are in the skillet and cooked slightly. Add the meat to the skillet and stir to combine.
7. Whisk the eggs and cream in a medium bowl. Pour the egg mixture evenly over the meat and vegetables in the skillet. Cook without stirring until the egg starts to set, about 5 minutes.

CALORIES: 494

FAT: 38 G

CARBOHYDRATE: 4 G

PROTEIN: 34 G

$\frac{1}{2}$  bunch kale (4 or 5 leaves), any variety

1 tablespoon (15 ml) avocado oil

1 pound (450 g) ground pork

1 teaspoon (5 ml) dried sage

1 teaspoon (5 ml) dried thyme

$\frac{1}{4}$  teaspoon (1 ml) ground nutmeg

$\frac{1}{4}$  teaspoon (1 ml) red pepper flakes

1 small or  $\frac{1}{2}$  large onion, diced

2 garlic cloves, minced

8 large eggs

$\frac{1}{2}$  cup (120 ml) heavy cream

1 cup (90 g) crumbled goat cheese, or more to taste

8. Put an oven rack at medium position (about 6 to 8 inches from the top) and turn the broiler on low. Sprinkle the goat cheese over the eggs. Place in the oven/broiler and cook until the egg is set and the goat cheese is lightly browned. Keep an eye on it to make sure it doesn't burn.
9. Remove the skillet from the oven and allow to sit for a few minutes. Cut into wedges and serve.

## Brad's "Ketoatmeal"

Makes 2 servings

Here is Brad's answer to the naysayers who proclaim they can't live without their warm morning porridge. He's currently in negotiations with the Ritz-Carlton to add this to their Healthy Start Breakfast buffet line ... not! Save the egg whites from this recipe and make the macaroons on page 135.

1. Mix the coconut milk, egg yolks, coconut flakes, cinnamon, vanilla, nut puree, almond butter, salt, and cacao nibs (if using) in a medium saucepan. Heat over medium-low heat, stirring continuously, for 3 to 4 minutes.
2. Remove from the heat and scoop into two small bowls. Top each with 2 tablespoons (30 ml) coconut milk and 1 teaspoon cacao nibs (if using). Eat immediately.

CALORIES: 656      FAT: 62 G  
CARBOHYDRATE: 16 G    PROTEIN: 15 G

½ cup (120 ml) coconut milk  
3 large egg yolks  
¼ cup (60 ml) coconut flakes  
½ teaspoon (2 ml) ground cinnamon  
1 teaspoon (5 ml) vanilla extract  
½ cup (60 g) pureed nuts (walnuts, almonds, pecans, macadamias, or a combo)  
2 tablespoons (30 ml) almond butter  
1/8 teaspoon (0.5 ml) salt (omit if almond butter contains salt)  
1 tablespoon (15 ml) cacao nibs (optional)

### TOPPINGS

¼ cup (60 ml) coconut milk  
2 teaspoons (10 ml) cacao nibs (optional)

# Egg Muffins in Ham Cups

Makes 6 servings

These are a perfect grab-and-go breakfast. Make them the night before so you can pop one in the microwave or toaster oven the next day. Be sure to buy good-quality ham, not cheap lunchmeat.

1. Preheat the oven to 400°F (200°C). Brush six cups of a muffin tin with the melted coconut oil.
2. Line each cup with 1 slice of ham. Crack 1 egg into each cup. Season with salt and pepper, then sprinkle ½ tablespoon (7.5 ml) of cheddar cheese on each egg.
3. Bake for 13 to 18 minutes depending on how you like your egg yolks set.
4. Remove from the oven and let cool for a few minutes before carefully removing the "muffins." Refrigerate in a glass or plastic container so they don't get smushed or dried out.

CALORIES: 178

FAT: 13 G

CARBOHYDRATE: 0.5 G PROTEIN: 14 G

1 tablespoon (15 ml) coconut oil,  
melted

6 slices ham (thin-sliced is better)

6 large eggs

Salt and pepper to taste

3 tablespoons (45 ml) shredded  
cheddar cheese (optional)

# Chai Chia Breakfast Pudding

Makes 2 servings

This simple make-ahead pudding takes only a few minutes to assemble. Throw it in the fridge, and it's ready when you wake up. If you make it in small screw-top jars, you can put a lid on the jars and take them with you on the go. The spice blend makes more than you need for this recipe; store the extra in an empty spice jar.

1. Stir the coconut milk, chia seeds, spice blend, vanilla, and stevia together in a bowl (or use a blender or immersion blender if you prefer a smoother pudding).
2. Divide the mixture equally between two small jars or ramekins.
3. Refrigerate at least 4 hours, preferably overnight, so it can thicken.
4. When you are ready to eat, add the toppings, if using, and enjoy.

CALORIES: 352

FAT: 32 G

CARBOHYDRATE: 12 G PROTEIN: 4 G

1 cup (250 ml) full-fat coconut milk

¼ cup (20 g) chia seeds

¾ teaspoon (4 ml) chai spice blend

¼ teaspoon (1 ml) vanilla extract

10 drops liquid stevia, or ¼ teaspoon

(1 ml) powdered stevia

Chopped nuts (almonds, pecans, walnuts), coconut flakes, or cacao nibs, for topping (optional)

## CHAI SPICE BLEND

2 teaspoons (10 ml) ground cinnamon

2 teaspoons (10 ml) ground cardamom

1 teaspoon (5 ml) ground ginger

1 teaspoon (5 ml) ground cloves

1 teaspoon (5 ml) ground allspice

# Turmeric Scrambled Eggs

Makes 2 servings

This simple twist on basic scrambled eggs is a delicious anti-inflammatory start to your day. Turmeric is lauded in health circles because it contains the compound curcumin, which studies have shown to have beneficial effects on everything from arthritis to cancer prevention. Don't omit the black pepper! Pepper contains piperine, which increases the body's absorption of the curcumin.

1. In a small bowl, lightly beat the eggs with the cream. Add the turmeric, salt, and pepper.
2. Melt the butter in a skillet over medium heat. When it just starts to bubble, gently pour in the egg mixture. Stir frequently as eggs begin to set, and cook for 2 to 3 minutes.
3. Remove from the heat, taste and add more pepper and salt if needed, and serve.

CALORIES: 213

FAT: 18 G

CARBOHYDRATE: 2 G

PROTEIN: 10 G

3 large eggs

2 tablespoons (30 ml) heavy cream  
(optional)

1 teaspoon (5 ml) ground turmeric

Salt to taste

Freshly ground black pepper to taste

1 tablespoon (15 g) butter

# Katie's Keto Granola

Makes approximately 6 cups; serving size =  $\frac{1}{2}$  cup

From *Paleo Cooking Bootcamp* author Katie French comes a quick and easy preparation that can welcome cereal back into your life. Serve with full-fat coconut or almond milk, top with fresh berries, sprinkle over full-fat Greek yogurt, or pack the granola in snack bags for a great to-go option that holds up in warm temperatures.

1. Preheat the oven to 350°F (180°C). Line a large rimmed baking sheet or 3-quart casserole dish with parchment paper.
2. If desired, roughly chop the nuts with a food processor, hand chopper, or sharp chef's knife.
3. In a large mixing bowl, stir together the coconut oil, honey, and vanilla. Add the nuts, sea salt, coconut flakes, and cacao nibs and stir well.
4. Transfer the granola mixture to the baking sheet. Bake for 20 minutes, stirring halfway, until lightly toasted.
5. Allow to cool for about 30 minutes, then transfer to an airtight container. Store in the refrigerator for up to 3 weeks.
6. When ready to eat, add the add-ins of your choice.

## *Granola ( $\frac{1}{2}$ cup)*

CALORIES: 453      FAT: 38 G  
CARBOHYDRATE: 20 G    PROTEIN: 11 G

## *Coconut Milk*

CALORIES: 487      FAT: 41 G  
CARBOHYDRATE: 21 G    PROTEIN: 11 G

## *Coconut Milk and $\frac{3}{4}$ cup Fresh Blueberries*

CALORIES: 510      FAT: 42 G  
CARBOHYDRATE: 22 G    PROTEIN: 11 G

1 cup (112 g) raw almonds  
1 cup (112 g) raw cashews  
1 cup (120 g) raw pumpkin seeds  
1 cup (120 g) raw sunflower seeds  
 $\frac{1}{4}$  cup (60 ml) coconut oil, softened  
1 tablespoon (15 ml) raw honey  
1 teaspoon (5 ml) vanilla extract  
1 teaspoon (5 ml) Himalayan sea salt  
1 cup (60 g) unsweetened coconut flakes  
1 cup (60 g) cacao nibs  
Optional add-ins:  $\frac{3}{4}$  cup (180 ml)  
full-fat coconut milk or  
unsweetened almond milk;  $\frac{1}{4}$  cup (40 g) in-season blueberries

# Curley Boys' Eggy Bites

Makes 4 servings

Eggy bites powered a decade of world travel on a dime, including tasty waves and beautiful babes for Brad's old friends Tyler and Connor Curley.

1. Preheat the oven to 400°F (200°C). Line a 6-inch (15 cm) square baking dish with parchment paper (or grease well with approximately 1 tablespoon [15 ml] melted coconut oil).
2. Heat the coconut oil in a large skillet and sauté the onion for a few minutes until starting to brown.
3. Crumble in the ground beef, stir well, and cook until almost no pink remains, about 10 minutes.
4. Push the meat and onion to the edge of the skillet. In the center, add the garlic and cook until fragrant. Stir everything together.
5. Add the cumin, salt, pepper, and cayenne (if using). Stir well, and continue cooking until the meat is fully cooked, about 5 more minutes. Remove from the heat.
6. In a large bowl, whisk the eggs. Add a cup of the meat mixture to the eggs, stirring constantly to keep the eggs from scrambling. Add the rest of meat and stir well.
7. Pour the egg and meat mixture into the baking pan. Sprinkle the cheese over the top.
8. Cook for 20 minutes. Test for doneness by inserting a butter knife into the middle; when it comes out clean, remove from oven. Let cool for a few minutes, then cut into bite-size squares.

CALORIES: 287

FAT: 21 G

CARBOHYDRATE: 2 G

PROTEIN: 22 G

1 tablespoon (15 ml) coconut oil

¼ onion, finely chopped

½ pound (230 g) grass-fed ground beef

1 garlic clove, minced

1 teaspoon (5 ml) ground cumin

1 teaspoon (5 ml) kosher salt

½ teaspoon (2 ml) black pepper

¼ teaspoon (1 ml) cayenne pepper  
(optional)

6 large eggs

½ cup (45 g) shredded cheese blend

# Waffles with Sausage Gravy

Makes 4 servings

This recipe is a good way to use the pulp left from making a batch of nut milk (see page 45). I prefer to take the time to whip up my own sausage from scratch, but you can start with store-bought ground sausage as long as it doesn't contain added sugar or other objectionable ingredients.

1. Heat a large skillet over medium heat and add the ground pork. Break up with a fork as it cooks.
2. When the pork is mostly cooked, in about 5 minutes, add the spices and stir well. Cook until fully browned, another 2 to 3 minutes. Add the coconut milk and allow to come to a simmer, then turn the heat to low.
3. In a medium bowl, whisk the eggs with the coconut oil and coconut milk. Add the pulp, salt, baking soda, and arrowroot powder, and mix well. The waffle batter will be thicker than a traditional batter; if needed, add a little water a tablespoon at a time until it is pourable.
4. Pour some batter into a waffle maker set on medium-low heat. (Alternatively, use a lightly greased pan or griddle and make pancakes.) Remove the waffle from the waffle maker when cooked through and continue to make waffles with the remaining batter.
5. Serve the waffles with the gravy on top.

**NOTE:** You will need 1 can of full-fat coconut milk in total to make both the gravy and the waffles. Measure off  $\frac{1}{2}$  cup of coconut milk for the waffles and use what remains for the gravy. This recipe also works with other types of nut pulp—for example, hazelnut. If you don't have a batch of nut pulp, use almond meal and add a little water at the end to achieve the desired consistency.

CALORIES: 644

FAT: 56 G

CARBOHYDRATE: 7 G

PROTEIN: 28 G

## SAUSAGE GRAVY

1 pound (450 g) ground pork (or ground beef or turkey)  
1 teaspoon (5 ml) dried sage  
 $\frac{1}{2}$  teaspoon (2 ml) dried thyme  
 $\frac{1}{2}$  teaspoon (2 ml) garlic powder  
 $\frac{1}{4}$  teaspoon (1 ml) kosher salt  
 $\frac{1}{4}$  teaspoon (1 ml) black pepper  
About  $1\frac{1}{4}$  cups (300 ml) full-fat coconut milk (See Note)

## WAFFLES

2 large eggs  
1 tablespoon (15 ml) melted coconut oil  
 $\frac{1}{2}$  cup (120 ml) full-fat coconut milk  
 $\frac{3}{4}$  cup (80 g) almond flour or nut pulp (see Note)  
 $\frac{1}{4}$  teaspoon (1 ml) salt  
 $\frac{1}{2}$  teaspoon (2 ml) baking soda  
 $1\frac{1}{2}$  teaspoons (7 ml) arrowroot powder

# BEVERAGES AND SMOOTHIES

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## High-Fat Coffee

Makes 1 serving

If you used to indulge in a sugary coffee treat every morning, you won't even miss it once you start enjoying this coffee, which is filled with delicious fats that support ketone production. Many keto folks drink a high-fat coffee in place of breakfast and then cruise until lunch or dinner. Start with 1 tablespoon each of butter and MCT oil, and increase as tolerated.

Blend the coffee, butter, and oil in a blender, or use an immersion blender, until frothy. Enjoy.

CALORIES: 358

FAT: 38 G

CARBOHYDRATE: 3 G PROTEIN: 1 G

1 cup (250 ml) good-quality coffee  
1 to 2 tablespoons (15 to 30 ml)  
    unsalted butter  
1 to 2 tablespoons (15 to 30 ml)  
    MCT oil (or coconut oil, but MCT preferred)

### OPTIONAL ADD-INS

½ teaspoon (2 ml) vanilla extract  
¼ teaspoon (1 ml) unsweetened dark cocoa powder  
1 tablespoon (15 ml) collagen hydrolysate powder  
Dash of ground cinnamon

**NOTE:** The inimitable Dr. Phil Maffetone makes a version of High-Fat Coffee with a raw egg yolk included. The recipe is available on his website, [philmaffetone.com](http://philmaffetone.com). Give it a try!

# Keto Protein Mocha

Makes 1 serving

Try this after a morning workout, or when you have a craving for an overpriced sugar bomb from the local coffee shop.

1. Blend the coffee, butter, oil, coconut milk, protein powder, and cocoa powder in a blender (or use an immersion blender) until frothy. If the drink is too thick, add a little hot water a tablespoon at a time until it is the desired consistency.
2. Pour into a warm mug and top with a dash of cinnamon. If desired, add a bit of whipped cream.

CALORIES: 432

FAT: 40 G

CARBOHYDRATE: 7 G PROTEIN: 11 G

½ cup (120 ml) strong coffee, or  
1 shot espresso  
1 tablespoon (15 ml) unsalted butter  
1 tablespoon (15 ml) MCT oil (or  
coconut oil, but MCT preferred)  
¼ cup (60 ml) full-fat coconut milk,  
warmed or steamed  
1 scoop (21 g) Chocolate Coconut  
Primal Fuel meal replacement  
powder (see Note)  
¼ teaspoon (1 ml) unsweetened  
cocoa powder  
Hot water  
Dash of ground cinnamon Whipped  
Cream (page 132) or  
Coconut Milk Whipped Cream  
(page 129) (optional)

**NOTE:** Primal Fuel is a commercial meal replacement product made with coconut milk solids and whey protein. You can substitute any straight high-quality microfiltered whey protein powder.

# Go-to Green Smoothie

Makes 2 servings

When you only have a minute, this is a great, simple option. Don't miss the opportunity to get a large serving of greens!

1. Blend the coconut milk, vanilla, greens, oil, and ice in a high-powered blender.
2. Add the protein powder and blend on low until incorporated. Serve.

CALORIES: 558

FAT: 50 G

CARBOHYDRATE: 13 G PROTEIN: 14 G

1 can (398 ml) full-fat coconut milk  
1 teaspoon (5 ml) vanilla extract  
Large handful of greens, such as kale  
and/or spinach (approx. 2 cups)  
1 tablespoon (15 ml) MCT oil or  
coconut oil  
 $\frac{2}{3}$  cup (150 g) crushed ice  
2 scoops (42 g) Primal Fuel meal  
replacement powder (Vanilla  
Coconut, or try Chocolate  
Coconut; see Note, page 38) or  
straight whey protein powder

# Ginger Beet Smoothie

Makes 1 serving

This smoothie is absolutely packed with antioxidants, vitamins, and minerals, making it a great recovery drink on days you've done a hard workout. The addition of the macadamias and MCT oil delivers a boost of healthy fats.

1. Blend the beet, blueberries, almond milk, greens, macadamias, ginger, oil, and stevia in a high-powered blender. You might need to run a second cycle if you are using raw beet or if the macadamias aren't fully blended.
2. Add the ice and blend until smooth.

CALORIES: 589

FAT: 53 G

CARBOHYDRATE: 20 G PROTEIN: 8 G

½ medium beet (roasted beet blends better; if raw, chop small before blending)

¼ cup (110 g) blueberries, fresh or frozen

1 cup (250 ml) unsweetened almond milk or other nut milk

Large handful of greens, such as kale and/or spinach (approximately 2 cups)

10 macadamia nuts

1 inch (3 cm) piece of peeled fresh ginger, diced

2 tablespoons (30 ml) MCT oil or coconut oil

5 to 10 drops liquid stevia, or to taste (optional)

⅔ cup (150 g) crushed ice

# Bangin' Kitchen Sink Smoothie

Makes 1 serving

This smoothie is inspired by the smoothie that renowned triathlete and coach Ben Greenfield says is one of his go-to breakfasts. I call it the kitchen sink smoothie because I throw everything but the kitchen sink in there! Feel free to adapt this recipe to include any nuts and herbs you have around. This is a calorie- and nutrient-dense meal in itself, so you might even choose to split it into two servings.

1. Place a steamer basket in a small pan with an inch or so of water in the bottom. Bring the water to a boil and steam the kale for 5 minutes.
2. Transfer the kale to a high-powered blender. Add the coconut milk, avocado, nuts, and herbs. Blend on high for 30 seconds.
3. Add the protein powder, cocoa powder, cinnamon, salt, peppermint extract, and ice and blend until smooth. Add water if needed to achieve desired consistency.

CALORIES: 927      FAT: 67 G  
CARBOHYDRATE: 53 G    PROTEIN: 41 G

3 cups (50 g) kale leaves  
½ cup (120 ml) full-fat coconut milk  
½ medium avocado (approximately  
¼ cup; 60 g)  
¼ cup (28 g) raw almonds  
3 Brazil nuts  
½ cup (30 g) loosely packed fresh  
herbs (see Note)  
2 scoops Chocolate Coconut Primal  
Fuel meal replacement powder  
(see Note, page 38) or straight  
whey protein powder  
1 tablespoon (15 ml) cocoa powder  
(dark chocolate preferred)  
1 teaspoon (5 ml) ground cinnamon  
1 teaspoon (5 ml) Himalayan sea salt  
2 or 3 drops peppermint extract  
(optional)  
1 to 2 cups ice cubes

**NOTE:** My favorite mixture is to use ¼ cup fresh mint leaves and ¼ cup fresh cilantro. Parsley also works well. Use whatever fresh herbs you have on hand.

# Golden Chai

Makes 1 serving

Because it contains anti-inflammatory turmeric and ginger, many people believe golden milk has therapeutic properties. This version has classic chai spices added. A warm mug is a great way to help you wind down in the evening.

1. Warm the nut milk, turmeric, chai spices, and pepper in a small saucepan until hot, but do not boil. Simmer lightly for a few minutes.
2. Stir in the vanilla, coconut oil, collagen powder (if using), and stevia.
3. Using an immersion blender, carefully blend until lightly frothy. Taste and adjust sweetness with stevia (don't make it too sweet).

CALORIES: 219

FAT: 19 G

CARBOHYDRATE: 5 G PROTEIN: 7 G

1½ cups (375 ml) nut milk (see page 218)

1 teaspoon (5 ml) ground turmeric

1 teaspoon (5 ml) Chai Spice Blend (see page 205)

½ teaspoon (2 ml) black pepper

½ teaspoon (2 ml) vanilla extract

1 tablespoon (15 ml) coconut oil or MCT oil

1 tablespoon (15 ml) collagen powder (optional)

5 to 10 drops liquid stevia, or to taste

# Chicken Bone Broth

This recipe makes from 8 to 12 cups, depending on what you use, your cooking method, and the size of your pot. Serving size = 1 cup.

Broth, especially chicken soup, is the basis of every great-grandma's home remedy for whatever ails you. Bone broth has enjoyed a resurgence in popularity lately owing to its anti-inflammatory and immune-supporting benefits, and because it is an excellent source of collagen and minerals. Plus it's a great way to use food scraps, so nothing goes to waste. This recipe is flexible—you can throw in just about any vegetable scraps and herbs and spices you want. You won't believe how much better your favorite soup tastes when made with homemade broth. Enjoy a mug of warm broth on a cold morning or as part of your bedtime ritual.

*Method 1:* Place the bones, vegetable scraps, garlic, ginger, peppercorns, and bay leaf in a large stockpot with enough water to completely cover. Bring to a boil over high heat, then lower the temperature so water is just lightly simmering. Simmer for several hours—the longer the better—keeping an eye on the water level and adding more water if it gets too low.

*Method 2:* Place the ingredients in a 6-quart slow cooker with enough water to completely cover. Cover and set heat to low. Let cook undisturbed for at least 8 hours, but longer is better. You can cook it for 24 hours or more.

*Method 3:* Place all ingredients in an Instant Pot or other countertop pressure cooker and fill with water (do not exceed maximum line). Secure the

CALORIES: 50

FAT: 1 G

CARBOHYDRATE: 0 G

PROTEIN: 10 G

4 cups (300 to 400 g) chicken bones or carcass from a 3-pound (1.4 kg) chicken  
2 to 3 cups (150 to 300 g) vegetable scraps (see Tip); or  
1 large onion, roughly chopped, including skin and root end if organic, and 2 celery stalks and 2 carrots, roughly chopped, including leaves  
2 garlic cloves, crushed  
1 tablespoon (15 ml) minced fresh ginger  
10 whole black peppercorns  
1 dried bay leaf  
Fresh herbs, such as thyme or rosemary sprigs (optional)

lid, and cook using the manual setting for 2 hours (120 minutes). Let the pressure release naturally before opening.

2. When the broth is done, strain through a fine-mesh strainer and cool rapidly. The easiest way to do this is to place a stopper in your kitchen sink and fill the sink halfway with ice water. Place a metal bowl or clean metal pot in the ice water and strain the broth into it.
3. When the broth is cooled, transfer to clean containers (mason jars work well) and refrigerate immediately, or freeze if you do not intend to use the broth in the next couple days.

**TIP:** Keep a large zippered plastic bag in your freezer, and whenever you have vegetable scraps such as the leaves and bottoms of celery, leaves and ends of carrots, broccoli stems, and so on, add them to the bag. You can do the same with leftover chicken bones.

# Basic Nut Milk

Makes 4 cups; serving size = 1 cup

Nut milk is delicious, and it can be a great option for keto enthusiasts who want to avoid eating a lot of dairy. However, store-bought nut milks often contain objectionable ingredients and sweeteners. Luckily, making your own is incredibly easy, and you can use whatever nuts you have on hand!

1. Place the nuts in a glass bowl or jar and cover entirely with filtered water. Allow to sit at room temperature for at least 4 hours, but preferably 8 hours or overnight (up to 24 hours).
2. Drain and rinse the nuts. Place the nuts in a high-powered blender with 4 cups of fresh filtered water. Blend on high until very smooth.
3. Strain the nut milk through a nut bag or a clean kitchen towel. Squeeze the pulp to release as much milk as possible (see Tip).
4. If you are adding any of the optional ingredients, rinse out the blender, add the milk and optional ingredients, and blend until smooth.
5. Transfer the nut milk to an airtight container and refrigerate. Use within 5 days.

CALORIES: 35

FAT: 3 G

CARBOHYDRATE: 1G

PROTEIN: 1G

1 cup (112 g) raw nuts (almonds, hazelnuts, cashews, pecans, or macadamias)

4 cups (960 ml) filtered water, plus more for soaking

1 teaspoon (5 ml) vanilla extract (optional)

¼ teaspoon (1 ml) salt (optional)

½ teaspoon (2 ml) ground cinnamon (optional)

Keto-approved sweetener, to taste (optional)

**TIP:** Save the nut pulp to use in smoothies, bread, or pancake/waffle batter such as the Waffles with Sausage Gravy (page 36) or the Nut Pulp Bread (page 118).

# SAUCES, DRESSINGS, AND DIPS

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## Pea-NOT Sauce

Makes approximately 1 cup; serving size = 2 tablespoons

I love peanut sauce as a topping for vegetables, chicken, and shrimp, but many primal and keto enthusiasts try to avoid peanuts due to allergenic concerns and the fact that technically they are a legume, not a nut. They also deliver a bit more carbohydrate than your typical nut or seed. Luckily, this Pea-NOT Sauce (see what I did there?) made with almond butter is every bit as good as the original, and without added sweeteners. Try not to eat it all in one sitting!

Mix all the ingredients in a medium bowl, or use a small food processor or an immersion blender. Store in an airtight container in the refrigerator. Finish within 2-3 weeks.

CALORIES: 153      FAT: 13 G  
CARBOHYDRATE: 5 G      PROTEIN: 4 G

½ cup (120 ml) raw almond butter  
½ cup (120 ml) full-fat coconut milk  
2 large garlic cloves, finely minced  
Juice of 1 small lime  
2 tablespoons (30 ml) tamari  
(gluten-free soy sauce)  
1 tablespoon (15 ml) grated fresh  
ginger  
½ tablespoon (7.5 ml) toasted  
sesame oil (see Note)  
½ tablespoon (7.5 ml) avocado oil  
¼ teaspoon (1 ml) red pepper flakes  
(optional)

**NOTE:** If you enjoy the taste of toasted sesame oil, you can use 1 tablespoon (15 ml) sesame oil and omit the avocado oil. Some people find the taste of sesame oil overpowering.

# Primal Kitchen Mayo Blue Cheese Dressing

Makes approximately 1 cup; serving size = 2 tablespoons

I might be biased, but Primal Kitchen Mayo is a favorite pantry staple in the Sisson household. The tanginess of this mayonnaise is perfect for this recipe, too. You can also use homemade mayo or another store-bought mayonnaise if you can find one without polyunsaturated oils, but you might need to adjust the seasoning to get the desired flavor in your dressing.

1. Whisk together the mayo, lemon juice, coconut milk, and pepper.
2. Add the blue cheese and stir well. Taste and add salt, if desired, and more pepper, if needed.

CALORIES: 71

FAT: 7 G

CARBOHYDRATE: 1 G

PROTEIN: 1 G

$\frac{1}{2}$  cup (120 ml) Primal Kitchen Mayo (see Note, page 24)

Juice of  $\frac{1}{2}$  lemon

$\frac{1}{4}$  cup (60 ml) full-fat coconut milk or heavy cream

$\frac{1}{4}$  teaspoon (1 ml) black pepper, or more as needed

$\frac{1}{4}$  cup (60 ml) crumbled blue cheese

Salt (optional)

**TIP:** This recipe is pretty forgiving. You can just guesstimate when you have about  $\frac{1}{2}$  cup (120 ml) of mayo left in the jar, then add the other ingredients and shake really well to make this dressing!

# Perfect Vinaigrette (with Variations!)

Makes approximately 1 cup; serving size = 2 tablespoons

Most commercially available salad dressings contain polyunsaturated, pro-inflammatory oils. Luckily, making your own salad dressing is quick and easy, and it's a great way to add some healthy fat to a meal.

1. In a small jar with a lid, stir together the shallot, vinegar, salt, and pepper. Allow to sit for 10 minutes.
2. Add the mustard and olive oil. Place the lid securely on the jar and shake vigorously.

CALORIES: 182

FAT: 20 G

CARBOHYDRATE: 0.5 G PROTEIN: 0 G

1 small shallot, very finely chopped  
3 tablespoons (45 ml) apple cider  
vinegar  
 $\frac{1}{4}$  teaspoon (1 ml) kosher salt  
 $\frac{1}{4}$  teaspoon (1 ml) black pepper  
 $\frac{1}{2}$  teaspoon (2 ml) Dijon mustard  
 $\frac{3}{4}$  cup (180 ml) extra-virgin olive oil

## Variations

Lemon Vinaigrette: Omit the vinegar; replace with an equal amount of fresh lemon juice and add 1 tablespoon (15 ml) of lemon zest.

Greek Dressing: Add 1 teaspoon (4 ml) each dried oregano, dried basil, and garlic powder.

# Chive Macadamia “Cheese”

Makes approximately 1½ cups; serving size = 2 tablespoons

Nut “cheese” is a great option for keto enthusiasts who can’t tolerate a lot of dairy in their diets but who still long for the creamy deliciousness of cheese. This recipe uses macadamia nuts, but you can also use other nuts. Cashews are particularly versatile but they are higher in carbohydrates. (See the recipe for Basic Cashew Cream, page 110.) Always start with raw nuts, as roasted varieties often contain objectionable oils.

1. Using a high-powered blender or food processor, blend the macadamias, lemon juice, salt, pepper, onion powder, and garlic powder until it becomes a thick, chunky paste. Scrape down the sides as needed.
2. With the blender or food processor running, slowly add the water until mixture is desired consistency. You can stop when the “cheese” is still slightly textured or continue blending until very smooth.
3. Add in the fresh chives and pulse a few times to combine.

CALORIES: 347

FAT: 34 G

CARBOHYDRATE: 7 G

PROTEIN: 4 G

2 cups (240 g) raw macadamia nuts

2 tablespoons (30 ml) fresh lemon juice

¼ teaspoon (1 ml) fine sea salt

¼ teaspoon (1 ml) black pepper

¼ teaspoon (1 ml) onion powder

¼ teaspoon (1 ml) garlic powder

1 to 2 tablespoons (15 to 30 ml)  
warm water

3 to 4 tablespoons (45 to 60 ml)  
minced fresh chives

# Carrot Top Pesto

Makes approximately 1½ cups; serving size = 2 tablespoons

The leafy green part of the carrot is so underappreciated. I usually save mine for adding to a pot of simmering bone broth, but if I'm stocked up on broth (no pun intended), I'll whip up a quick batch of pesto like this one.

1. In a small food processor, pulse the carrot leaves, nuts, garlic, and cheese until combined well. Scrape down the sides of the bowl.
2. With the food processor running, slowly drizzle in the olive oil until the pesto reaches desired consistency. Taste and adjust seasoning with salt and pepper.

CALORIES: 166

FAT: 18 G

CARBOHYDRATE: 1 G PROTEIN: 2 G

1 cup (30 g) loosely packed carrot leaves and stems

¼ cup (30 g) raw macadamia nuts

¼ cup (30 g) raw walnuts

1 small garlic clove, smashed

¼ cup (25 g) grated Parmesan cheese

¾ cup (180 ml) extra-virgin olive oil

Salt and pepper

# Bacon Chili Butter

Makes approximately  $\frac{3}{4}$  cup; serving size = 2 tablespoons

Yes, you read that right; this recipe combines two of our favorite things, bacon and butter. This recipe for a compound butter has the flavors of your favorite chili and is perfect for melting over a juicy steak or a plate of scrambled eggs. For variety, try it on shrimp kabobs, roasted Brussels sprouts, or a piping hot sweet potato on a higher carb day.

1. Cook the bacon in a skillet until crispy, about 3 minutes. Transfer to a paper towel to drain. Reserve the bacon grease to use for another recipe.
2. Cut the butter into pieces and place in a small bowl. Mash with a fork.
3. Add the garlic, paprika, chili powder, oregano, cumin, onion powder, salt, and pepper and combine well.
4. Crumble or chop the bacon into small pieces. Stir the bacon bits into the butter.
5. Scoop the butter mixture onto a 12-inch (30 cm) piece of parchment paper. Shape into a log and roll up tightly. Twist the ends to secure.
6. Transfer to the refrigerator until ready to use. (The butter can also be frozen.)

CALORIES: 229

FAT: 25 G

CARBOHYDRATE: 1 G

PROTEIN: 2 G

2 slices bacon (not thick-cut)

$\frac{1}{2}$  cup (1 stick; 112 g) unsalted butter,  
at room temperature

1 garlic clove, very finely minced

$\frac{1}{2}$  teaspoon (2 ml) sweet paprika

$\frac{1}{2}$  teaspoon (2 ml) chili powder

$\frac{1}{2}$  teaspoon (2 ml) crushed dried  
oregano

$\frac{1}{4}$  teaspoon (1 ml) ground cumin

$\frac{1}{8}$  teaspoon (0.5 ml) onion powder

$\frac{1}{2}$  teaspoon (2 ml) kosher salt

$\frac{1}{4}$  teaspoon (1 ml) black pepper

# Chicken Liver Pâté

Makes approximately 2 cups; serving size = 2 tablespoons

Liver is one of the healthiest foods you can eat, so it's a real shame that it gets such a bad rap. Let's hope this flavorful spread will change your mind about this nutritional superstar. The pâté can be eaten with any raw veggies—try it on celery sticks, cucumber slices, or red bell peppers—or even on sliced apples.

1. Remove any stringy or membranous parts from the livers. Melt 2 tablespoons (30 ml) of the butter and the bacon fat in a medium skillet over medium heat. Add the onion and the livers and sauté for 6 to 8 minutes, until the onion is soft and the livers are browned.
2. Add garlic and sauté for 1 minute more. Turn the heat down slightly and add both vinegars, the mustard, and rosemary. Cook until the liquid is mostly evaporated and livers are cooked through, about 5 more minutes.
3. Transfer everything in skillet to a food processor. Pulse a few times to combine. Scrape down the sides of the bowl and add 2 tablespoons (30 g) of the butter. Process until mostly smooth. Scrape down the sides again. Add the remaining 2 tablespoons (30 g) butter and process until very smooth.
4. Taste and add salt and pepper as necessary. Transfer the paste to individual ramekins and cover with plastic wrap, then refrigerate. Before serving, sprinkle each ramekin with a little bit of flaked sea salt.

CALORIES: 322

FAT: 28 G

CARBOHYDRATE: 2 G

PROTEIN: 14 G

½ pound (225 g) chicken livers  
6 tablespoons (85 g) butter  
2 tablespoons (30 ml) bacon fat  
½ small onion, minced  
1 large garlic clove, minced  
2 tablespoons (30 ml) red wine vinegar  
1 tablespoon (15 ml) balsamic vinegar  
1 teaspoon (5 ml) Dijon mustard  
½ tablespoon (7.5 ml) minced fresh rosemary  
Salt and pepper to taste  
Flaky salt (like Maldon), to garnish

# Coconut Butter

Makes approximately 1 cup; serving size = 2 tablespoons

If you've never tried coconut butter, you are in for a treat! This versatile butter can be added to coffee or smoothies, mixed into mashed root veggies, used in curries, or eaten spread thickly on apple slices or a piece of extra-dark chocolate. It is also the main ingredient of fat bombs (see page 119). You'll definitely want to keep a jar of this on hand!

CALORIES: 210      FAT: 21 G  
CARBOHYDRATE: 8 G      PROTEIN: 2 G

4 cups (360 to 400 g)  
unsweetened dried flaked  
coconut (see Note)

*If using a food processor:* Place the coconut flakes in a food processor and blend for up to 15 minutes, scraping down the sides as needed (some food processors take slightly longer).

*If using a high-powered blender:* Place *half* the coconut flakes in the blender and blend for 1 minute. Add the remaining coconut flakes and continue blending for up to 10 minutes, scraping down the sides as needed. Make sure your blender does not become too hot!

With either method, expect your coconut butter to go through three stages: First, it will become finely shredded, then it will become a grainy liquid, and finally it will form a smooth butter. This takes a while. If you aren't sure if it is done, give it a taste. The finished product should be mostly smooth with a slight grainy texture, like freshly ground nut butter.

2. Transfer the coconut butter to an airtight container until ready to use. (Coconut butter can be stored at room temperature.) If needed, microwave for 5 to 10 seconds to soften before using.

**NOTE:** Only dried coconut works in this recipe. You can use shredded in place of flakes, but the result might not be as smooth. Do not use desiccated, sweetened, reduced-fat, or fresh coconut.

# Smoked Salmon Spread

Makes approximately 2½ cups; serving size = ¼ cup

This recipe originally appeared on my blog, Mark's Daily Apple. It's a great way to use leftover salmon (like the salmon on page 69). Loaded with healthy fats, this preparation can be eaten as breakfast, lunch, or dinner, or as a healthy snack. It whips up in a matter of minutes, but tastes fancy enough to impress guests at the nicest dinner party. Scoop a few spoonfuls into individual radicchio or endive leaves for an elegant preparation.

1. In a medium bowl, mash the butter and olive oil together with a fork. Stir in the chives, capers, and lemon juice.
2. Use a fork to flake the cooked salmon and add it to the butter mixture. Add the smoked salmon and mix well, mashing slightly. Pack into a bowl, cover, and refrigerate until ready to use.

CALORIES: 83

FAT: 6 G

CARBOHYDRATE: 1 G PROTEIN: 7 G

4 tablespoons (½ stick; 60 g) butter, at room temperature  
1 tablespoon (15 ml) extra-virgin olive oil  
2 tablespoons (30 ml) minced fresh chives  
2 tablespoons (30 ml) drained capers  
2 tablespoons (30 ml) fresh lemon juice  
8 ounces (225 g) boneless, skinless salmon fillet, cooked  
4 ounces (115 g) smoked salmon, diced small  
Salt and pepper to taste

# Nutty Tapenade

Makes approximately 1½ cups; serving size is 2 tablespoons

Traditional tapenade is a mixture of olives, capers, anchovies, and onions ground together with a mortar and pestle, and is often served on crostini. It's a great way to get some omega-rich, small, oily fish into your diet. The addition of nuts in this recipe adds some crunch to make up for the missing crostini. Serve this tapenade on slices of cucumber or bell pepper, use as a topping on baked chicken, or mix a tablespoon with additional olive oil to use as a salad dressing.

1. In a small food processor (or using a large mortar and pestle), combine the ingredients and pulse 10 times. Scrape down the sides of the bowl and continue to pulse until the tapenade reaches the desired consistency.
2. Pack into a bowl, cover with plastic wrap, and refrigerate until ready to serve.

CALORIES: 39

FAT: 4 G

CARBOHYDRATE: 1 G

PROTEIN: 1 G

1 cup (250 ml) pitted olives (use a mixture of green, black, and Niçoise—whatever you like)

2 anchovy fillets, packed in olive oil  
(see Tip)

¼ cup (60 ml) walnut pieces

1 garlic clove, crushed

1 tablespoon (15 ml) drained capers

1 tablespoon (15 ml) chopped fresh basil

3 tablespoons (45 ml) extra-virgin olive oil

**TIP:** Use the remaining anchovies in the can to make Caesar salad and dressing (see page 103).

# MAIN COURSES

## Slow Cooker Carnitas

Makes approximately 10 servings; serving size = 1 cup

If I know I have a busy week ahead, I'll often make carnitas on Sunday and eat them throughout the week in different dishes. The best way to reheat this is on a rimmed sheet pan under the broiler.

1. In a small bowl, combine the salt, cumin, oregano, and pepper. Trim excess fat from the roast (you want some fat, just remove any big chunks). Press the seasoning mixture into the roast on all sides.
2. Pour broth into the bottom of a slow cooker. Place the roast inside and arrange the orange slices over the top. Cook on low for 8 to 10 hours (preferable) or on high for 6 hours.
3. Carefully remove the roast from the slow cooker and discard the orange slices. Use two forks to shred the meat.
4. If desired, place the shredded meat on a heavy, rimmed baking sheet or broiler pan. Turn the oven broiler to low and position an oven rack about 4 inches below the heat. Place the tray of meat under the broiler and allow some bits to get crispy, but watch carefully so it does not burn.
5. Divide into serving portions and serve with optional toppings. If desired, place in lettuce or cabbage leaves to make primal-style tacos.

CALORIES: 336

FAT: 19 G

CARBOHYDRATE: 1 G

PROTEIN: 32 G

1 teaspoon (5 ml) kosher salt  
1 teaspoon (5 ml) ground cumin  
1 teaspoon (5 ml) dried oregano  
½ teaspoon (2 ml) black pepper  
1 boneless pork shoulder roast  
(4 to 5 pounds; 1.8 K)  
1 cup chicken or beef broth  
(250 ml)  
1 orange, thinly sliced

### OPTIONAL TOPPINGS/SIDES

Finely chopped white or red onion  
Minced fresh cilantro  
Cubed avocado  
Thinly sliced radishes  
Lime wedges  
Jalapeño rings  
Lettuce or cabbage leaves

# Carnitas Kale Scramble

Makes 2 servings

This is a great way to use leftover carnitas (page 56) for something different. I love this for breakfast when I'm not in the mood for eggs.

1. Heat the bacon fat in a large skillet over medium heat. Add the onion and bell pepper. Cook for 5 minutes, until the vegetables start to soften. Add the garlic and cook 1 minute more.
2. Stir in the tomatoes, then stir in the meat. Cook until warmed through.
3. In a small bowl, combine the salt, oregano, cumin, and pepper. Add to the skillet and stir well.
4. Add the chopped kale (might need to do this in two batches, depending on how big your skillet is). When the kale begins to wilt, add the lemon juice and stir well.
5. Sprinkle the cheese evenly over all, turn the heat to low, and cover. Cook a few minutes until the cheese melts. (If your skillet is heatproof, you can also put it under the broiler to brown the top.)
6. Divide into two portions and serve.

CALORIES: 592

FAT: 41 G

CARBOHYDRATE: 12 G PROTEIN: 39 G

2 tablespoons (30 ml) bacon fat or  
avocado oil  
 $\frac{1}{4}$  cup (50 g) chopped red onion  
 $\frac{1}{4}$  cup (40 g) chopped red bell  
pepper  
1 garlic clove, minced  
1 tablespoon (5 g) sun-dried or  
oven-dried tomatoes (see Note)  
2 cups (475 g) shredded Slow  
Cooker Carnitas  
1 teaspoon (5 ml) kosher salt  
1 teaspoon (5 ml) dried oregano  
 $\frac{3}{4}$  teaspoon (4 ml) ground cumin  
Freshly ground black pepper  
2 cups (30 g) roughly chopped kale  
leaves (approximately  $\frac{1}{2}$  bunch)  
Juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{3}$  cup (30 g) grated raw cheddar  
cheese

**NOTE:** Be sure to find sun-dried tomatoes that have been packed only in olive oil, not safflower, canola, soybean, or another polyunsaturated oil. If you can't find an acceptable choice, substitute diced fresh tomatoes or  $\frac{1}{2}$  tablespoon tomato paste.

# Cuban Un-sandwich

Makes 6 servings

Here's another great idea for using leftover carnitas (page 56)! This twist on a traditional Cuban sandwich throws out the bread and leaves you with what matters most— those delicious sandwich fillings. Eat it with a knife and fork, or wrap it in collard greens (see page 70).

1. Place an oven rack 4 to 6 inches below the broiler heat and set the broiler at its lowest temperature. Use the avocado oil to lightly grease a heavy rimmed baking sheet or broiler-safe pan. Place the shredded pork on the sheet so it is in a layer about  $\frac{3}{4}$  inch thick (a half-sheet pan works great for this). Sprinkle with salt, pepper, and lime juice. Place under the broiler and broil until top starts to brown, about 2 minutes.
2. Remove the sheet from the broiler but keep the broiler on. Arrange the pickle slices on top, followed by the ham. Use the back of a spoon or a spatula to carefully spread the mustard on the ham slices. Sprinkle the cheese in an even layer over the ham.
3. Return the sheet to the broiler to brown the top, about 1 to 2 minutes. Keep a close eye on the cheese; you want it to melt and start to bubble and brown, but definitely not to burn.

CALORIES: 426

FAT: 26 G

CARBOHYDRATE: 8 G PROTEIN: 36 G

1 teaspoon (5 ml) avocado oil

4 cups (950 g) shredded Slow Cooker Carnitas

1 teaspoon (5 ml) kosher salt

Freshly ground black pepper

Juice of  $\frac{1}{2}$  lime

1 cup (250ml) dill pickle slices  
(regular or spicy; avoid sweet pickles!)

6 thin slices ham (make sure you buy the cleanest possible)

3 tablespoons (45 ml) Dijon mustard

2 cups (180 g) shredded Swiss cheese

# Curley Caveman Raw-Energy Almond Butter Ground Beef

Makes 4 servings

With a recipe this simple, the quality of ingredients matters! I recommend wagyu-style ground beef (if you can't find this at your local store, it's available to order at MarxFoods.com). At first glance this recipe probably seems odd, but give it a try next time you need serious staying power. This concoction will deliver raw energy and stick-to-your-bones satisfaction for a six-hour hike in a tropical forest.

1. In a medium skillet, brown the ground beef over medium heat until cooked through, 6 to 8 minutes. Add the salt, pepper, and cinnamon and stir well.
2. Stir in the almond butter by the spoonful and stir vigorously. When almond butter is completely incorporated, remove from the heat. Divide into four bowls and serve immediately. If it's your turn to cook at the fire station, quintuple the recipe to keep the crew going for a full weekend shift.

CALORIES: 616

FAT: 46 G

CARBOHYDRATE: 6 G

PROTEIN: 46 G

1½ pounds (675 g) ground beef

1 teaspoon (5 ml) Himalayan pink salt

½ teaspoon (2 ml) ground pepper

½ teaspoon (2 ml) ground cinnamon

½ cup (120 ml) raw almond butter

# Seared Ahi with Herb + Lime Dressing

Makes 2 servings

Seared ahi tuna is a dish that might seem difficult, but once you try it, you won't believe how easy it is to make. If you want a quick and easy dish to impress guests, this is it! Serve the tuna with a simple green salad.

1. Slice the tuna steak into 2 or 3 long rectangular portions. Season each side of each slice generously with salt and pepper.
2. Place the cilantro and parsley in a small food processor (see Note). Pulse to chop finely. Add the lime zest, lime juice, tamari, sesame oil, garlic, and ginger. Pulse several times to combine. Scrape down the sides of the bowl.
3. With the food processor running, slowly pour in  $\frac{1}{4}$  cup of olive oil. Scrape down the sides again and pulse a few times. If the sauce is too thick, add more oil until the sauce reaches desired consistency.
4. In a large skillet, heat the avocado oil over medium-high heat until quite hot. Gently place the tuna in the oil and sear for 1 minute without moving. Sear each side in same manner. The tuna will still be pink in the middle, or cook slightly longer for more well-cooked fish.
5. Remove the fish to cutting board and slice approximately  $\frac{1}{2}$  inch (13 mm) thick.
6. Drizzle the tuna generously with the dressing and serve.

**NOTE:** If you don't have a food processor, chop the herbs finely by hand and mix the dressing ingredients in a bowl.

CALORIES: 551

FAT: 49 G

CARBOHYDRATE: 7 G

PROTEIN: 24 G

6 ounces (168 g) sushi-grade ahi tuna steak

Sea salt

Freshly ground black pepper

2 tablespoons (30 ml) avocado oil

## HERB + LIME DRESSING

1 cup (150 g) loosely packed fresh cilantro

1 cup (150 g) loosely packed fresh parsley

1 teaspoon (5 ml) grated lime zest

Juice of 2 small limes (1½ to

2 tablespoons; 25 ml)

2 tablespoons (30 ml) tamari (gluten-free soy sauce)

1 tablespoon (15 ml) toasted sesame oil

1 garlic clove, finely minced or pressed

A 1-inch (2.5 cm) piece of fresh ginger, finely minced or grated

¼ to ½ cup (60 to 120 ml) extra-virgin olive oil or avocado oil

Dash of red pepper flakes (optional)

# Cabbage Rolls

Makes 6 servings

Traditional stuffed cabbage uses rice to thicken the filling, but of course that won't work for keto folks. This recipe uses riced cauliflower instead to give substance to the filling. It can be cooked on the stovetop or in a slow cooker.

1. Remove 12 outer leaves from the cabbage. Bring a large pot of water to a boil and drop in the cabbage leaves. Boil for 2 minutes, until softened, then lay flat on a kitchen towel to drain and cool.
2. Use a food processor fitted with a shredding blade (or use a box grater) to grate the cauliflower florets. Measure 2 cups (300 g) of the grated cauliflower and reserve the remainder for another recipe (for example, see Veggie Sushi rolls on page 91).
3. In a medium skillet, heat the bacon fat over medium heat. Add the onion and green pepper, and sauté 2 minutes. Add the cauliflower and ½ cup (120 ml) of the broth. Cook, stirring occasionally, for about 5 minutes, until the cauliflower is cooked but still firm. It should still have some texture to it. Remove from the heat and allow to cool slightly.
4. In a large bowl, lightly beat the egg. Mix in the drained tomatoes, salt, and pepper. Crumble in the meat and mix well. Add the cauliflower mixture and stir to combine.
5. Divide the mixture evenly among the cabbage leaves, placing the filling in the center of each. Fold the sides and roll each one up tightly. Secure with a toothpick.
6. Mix the reserved tomato juice with the remaining ½ cup (120 ml) broth.

CALORIES: 233

FAT: 14 G

CARBOHYDRATE: 7 G

PROTEIN: 21 G

1 head napa cabbage

1 small cauliflower

2 tablespoons (30 ml) bacon fat or  
avocado oil

¼ cup (40 g) diced onion

¼ cup (40 g) diced green bell  
pepper

1 cup (250 ml) beef broth

1 large egg

1 can (14.5 ounces; 411 g) diced  
tomatoes, drained and with liquid  
reserved

1 teaspoon (5 ml) kosher salt

½ teaspoon (2 ml) black pepper

1 pound (450 g) ground beef

*7. If cooking on the stovetop:* Place the cabbage rolls in a single layer in the skillet used to cook the cauliflower. Pour the broth mixture over the top and cover the skillet. Heat over medium high until the liquid boils, then reduce the heat to low. Cook about 40 minutes, occasionally spooning liquid over the rolls.

*If cooking in a slow cooker:* Place the cabbage rolls in a small slow cooker. Pour the broth over the top, cover, and cook on low for 7 to 8 hours.

8. Using an instant-read thermometer, check the cabbage rolls to see if the meat is fully cooked; the internal temperature should reach 160°F (70°C).

# Stuffed Tomatoes

Makes 6 servings; serving size = 1 tomato

This simple recipe is best made with summer tomatoes fresh from the garden. You can use ground turkey or chicken, or even ground lamb, in place of the beef, if you prefer.

1. Preheat the oven to 400°F (200°C). With a sharp paring knife, cut the stem ends off the tomatoes. Gently cut the seeds out of the middle, scoop out with a spoon, and discard.
2. Place the tomatoes in a small oven- and broiler-proof pan, or use a muffin tin with large cups. Bake for 5 minutes.
3. Brown the meat in a medium skillet until cooked through, about 25 minutes, then season with the basil, salt, and pepper.
4. Remove the tomatoes from the oven and switch the oven to broil (on low heat if adjustable). Divide the meat into six portions and spoon evenly into the tomatoes.
5. Crack one egg into each tomato and sprinkle with additional salt and pepper.
6. Place stuffed tomatoes under the broiler 4 to 6 inches (10 to 15 cm) from the heat for about 5 minutes, watching closely, until the egg whites are cooked completely and the yolks are still runny.

CALORIES: 204

FAT: 12 G

CARBOHYDRATE: 5 G

PROTEIN: 18 G

6 medium tomatoes

½ pound (225 g) ground beef

1 teaspoon (5 ml) dried basil

½ teaspoon (2 ml) kosher salt, plus  
more as needed

¼ teaspoon (1 ml) black pepper, plus  
more as needed

6 medium eggs

# The Best Grilled Chicken

Makes 4 to 8 servings; serving size = 5 ounces (140 g)

I bet this flavorful chicken will quickly become a family favorite. It is delicious placed atop a colorful garden salad, wrapped in collard greens with a dollop of Primal Mayo, or simply served with a side of your favorite roasted veggies. The secret is the initial brining step, which makes the chicken both flavorful and tender.

1. Cut each chicken breast on the diagonal into 3 long portions.
2. Bring 1 cup (240 ml) of water to a boil. Combine the boiling water and salt in a large glass or metal bowl. When the salt is dissolved, pour in a quart of cold water and add enough ice cubes to cool. Add the chicken slices and enough cold water so that the chicken is covered by 1 to 2 inches. Put in the refrigerator for 15 minutes.
3. Drain the chicken. If you don't want the chicken to be salty, rinse it now, but it's not necessary. Mix the oil and poultry seasoning in the empty bowl, then toss the chicken in the oil. Let sit for a few minutes.
4. Heat a grill to medium-high heat. When hot, place the chicken slices on the grill and close the lid. Cook for about 4 minutes, flip, and continue cooking until internal temperature reaches 165°F (75°C), another 3 to 4 minutes.
5. Remove the chicken from the grill and serve.

CALORIES: 245

FAT: 6 G

CARBOHYDRATE: 0 G PROTEIN: 44 G

4 boneless, skinless chicken breast halves (approximately 2½ pounds; 1.1 k)

3 tablespoons (45 ml) kosher salt  
Ice cubes

2 tablespoons (30 ml) avocado oil  
2 tablespoons (30 ml) poultry seasoning (make sure there is no added sugar)

# Chicken Kabobs

Makes 8 servings; serving size = 1 kabob

Kabobs are my favorite go-to main course when we are having people over for a casual summer barbecue. You can assemble them ahead of time, or you can even allow guests to assemble their own. Because they cook quickly, you won't be stuck manning the grill while your guests have all the fun.

1. Cut each chicken breast into 8 to 10 chunks of approximately equal size and place in a glass bowl. Wash the mushrooms and trim off the stems. Cut the onion and peppers into large chunks. Place vegetables together in a second bowl.
2. Mix the oil and seasonings. Pour half the mixture into each bowl and stir well to coat. Put both bowls in the refrigerator and allow to marinate for 20 minutes.
3. Assemble the kabobs by alternating the chicken and the vegetables on the skewers. Preheat the grill to medium high.
4. Place the kabobs on the grill (or under a broiler) for approximately 3 minutes per side, rotating to make sure every side gets browned, about 10 to 12 minutes total. Check the chicken with an instant-read thermometer to make sure it is cooked through (internal temperature should be 165°F or 75°C).
5. Transfer the kabobs to a platter and serve.

CALORIES: 286

FAT: 12 G

CARBOHYDRATE: 14 G PROTEIN: 32 G

2 pounds (900 g) boneless, skinless chicken breast halves

24 small button mushrooms

(approximately 8 ounces; 225 g)

1 large yellow onion

2 bell peppers (any color you prefer)

¼ cup (60 ml) avocado oil

1 teaspoon (5 ml) dried oregano

1 teaspoon (5 ml) dried basil

½ teaspoon (2 ml) garlic powder

½ teaspoon (2 ml) kosher salt

½ teaspoon (2 ml) black pepper

8 short kabob skewers (soaked in water if wooden/bamboo)

# One-Pan Shrimp and Asparagus

Makes 6 servings

I hate washing pots, so a one-pan meal is right up my alley. Plus, this simple dish can be made in less than 20 minutes, start to finish. Gotta love that!

1. Preheat the oven to 400°F (200°C). In a small saucepan, heat the avocado oil over medium heat. Sauté the garlic until fragrant but not brown, about 3 minutes. Add the butter and cook until it starts to bubble, then remove from the heat.
2. Trim the tough ends off the asparagus and place the spears on a large rimmed baking sheet. Spoon 2 tablespoons (30 ml) of the garlic butter over the top and toss to coat. Spread out in a single layer and sprinkle with half the salt and pepper. Place in the oven for 5 minutes, until tender and lightly roasted.
3. Arrange the asparagus on one half of the baking sheet. Place the shrimp on the other half. Pour the remaining garlic butter over the shrimp and toss to coat. Spread out in a single layer and sprinkle with the remaining salt and pepper, adding the red pepper flakes, if using. Squeeze the lemon over the shrimp, then cut the juiced lemon into quarters and place on the baking sheet among the shrimp.
4. Sprinkle the Parmesan cheese over the asparagus only, then place the baking sheet in the oven for 5 to 8 minutes, or until the shrimp is just opaque. Sprinkle the parsley over the shrimp, if using, and serve immediately.

CALORIES: 267

FAT: 17 G

CARBOHYDRATE: 2 G PROTEIN: 28 G

2 tablespoons (30 ml) avocado oil  
3 garlic cloves, minced  
4 tablespoons ( $\frac{1}{2}$  stick; 60 g) butter  
1 bunch asparagus (approximately 1 pound; 450 g)  
2 teaspoons (10 ml) kosher salt  
1 teaspoon (5 ml) freshly ground black pepper  
 $\frac{1}{2}$  pounds (680 g) shrimp, peeled and deveined  
 $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon (1 to 2 ml) red pepper flakes (optional)  
1 medium lemon, cut in half  
1 cup (90 g) finely shredded Parmesan cheese  
2 tablespoons (30 ml) chopped fresh parsley (optional)

# Sausage and Kale

Makes 4 servings

If you have friends or family members who think they don't like kale, start them with this dish! This recipe is totally customizable—you can add any vegetables you want, and any type of sausage works. Play around with different combos to see what you like. However, make sure you choose sausage that contains only clean ingredients—no added sugars, nitrates, or the like.

1. Use a sharp paring knife to cut the thick kale stems from the leafy portions. Keep stems and leaves separate. Chop the stems approximately the same size as the diced onion. Cut the kale leaves into thin strips.
2. Cut the sausages into  $\frac{1}{2}$  inch (2.5 cm) slices. Heat 1 tablespoon (15 ml) oil in large skillet. Add half the sausages in a single layer, cooking 2 to 3 minutes until browned, then flip and cook 2 minutes on the other side. Remove and repeat with other half of the sausages. Remove from the skillet.
3. Melt the remaining tablespoon (15 ml) of oil in the same skillet over medium heat. Add the onion and diced kale stems and cook until vegetables begin to soften, about 5 minutes. Push the vegetables to the edge of the skillet and melt the butter in the middle. Add the mushrooms and sauté for a few minutes. Add the salt and pepper, and stir well.
4. Add the kale leaves and stir to combine. Cook until leaves are wilted, 3 to 5 minutes. Add the sausage back to the skillet along with the chicken broth and red pepper flakes, if using. Turn the heat to medium high. When the liquid begins to boil, reduce the heat to low and simmer until the liquid is mostly evaporated. Taste and add salt if needed. Serve immediately.

CALORIES: 276

FAT: 21 G

CARBOHYDRATE: 5 G

PROTEIN: 21 G

1 bunch kale, any variety

$\frac{1}{2}$  medium onion, diced

1 package chicken sausage (like  
Trader Joe's Garlic Herb Chicken  
Sausage)

2 tablespoons (30 ml) coconut or  
avocado oil

2 tablespoons (30 g) butter

8 button mushrooms, trimmed and  
sliced

1 teaspoon (5 ml) kosher salt, or  
more as needed

$\frac{1}{2}$  teaspoon (2 ml) black pepper

1 cup (250 ml) chicken broth  
(preferably homemade, see page 43)

$\frac{1}{4}$  teaspoon (1 ml) red pepper flakes

(optional)

# Turkey Fajita Salad with Chipotle Lime Dressing

Makes 4 servings

This recipe uses ground turkey, but you could also throw this together quickly with leftover grilled chicken (like The Best Grilled Chicken, page 64). The raw green cabbage provides a satisfying crunch to replace the taco shells and tortilla strips that are often part of fajita salads.

1. In a small bowl, combine the Fajita Seasoning ingredients.
2. Make the dressing by whisking together the mayo, coconut milk, lime juice, and  $\frac{1}{4}$  teaspoon Fajita Seasoning. If the dressing is too thick, add water a little at a time until it reaches desired consistency.
3. In a small bowl, mix the sour cream and 1 teaspoon (4 ml) of Fajita Seasoning.
4. Heat 1 tablespoon (15 ml) of the oil in large skillet over medium-high heat. Add the onion and green pepper and sauté 3 to 5 minutes, until crisp-tender. Remove from the skillet.
5. Reduce the heat to medium and add the remaining tablespoon (15 ml) of the oil to the skillet. Add the turkey and cook, breaking apart large chunks, until only a little pink remains. Add the remaining 5 teaspoons (25 ml) Fajita Seasoning and stir very well. Add the tomatoes and cook another few minutes, until turkey is no longer pink.
6. Cut the cabbage into quarters and cut out the core. Use a sharp knife to cut each quarter into very thin strips.
7. Evenly divide the raw cabbage and spinach into 4 wide, shallow bowls. Top each bowl with the onion and peppers, turkey, a dollop of the seasoned sour cream, the shredded cheese, and the diced avocado. Drizzle the dressing over everything and serve with lime wedges to squeeze on top.

CALORIES: 645

FAT: 48 G

CARBOHYDRATE: 19 G PROTEIN: 40 G

## FAJITA SEASONING

1 tablespoon (15 ml) chili powder  
1 teaspoon (5 ml) ground cumin  
1 teaspoon (5 ml) salt  
 $\frac{1}{2}$  teaspoon (2 ml) sweet paprika  
 $\frac{1}{2}$  teaspoon (2 ml) dried oregano, rubbed  
 $\frac{1}{4}$  teaspoon (1 ml) black pepper

## CHIPOTLE LIME DRESSING

$\frac{1}{4}$  cup (60 ml) Primal Kitchen Chipotle Lime Mayo (see Note, page 197)  
3 tablespoons (45 ml) full-fat coconut milk  
1 teaspoon (5 ml) fresh lime juice  
 $\frac{1}{4}$  teaspoon (1 ml) Fajita Seasoning

## SALAD

$\frac{1}{2}$  cup (120 ml) sour cream  
2 tablespoons (30 ml) Fajita Seasoning  
2 tablespoons (30 ml) avocado oil  
1 small yellow onion, sliced  
1 green bell pepper, seeded and sliced  
1 pound (450 g) ground turkey  
1 can (14.5 ounces; 411 g) diced tomatoes with chiles, drained  
1 small head of green cabbage  
2 cups (56 g) baby spinach  
 $\frac{1}{2}$  cup (56 g) shredded cheddar jack cheese  
1 avocado, diced  
Lime wedges

# Slow-Baked Salmon with Dill Aioli

Makes 4 servings

Slow baking produces a velvety, melt-in-your-mouth salmon fillet. When you cook it this way the salmon remains quite pink, so don't be alarmed when you remove it from the oven and it still looks raw. On the contrary, it will be the most perfectly cooked piece of fish you've ever eaten!

1. Preheat the oven to 275°F (135°C). Place the salmon fillets in a casserole dish or baking pan. Mix the oil with half the lemon zest and brush over the top of the fish. Sprinkle with salt and pepper. Bake the salmon for 16 to 18 minutes, until you are just able to flake it with a fork.
2. While the salmon is baking, combine the mayo, garlic, lemon zest, lemon juice, dill, salt, and pepper.
3. Serve the salmon with the aioli on the side.

CALORIES: 462

FAT: 36 G

CARBOHYDRATE: 1 G

PROTEIN: 33 G

4 skin-on salmon fillets,  
approximately 6 ounces (168 g)  
each (see Note)

½ tablespoon (7.5 ml) avocado oil  
Zest from ½ large lemon  
Kosher salt  
Freshly ground black pepper

## DILL AIOLI

½ cup (120 ml) Primal Kitchen  
Mayo (see Note, page 24), or  
other primal-approved mayo  
2 small garlic cloves, finely minced  
Zest from ½ large lemon  
2 teaspoons (15 ml) fresh lemon  
juice  
1 tablespoon (15 ml) chopped fresh  
dill  
¼ teaspoon (1 ml) kosher salt  
¼ teaspoon (1 ml) freshly ground  
black pepper

**NOTE:** When selecting seafood, always check [seafoodwatch.org](http://seafoodwatch.org) for up-to-date recommendations on the healthiest varieties.

# Collard Green-Turkey Club Wraps

Makes 2 servings

After experimenting with several options, I have found collard greens to be the best replacement for flatbread and tortillas. They have a surprisingly mild flavor, and the leaves are big enough and thick enough to keep your fillings secure. This sandwich is a little messy to eat, but so good!

1. Use a sharp paring knife to remove the thick center stem from the collard greens. (You will probably have to cut up the leaf a bit, leaving you with a heart-shaped leaf.)
2. In the middle of each leaf, layer 2 slices of turkey, 2 slices of bacon, and 2 half-slices of cheese, leaving a margin of leaf on the edges. Spoon  $\frac{1}{4}$  cup (60 ml) of the slaw across each leaf nearer to the top (away from the stem end).
3. Beginning at the top end, pull the leaf over the slaw and roll the sandwich up, tucking in the edges like a burrito. Secure the rolls with 2 toothpicks each and cut in half to serve.

CALORIES: 364

FAT: 26 G

CARBOHYDRATE: 10 G PROTEIN: 23 G

2 collard green leaves, the bigger the better

4 slices organic sliced turkey breast (no added sugar or nitrates)

4 slices bacon, cooked until crispy

2 slices Swiss cheese, cut in half

$\frac{1}{2}$  cup (120 ml) Primal Coleslaw (page 88)

# Cheesy Chicken and Ham Roll-ups

Makes 4 servings

This is a spin on traditional chicken cordon bleu, a dish in which chicken is wrapped around ham and cheese, then breaded and pan-fried. Of course, the breading is a no-no on a keto eating plan, but you won't miss it with this recipe!

1. One at a time, place the chicken breasts between two slices of wax paper or parchment paper and use a flat meat hammer or rolling pin to pound the chicken until each piece is  $\frac{1}{2}$  inch (13 mm) thick. Try to pound so that the chicken ends up in a long rectangular shape instead of a circle.
2. Cut the sliced prosciutto in half lengthwise. Place  $\frac{1}{2}$  slice of prosciutto and 1 slice of Swiss cheese on each piece of chicken, then roll up. Secure with toothpicks.
3. Mix the salt, pepper, and thyme in a small bowl, then use the mixture to generously season the outside of each roll.
4. Heat the oil in a skillet large enough to fit the 4 rolls. Brown the rolls on all sides, starting with the side with the seam.
5. Once browned, place  $\frac{1}{2}$  slice of prosciutto on top of each roll and sprinkle with Gruyère. Pour in the broth, cover the pan with a tight-fitting lid, and cook over medium-low heat for 30 minutes, or until the chicken is cooked through (see Note).
6. Use tongs to remove the chicken rolls to a broiler pan or heavy rimmed baking sheet and let rest. Preheat the broiler (on low heat if adjustable).
7. Heat the liquid left over in the skillet over medium heat. Add the mustard, then the butter,

CALORIES: 507

FAT: 40 G

CARBOHYDRATE: 4 G

PROTEIN: 33 G

4 boneless, skinless chicken breast halves (approximately  $2\frac{1}{2}$  pounds; 1.1 kg)

4 slices prosciutto

4 slices Swiss cheese

1 teaspoon (5 ml) salt, or more as needed

1 teaspoon (5 ml) black pepper, or more as needed

2 teaspoons (10 ml) dried thyme  
Avocado oil

1 cup (250 ml) shredded Gruyère cheese

$\frac{1}{2}$  cup (120 ml) chicken broth, preferably homemade (see page 43)

1 tablespoon (15 ml) Dijon mustard

2 tablespoons (30 g) butter

$\frac{1}{2}$  cup (120 ml) heavy cream

$\frac{1}{2}$  cup (120 ml) grated Parmesan

cheese

then the cream, whisking constantly. Finally, add the Parmesan cheese and whisk until melted. Taste and adjust salt and pepper as needed.

8. Place the chicken under the broiler for a minute to give the cheese a nice golden-brown color. Pour the sauce over the chicken and serve immediately.

**NOTE:** This recipe can also be made in an Instant Pot pressure cooker. Brown the chicken roll-ups using the sauté function, then cook using the manual setting for 7 minutes. Release the pressure and switch back to the sauté function to make the sauce.

## Crunchy Tuna Salad

Makes 4 servings

Here's another idea for something to roll up in collard greens (see page 70). You can also eat this salad on greens, atop sliced radish or cucumber "chips," or just by itself. Be sure to select tuna that is sustainably caught and packed in water or olive oil. One favorite brand is Wild Planet, widely available in stores.

1. Empty the tuna along with the canning liquid into a bowl. Flake with a fork, then stir in the mayo, capers, celery, carrot, and radishes. Taste and season with salt and pepper.
2. Run a chef's knife over the almonds to roughly chop. Just before serving, stir the almonds into the tuna salad and sprinkle with the sunflower seeds.

CALORIES: 407      FAT: 35 G  
CARBOHYDRATE: 4 G      PROTEIN: 19 G

2 (5 ounces; 142 g each) cans of tuna (do not drain)  
½ cup (120 ml) Primal Kitchen Mayo (see Note, page 24), or other primal-approved mayo  
2 tablespoons (30 ml) drained capers  
1 celery stalk, diced  
1 small carrot, diced  
4 radishes, diced  
Salt and pepper to taste  
½ cup (60 g) slivered almonds  
2 tablespoons (15 g) sunflower seeds

# Stuffed Turkey Burgers with Goat Cheese

Makes 4 servings

The addition of this one simple ingredient transforms an average turkey burger into something special!

1. Mix the salt, oregano, thyme, and pepper in a small bowl.
2. Cut 4 slices of chevre approximately  $\frac{1}{4}$  inch (6 mm) thick (you will use the remaining chevre in step 5).
3. Divide one portion of meat in half and form into 2 thin patties approximately 3 to 4 inches (8 cm) in diameter. (If the turkey is sticky, it helps to wet your hands.) Sandwich 1 slice of goat cheese between the 2 patties, pressing the edges together and gently flattening. Repeat with remaining 3 portions.
4. In a large skillet set over medium heat, heat enough avocado oil to lightly cover the surface. Season the top of each burger with some of the spice mixture and place seasoned side down in the skillet. Cook until lightly browned on the bottom, about 5 minutes.
5. Season the tops of the burgers with the remaining spice mixture, then flip the burgers. Crumble or slice the remaining goat cheese over the tops of the burgers evenly. Place a lid on the skillet and cook another 5 to 8 minutes, or until the burgers are cooked through.
6. If desired, place the burgers under a broiler to lightly toast the goat cheese.

CALORIES: 510

FAT: 37 G

CARBOHYDRATE: 1 G

PROTEIN: 43 G

1 teaspoon (5 ml) kosher salt

$\frac{3}{4}$  teaspoon (4 ml) dried oregano

$\frac{3}{4}$  teaspoon (4 ml) dried thyme

$\frac{1}{4}$  teaspoon (1 ml) black pepper

11 ounces (320 g) chevre (goat cheese), in a log

$\frac{1}{2}$  pounds (680 g) ground turkey, divided into 4 portions

Avocado oil

# Bacon-Wrapped Scallops

Makes 2 servings

Bacon-wrapped scallops are so good...unless the bacon is soggy. This method of cooking ensures that you end up with crispy bacon and perfectly cooked scallops.

1. Preheat the oven to 400°F (200°C). Place an ovenproof wire rack on a rimmed baking sheet. Arrange the bacon on the wire rack so the pieces don't overlap and bake for 8 to 10 minutes, depending on thickness. The bacon should be about half cooked. Remove from the oven but do not turn the oven off.
2. Rinse the scallops and pat dry with paper towels.
3. Cut the bacon strips in half lengthwise (kitchen scissors work well). Wrap one half-piece of bacon around each scallop and secure with a toothpick.
4. Pour off the excess bacon drippings from the baking sheet (save to use for other recipes). Arrange the scallops on the same baking pan and sprinkle with salt and pepper. Place the scallops in the oven and bake for 12 to 15 minutes, flipping halfway through.
5. Squeeze lemon juice over the scallops and serve.

CALORIES: 288

FAT: 12 G

CARBOHYDRATE: 9 G PROTEIN: 36 G

6 slices thick-cut bacon

12 large sea scallops (about

10 ounces; 280 g)

Salt and pepper

Juice of  $\frac{1}{2}$  lemon

# Shredded Beef Cabbage Cups with Kimchi

Makes 10 servings

Kimchi is a staple of Korean cuisine. Similar to sauerkraut, it is a mixture of fermented vegetables and spices. Like all fermented foods, it is great for your gut health. It can be found in the refrigerated section of most grocery stores and certainly in all Asian markets.

1. Season all sides of the roast with salt and pepper. Heat the oil in a heavy skillet over medium-high heat. When hot, sear the roast on all sides, about 5 minutes per side.
2. Mix the broth, both kinds of onion, ginger, tamari, fish sauce, garlic, and honey in a high-powered blender until mostly smooth.
3. Place the roast in a slow cooker. Pour the liquid from the blender over the top, cover, and cook on high for 5 to 6 hours, until the roast is very tender. Remove from the slow cooker and shred the meat with 2 forks, discarding the bone.
4. To serve, carefully remove 10 outer cabbage leaves and place them on a platter in a single layer so they resemble small bowls. Fill each with  $\frac{1}{2}$  cup (120 ml) of the shredded meat and 2 tablespoons of the kimchi.

CALORIES: 226

FAT: 12 G

CARBOHYDRATE: 9 G

PROTEIN: 19 G

A 5-pound (2.25 kg) bone-in beef roast

2 tablespoons (30 ml) kosher salt

2 teaspoons (10 ml) black pepper

2 tablespoons (30 ml) avocado oil

1 cup (240 ml) beef broth

$\frac{1}{2}$  yellow onion, roughly chopped

3 green onions, roughly chopped

A 1-inch (2.5 cm) piece of fresh ginger, peeled and chopped

$\frac{1}{4}$  cup (60 ml) tamari (gluten-free soy sauce)

2 tablespoons (30 ml) Thai or Vietnamese fish sauce

6 garlic cloves, smashed

1 tablespoon (15 ml) honey

1 small head of green or red cabbage

1 jar prepared kimchi, any flavor

# Chicken (or Turkey) and Broccoli Casserole

Makes 6 servings

This recipe is great if you are craving something that tastes of traditional home cooking. You can also use leftover broccoli and rotisserie chicken to make this meal in a flash.

1. Preheat the oven to 425°F (220°C). Toss the broccoli florets with 1½ tablespoons (22 ml) avocado oil and spread on a rimmed baking sheet. Sprinkle with 1 teaspoon (5 ml) salt. Bake for 10 minutes, until just tender.
2. Melt the butter in a medium skillet and add the mushrooms. Sauté over medium heat until soft, about 4 minutes, then add the garlic and cook for 1 minute. Stir in the chicken and artichokes. When warmed through, remove from the heat.
3. Reduce the oven temperature to 350°F (180°C). Stir the broccoli into the chicken.
4. In a small bowl, whisk together the coconut milk, broth, eggs, remaining 1 teaspoon salt, the pepper, and nutmeg.
5. Use the remaining ½ tablespoon avocado oil to lightly grease a small casserole dish. Place the chicken and vegetables in the dish, spread out evenly, and pour the egg mixture over the top, making sure to get it into all the spaces and gaps.
6. Bake the casserole for 30 minutes. Sprinkle the cheese evenly over the top and cook for 10 minutes more. Let rest 5 to 10 minutes before serving.

CALORIES: 453

FAT: 33 G

CARBOHYDRATE: 9 G

PROTEIN: 31 G

2 cups (300 g) broccoli florets  
2 tablespoons (30 ml) avocado oil  
2 teaspoons (5 ml) kosher salt  
2 tablespoons (30 g) butter  
8 ounces (225 g) button mushrooms, sliced  
1 garlic clove, minced  
3 cups (approximately 750 g) diced cooked chicken or turkey  
1 small jar (approximately 6 ounces; 170 g) artichoke hearts packed in water (not oil), drained and roughly chopped  
1 cup (250 ml) full-fat coconut milk  
1 cup (250 ml) chicken broth, preferably homemade (see page 43)  
2 large eggs  
½ teaspoon (2 ml) black pepper  
½ teaspoon (2 ml) ground nutmeg  
1 cup (90 g) grated Parmesan cheese

# Dirty Cauliflower Rice

Makes 6 servings

You might already know how great cauliflower rice is, but I bet you've never had it like this! The chicken livers blend nicely with the strong flavors of the sausage and the spices without delivering too "livery" a taste for those who aren't the biggest fans of chicken liver (but you can omit the liver, if you must).

1. Heat the oil a large skillet over medium-high heat. Add half the sausage slices in a single layer and brown on both sides, about 5 minutes; repeat with remaining sausage slices. Place cooked sausage in a bowl and set aside.
2. Remove any stringy or membranous parts from the livers and roughly chop them into bite-size pieces. Melt the butter in the oil already in the pan. Add the chicken livers and cook until browned, 2 to 3 minutes per side. Remove from pan.
3. Add the onion, celery, and bell pepper to the pan and sauté about 5 minutes, until vegetables start to soften. Add the garlic and sauté another minute.
4. Add the grated cauliflower to the pan. Combine the paprika, oregano, thyme, salt, and pepper in a small bowl, then add to the cauliflower, mixing well. Reduce the heat to medium and cook 3 to 4 minutes.
5. Add the liver and sausages back to the pan. Stir in the broth, and cook until the cauliflower is just tender but not mushy. Taste and adjust salt, if needed.
6. Top each serving with a dollop (2 tablespoons, or 30 ml) of sour cream.

CALORIES: 432

FAT: 33 G

CARBOHYDRATE: 11 G PROTEIN: 23 G

1 tablespoon (15 ml) avocado oil  
4 andouille sausages (approximately 12 ounces; 340 g) sliced  $\frac{1}{4}$  inch (6 mm) thick  
8 ounces (230 g) chicken livers  
1 tablespoon (15 g) butter  
 $\frac{1}{2}$  cup (120 ml) diced onion  
 $\frac{1}{2}$  cup (120 ml) diced celery  
1 green bell pepper, diced  
3 garlic cloves, minced  
1 medium cauliflower, grated (see page 93), about 4 cups (600 g)  
1 tablespoon (15 ml) smoked paprika (or sweet, if you prefer)  
1 tablespoon (15 ml) dried oregano, crushed  
1 teaspoon (5 ml) dried thyme  
1 teaspoon (5 ml) salt  
 $\frac{1}{2}$  teaspoon (2 ml) black pepper  
 $\frac{1}{2}$  cup (120 ml) chicken broth, preferably homemade (see page 216)  
Sour cream

# Tilapia Bake

Makes 4 servings

Cheese and fish aren't two things you necessarily associate with each other, but this combo really works.

1. Preheat the oven to 425°F (220°C). Season the tilapia fillets with ½ teaspoon (2 ml) each of the salt and pepper.
2. In a large skillet, melt 2 tablespoons (30 ml) of the butter over medium-high heat. Add the leeks and sauté a few minutes, until soft but not brown. Add the spinach a handful at a time; the spinach will reduce in volume by a lot. Add the cream and the parsley, oregano, and red pepper flakes, as well as the remaining ½ teaspoon (2 ml) each salt and pepper. Reduce the heat to medium low and simmer, stirring frequently, until the mixture thickens a bit.
3. Use the remaining 1 teaspoon (5 g) butter to lightly grease a small glass baking dish. Transfer three-fourths of the spinach mixture to the baking dish and arrange the fish in a single layer on top. Layer the rest of the spinach on top. Sprinkle the feta evenly over and bake for 20 to 25 minutes, or until the fish is cooked through.

CALORIES: 318

FAT: 20 G

CARBOHYDRATE: 5 G PROTEIN: 27 G

3 medium or 4 small tilapia fillets  
(approximately 1 pound total;  
450 g)

1 teaspoon (5 ml) kosher salt

1 teaspoon (5 ml) black pepper

2 tablespoons plus 1 teaspoon  
(35 g) butter

1 medium leek, white part thinly  
sliced ( $\frac{3}{4}$  cup; 175 ml)

10 ounces (284 g) baby spinach

$\frac{1}{4}$  cup (60 ml) heavy cream

$\frac{1}{2}$  teaspoon (2 ml) dried parsley

$\frac{1}{2}$  teaspoon (2 ml) dried oregano

$\frac{1}{4}$  teaspoon (1 ml) red pepper flakes  
1 cup (250 ml) crumbled feta  
cheese

# Thai Soup with Shrimp

Makes 4 servings

I love the slight spiciness of this soup paired with the lime and the creamy coconut milk. If you are one of those people who thinks cilantro tastes like soap (did you know that's a genetic trait?), simply omit it from the recipe.

1. In a small bowl, combine the salt, pepper, turmeric, cumin, and cinnamon.
2. In a stockpot, melt the coconut oil. Add the green onions and ginger and sauté until fragrant, about 2 minutes. Add the spice mix and stir. Cook about 30 seconds.
3. Slowly pour in the chicken broth, stirring continuously. Add the tamari, fish sauce, and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 5 minutes.
4. Whisk in the coconut milk. Bring to simmer again, then add the shrimp and simmer approximately 5 minutes, or until the shrimp is just cooked through.
5. Remove from the heat. Stir in the lime juice and cilantro. Ladle into 4 individual bowls and top each bowl with one-fourth of the diced avocado.

CALORIES: 464

FAT: 40 G

CARBOHYDRATE: 15 G PROTEIN: 11 G

1 teaspoon (5 ml) kosher salt  
1 teaspoon (5 ml) black pepper  
1 teaspoon (5 ml) ground turmeric  
½ teaspoon (2 ml) ground cumin  
¼ teaspoon (1 ml) ground cinnamon  
2 tablespoons (30 ml) coconut oil  
4 green onions, trimmed and  
chopped  
1 tablespoon (15 ml) grated or finely  
minced fresh ginger  
3 cups (700 ml) chicken broth,  
preferably homemade (see page 43)  
2 tablespoons (30 ml) tamari  
(gluten-free soy sauce)  
1 teaspoon (5 ml) Thai or  
Vietnamese fish sauce  
½ teaspoon (2 ml) red pepper flakes  
1 can (14 ounces; 400 ml) full-fat  
coconut milk  
12 medium shrimp (60 g), peeled  
and deveined  
Juice of 1 lime  
¼ cup (75 g) fresh cilantro leaves  
(optional)  
1 large avocado, diced

# Cashew Beef

Makes 4 servings

This simple, satisfying version of cashew beef is easy to whip up when you're hit with a craving for Chinese food. Serve over Cauliflower Rice (page 93).

1. In a small bowl, whisk together the tamari, almond butter, sesame oil, and red pepper flakes.
2. Heat the avocado oil in a large wok or pan over medium-high heat. Add the steak strips and cook 2 minutes; flip, add the zucchini, and cook 2 minutes more.
3. Add the garlic and green onions. Cook for about 1 minute.
4. Add the sauce and stir to coat. Cook 2 minutes more, or until the zucchini is soft but not mushy.
5. Remove from heat. Stir in the cashews and serve immediately.

CALORIES: 429

FAT: 25 G

CARBOHYDRATE: 6 G PROTEIN: 44 G

½ cup (120 ml) tamari (gluten-free soy sauce)

¼ cup (60 ml) raw almond butter

1 tablespoon (15 ml) toasted sesame oil

½ teaspoon (2 ml) red pepper flakes (optional)

2 tablespoons (30 ml) avocado oil

1½ pounds (680 g) flank steak, cut against the grain into thin slices

2 medium zucchini, cut into ¼-inch (6 mm) slices

1 garlic clove, minced

3 green onions, trimmed and thinly sliced

1 cup (150 g) raw cashews, whole or chopped

# Pan-Fried Cod with Dill Caper Sauce

Makes 6 servings

I like to keep a homemade sauce on hand—whether it's this minty dill caper sauce, the Pea-NOT Sauce (page 46), a pesto, or a chimichurri—to add to meats and vegetables so meals don't become monotonous. This sauce keeps well in the fridge, so you can make a big batch ahead of time and have this dish done in five minutes. Leftover sauce is great over roasted carrots, too.

1. Prepare the sauce first, even a day or two before. Combine the capers, dill, olive oil, and lemon juice in a jar with a tight-fitting lid. Shake vigorously. If you want to make it more of a sauce than a dressing, you can also pulse the mixture a few times in a food processor or with an immersion blender. Taste and add salt and pepper as needed.
2. Season both sides of the fish with salt and pepper. Heat a large skillet over medium heat. Add the butter and avocado oil, and heat until the butter bubbles; swirl the pan to combine. Add the fish and cook about 2 minutes, depending on thickness. Carefully flip to brown the other side and squeeze the lemon juice over the fish. Cook for 1 to 2 minutes more. Do not overcook.
3. Remove the fish from pan, transfer to a serving platter, and spoon 2 tablespoons sauce over each serving.

CALORIES: 336

FAT: 24 G

CARBOHYDRATE: 10 G PROTEIN: 19 G

## DILL CAPER SAUCE

$\frac{1}{4}$  cup (60 ml) drained capers  
1 tablespoon (15 ml) chopped fresh dill  
 $\frac{1}{4}$  cup (60 ml) extra-virgin olive oil  
Juice from 1 small lemon  
Salt and pepper to taste

## FISH

1½ pounds (680 g) cod fillets, or any other mild white fish  
Salt and pepper to taste  
1 tablespoon (15 g) butter  
2 teaspoons (10 ml) avocado oil  
Juice of  $\frac{1}{2}$  lemon

# Braised Chicken with Olives

Makes 6 servings

You can use any cuts of chicken in this recipe, but I really think bone-in, skin-on chicken thighs (or thighs and drumsticks) are best. Chicken thighs braise beautifully, whereas breasts can become dry. Bone-in cuts will be the most flavorful, plus you can save the bones to use in bone broth (see page 43); just freeze the bones if you aren't making a batch of broth very soon.

1. Season the tops of the chicken thighs with 1 teaspoon (2 ml) salt and some pepper. In a large skillet, heat the oil over medium-high heat until quite hot. Place the chicken skin side down in the hot oil and let cook for 3 to 5 minutes without moving. Season the chicken with more salt and pepper, then flip and sear the underside for another 3 minutes or so.
2. Remove the chicken to a plate. Add more oil if the pan is too dry and reduce the heat to medium. Add the onion and sauté for 5 minutes, until soft. Add the garlic and sauté for 1 minute. Add the cumin, paprika, and ginger, as well as the ground cinnamon, if using, and stir well. (If using cinnamon sticks, add them later.)
3. Slowly add the broth, scraping up any browned particles. Turn the heat to medium high, return the chicken to the pan, and pour back in any juice that collected on the plate. Add the bay leaf and cinnamon sticks, if using, to the broth.
4. Cut one of the lemons into wedges and nestle those wedges among the chicken thighs. Scatter the olives evenly over the top of the chicken. Squeeze the juice from the other lemon over everything.
5. Allow the liquid to come to a boil, then reduce to a low simmer. Cover and simmer 30 minutes. Discard the bay leaf and cinnamon sticks. Serve the chicken thighs with sauce from the pan spooned over.

CALORIES: 368

FAT: 26 G

CARBOHYDRATE: 7 G

PROTEIN: 27 G

6 bone-in, skin-on chicken thighs  
(approximately 2 pounds; 900g)

2 teaspoons (10 ml) kosher salt

Freshly ground black pepper

3 tablespoons (45 ml) avocado oil,  
or more as needed

1 small onion, halved and thinly sliced  
(approximately ½ cup; 70 g)

4 garlic cloves, chopped

2 teaspoons (10 ml) ground cumin

1 teaspoon (5 ml) smoked paprika

1 teaspoon (5 ml) ground ginger  
1 teaspoon (5 ml) ground cinnamon,  
or 2 cinnamon sticks (optional)

2 cups (500 ml) chicken broth,  
preferably homemade (see  
page 43)

1 dried bay leaf

2 lemons, preferably Meyer lemons

1 cup (250 ml) pitted olives (any  
kind—green, black, kalamata, or  
a mix)

# Macadamia-Crusted Mahi-Mahi with Browned Butter

Makes 4 servings

Whenever you eat seafood, check out [seafoodwatch.org](http://seafoodwatch.org) to find the most up-to-date recommendations for selecting the healthiest and most eco-friendly options. Mahi-mahi is a relatively mild white fish that is thicker than cod or tilapia, so it is perfect for this treatment. If you can find opah in your local market, that also works wonderfully in this dish.

1. Preheat the oven to 425°F (220°C). Lightly grease a glass casserole dish with a little coconut or avocado oil. Place the fish in the casserole dish.
2. Put the macadamia nuts in a food processor and pulse until finely chopped, but do not allow to become a paste. Add the coconut flour, salt, pepper, and garlic powder, and pulse a few times to mix well.
3. Spread the mayo evenly on the fish. Carefully coat each with the nut mixture, gently pressing into the mayo to adhere. Bake for 25 minutes.
4. Place the butter in a small saucepan over medium heat. Cook, stirring frequently, until lightly browned, about 5 minutes.
5. Remove the fish from the oven. Pour the browned butter directly over fish and serve. Alternatively, serve the butter in small ramekins alongside the fish.

CALORIES: 852	FAT: 74 G
CARBOHYDRATE: 8 G	PROTEIN: 43 G

1 cup (120 g) raw macadamias  
3 tablespoons (45 ml) coconut flour  
½ teaspoon (2 ml) kosher salt  
½ teaspoon (2 ml) black pepper  
½ teaspoon (2 ml) garlic powder  
½ cup (120 ml) Primal Kitchen Mayo (see Note, page 24), or other primal-approved mayo  
4 mahi-mahi fillets, 6 to 8 ounces each (150 g)  
½ cup (120 ml) salted grassfed butter, cut into 8 pats

**NOTE:** Browned butter is quite easy to make, but it can burn. After you brown the butter, do not leave it in the hot pan. Pour it into a bowl until ready to serve.

# Buffalo Chicken Salad

Makes 4 servings

This salad is super easy to make with leftover or rotisserie chicken. You can serve it over a bed of kale or lettuce, wrapped in collard greens, or on top of a roasted sweet potato if you want some extra carbs.

1. Place the cream cheese in a microwave-safe bowl and microwave 20 seconds. Stir and continue to microwave in 10-second increments until soft but not totally melted. Stir in the blue cheese, then add the chicken, celery, carrot, salt, and pepper. Stir well.
2. Add half the hot sauce and stir well. Taste and, if desired, add the rest of the hot sauce. Adjust salt and pepper as needed. Salad can be served warm or cold.

**NOTE:** Be sure to look for a hot sauce that doesn't contain objectionable ingredients. Cholula brand is one. Some will be hotter than others, which is why I recommend starting with only a couple tablespoons of hot sauce the first time you make this recipe.

CALORIES: 487

FAT: 36 G

CARBOHYDRATE: 9 G

PROTEIN: 31 G

8 ounces (225 g) cream cheese  
1 cup (90 g) blue cheese crumbles  
2 cups (500 g) shredded cooked chicken  
2 celery stalks, sliced  
1 large carrot, diced small  
 $\frac{1}{2}$  teaspoon (2 ml) kosher salt, or more as needed  
 $\frac{1}{4}$  teaspoon (1 ml) black pepper, or more as needed  
 $\frac{1}{4}$  cup (60 ml) hot sauce (see Note)

# Crab-Stuffed Portabello Mushrooms

Makes 2 servings

Once you know the basics of preparing stuffed portabello mushrooms, you can make any number of variations depending on what you like. For this recipe, if crab isn't your thing, try substituting shredded chicken.

1. Preheat the oven to 400°F (200° C). Grease a small casserole dish with 1 teaspoon (5 ml) of avocado oil. Place the mushrooms gill side down in the dish. Brush the caps with the remaining 2 tablespoons (30 ml) avocado oil and sprinkle with salt and pepper. Roast for 12 minutes.
2. Meanwhile, melt the butter in a small skillet, and sauté the shallot until soft, about 3 minutes.
3. In a medium bowl, combine the crabmeat, cream cheese, mayo, lemon juice, half the Parmesan cheese, the sautéed shallot, chives, ½ teaspoon (2 ml) salt, and red pepper flakes.
4. Remove the mushroom caps from the oven and flip gill side up. Divide the crab mixture evenly between the two caps, mounding the filling and spreading gently to the edges. Sprinkle the remaining Parmesan cheese over the tops. Bake for 10 minutes more.

CALORIES: 796

FAT: 68 G

CARBOHYDRATE: 10 G PROTEIN: 36 G

2 tablespoons plus 1 teaspoon  
(35 ml) avocado oil  
2 large portabello mushroom caps  
Salt and pepper  
2 tablespoons (30 g) butter  
1 shallot, thinly sliced  
½ pound (230 g) lump crabmeat  
8 ounces (225 g) cream cheese,  
softened  
¼ cup (60 ml) Primal Kitchen Mayo  
(see Note, page 24), or other  
primal-approved mayo  
Juice of 1 small lemon  
(approximately 2 tablespoons;  
30 ml)  
²/₃ cup (165 g) grated Parmesan  
cheese  
2 tablespoons (30 ml) minced fresh  
chives  
¼ teaspoon (1 ml) red pepper flakes  
(optional)

# VEGGIES, SALADS, AND SIDES

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## Bigass Salad

Makes 1 serving

I eat some version of this salad nearly every day for lunch or dinner. Of course, you can add or subtract elements to customize it to your own taste. I often dress it simply with just a splash of olive oil for a serving of healthy fat, but also try it with one of the salad dressings from page 48.

1. In a large, shallow bowl, layer lettuce, veggies, and cheese in that order. Flake the tuna over the top.
2. When you are ready to eat, sprinkle the nuts and seeds over the top, and drizzle with the olive oil.

CALORIES: 843

FAT: 63 G

CARBOHYDRATE: 24 G PROTEIN: 54 G

3 to 4 cups (150 to 200 g) lettuce  
or mixed greens

1 to 2 cups (75 to 100 g) sliced  
veggies (mushrooms, bell pepper,  
zucchini, carrots, broccoli, beets)

¼ cup (30 g) shredded cheddar  
cheese (optional)

1 can (5 ounces; 142 g) tuna packed  
in water, drained

¼ cup (28 g) nuts (walnuts, pecans,  
almonds)

2 tablespoons (30 ml) sunflower or  
pumpkin seeds

2 tablespoons (30 ml) olive oil

# Spinach Salad with Warm Bacon Vinaigrette

Makes 1 serving

This simple salad is great as a light lunch or as an accompaniment to a juicy steak dinner.

1. Whisk together the reserved bacon fat and the balsamic vinegar to make the dressing. Taste and season with salt and pepper, if needed.
2. In a medium bowl, toss the spinach and red onion with the dressing until coated. Transfer to a serving plate. Top with the crumbled bacon, mushrooms, and tomatoes. Finish with a pinch of freshly ground black pepper.

CALORIES: 335

FAT: 30 G

CARBOHYDRATE: 9 G PROTEIN: 7 G

1 slice bacon, cooked until crispy and crumbled, with 2 tablespoons fat reserved

1 tablespoon (15 ml) balsamic vinegar

Salt and pepper to taste

2 cups (56 g) raw baby spinach

1/8 cup (20 g) sliced red onion

1/4 cup (18 g) thinly sliced button mushrooms

1/4 cup (37 g) cherry tomatoes, halved

# Primal Coleslaw

Makes about 4 cups as a side dish; serving size =  $\frac{1}{2}$  cup

Most coleslaw recipes use sugar in the dressing, but omitting it yields a wonderful tangy slaw that is satisfying without being sweet. It also allows the natural sweetness of the vegetables to come through.

1. Combine the mayo, sour cream, vinegar, caraway seeds, celery salt, and mustard in a large bowl.
2. Add the cabbage and the carrots to the dressing and stir well to coat completely. Refrigerate at least 1 hour. Taste and adjust with salt and pepper before serving.

CALORIES: 204

FAT: 20 G

CARBOHYDRATE: 5 G PROTEIN: 1 G

$\frac{3}{4}$  cup (180 ml) Primal Kitchen Mayo (see Note, page 24) or other primal-approved mayo  
 $\frac{1}{4}$  cup (60 ml) sour cream  
2 tablespoons (30 ml) apple cider vinegar  
1 teaspoon (5 ml) caraway seeds  
1 teaspoon (5 ml) celery salt  
 $\frac{1}{2}$  teaspoon (2 ml) dry mustard  
1 medium head of napa green cabbage, shredded (4 to 5 cups; approximately 300 g)  
3 medium carrots, grated  
Salt and pepper to taste

# Zucchini Noodles with Arugula Pesto

Makes 4 side servings

Once you have cut pasta from your diet, it's worth investing in a vegetable spiral cutter—a.k.a. a spiralizer—to make veggie noodles instead. There are several relatively affordable versions on the market. If you don't have a spiral cutter, though, you can julienne the vegetables with a julienne peeler. This recipe calls for zucchini noodles, but you can substitute turnip, rutabaga, or even sweet potato noodles on a higher carb day. To turn this into a complete meal, simply brown 1 pound (450 g) of ground chicken or turkey to toss on top.

1. Place the zucchini noodles in a large mesh sieve and toss generously with salt. Place the sieve over a bowl and allow to stand for 20 minutes to drain. Do not skip this step—it helps keep noodles from turning mushy!
2. Rinse the noodles under running water. Shake off excess water. Place the noodles on a large, clean kitchen towel, roll up, and apply gentle pressure to squeeze out extra moisture. Return the noodles to the sieve and place in the refrigerator uncovered.
3. To make the pesto, put the arugula, macadamias, and garlic in a food processor. Pulse until the mixture resembles coarse sand, scraping down the sides of the bowl as needed. Add the avocado and cheese, along with the salt and pepper, and blend for 15 seconds. Scrape the sides again. With the food processor running, slowly add the olive oil.
4. Remove the noodles from the fridge. If still very moist, roll one more time in a clean kitchen towel. Melt the butter in a large skillet, then add the noodles. Cook without disturbing for 1 minute, stir, and cook for 1 minute more. Remove from the heat. Add the pesto and gently toss to coat. Serve immediately, or refrigerate and serve cold.

CALORIES: 492

FAT: 48 G

CARBOHYDRATE: 10 G PROTEIN: 5 G

2 medium zucchini, cut into thin  
noodles

Kosher salt

2 cups (75 g) arugula

¼ cup (30 g) macadamias

2 garlic cloves, roughly chopped

½ small avocado

¼ cup (60 ml) shredded Romano  
cheese

¼ teaspoon (1 ml) salt

¼ teaspoon (1 ml) black pepper

½ cup (120 ml) extra-virgin olive oil

2 tablespoons (30 g) butter

# Sautéed Cabbage with Bacon

Makes 4 side servings

I had you at “bacon,” right?

1. With a very sharp knife, cut the cabbage into quarters; cut out and discard the core. Chop the cabbage into narrow strips.
2. Use kitchen shears to cut the bacon into small pieces.
3. Heat a large skillet over medium-high heat. Add the bacon and cook until it begins to crisp. Add the leek and onion. Cook, stirring frequently, until the vegetables are browned, about 3 minutes. Add the garlic and cook for another minute.
4. Stir in the cabbage, salt, pepper, and paprika. Stir and cook about 10 minutes. Serve now, or reduce the heat to low, cover, and cook 30 minutes more, stirring occasionally. The latter option results in much softer cabbage with a deeper bacon flavor.

CALORIES: 149

FAT: 5 G

CARBOHYDRATE: 20 G PROTEIN: 8 G

1 medium head of green cabbage

6 slices bacon (no sugar added)

1 large leek, white part sliced

½ cup (120 ml) chopped onion

3 garlic cloves, minced

2 teaspoons (10 ml) kosher salt

1 teaspoon (5 ml) black pepper

½ teaspoon (2 ml) sweet paprika

# Veggie Sushi with Cauliflower Rice

Makes 4 side servings

These rolls are perfect finger food to bring to a party where you suspect there won't be many keto-friendly options. Just make plenty to share or else you won't get any! The recipe calls for dulse, which is a type of dried seaweed that has a bacony flavor. It is easy to find online, or check your local Asian market. You can wrap up almost any vegetables in these rolls. I picked some of our favorites for this recipe. The beets give the rice a pleasing pink hue.

1. Prepare the cauliflower rice according to Option 2 on page 93. Mix the vinegar and stevia in a small bowl and add to the rice while the rice is still warm. Stir in the dulse. Taste and add salt, if desired. Place in a large metal sieve over a bowl and allow to cool, stirring every few minutes with a fork to keep the rice from sticking to itself. Liquid might or might not drain out.
2. Whisk the ingredients for the dipping sauce in a small bowl.
3. Trim the woody ends off the asparagus and steam for 4 minutes. (You can use the same water and pot you used for the cauliflower.) It should still be a little crunchy.
4. Place 1 sheet of nori shiny side down on a bamboo roller (use wax paper or plastic wrap if you don't have one). Very gently spread  $\frac{1}{4}$  cup (56 g) cream cheese thinly on the nori, leaving at least 1 inch of space at the top and bottom. Make sure to cover all the way across left to right.
5. Add approximately  $\frac{3}{4}$  cup (175 ml) of cauliflower rice and press into a rectangle to cover the nori evenly, leaving the 1-inch space at the top and

CALORIES: 342

FAT: 27 G

CARBOHYDRATE: 23 G PROTEIN: 11 G

1 small cauliflower, or  $\frac{1}{2}$  a large cauliflower  
1 tablespoon (15 ml) vinegar (see Note)  
2 drops liquid stevia (optional)  
1 tablespoon (15 ml) dulse flakes (see Note), minced  
Salt  
6 asparagus stalks  
3 sheets of nori  
 $\frac{3}{4}$  cup (168 g) cream cheese, softened  
1 ripe avocado, cut into thin slices  
1 small raw beet, peeled and shredded  
3 radishes, shredded

## DIPPING SAUCE

$\frac{1}{4}$  cup (60 ml) tamari (gluten-free soy sauce)  
2 tablespoons (30 ml) Pea-NOT Sauce (page 46), or raw almond butter plus  $\frac{1}{2}$  teaspoon (2 ml) lime juice  
 $\frac{1}{8}$  teaspoon (0.5 ml) red pepper flakes

bottom. (If the layer of rice is too thick, remove a couple spoonfuls and smooth it out again.)

6. Add one-third of the asparagus, avocado, beet, and radishes in "stripes" all the way across from left to right. You might need to trim the asparagus to make it fit.
7. Dab water across the top side of the nori, then start with the bottom and roll tightly without tearing the nori. When you get to the top, press the seam gently with damp fingers to seal. Place the roll seam side down on a wooden cutting board. Assemble the other two rolls in the same manner.
8. Slice the rolls into pieces using a sharp knife. Serve with the dipping sauce.

**NOTE:** If you have coconut vinegar in your pantry, use that here. Or you can use rice vinegar, but make sure there is no sugar added, or use apple cider vinegar.

If you don't have dulse on hand, you can substitute another type of dried seaweed or a seasoning blend that contains seaweed, or add  $\frac{1}{2}$  teaspoon salt.

# Cauliflower Rice

Makes 4 side servings

When you go primal, paleo, or keto, you should definitely learn how to make cauliflower rice. It's the perfect substitute for white or brown rice in almost any dish. (You can even make cauliflower rice sushi rolls; see page 93.) There are multiple ways to prepare cauliflower rice. Experiment to see which you like best.

*Option 1:* Start with raw cauliflower and rice it in a food processor before cooking. You can do this using either the shredding blade or, working in small batches, a chopping blade. But for the most consistent, rice-like pieces, use both blades.

1. Cut the raw cauliflower into florets. Attach the shredding blade to the food processor and shred the cauliflower. Transfer to a bowl.
2. Swap the shredding blade for the chopping blade. Working in batches, pulse the shredded cauliflower a few times until pieces are smaller.
3. Cook as directed if you are following a specific recipe. For plain rice, sauté the cauliflower in a large skillet, or spread it on a heavy rimmed baking sheet and cook it for a few minutes under the broiler until toasted. Season as desired.

*Option 2:* Steam the cauliflower first, then rice it. This creates less mess than the first option, but it also doesn't allow you to flavor the rice as much when you cook it. You can cut the cauliflower into florets first or, for the least messy option, steam the cauliflower whole.

1. Place a steamer basket in a large pot with 1 to 2 inches of water in the bottom. Bring the water to

CALORIES: 53

FAT: 0 G

CARBOHYDRATE: 10 G PROTEIN: 4 G

1 small cauliflower

a boil. Place the cauliflower in a steamer basket, cover the pot, and steam 3 to 5 minutes, until just becoming tender when you poke it with a fork. It should not be too soft.

2. Remove the cauliflower from the steamer. Allow to cool for a few minutes. If you steamed the whole cauliflower, cut into florets. Working in batches, pulse the florets in a food processor fitted with a chopping blade until it is a rice-like consistency. If you don't have a food processor, you can finely chop the cauliflower with a knife. Season as desired.

*Option 3:* If you don't have a food processor, you can use a box grater to grate the raw cauliflower. Be advised that this will make quite a big mess, but the finished product will have the right texture. Cook as described in Option 1.

# Creamy Gorgonzola “Mac” and Cheese

Makes 6 side servings

Spaghetti squash is a vegetable you should get to know if it's not already a staple in your kitchen. It can be used in endless ways in place of noodles in Italian, Thai, and other cuisines. The easiest way to cook it is in an Instant Pot pressure cooker, but it can also be roasted in the oven or steamed. Either way it's delicious. After it is cooked, use a fork to pull the pulp into strands that you can use like pasta.

1. Preheat the oven to 350°F (180°C).
2. Place the cream cheese in a large glass bowl and microwave on high in 10 second increments to soften. Add the eggs and cream, and beat together. Add the Gorgonzola and ½ cup of the cheddar cheese, plus the salt and pepper, and mix well.
3. If the spaghetti squash is very wet, place it in a metal sieve and gently press on it with a wooden spoon to squeeze out the remaining moisture or place it on a clean kitchen towel, roll it up, and press gently.
4. Add the spaghetti squash to the cheese mixture and stir very well.
5. Transfer to a casserole dish, smooth the top, and sprinkle with the remaining cheddar cheese.
6. Bake for 40 minutes, or until hot and bubbly. Remove from the oven and let cool for at least 10 minutes before serving.

CALORIES: 407

FAT: 34 G

CARBOHYDRATE: 9 G

PROTEIN: 17 G

4 ounces (112 g) cream cheese, at room temperature

4 large eggs, lightly beaten

½ cup (120 ml) heavy cream

1 cup (90 g) crumbled Gorgonzola cheese

1 cup (90 g) shredded cheddar cheese, preferably white cheddar

1 teaspoon (5 ml) salt

1 teaspoon (5 ml) black pepper

4 cups (1 k) strands of cooked spaghetti squash

# Massaged Kale Salad with Goat Cheese

Makes 6 side servings

Are you already massaging your kale? If not, you're missing out. Massaging the raw kale helps break down the leaves, making them less tough and bitter. Wear gloves if you have any cuts on your hands, or else the lemon juice and salt will hurt like heck!

1. Use a sharp knife to remove the thick stem from each kale leaf. Cut or tear the leaves into small, bite-size pieces. Place in a large bowl. Squeeze the juice from the lemon over the kale and sprinkle in the salt. With both hands, massage the kale by squeezing, kneading, and rolling it between your hands. Do this for about 1 minute. Be aggressive! You can't hurt the kale.
2. In a small jar with a lid, combine both oils, the vinegar, and a few grinds of black pepper. Secure the lid and shake well.
3. Pour the dressing over the kale and toss. Add the goat cheese and toss again.
4. Heat a small skillet over medium-low heat. Add the pine nuts to the dry skillet and cook, stirring frequently, until lightly browned.
5. Add the warm nuts to the salad and toss well. The nuts will slightly melt the goat cheese. Top with the avocado and serve.

CALORIES: 402

FAT: 35 G

CARBOHYDRATE: 9 G PROTEIN: 15 G

1 bunch curly kale (green or purple)  
1 medium lemon  
1 teaspoon (5 ml) kosher salt  
3 tablespoons (45 ml) extra-virgin olive oil  
1 tablespoon (15 ml) walnut oil  
1 tablespoon (15 ml) balsamic vinegar  
Freshly ground black pepper  
11 ounces (320 g) goat cheese (1 large log), crumbled  
 $\frac{1}{2}$  cup (60 g) raw pine nuts  
1 large avocado, cubed

# Herbalicious Shredded Salad with Tahini Dressing

Makes 4 side servings

Tahini is a paste made from sesame seeds. It's a staple of Middle Eastern cuisine and is popular in many other regional cuisines as well. You can assemble this flavor-packed salad incredibly quickly if you buy bagged shredded vegetables from the grocery store, but you can also make fresh shredded vegetables very easily if you have a food processor. It's a great way to use broccoli stems you might otherwise toss. Add a small carrot and some radishes, and you're good to go.

1. Make the dressing first by combining all the ingredients in a high-powered blender or food processor. Slowly add warm water until dressing reaches the desired consistency. It should be thick but pourable.
2. Finely chop the cilantro and parsley together. In a large bowl, mix the herbs with the broccoli slaw.
3. Pour in the dressing and stir well. Toss gently with the arugula, top with the avocado, and serve immediately.

CALORIES: 333

FAT: 29 G

CARBOHYDRATE: 12 G PROTEIN: 6 G

## TAHINI DRESSING

$\frac{1}{4}$  cup (60 ml) tahini  
 $\frac{1}{4}$  cup (60 ml) extra-virgin olive oil  
2 tablespoons (30 ml) tamari  
(gluten-free soy sauce)  
2 tablespoons (30 ml) lemon juice  
1 garlic clove, pressed or finely minced  
 $\frac{1}{4}$  teaspoon (1 ml) ground ginger

## SALAD

$\frac{1}{2}$  cup (75 g) fresh cilantro  
 $\frac{1}{2}$  cup (75 g) fresh parsley  
1 small (12 ounces; 340 g) bag broccoli slaw  
2 cups (40 g) arugula  
1 avocado, cubed

# Cheesy Broccoli and Cauliflower Casserole

Makes 4 side servings

Many casseroles have a crunchy breadcrumb topping that obviously doesn't work on keto. This recipe contains a surprise ingredient to get the crunch without the carbs.

1. Preheat the oven to 375°F (190°C).
2. Chop the broccoli and cauliflower florets into smaller pieces. Melt the butter in a skillet over medium-high heat. Add the broccoli and cauliflower, and let sit undisturbed about 2 minutes. Stir and let sit undisturbed another couple minutes. When the brown bits begin to form, remove from the heat.
3. In a medium bowl, mix the sour cream, Gruyère, mustard, thyme, salt, and pepper. Stir in the veggies. Transfer the mixture to a casserole dish and sprinkle the Parmesan on top.
4. Bake for 20 minutes. Remove from the oven and sprinkle the pork rinds evenly over top. Return to the oven and bake another 10 to 15 minutes, until the top is crunchy and the casserole is bubbling around the edges.

CALORIES: 461

FAT: 37 G

CARBOHYDRATE: 12 G PROTEIN: 20 G

4 cups (600 g) broccoli florets  
4 cups (600 g) cauliflower florets  
2 tablespoons (30 g) butter  
1 cup (250 ml) sour cream  
1 cup (90 g) grated Gruyère cheese  
1 tablespoon (15 ml) Dijon mustard  
1 tablespoon (15 ml) dried thyme  
1 teaspoon (5 ml) kosher salt  
1 teaspoon (5 ml) black pepper  
½ cup (45 g) grated Parmesan cheese  
2 cups (180 g) crushed pork rinds or pork rind crumbs

# Green Bean Casserole

Makes 8 side servings

This is a healthier version of the traditional Thanksgiving side dish made with canned soup and canned fried onions. If you want to make it dairy-free, omit the sour cream and double the coconut milk.

1. Preheat the oven to 350°F (180°C).
2. Cut the onion in half and dice half the onion (you will use the other half later). Heat 2 tablespoons (30 ml) of the coconut oil over medium-high heat in a large skillet. Add the diced onion to the skillet and sauté until just soft, about 3 minutes. Add the ground beef and brown, about 5 minutes.
3. Clear a small space in middle of the skillet and sauté the garlic for 1 minute. Stir the garlic into the meat, and add half the salt and pepper. Stir in the green beans and transfer to a large bowl.
4. Turn the heat down to medium. In the same skillet, melt 2 tablespoons (30 ml) of the butter. Add the mushrooms and sauté until soft, about 5 minutes. Season with the remaining salt and pepper.
5. Turn the heat back up to medium high. Deglaze the pan with ½ cup (120 ml) chicken broth. Stir in the rest of the broth and bring to a low boil. Whisk in the coconut milk and sour cream, and reduce the heat to low. Simmer 5 minutes. (If the sauce is still very thin, scoop out about ½ cup [120 ml] of sauce into a bowl, whisk in the arrowroot powder, and then slowly whisk this mixture back into the skillet.)
6. Pour the mushroom sauce over the meat and green beans, and stir to combine well. Transfer to a casserole dish and bake for 45 minutes, or until bubbling.

CALORIES: 334

FAT: 23 G

CARBOHYDRATE: 8 G

PROTEIN: 24 G

1 medium onion

4 tablespoons (60 ml) coconut oil

1½ pounds (680 g) ground beef

3 garlic cloves

1 teaspoon (5 ml) salt

½ teaspoon (2 ml) black pepper

1 pound (450 g) frozen green beans,  
thawed and drained

3 tablespoons (45 g) butter

2 cups (300 g) sliced cremini  
mushrooms

¾ cup (180 ml) chicken broth,  
preferably homemade (see  
page 216)

½ cup (120 ml) coconut milk

½ cup (120 ml) sour cream

1 tablespoon (15 ml) arrowroot  
powder or tapioca starch, if  
needed

7. While the casserole is baking, thinly slice the other half of the onion. Heat the remaining 1 tablespoon (15 g) butter in a clean skillet. Place the onion in the butter and do not stir for a minute. Stir gently and let cook undisturbed for another minute. Continue like this until browned.

8. When the casserole comes out of the oven, top with the cooked onions.

# Perfect Roasted Brussels Sprouts

Makes 4 side servings

Lots of people think they don't like Brussels sprouts, but that is probably because they have only had boring boiled or steamed sprouts. When it comes to Brussels sprouts, roasting is the way to go. When selecting the sprouts, try to get ones that are similarly sized so they roast evenly.

1. Preheat the oven to 425°F (220°C). If your Brussels sprouts are very large, cut them in half.
2. Toss the Brussels sprouts in the bacon fat and vinegar. Spread on a large rimmed baking sheet and sprinkle with the salt.
3. Roast for 20 minutes, stir, and then roast for 10 minutes more. If the Brussels sprouts are not well browned, roast them for an additional 5 minutes and check again.
4. Melt the butter in a small saucepan. Add the garlic and sauté a couple minutes until soft. Place the roasted Brussels sprouts in a large bowl. Pour the garlic butter over and add the Parmesan. Stir to combine. Serve hot.

CALORIES: 235

FAT: 20 G

CARBOHYDRATE: 4 G PROTEIN: 8 G

1 pound (450 g) Brussels sprouts,  
washed and trimmed

2 tablespoons (30 ml) bacon fat,  
melted (or avocado oil if you don't  
have any)

1 tablespoon (15 ml) balsamic  
vinegar

1 teaspoon (5 ml) kosher salt

3 tablespoons (45 g) butter

2 garlic cloves, minced

1 cup (90 g) shredded Parmesan  
cheese

# Prosciutto-Wrapped Asparagus

Makes 4 side servings

This dish is a crowd pleaser and so simple to prepare. It's wonderful at brunch to accompany poached eggs and salmon, or with a steak at dinner.

1. Lightly grease a heavy baking sheet with the avocado oil. Trim the woody ends from the asparagus, cutting the stalks to approximately the same length. Cut the prosciutto slices in half lengthwise to create long strips.
2. Hold 2 or 3 stalks of asparagus together depending on how thick they are. Leaving just the tips of the stalks hanging out, start wrapping one strip of prosciutto diagonally around the asparagus bundle. Wrap tightly, but try not to tear the prosciutto; if it does tear, just overlap the ends and keep wrapping. Place the wrapped asparagus bundles on the baking sheet.
3. Preheat the broiler and place an oven rack about 4 inches below the heat. Grind some black pepper over the asparagus and sprinkle with salt. Place the asparagus in the broiler and watch carefully. After approximately 2 minutes, the prosciutto should be crisp. Flip the bundles, and cook on the second side for another minute.
4. Remove from oven and sprinkle with Parmesan cheese, if desired. Let cool for a couple minutes. These can be served warm or at room temperature.

*(with Parmesan)*

CALORIES: 191

FAT: 10 G

CARBOHYDRATE: 7 G

PROTEIN: 20 G

1 teaspoon (5 ml) avocado oil  
1 bunch asparagus (approximately 1 pound; 450 g)  
4 ounces (112 g) prosciutto  
Freshly ground black pepper  
Salt to taste  
1 cup (90 g) shredded Parmesan cheese (optional)

# Caesar Salad with Anchovies and Pancetta

Makes 2 side servings

Store-bought Caesar dressing is usually made with objectionable oils, but luckily it's easy to make your own at home. This salad is great also topped with roasted chicken, steak, or shrimp for a main course.

1. In a high-powered blender, combine the egg yolk, garlic, Dijon mustard, lemon juice, salt, pepper, half the anchovies, and  $\frac{1}{4}$  cup (60 ml) oil. Blend for 10 seconds. With the blender running, slowly pour in the remaining oil in a thin stream so the dressing emulsifies. Add in  $\frac{1}{2}$  cup (45 g) of the Parmesan cheese and pulse a few times to combine.
2. Melt the butter in a small skillet and sauté the pancetta until crisp.
3. Toss the lettuce with  $\frac{1}{2}$  cup (120 ml) of the dressing. Roughly chop the remaining anchovies and place on top. Sprinkle with the crispy pancetta. Top with Parmesan crisps (see Note) or the remaining grated Parmesan, and additional freshly ground pepper. If desired, drizzle with more dressing.

**NOTE:** If you want, whip up a batch of Parmesan Crisps (page 112) to use as "croutons" on the salad.

CALORIES: 602

FAT: 53 G

CARBOHYDRATE: 5 G

PROTEIN: 28 G

1 egg yolk, at room temperature

2 garlic cloves, chopped

2 teaspoons (10 ml) Dijon mustard

Juice from 1 large lemon, at room temperature

1 teaspoon (5 ml) kosher salt

$\frac{1}{2}$  teaspoon (2 ml) freshly ground black pepper, plus more as needed

1 can (2 ounces; 56 g) anchovies packed in olive oil

1 cup (250 ml) extra-virgin olive oil

1 cup (90 g) grated Parmesan cheese (see Note)

1 teaspoon (5 g) butter

4 ounces (165 g) diced pancetta

4 cups (roughly 400 g) chopped romaine lettuce

# Whole Roasted Romanesco

Makes 6 side servings

This simple and elegant dish is perfect for highlighting the delicate flavor of romanesco. If you aren't familiar with romanesco, it is a brassica that looks like a spiky green cauliflower, but when you look closely, you'll see the little peaks are fractal in nature. You're most likely to find it in late fall and winter. Check your local farmers' markets.

1. Trim away the bottom stem of the romanesco, but do not cut apart the florets. Place a steamer basket in a large stockpot with a couple inches of water. Bring to a boil, place the romanesco in the steamer basket, cover, and steam for 8 minutes.
2. Preheat the oven to 400°F (200°C).
3. Place the romanesco stem side down in a small casserole dish or cast iron skillet. Pour the melted butter evenly over the top and use a basting brush to make sure every surface is coated. Sprinkle with salt and pepper.
4. Roast for 20 minutes. Test the romanesco by piercing with a sharp knife. It is done if the tip goes easily into the center. If it is not done, baste with the butter in the bottom of the dish and put back in the oven, then test again after 5 minutes.
5. Transfer the romanesco to a platter, and pour the melted butter from the pan on top, then serve.

CALORIES: 148

FAT: 15 G

CARBOHYDRATE: 4 G PROTEIN: 1 G

1 large or 2 medium romanesco

6 tablespoons (90 g) butter, melted

Salt

Freshly ground black pepper

# Spaghetti Squash “Pad Thai”

Makes 2 side servings

Cooked spaghetti squash and Pea-NOT Sauce are two things I often have in my fridge because I use them both in so many ways. This recipe is higher in carbs than some of the others, so I like to eat it on days when I’m very active.

1. In a large wok or skillet, melt the butter. Crack both eggs into the hot wok and quickly scramble. Remove to a small bowl.
2. Add the coconut oil, then the sugar snap peas, to the wok and stir-fry 1 minute. Add the tamari, stir, and place in another bowl.
3. Add the spaghetti squash to the wok and stir-fry until warm. Add the Pea-NOT Sauce and cook until warmed through. Put the sugar snap peas back in the wok and stir.
4. Divide the mixture into 2 serving bowls. Top each with half the scrambled eggs, the beans sprouts, and the raw almonds. Serve hot.

CALORIES: 685

FAT: 53 G

CARBOHYDRATE: 30 G PROTEIN: 22 G

1 tablespoon (15 g) butter  
2 large eggs  
1 tablespoon (15 ml) coconut oil  
1 cup (150 g) sugar snap peas  
½ tablespoon (7.5 ml) tamari  
(gluten-free soy sauce)  
2 cups (500 g) cooked spaghetti  
squash  
½ cup (120 ml) Pea-NOT Sauce  
(page 46)  
½ cup (75 g) bean sprouts  
¼ cup (28 g) raw almonds, finely  
chopped

# Baked Avocados, Two Ways

Makes 4 side servings

## BASIC BAKED AVOCADOS

Avocados aren't just for guacamole and salads! Baking brings out a whole different side of them that you have to try.

1. Preheat the oven to 425°F (220°C). Cut the avocados in half lengthwise and remove the pits. Use a spoon to scoop approximately 1 tablespoon (15 ml) out of each half to create a bowl.
2. Place the avocados in a baking dish. If they won't stay put without rolling, roll up pieces of aluminum foil to create little holders for them to rest in.
3. Carefully crack one egg into each half, trying not to break the yolk. Sprinkle with the salt and pepper. Bake 15 to 20 minutes, or until the eggs are cooked to your liking. Serve hot.

CALORIES: 194

FAT: 16 G

CARBOHYDRATE: 6 G PROTEIN: 8 G

2 large ripe avocados

4 medium eggs

½ teaspoon (2 ml) kosher salt or

Tajin (see Note, page 24)

¼ teaspoon (1 ml) black pepper

## NEXT LEVEL BAKED AVOCADOS

Makes 4 side servings

1. Preheat the oven to 425°F (220°C). Cut the avocados in half lengthwise and remove the pits. Use a spoon to scoop approximately 1 tablespoon (15 ml) out of each half to create a bowl.
2. Place the avocados in a baking dish. If they won't stay put without rolling, roll up pieces of aluminum foil to create little holders for them to rest in.
3. Whisk the eggs in a small bowl with the cream. Add the crumbled bacon, salt, and pepper. Spoon the egg mixture into the avocados.
4. Bake approximately 12 minutes or until the egg is just set. Remove from the oven and sprinkle the cheese evenly over the avocados. Bake 5 minutes more to lightly brown the tops.

CALORIES: 269

FAT: 23 G

CARBOHYDRATE: 7 G

PROTEIN: 12 G

2 large ripe avocados

2 medium eggs

1 tablespoon (15 ml) heavy cream

2 slices bacon, cooked until crispy  
and crumbled

½ teaspoon (2 ml) kosher salt

¼ teaspoon (1 ml) black pepper

¾ cup (65 g) shredded Monterey  
jack cheese

# Lemony Pressure Cooker Artichokes with Aioli

Makes 2 side servings

Oven-roasted artichokes are delicious, but in the summer I prefer to use my electric pressure cooker to avoid heating up my kitchen. Serve these artichokes with the aioli here or simply with melted butter for dipping.

1. Zest and juice one of the lemons (and save the squeezed lemon). In a small bowl, combine the lemon zest and juice along with  $\frac{1}{2}$  teaspoon (2 ml) garlic and the mayo. Taste and adjust the seasoning with salt and pepper. Refrigerate until ready to use.
2. Cut the stems off artichokes to create a flat base. Trim the top leaves. If the leaves are sharp, trim the ends of the remaining leaves with kitchen shears. Rinse the artichokes under running water, gently pulling apart the leaves. Shake off the excess water and squeeze the remaining lemon over the cut sides.
3. Place a steamer basket in your pressure cooker or Instant Pot with about 1 cup water and the squeezed lemons in the bottom. Place the artichokes upright in the basket. Poke the remaining minced garlic between the leaves. Pour the melted butter over top and sprinkle with salt and pepper.
4. Secure the lid and cook at high pressure for 30 minutes using the “Manual” function on the Instant Pot. (For very small artichokes, cook for 20 minutes instead). Let the pressure release naturally for 10 minutes, then open. Do a taste test; if the artichoke is still tough, replace the lid, allow to come to pressure again, and cook for 10 minutes, releasing pressure immediately. Serve with the aioli.

CALORIES: 257

FAT: 17 G

CARBOHYDRATE: 21 G PROTEIN: 5 G

2 lemons

4 garlic cloves, pressed or finely minced

$\frac{1}{2}$  cup (120 ml) Primal Kitchen Mayo (see Note, page 24), or other primal-approved mayo Salt and pepper

3 small or 2 medium artichokes (approximately 8 ounces; 225 g)  
2 tablespoons (30 g) butter, melted

# Cashew Cream Broccoli Salad

Makes 6 side servings

This recipe offers an alternative to the traditional broccoli salad. Because it is already egg-free and can easily be made dairy-free by omitting the cheese, this is a great option for keto folks with particular food sensitivities.

1. If the broccoli florets are very large, cut them in half. Bring a large pot of water to a boil. Place the broccoli in boiling water for 1 minute, then immediately transfer to an ice bath. Drain in a colander and shake off extra water.
2. Make the dressing by mixing the cashew cream, vinegar, and pepper in a large bowl. Taste and add sweetener if desired. Taste again and add salt if needed.
3. Place the broccoli, the bacon, onion, and cheese in a bowl and add the dressing; stir to coat very well. Refrigerate for at least 1 hour. Sprinkle the almonds over the top just before serving.

CALORIES: 290

FAT: 21 G

CARBOHYDRATE: 14 G PROTEIN: 14 G

6 cups (900 g) broccoli florets  
1 batch Basic Cashew Cream (recipe follows)  
1 tablespoon (15 ml) apple cider vinegar  
 $\frac{1}{4}$  teaspoon (1 ml) black pepper  
Keto-friendly sweetener (optional; see Note, page 110)  
Salt to taste  
6 slices thick-cut bacon, cooked until crispy and crumbled  
 $\frac{1}{2}$  red onion, diced small  
4 ounces (112 g) cheddar cheese, cut into small cubes (approximately 1 cup)  
 $\frac{3}{4}$  cup (85 g) sliced almonds (or other nut or seed of your choice)

# Basic Cashew Cream

Makes  $\frac{1}{4}$  cup

1. Soak the cashews in hot water for at least 4 hours or overnight.
2. Drain and rinse the cashews. Place the cashews, the  $\frac{1}{2}$  cup (120 ml) filtered water, and the salt in a high-powered blender and blend until very smooth, scraping down the sides occasionally. This might take several minutes. If the mixture is too thick, add up to  $\frac{1}{4}$  cup (60 ml) more water, a tablespoon at a time.
3. If not using immediately, store in the refrigerator in an airtight container for up to a week.

CALORIES: 143

FAT: 11 G

CARBOHYDRATE: 7 G

PROTEIN: 5 G

1 cup (150 g) raw cashews

$\frac{1}{2}$  cup (120 ml) filtered water, plus  
more for soaking

$\frac{1}{4}$  teaspoon (1 ml) salt

**NOTE:** The cashew cream is delicately sweet on its own, but those wishing to make a more traditional-tasting broccoli salad might want to bump it up a little. I suggest starting with 1 tablespoon (15 ml) erythritol, or an equivalent amount of the sweetener of your choice, and adjusting as desired.

# Creamed Spinach

Makes 4 side servings

This dish goes great with a juicy steak, or you can double the recipe and serve it as a Thanksgiving side dish. To make a lighter, dairy-free version, substitute full-fat coconut milk for the heavy cream and omit the cheese.

1. Bring a large pot of water to a boil. Dunk the spinach in the boiling water and boil for approximately 2 minutes, until wilted. Pour the spinach into a large colander or strainer and use a wooden spoon to press out excess water.
2. Transfer the spinach to a cutting board and roughly chop. Place on a clean kitchen towel or plate lined with several layers of paper towel and leave to drain.
3. Melt the butter in a skillet over medium heat. Add the shallot and sauté 3 minutes. Add the lemon juice and sauté 1 minute more. Slowly whisk in the cream, then add the salt, pepper, and nutmeg. Cook, stirring constantly, until the sauce thickens.
4. Give the spinach one more squeeze and then add to the skillet along with the cheese. Stir to combine. Cook until the cheese is melted. Taste and adjust salt and pepper.

CALORIES: 292

FAT: 21 G

CARBOHYDRATE: 11 G PROTEIN: 15 G

2 pounds (900 g) fresh spinach  
2 tablespoons (30 g) butter or ghee  
(clarified butter)  
1 small shallot, thinly sliced  
Juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{2}$  cup (120 ml) heavy cream  
1 teaspoon (5 ml) salt  
 $\frac{1}{2}$  teaspoon (2 ml) black pepper  
 $\frac{1}{4}$  teaspoon (1 ml) ground nutmeg  
1 cup (90 g) grated Gruyère cheese

# SNACKS AND BAKING

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## Parmesan Crisps

Makes approximately 25 crisps; serving size = 5 crisps

These little babies are great when you need a chip fix. They are also customizable—just sprinkle on different herbs and spices before baking. Parmesan works well because it isn't greasy when it melts, but experiment with different cheeses, too!

Heat the oven to 400°F (200°C). Line a baking sheet with a silicone mat or parchment paper. Scoop a generous tablespoon of the cheese onto the sheet and flatten it slightly. Repeat with the rest of the cheese, leaving about 1 inch (2.5 cm) space in between them. Bake for 3 to 5 minutes, until crisp.

CALORIES: 169

FAT: 11 G

CARBOHYDRATE: 6 G

PROTEIN: 11 G

2 cups (200 g) grated Parmesan cheese

# Whoops They're Gone Walnuts 'n Dark Chocolate Snack Bag

Makes about 2 cups; serving size =  $\frac{1}{3}$  cup

For some reason this combo absolutely hits the spot as a go-to snack. If you have a stash nearby, you can skip a meal with no problem. It's great for traveling, too, but it only works in cool temperatures—not a great choice for leaving in your car in the summer. My favorite chocolate for this is Trader Joe's Dark Chocolate Lover's 85% Cacao bar, but any bar with 85% cacao or higher and a good fat-to-carb ratio will do. Check the labels because even some high-cacao dark chocolate bars have objectionable levels of carbs.

1. Break up the bar while it is still in the package, then pour the pieces into a zippered plastic bag. Add the walnuts and shake.
2. If desired, add the coconut flakes to the bag as well.

CALORIES: 305

FAT: 27 G

CARBOHYDRATE: 9 G

PROTEIN: 7 G

13.5-ounce (100 g) bar of dark chocolate

1½ cups (180 g) shelled walnuts

6 tablespoons (30 g) large coconut flakes (see Note) (optional)

**NOTE:** Brands such as Next Organics Dried Raw Coconut Smiles, Let's Do Organic Coconut Flakes, or [healthynutfactory.com](http://healthynutfactory.com) raw coconut smiles or coconut ribbons are ideal for this use. Note, though, that adding the coconut also adds approximately 37 calories, 3 grams of fat, 1 gram of carbohydrate, and less than 1 gram of protein per serving.

# Antipasto Skewers

Makes 8 skewers; serving size = 1 skewer

Go to the party store and pick up some extra-long cocktail toothpicks for this recipe, which can easily be multiplied to serve a large crowd. The Perfect Greek Vinaigrette (page 48) works great here.

1. Cut the mozzarella into 16 small chunks.
2. Skewer 2 pieces each of the mozzarella, basil leaves, salami slices, and coppa slices, along with one artichoke heart, on each skewer. You'll probably want to fold the basil leaves in half and the salami and coppa in fourths (or more depending on size) before skewering.
3. Place the skewers in a small shallow dish and drizzle with the dressing, turning to coat. If possible, let them marinate for 30 minutes or more. Sprinkle lightly with flaky salt and the pepper before serving.

CALORIES: 200

FAT: 15 G

CARBOHYDRATE: 4 G PROTEIN: 11 G

8 ounces (230 g) fresh whole mozzarella

16 fresh basil leaves

16 slices salami (4 ounces; 112 g)

16 slices coppa or other cured meat like prosciutto (4 ounces; 112 g)  
8 artichoke hearts, packed in water (8 ounces; 225 g)

¼ cup (60 ml) vinaigrette made with olive oil or avocado oil and apple cider vinegar

Flaky salt

Freshly ground black pepper

# Pizza Bites

Makes 12 pizza bites; serving size = 3 pizza bites

Satisfy your pizza craving with these bite-size treats—they have all the flavors of pizza without the crust. You can add any of your favorite pizza toppings before baking.

1. Preheat the oven to 400°F (200°C).
2. Line each of 12 cups of a mini muffin pan with one pepperoni slice. To make them sit better, use kitchen shears to make three or four small cuts toward the center of the slice, but do not cut too far in—leave the center intact.
3. Bake 5 minutes, remove from the oven, and allow to cool in the pan for 5 to 10 minutes, until somewhat crisp. Keep the oven turned on.
4. Spoon  $\frac{1}{2}$  teaspoon of tomato paste into each pepperoni cup and gently spread to coat the bottom. Place a mozzarella ball and a basil leaf, if using, in each cup. Return muffin pan to the oven and cook another 3 to 5 minutes, until the cheese is melting.
5. Remove pan from the oven and allow the bites to cool for 5 to 10 minutes before serving.

CALORIES: 193

FAT: 15 G

CARBOHYDRATE: 2 G

PROTEIN: 11 G

12 large pepperoni slices (see Note;  
12 ounces; 84 g)

2 tablespoons (30 ml) tomato paste

12 mini mozzarella balls

(approximately 8 ounces; 230 g)

12 fresh basil leaves (optional)

**NOTE:** Look for large slices of pepperoni in the lunchmeat section, or ask at the deli. If you can't find them, use two or three smaller pepperoni to line each muffin cup.

# Sweet Pepper Nacho Bites

Makes 24 bites; serving size = 6 bites

When you need a quick snack, these are just the ticket. You can even skip the baking step if you want to have these ready in less than 5 minutes!

1. Preheat the oven to 400°F (200°C).
2. Carefully cut each pepper in half lengthwise and remove the seeds. Place them cut side up on a rimmed baking sheet so they aren't touching. Place 1 teaspoon of shredded cheese inside each. Bake 3 to 5 minutes, until the cheese starts to melt.
3. Remove from the oven and top each with 1 teaspoon of guacamole. Squeeze the lime juice over top. Serve immediately.

CALORIES: 137

FAT: 12 G

CARBOHYDRATE: 5 G PROTEIN: 4 G

12 mini sweet peppers

(approximately 8 ounces; 230 g)

½ cup (45 g) shredded Monterey jack cheese

½ cup (120 ml) guacamole

Juice of 1 lime

# English Cucumber Tea Un-sandwiches

Makes 12 snacks; serving size = 6 snacks

Cucumber sandwiches are a staple of English tea service. They are traditionally served on white bread, but the fillings by themselves make a tasty snack (with or without tea).

1. Slice the cucumbers into 24 rounds approximately ¼ inch (6 mm) thick. Place in a single layer between two kitchen towels. Put a cutting board on top. Allow to sit about 5 minutes.
2. Mix the cream cheese and dill.
3. Spread 2 teaspoons (10 g) of cream cheese on half the cucumber slices. Grind black pepper over the cheese. Place another slice of cucumber on top of each and secure with a toothpick, if desired.

CALORIES: 96

FAT: 8 G

CARBOHYDRATE: 3 G PROTEIN: 3 G

1 large cucumber, peeled

(approximately 10 ounces; 285 g)

4 ounces (112 g) cream cheese, softened

2 tablespoons (1 g) finely chopped fresh dill

Freshly ground black pepper

# Marinated Eggs

Makes 6 eggs; serving size = 1 egg

Soy sauce eggs, or *shoyu tamago*, are an umami-licious twist on your basic hard-boiled egg. There are tons of variations on this recipe, but the basic ingredients are soy sauce (salty), sugar (sweet), and vinegar or mirin or sake. I prefer the egg yolks to be *just barely* set, but if soft yolks aren't your thing, go ahead and hard-boil to your liking.

1. Dissolve the sweetener in the water, then add the tamari and vinegar.
2. Peel the eggs and place them in a bowl. Pour the marinade over top. You want the eggs completely submerged, so you might need to weight them down. Nesting bowls can work for this, or place a small plate on top of the eggs.
3. Allow to marinate for at least 2 hours, but you can leave them for longer, even overnight if you wish. (The first time you make this, taste-test one egg after 2 hours.)
4. Drain the marinade and store the eggs in an airtight container until ready to serve.

(See Note)

CALORIES: 94      FAT: 6 G  
CARBOHYDRATE: 3 G      PROTEIN: 10 G

1 tablespoon (15 ml) sugar, or  
1½ tablespoons (22 ml) erythritol  
(see Note)  
1/3 cup (75 ml) hot water  
¾ cup (180 ml) tamari (gluten-free  
soy sauce)  
2 tablespoons (30 ml) sherry  
vinegar (see Note)  
6 large eggs, hard-boiled

**NOTE:** Because only a negligible amount of the marinade actually ends up in the eggs, I don't feel bad about using real sugar here (either organic cane sugar or coconut sugar), but if you want to be ultrastrict, you can use erythritol. Sherry vinegar is my first choice, or rice wine vinegar as a substitute. Otherwise, use 1 tablespoon (15 ml) white wine vinegar and 1 tablespoon (15 ml) red wine vinegar.

Calculating the macronutrients for these is tricky because you discard most of the marinade. Nutritionally, these are probably minimally different from a plain hard-boiled egg.

# Nut Pulp Bread

Makes 1 small loaf; serving size =  $\frac{1}{8}$  loaf (2 slices, each  $\frac{1}{2}$  inch thick)

When I make a batch of nut milk (see page 45), I save the pulp for pancakes or waffles (see page 36) or for this bread. You can make this bread unsweetened or with a keto-friendly sweetener, but I prefer the taste of just 1 teaspoon of honey. It adds only 6 grams of carbs for the whole loaf.

1. Preheat the oven to 350°F (190°C). Line a small (8 inch x 4 inch or similar; 20 cm x 10 cm) loaf pan with parchment paper.
2. Lightly beat the eggs. Mix in the nut pulp, baking soda, and salt, then add the honey and vinegar.
3. Pour the batter into the pan. Bake for 45 to 55 minutes, or until a toothpick inserted in the center comes out clean. The baking time can vary based on how wet the pulp is.
4. Cool briefly on a rack and then tip out of the pan. Let cool completely and then slice and serve.

CALORIES: 92

FAT: 59 G

CARBOHYDRATE: 3 G PROTEIN: 5 G

3 large eggs

Approximately  $\frac{3}{4}$  cup (180 ml) nut pulp, liquid squeezed out (see Note)

$\frac{3}{4}$  teaspoon (4 ml) baking soda

$\frac{1}{4}$  teaspoon (1 ml) kosher salt

1 teaspoon (5 ml) honey

1 tablespoon (15 ml) apple cider vinegar

**NOTE:** One batch of homemade nut milk yields about  $\frac{3}{4}$  cup (90 g) of pulp. If you don't have pulp available, you can use  $\frac{3}{4}$  cup (90 g) almond meal plus about 1 tablespoon (15 ml) almond milk or as much as is needed to make a moist batter.

# BOMBS, BALLS, AND BITES

Here's a collection of recipes that are great for quick snacks or for fueling your workouts

## Fat Bombs

Makes 10 fat bombs; serving size = 1 fat bomb

Fat bombs are a delicious way to get a little extra healthy fat into your diet. The basic recipe can be customized with endless flavor options—just use your imagination. If you want sweeter fat bombs, you can add a keto-friendly sweetener like stevia or erythritol, but try these without sweetener first. Once you have been eating keto for a while, you will probably find that the natural sweetness of the coconut is enough.

Melt the coconut butter and coconut oil in a double boiler or a glass bowl placed over a pan of simmering water. Add the flavoring ingredients of choice (and sweetener if using). Pour into a silicone mini muffin mold. Refrigerate or freeze for at least 10 minutes to harden. Pop the fat bombs out of the mold and place in an airtight container to store in the fridge until you're ready to enjoy one.

CALORIES: 123

FAT: 14 G

CARBOHYDRATE: 2 G PROTEIN: 1 G

1/3 cup (75 ml) coconut butter,  
store-bought or homemade  
(page 53)

1/3 cup (75 ml) coconut oil  
Flavoring of choice  
(see next page)

## Flavoring Possibilities

### CHOCOLATE MACADAMIA

CALORIES: 149

FAT: 16 G

CARBOHYDRATE: 3 G

PROTEIN: 1 G

- 2 teaspoons (4 g) dark cocoa powder
- 3 tablespoons (22 g) crushed macadamias

### CINNAMON ROLL

CALORIES: 143

FAT: 14 G

CARBOHYDRATE: 3 G

PROTEIN: 1 G

- 1½ teaspoons (7.5 ml) ground cinnamon
- 2 tablespoons (30 ml) almond butter
- ½ teaspoon (2 ml) vanilla extract

### SPICY LEMONADE

CALORIES: 123

FAT: 14 G

CARBOHYDRATE: 2 G

PROTEIN: 1 G

- Pinch of cayenne
- ¼ teaspoon (1 ml) ground ginger
- 2 teaspoons (10 ml) grated lemon zest
- 2 tablespoons (30 ml) fresh lemon juice

Note: Omit the cayenne and ginger for plain Lemon Fat Bombs.

### BUTTER PECAN

CALORIES: 147

FAT: 16 G

CARBOHYDRATE: 2 G

PROTEIN: 1 G

- ¼ cup (28 g) finely chopped dry-toasted pecans
- 1 tablespoon (15 ml) unsalted butter

### STRAWBERRIES AND CREAM

CALORIES: 128

FAT: 14 G

CARBOHYDRATE: 2 G

PROTEIN: 1 G

- 2 medium strawberries, chopped small (3 to 4 tablespoons; 45 to 60 ml)
- 1 tablespoon (15 ml) heavy cream

# Tahini Fudge

Makes 10 pieces; serving size = 1 piece

Mary Shenouda (“the Paleo chef”) has a recipe that she calls Phat Fudge that is phantastic. That recipe inspired me to start playing around with my own versions of tahini-based treats. I’m sharing two of my favorite versions here, both of which highlight the delicious flavor of the tahini itself. If you like sesame-based halva, you’ll love these.

1. Blend all the ingredients in a food processor until smooth. Pour into a silicone mini muffin mold or silicone ice cube tray. (Alternatively, line a small rectangular loaf pan with parchment paper and pour in the entire mixture.)
2. Freeze until set. Pop the fudge out of the molds or cut the single large piece into bite-size squares. Store in an airtight container in the freezer for the best texture.

CALORIES: 156

FAT: 16 G

CARBOHYDRATE: 3 G

PROTEIN: 2 G

½ cup (120 ml) tahini

½ cup (1 stick; 125 g) butter

½ teaspoon (2 ml) vanilla extract

1 teaspoon (5 ml) ground cinnamon

1 teaspoon (5 ml) dried turmeric

¼ teaspoon (1 ml) black pepper

1 tablespoon (15 ml) erythritol, or to taste (see Note)

1 teaspoon (5 ml) maca powder (optional; see Note)

**NOTE:** Powdered erythritol will give these a slightly granular texture. If you prefer, use a liquid sweetener. Maca powder comes from the maca root. It has been conferred “super food” status for its antioxidant effects and its purported ability to enhance reproductive hormones, fertility, and libido. The nutty-tasting powder adds an interesting flavor component, but you can omit it.

# Green Tea Tahini Bites

Makes 10 bites; serving size = 1 bite

This version of tahini fudge reminds me of those green tea lattes from the trendy coffee shop. (You know the one...)

1. Blend all the ingredients in a food processor until smooth. Pour into a silicone mini muffin mold or silicone ice cube tray. (Alternatively, line a small rectangular loaf pan with parchment paper and pour in the entire mixture.)
2. Freeze until set. Pop the fudge out of the mold or cut the larger piece into bite-size squares. Store in an airtight container in the freezer for best texture.

CALORIES: 155

FAT: 16 G

CARBOHYDRATE: 3 G PROTEIN: 3 G

½ cup (120 ml) tahini

½ cup (120 g) butter

½ teaspoon (2 ml) vanilla extract

5 drops vanilla stevia, or to taste

1 teaspoon (5 ml) matcha green tea powder

# Turmeric Balls

Makes 8 balls; serving size = 1 ball

Turmeric is popular in health circles because of its purported anti-inflammatory benefits. It is also delicious, but it does have a strong flavor; if you aren't sure you like it, start with less. Definitely do not omit the black pepper! The piperine in the pepper helps unlock the benefits of the turmeric.

1. Place the coconut butter and coconut oil in a microwave-safe bowl and microwave on high for 15 seconds. Stir. If they are still too hard to mix, microwave in 5-second increments until they can be stirred. You want the mixture soft but not liquefied.
2. Combine the coconut, turmeric, cinnamon, black pepper, and stevia, if using, and add to the coconut butter mixture.
3. Place a small piece of parchment paper or wax paper on a plate. Scoop out approximately  $\frac{1}{2}$  tablespoon of the batter and roll into a ball with your hands, and put it on the plate. If the batter is too soft to roll, place it in the refrigerator for a couple minutes to slightly harden and try again. Continue to make the balls until batter is used up.
4. Refrigerate the balls for 15 minutes to harden, then transfer to an airtight container until ready to enjoy. (The balls can be stored at room temperature unless your kitchen is very warm, in which case keep them in the fridge.)

CALORIES: 113

FAT: 11 G

CARBOHYDRATE: 5 G PROTEIN: 1 G

$\frac{1}{2}$  cup (120 ml) coconut butter,  
store-bought or homemade (see  
page 226)

$\frac{1}{2}$  tablespoon (7 ml) coconut oil  
 $\frac{1}{3}$  cup (75 ml) finely shredded  
coconut (see Note)

$\frac{1}{2}$  teaspoon (2 ml) ground turmeric  
 $\frac{1}{4}$  teaspoon (1 ml) ground cinnamon  
 $\frac{1}{8}$  teaspoon (0.5 ml) black pepper  
1–2 drops liquid stevia (optional)

**NOTE:** You can chop regular shredded coconut more finely with a knife or nut chopper to achieve the fine chop that is ideal for this recipe.

# Vanilla Protein Fudge

Makes 36 squares; serving size = 1 square

This addictive treat packs a punch of healthy fats and protein. One decadent square is enough to satisfy.

1. In a small saucepan, melt together the cream cheese, butter, and almond butter over low heat, stirring frequently. (You can also do this in the microwave. Combine the ingredients in a microwave-safe bowl and heat for 20 seconds. Stir and, if needed, microwave 10 seconds more.)
2. Scrape the cream cheese mixture into a bowl and add the erythritol, vanilla, and protein powder. Use a hand mixer or immersion blender to blend until smooth. *Do not skip this step!* You will see after 30 seconds or so of mixing that the consistency changes to become smoother and more fudge-like. Keep mixing until thickened and somewhat sticky.
3. Line a 6-inch (15 cm) square baking dish with parchment paper (preferred) or grease with coconut oil. Scrape the mixture into the baking dish and smooth as much as you can with a spatula. Place in the refrigerator for at least 2 hours to harden.
4. Use a sharp knife to cut into even squares. Keep refrigerated until ready to enjoy.

CALORIES: 72

FAT: 7 G

CARBOHYDRATE: 1 G PROTEIN: 2 G

8 ounces (225 g) cream cheese, at room temperature

½ cup (120 g) butter, at room temperature

½ cup (120 ml) raw almond butter (smooth, not chunky)

2½ tablespoons (40 ml) erythritol

1 teaspoon (5 ml) vanilla extract

2 scoops (42 g) Primal Kitchen

Vanilla Coconut Primal Fuel or other protein powder (see Note)

**NOTE:** If you do not have Primal Fuel, you can substitute ½ cup (120 ml) of another whey protein and adjust the sweetness as desired. You can also substitute powdered stevia or another powdered sweetener blend in the appropriate amount for the erythritol.

# TREATS

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## Stu Can't Stop Bark

Makes 24 pieces; serving size = 1 piece

Here's Brad's world-famous recipe for dark chocolate macadamia bark—a delectable tribute to his favorite pooch. Often Stu can't stop barking, and you won't be able to stop eating this delicious treat, which is healthy enough to be your breakfast! An assembly line production team made batches to serve 150 guests at PrimalCon retreats across North America, and were absolutely mobbed every time fresh trays were brought out from the kitchen!

1. Break the chocolate by hand into small pieces. Melt half the chocolate in a double boiler or glass bowl fitted over a small pan of boiling water. Add the coconut oil as the chocolate is melting and stir occasionally.
2. In a big mixing bowl, combine the nuts and the remaining dark chocolate pieces. Pour the melted chocolate mixture into the bowl and stir very well.
3. In a large glass pan (15 x 10 inches; 38 x 26 cm), spread half the mixture thinly across the bottom. Drizzle a thin layer of almond butter over the chocolate, spreading carefully so there are no thick areas. (If your almond butter is too thick to drizzle, you can microwave it for 20 seconds.)
4. Spread the rest of the chocolate evenly over the almond butter. Sprinkle on the coconut or coconut butter, if using. Sprinkle the salt lightly over the top.

CALORIES: 236

FAT: 22 G

CARBOHYDRATE: 9 G PROTEIN: 3 G

5 bars good dark chocolate  
(1 pound, or 500 g, give or take),  
at least 80% cacao content  
3 tablespoons (45 ml) coconut oil  
2 cups (240 g) macadamia nuts, or  
a mixture of assorted other nuts,  
ground into small pieces  
3 tablespoons (45 ml) raw almond  
butter  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup (25–50 g) finely  
shredded coconut flakes  
(optional; see Note, page 53)  
2 tablespoons (30 ml) coconut  
butter (optional)  
Sea salt or Himalayan pink salt, to  
sprinkle on top

5. Freeze for 1 to 2 hours or refrigerate for longer—the mixture must become rock-hard. Remove from chilling, let sit for 5 minutes, then cut into squares. (You'll need a baker's blade or dough scraper or a very large chef's knife to cut successfully; be careful because it will be hard to cut into.)

6. Store the bark in an airtight container in the fridge or freezer and serve cold (but not frozen). When serving, consume immediately because the bark will melt quickly at room temperature.

## Blueberries and Cream

Makes 1 serving

Sometimes simple is best.

Place the frozen blueberries in a small bowl. Pour the cream or coconut milk on top and stir quickly. Let sit for a minute. The cream will freeze around the blueberries.

*(With Whipping Dream)*

CALORIES: 122	FAT: 11 G
CARBOHYDRATE: 6 G	PROTEIN: 0 G

*(With Coconut Milk)*

CALORIES: 131	FAT: 12 G
CARBOHYDRATE: 6 G	PROTEIN: 1 G

$\frac{1}{4}$  cup (35 g) frozen organic blueberries  
 $\frac{1}{4}$  cup (60 ml) heavy cream or full-fat coconut milk

# Brad's Nutty Bars

Makes 24 pieces; serving size = 1 piece

These are similar to Stu Can't Stop Bark, but nuts are the stars instead of dark chocolate. You can add even more nuts if you want it extra crunchy. A great recipe to try when Trader Joe's occasionally runs out of dark chocolate—which was how the recipe was discovered!

1. Puree the nuts and dark chocolate in a high-powered blender or food processor. Pour into a large bowl, add the almond butter, and stir well.
2. Spread the mixture in a large glass dish (15 x 10 inches; 38 x 26 cm). Sprinkle the coconut flakes and coconut butter over the top, if using.
3. Freeze for 1 to 2 hours or refrigerate for longer—the mixture must become rock-hard in the dish. Remove, let sit for 5 minutes, then cut into squares of bark. (You'll need a baker's blade or dough scraper, or very large chef's knife, to cut into the mixture successfully.)
4. Store the bark in an airtight container in the fridge or freezer and serve cold but not frozen. When serving, consume immediately because bark will melt quickly at room temperature.

CALORIES: 251

FAT: 23 G

CARBOHYDRATE: 8 G

PROTEIN: 6 G

2 cups (240 g) macadamia nuts, or  
a mixture of assorted other nuts,  
ground into small pieces  
1 to 2 bars (3.5 ounces each;  
105 g) dark chocolate, 85% to  
90% cacao, broken into pieces  
16-ounce (454 g) container of  
almond butter  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup (60 to 120 ml) finely  
shredded coconut flakes  
(optional; see Note, page 226)  
2 tablespoons (30 ml) coconut  
butter (optional)

# Chocolate Avocado Mousse

Makes 4 servings

There are lots of versions of this avocado mousse recipe floating around, but this version beats them all. Because it uses dark chocolate instead of cocoa powder, and has just a bit of cream cheese, it has a very smooth texture and is extra creamy. It is particularly delicious topped with fresh whipped cream and dark chocolate shavings. Substitute coconut milk for a dairy-free version.

1. In a double boiler or glass bowl fitted over a small pan of boiling water, melt the dark chocolate. Add the cream cheese and stir until combined. Stir in the vanilla and remove from the heat.
2. In a medium bowl, beat the cream until it forms soft peaks. (A hand mixer or immersion blender is ideal for this.)
3. In a separate bowl, smash the avocado with a fork; you should have about  $\frac{3}{4}$  cup. Add the chocolate mixture and stir well (use an immersion blender or hand mixer if you have one). Add the whipped cream and blend well.
4. Taste the mousse. If you want it sweeter, add small amounts of sweetener at a time until it reaches desired sweetness. Divide the mixture among 4 small ramekins. (This dessert is very rich, so small portions are better!) Chill in the fridge until ready to serve.

CALORIES: 211

FAT: 20 G

CARBOHYDRATE: 7 G PROTEIN: 2 G

2 ounces (60 g) dark chocolate,

85% cacao content or higher

1 ounce (28 g) cream cheese

1 teaspoon (5 ml) vanilla extract

$\frac{1}{4}$  cup (60 ml) heavy cream

1 avocado (125 g)

Keto-friendly sweetener of choice

to taste (optional; liquid works better)

# Coconut Milk Whipped Cream

Makes 8 servings

If you want a break from dairy, or simply love the subtle sweetness of coconut milk, try this coconut milk whipped cream as a topping for any keto treat. It can even be used as a frosting substitute. I prefer not to sweeten mine, but you can add a keto-approved sweetener (liquid works better than powder). Make sure that you buy full-fat coconut milk—none of that lite stuff!

1. Refrigerate the can of coconut milk overnight or at least 8 hours.
2. When you are ready to make your whipped cream, chill a glass or metal bowl and the beaters from your mixer in the freezer for 10 minutes (see Note). Open the coconut milk gently and scoop out the thickened cream, leaving the liquid behind (you can use this liquid in your next smoothie or iced coffee).
3. Place the cream in the chilled bowl and beat for 30 seconds to 1 minute on medium speed. Add the vanilla and sweetener, if using, then beat again on high speed until desired consistency, another 1 to 3 minutes.

CALORIES: 106

FAT: 10 G

CARBOHYDRATE: 3 G PROTEIN: 0 G

1 can (13.5 ounces; 398 ml) full-fat coconut milk

½ to 1 teaspoon (2 to 5 ml) vanilla extract (optional)

Liquid stevia or other keto-friendly sweetener, to taste

**NOTE:** You can use a hand mixer or a stand mixer to whip the coconut milk. A high-powered blender or immersion blender will work in a pinch, but the finished product will not be as fluffy.

# “Froyo” Bites

Makes 8 bites; serving size = 1 bite

These aren't technically frozen yogurt, of course, but the texture and sweetness will hit the spot if froyo is what you want. I like to make these in individual bites for portioning out easily, but you can also double the batch and freeze in a single container. When you're ready to eat some, let the container sit on the counter for a few minutes, then scoop out like ice cream.

1. Blend all ingredients in a food processor until smooth. Pour the mixture into a silicone mini muffin pan or ice cube tray, or use mini tart cups. (Alternatively, line a small rectangular loaf pan with parchment paper to hold the entire mixture.)
2. Freeze until set. Pop out the individual bites and store in an airtight container in the freezer. Remove from the freezer a few minutes before eating.

CALORIES: 84

FAT: 8 G

CARBOHYDRATE: 1 G PROTEIN: 1 G

4 ounces (112 g) cream cheese

1 teaspoon (5 ml) vanilla extract

1/3 cup (75 ml) heavy cream

1½ teaspoons (7.5 ml) stevia powder

# Lemon Cream “Froyo” Bites

Makes 8 bites; serving size = 1 bite

This is the same idea as the recipe on page 130, but with a lemony twist.

1. Blend all the ingredients in a food processor until smooth. Pour the mixture into a silicone mini muffin pan or ice cube tray, or use mini tart cups. (Alternatively, line a small rectangular loaf pan with parchment paper and pour in entire mixture.)
2. Freeze until set. Pop out the individual bites and store in an airtight container in the freezer. Remove from the freezer a few minutes before eating.

CALORIES: 84

FAT: 8 G

CARBOHYDRATE: 1 G

PROTEIN: 1 G

4 ounces (112 g) cream cheese

1 teaspoon (5 ml) vanilla extract

1/3 cup (75 ml) heavy cream

1½ teaspoons (7.5 ml) stevia powder

1 teaspoon (5 ml) grated lemon zest

2 teaspoons (10 ml) fresh lemon juice

# Brad's Almond Butter Flan

Makes 8 servings

So delicious, and you can have it for breakfast, too! This treat is easy to make and nutrient-dense with its powerhouse trifecta of egg yolks, full-fat coconut milk, and almond butter.

1. Preheat the oven to 325°F (160°C).
2. Mix all the ingredients a large saucepan, stirring until smooth. Heat for a few minutes on medium heat, stirring well to make sure the almond butter blends.
3. Place 8 ramekins in a large baking dish. Fill the dish two-thirds high with hot water, then pour the mixture into the ramekins.
4. Bake for 30 minutes, or until the mixture has set somewhat; it will still be a bit liquidy. Consume warm if desired, or refrigerate to enjoy cold later.
5. If desired, top with a generous mound of homemade whipped cream when serving.

CALORIES: 379

FAT: 34 G

CARBOHYDRATE: 10 G PROTEIN: 11 G

2 cans (13.5 ounces; 398 ml each)

full-fat coconut milk

8 large eggs

5 tablespoons (75 ml) almond butter

2 tablespoons (30 ml) vanilla extract

1 tablespoon (15 ml) ground cinnamon

1 tablespoon (15 ml) pure maple syrup or keto-friendly sweetener

Whipped Cream (recipe below)

## Whipped Cream

Makes 8 servings

Beat all ingredients together using a hand mixer or immersion blender until firm peaks form. (This works better if you chill the mixing bowl in the freezer for a few minutes first.) Use immediately.

CALORIES: 104

FAT: 11 G

CARBOHYDRATE: 1 G PROTEIN: 0 G

1 pint (475 ml) heavy cream

1 teaspoon (5 ml) vanilla extract

2 to 3 drops liquid stevia

# Primal Cheesecake

Makes 10 servings

Is any dessert more decadent than cheesecake? For this version, I use coconut sugar and add a little bit of stevia to bump up the sweetness. It is only a slight indulgence, but you can substitute more stevia or another keto-friendly sweetener for the coconut sugar. For a real treat, add fresh strawberries or raspberries in the summer—yum!!

1. Preheat the oven to 350°F (180°C).
2. Place the crust ingredients in a food processor and pulse until the mixture resembles coarse sand. Press the mixture firmly into the bottom of a 9-inch (23 cm) springform pan.
3. Place the pan on a rimmed baking sheet and bake for 13 to 15 minutes. Remove from the oven when the edges are starting to brown, even though the middle will probably appear underbaked. Allow to cool completely.
4. Keep the oven at 350°F (180°C). Position a rack in the lowest spot, and place a baking dish with 1 inch (3 cm) of water on that rack. Place the other rack in the middle position.
5. With a stand mixer, whip the cream cheese and yogurt. Add the sugar, stevia, and vanilla and beat until smooth. Taste the mixture and adjust sweetness if necessary.
6. Add the eggs and egg yolks and beat on medium speed for about 30 seconds, until all the ingredients are well incorporated.
7. Pour the filling into the prepared crust. Place in the oven on the middle rack and bake 35 to

CALORIES: 455

FAT: 42 G

CARBOHYDRATE: 11 G PROTEIN: 10 G

## CRUST

1 cup (120 g) almond meal  
1 cup (112 g) raw pecan pieces  
4 tablespoons ( $\frac{1}{2}$  stick; 60 g) butter  
 $\frac{3}{4}$  teaspoon (4 ml) powdered stevia

## FILLING

2½ cups (560 g) cream cheese,  
softened  
 $\frac{3}{4}$  cup (175 ml) plain Greek yogurt  
 $\frac{1}{4}$  cup (60 ml) coconut sugar  
 $\frac{1}{2}$  tablespoon (7.5 ml) powdered  
stevia  
1 teaspoon (5 ml) vanilla extract  
3 large eggs  
3 egg yolks

## CHOCOLATE DRIZZLE

1 ounce (25 g) 80% or higher cacao  
dark chocolate  
 $\frac{1}{2}$  teaspoon (5 ml) coconut oil

Whipped Cream (optional;  
page 132)

40 minutes, until middle is just set but still soft. Turn the oven off and let the cheesecake sit in the warm oven for 30 minutes.

8. Remove the cheesecake from the oven. Run a knife around the edge of the cheesecake and allow to cool in the pan on the counter. Then transfer to the refrigerator to cool for 4 more hours.

9. Just before serving, melt the chocolate and coconut oil together in a small microwave-safe bowl or double boiler. Use a spoon to drizzle the melted chocolate across the top of the cake. Let sit for a minute to harden. Top with whipped cream, if desired.

# Keto Macaroons

Makes 10 macaroons; serving size = 1 macaroon

These quick and easy treats are denser than traditional macaroons because they substitute almond flour for white flour, but the flavor is spot on. Enjoy them as a healthier option for your kids' lunchboxes when you want to send a sweet surprise. You can also take these along on a long hike or bike ride as a fueling option; without the optional chocolate drizzle, they will hold up well in your pack.

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Beat the egg whites until peaks form. In a separate bowl, combine the salt, almond flour, stevia, vanilla, and coconut flakes. Gently fold the egg whites into the coconut mixture.
3. Scoop heaping tablespoons of the mixture onto the baking sheet. Try to make the portions uniform in size and shape. (A cookie scoop is the ideal tool if you have one, but a rounded measuring spoon works as well.)
4. Bake for 20 minutes, or until lightly golden on the edges. Remove from oven and allow to cool completely.
5. If using, melt the chocolate and coconut oil together in a small microwave-safe bowl. Use a spoon to drizzle a few lines of chocolate across the top of each macaroon. Allow the chocolate to cool before serving.

CALORIES: 59

FAT: 5 G

CARBOHYDRATE: 2 G

PROTEIN: 2 G

3 large egg whites

¼ teaspoon (1 ml) salt

4 tablespoons (60 ml) almond flour

½ teaspoon (2 ml) powdered stevia

1 teaspoon (5 ml) vanilla extract

2 cups (50 g) unsweetened coconut

flakes, roughly chopped if very  
large

½ ounce (25 g) 80% or higher  
cacao dark chocolate (optional)

¼ teaspoon (1 ml) coconut oil  
(optional)

# Keto Pie and Tart Crust

Makes enough crust for a 9-inch (23 cm) pie; serving size =  $\frac{1}{8}$  of crust

Regular pie crust is off the menu now, but you can make a delicious substitute with just nuts, butter, and a little bit of sweetener. It's not the same—it's better! (If you want a recipe to substitute for a graham cracker crust, check out the recipes for Primal Cheesecake on page 133 or the Lime Bars on page 137!)

1. Preheat the oven to 325°F (190°C). Line a 9-inch (23 cm) pie or tart pan with parchment paper by cutting a circle the size of the bottom of the pan.
2. Combine the ingredients in a food processor and pulse until the mixture resembles coarse sand.
3. Press the mixture firmly into the bottom of the pan and up the sides until it is a uniform thickness. Bake for 13 to 15 minutes, until the edges are brown. Do not overbake; the nuts can burn quickly. Once it smells like toasted nuts, it needs to come out. The middle of the crust will probably look undercooked; take it out anyway.
4. Allow to cool completely, then add desired filling and bake again, or fill with no-bake filling. If you bake it again, use a crust shield or aluminum foil to protect the edges of the crust from burning.

CALORIES: 197

FAT: 19 G

CARBOHYDRATE: 3 G PROTEIN: 4 G

1½ cups (180 g) walnuts or pecans  
3 tablespoons (45 ml) salted butter,  
cut into cubes  
2 tablespoons (30 ml) erythritol

**NOTE:** You can easily scale this recipe to any other size pie or tart pan. Just keep the same ratio of  $\frac{1}{2}$  cup nuts to 1 tablespoon butter.

# Lime Bars

Makes 16 squares; serving size = 1 square

This tangy dessert is nice when you get a little tired of dark chocolate. It's packed with healthy fats from the secret ingredient—avocado. Because avocados turn brown when they are exposed to air, this dessert is best eaten shortly after assembling.

1. Preheat the oven to 350°F (180°C). Line an 8-inch (20 cm) square baking dish with parchment paper. Use a rectangular piece of parchment paper (8 x 12 inches; or 20 x 30 cm) so that the paper comes up two of the sides. You will use these like handles to lift out the bars later.
2. Place the crust ingredients in a food processor and pulse until the mixture resembles coarse sand. Press the mixture firmly into the bottom of the pan, making sure to get it into the corners. Bake for 13 to 15 minutes. Remove from oven when edges start to brown. The crust will probably appear underbaked in the middle. Allow to cool completely.
3. Place all the ingredients for the filling except 1 tablespoon (15 ml) of lime juice in a large mixing bowl and beat with a hand mixer until very smooth. (You can also use a stand mixer, food processor, or immersion blender for this.)
4. Spoon the mixture into the crust and smooth with a spatula. Sprinkle the remaining 1 tablespoon (15 ml) lime juice over the top. Swirl and tip the pan around to distribute; this will help keep the top from oxidizing.
5. Place in the refrigerator for at least an hour to cool, several hours is preferred. When ready to serve, use the parchment paper to carefully lift the cake out onto a cutting board. Cut into squares and serve.

CALORIES: 128

FAT: 12 G

CARBOHYDRATE: 5 G

PROTEIN: 2 G

## CRUST

$\frac{3}{4}$  cup (84 g) raw pecan pieces

$\frac{3}{4}$  cup (90 g) almond meal

3 tablespoons (45 ml) salted butter

2 tablespoons (30 ml) erythritol

## FILLING

Grated zest of 3 limes

( $\frac{1}{2}$  tablespoons; 37 ml)

$\frac{1}{4}$  cup plus 1 tablespoon (90 ml) lime juice

1 teaspoon (5 ml) vanilla extract

Pulp of 3 avocados (12 ounces each; 350 grams), mashed with a fork

2 tablespoons (30 ml) coconut sugar

4 drops liquid stevia

$\frac{1}{4}$  cup (60 ml) heavy cream

# **THE KETO RESET DIET**

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**MARK SISSON**  
WITH **BRAD KEARNS**