



KETO *Smart* RECIPES



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SUPER BLUEBERRY SMOOTHIE



[215 CALORIES] FAT: 10G PROTEIN: 23G CARBOHYDRATES: 4G

Ingredients

- ¼ cup Blueberries
- 1 tsp. MCT Oil or Coconut Oil
- 1 cup Coconut Milk
- 1 tsp. Vanilla Extract

Directions

- For making this lip-smacking smoothie, place all the ingredients in a high-speed blender and blend for 1 to 2 minutes or until smooth.
- Transfer to a serving glass and enjoy it.
- **Tip:** If desired, you can add protein powder to it to up the nutrient intake.



COTTAGE CHEESE PANCAKES

[291 CALORIES] FAT: 16G PROTEIN: 18G CARBOHYDRATES: 8G

Ingredients

- 1 cup Cottage Cheese, whole milk
- ½ tsp. Baking Soda
- 4 Eggs, large & preferably farm-raised
- 6 tbsp. Coconut Flour
- 1 tsp. Vanilla Extract
- ½ tsp. Low-carb Granulated Sweetener of your choice

Directions

- To begin with, place eggs, low-carb sweetener and cottage cheese in a large mixing bowl and whisk it with a whisker until combined.
- After that, stir in the coconut flour and baking soda. Mix the mixture until thickened and smooth.
- Now, heat a large skillet over medium-low heat and grease it with oil.
- Then, spoon the pancake batter in a ladle to make small pancakes.
- Cook them for 2 to 3 minutes or until cooked and golden-brown colored.
- Flip them over carefully with a wide spatula and cook for further 2 minutes. Note: The pancakes are less sturdy, so be careful when flipping them.
- Serve them warm.
- **Tip:** You can serve them along with chia jam or whipped cream.



EGG CUPS

[137 CALORIES] FAT: 54G PROTEIN: 6G CARBOHYDRATES: 1G

Ingredients

- ¼ cup Basil, fresh & chopped
- ½ cup Sun-dried Tomatoes, soaked in water until tender
- ¾ cup Parmesan Cheese, grated
- ¾ tsp. Italian Seasoning
- 1 cup Tomatoes, ripe & diced
- 10 Eggs, large & preferably farm-raised
- ½ tsp. Black Pepper
- 1 ½ tsp. Salt
- Chives, fresh, as needed

Directions

- Preheat the oven to 400F.
- After that, combine the eggs, salt, and pepper in a large mixing bowl until mixed well.
- Next, spoon in sun-dried tomatoes, cheese, spinach, chives, and basil into it.
- Then, line the muffin pan with silicone liners and fill 2/3 thirds of the mold evenly.
- Finally, bake it for 14 minutes or until cooked.
- **Tip:** If preferred, you can top it with more parmesan cheese.
- **Storage:** You can store them in an air tight safe container and place in the refrigerator for a week and reheat them in the microwave when they need to be served.



GRANOLA CEREAL

[278 CALORIES] FAT: 26G PROTEIN: 7G CARBOHYDRATES: 2G

Ingredients

- 1 tsp. Vanilla Extract
- 1 cup Almonds
- 1 Egg White, large
- 1/3 cup Pumpkin Seeds
- 1 cup Hazelnuts
- ½ cup Flaxseed Meal
- 1 cup Pecans
- ¼ cup Butter, melted
- 6 tbsp. Erythritol
- 1/3 cup Sunflower Seeds

Directions

- Preheat the oven to 325F.
- Next, place almonds and hazelnuts in a food processor until they are chopped into smaller pieces.
- Now, stir in the pecans and pulse again until the pecans are broken down.
- After that, add sunflower seeds, flaxseed meal, pumpkin seeds, and Erythritol to it and pulse until everything comes together. **Tip:** Do not over pulse it. The nuts and seeds should be still chunks rather than getting over-processed.
- Then, pour the egg white to the processor. Combine the butter and vanilla extract in another bowl. Spoon the butter also to it.
- Finally, pulse once more until everything is coated well. **Tip:** You should have a mixture with coarse nuts while being little damp from the egg white and butter mixture.
- Spoon the mixture to a greased parchment paper-lined baking sheet and spread it in a single layer evenly. Bake for 16 minutes or until lightly browned.
- Cool completely before storing and serving.
- **Tip:** You can serve it along with unsweetened almond milk.
- **Storage:** You can store it in room temperature for a week or two.



BRUSSLE SPROUTS HASH

[265 CALORIES] FAT: 18.7G PROTEIN: 14.7G CARBOHYDRATES: 5.8G

Ingredients

- 1 Yellow Onion, small & chopped finely
- 1 tbsp. Extra Virgin Olive Oil
- 1 lb. Bacon, chopped
- 2 Eggs, large
- 12 oz. Brussels Sprouts, fresh & chopped
- $\frac{1}{2}$ tsp. Black Pepper, ground
- Salt, to taste
- $\frac{1}{4}$ of 1 Green Pepper, fresh & chopped

Directions

- Start by cooking the bacon in a medium-sized skillet over medium heat until it is cooked semi-halfway.
- Then, stir in the onion and black pepper to it. Cook them for 3 to 4 minutes or until cooked.
- Next, add the Brussels sprouts to the pan. Cook for further 7 minutes while keeping the pan covered.
- In the meantime, fry the eggs in another small pan until the eggs are set while the yolks are still runny.
- Now, spoon in the green peppers to the sprouts and stir well. Cover and sauté for 2 more minutes.
- Finally, top it with eggs and serve it hot.
- **Tip:** To spice it up further, you can add crushed red pepper.
- **Storage:** You can store the dish before adding the eggs in an airtight safe container in the refrigerator for a week and reheat it in the microwave when it needs to be used. Fry the eggs on the day it is to be served.

SHIRATAKI MAC & CHEESE

[242 CALORIES] FAT: 20.8G PROTEIN: 12.6G CARBOHYDRATES: 1.9G

Ingredients

- 1/8 tsp. Garlic Powder
- ¼ cup Heavy Cream
- 21 oz. Shirataki Noodles
- ¼ cup Crushed Nuts or Parmesan Cheese Crisps, broken
- 1 ½ cup Cheddar Cheese, shredded
- 1 tsp. Dijon Mustard
- 1 Egg, large & preferably farm-raised
- ½ cup Coconut Milk

Directions

- For making these delightful noodles, first, wash the noodles and then boil a pot of water over high heat. **Tip:** Washing it properly and getting it dry as much as possible makes a huge difference in getting rid of the odor.
- Once it starts boiling, add the noodles and cook for 3 minutes or until al dente. Drain the noodles well. **Tip:** If needed, you can cut the noodles into smaller pieces. You can drain the noodles in a clean towel if needed.
- Now, heat a medium-sized skillet over medium heat and stir in the noodles. Stir-fry it for 8 to 10 minutes or until it gets dried.
- Then, mix all the remaining ingredients in a bowl until combined well and pour the mixture to a greased baking dish.
- Top it with the crushed nuts and bake for 23 minutes at 350F.
- Serve hot.
- **Tip:** If desired, you can add extra cheese to it for topping and also broiling at the end for 2 minutes for getting browned and crispy.
- **Storage:** You can store them in an air-tight container for one week in the refrigerator and heat in the microwave.



SALMON & ASPARAGUS

[258 CALORIES] FAT: 16G PROTEIN: 27G CARBOHYDRATES: 3G

Ingredients

- ½ tsp. Salt
- 16 oz. Salmon, wild-caught & sliced into four, deboned
- 2 Lemons, sliced into two
- 1 lb. Asparagus, fresh & ends trimmed
- ¼ cup Parmesan Cheese
- 2 tbsp. Mayonnaise, low-carb
- 2 tbsp. Parsley, fresh & chopped
- 1 tsp. Dijon Mustard, low-carb
- 1 tbsp. Olive Oil

Directions

- Preheat the oven to 325F.
- Now, mix the mayonnaise and Dijon mustard in a bowl until combined well.
- Then, apply the mixture over the fish fillets and set it aside.
- After that, top it with the parmesan cheese and press it down slightly.
- Next, place the fish fillets with the cheese side up on a greased sheet pan along with the asparagus. Spoon olive oil over the veggie.
Tip: Keep the salmon in the center.
- Coat the oil over the veggie with your hand.
- Keep the sliced lemons on the side with the cut side up and sprinkle salt and pepper all over the salmon and asparagus.
- Finally, bake it for 13 minutes or until the thickest portion reads 145F.
- Take out the sheet and squeeze the lemon juice over it.
- Serve and enjoy.
- **Tip:** For a complete meal, serve it along with cauliflower rice.
- **Storage:** You can store them in a shallow airtight safe container or wrap in heavy-duty aluminum foil and place in the refrigerator up to 4 days. Reheat at low temperature to avoid drying out.

MEXICAN CAULIFLOWER RICE

[101 CALORIES] FAT: 5.5G PROTEIN: 3.3G CARBOHYDRATES: 2.4G

Ingredients

- 1 tbsp. Olive Oil
- 3 cups Cauliflower Florets
- Salt, as needed
- 4 cloves of Garlic
- $\frac{3}{4}$ cup Bell Pepper, diced
- 1 tbsp. Coriander, fresh & chopped
- 1 Jalapeno, chopped finely
- $\frac{1}{2}$ tsp. Paprika Powder
- 2 Tomatoes, medium & chopped
- 1 tsp. Cumin Powder

Directions

- First, place the cauliflower florets in the food processor and pulse it for few times or until it gets the consistency of rice. **Tip:** Do not over process as it might otherwise get mushy.
- Next, spoon in oil to a large pan over medium-high heat and once it becomes hot, stir in the onion, jalapenos, and garlic.
- Sauté them for 3 minutes or until the onion is softened.
- Now, add paprika powder, tomatoes, salt, and cumin powder to it and mix well.
- Cook for 4 minutes or until the tomatoes become mushy.
- Once combined well, stir in the bell peppers and cauliflower rice and give a good mix until everything comes together.
- Continue cooking for another 3 minutes or until the rice becomes tender.
- Serve it hot.
- **Tip:** You can top it with sour cream, sliced avocados and fried tortilla chips.
- **Storage:** Cauliflower rice tastes best when served immediately after making. But if necessary, then you can store in an air-tight container for up to 4 days.

SPINACH EGG SALAD

[248 CALORIES] FAT: 20G PROTEIN: 12G CARBOHYDRATES: 4.3G

Ingredients

- 4 Bacon slices, cooked crumbled & crispy
- 1 Garlic clove, peeled & smashed
- 4 Eggs, large, hard-boiled chopped
- 1 tbsp. Dijon Mustard
- 12 cups Spinach
- $\frac{1}{2}$ tsp. Salt
- Black Pepper, as needed
- 2 tbsp. Red Wine Vinegar
- 3 tbsp. Extra Virgin Olive Oil

Directions

- Begin by mashing the garlic and salt. Add vinegar, mashed garlic, and dijon in a small bowl until combined well.
- To this, spoon in the olive oil gradually along with pepper. Set it aside.
- Next, place the bacon, spinach, and eggs in a large mixing bowl and drizzle the dressing over it.
- Serve and enjoy.
- **Tip:** Drizzle the dressing over the salad only before it is served. Otherwise, it will wilt immediately and the flavor might change slightly.

THE CHEESEBURGER CASSEROLE

[613 CALORIES] FAT: 51G PROTEIN: 33G CARBOHYDRATES: 3G

Ingredients

Beef:

- 1 Garlic clove, crushed
- Salt and Pepper, to taste
- 1 Onion, quartered & sliced
- 3 Bacon Slices, cooked & diced
- 1.6 lb. Beef, minced
- 2 oz. Cream Cheese, full-fat

Sauce:

- 1/2 cup Cheese, grated, to garnish
- 3 Eggs, medium & preferably farm-raised
- 2 tbsp. Mustard
- ½ cup Heavy Cream
- Salt & Pepper, to taste
- 1 cup Cheese, shredded
- 2 Pickles, sliced

Directions

- To start with, heat oil in a large skillet and to this, add the onion, beef, and garlic.
- Cook them for 6 to 7 minutes or until the meat is cooked.
- Next, spoon in the salt and pepper to it and pour the cream cheese to it.
- Now, transfer the beef mixture to a greased baking dish and top it with bacon slices.
- In the meantime, combine all the ingredients needed to make the sauce excluding the pickle until mixed well.
- Finally, pour the cheese sauce over the beef layer and garnish it with pickles. Top with the ½ cup of cheese.
- Bake for 13 to 15 minutes at 350F or until the cheese becomes melted & gooey.
- Serve and enjoy.
- **Tip:** For a complete meal, serve it along with simple green salad and low-carb mayonnaise.
- **Storage:** The dish needs can be stored in an airtight container in the refrigerator for up to 3 days. Reheat on low heat in the microwave.

TASTY ZUCCHINI CHIPS

[23 CALORIES] FAT: 2G PROTEIN: 1G CARBOHYDRATES: 0.4G

Ingredients

- 1 tbsp. Olive Oil
- 2 Zucchini, medium
- $\frac{1}{2}$ tsp. Sea Salt

Directions

- Preheat the oven to 200F.
- After that, slice the zucchini using mandoline into thick slices.
- Then, place the zucchini slices in a large bowl and spoon in olive oil on top of it.
- Now, sprinkle salt over it and toss well until it coats well.
- Next, keep the cookie baking racks on top of the cookie sheet and line it with parchment paper.
- Arrange the zucchini slices in a single layer.
- Finally, bake them for 2 $\frac{1}{2}$ hours or until they are golden and crispy.
- Keep the pan in the oven itself to cool with the door slightly open.
- Serve it once cooled.
- **Tip:** For more flavor, you can add even seasoned salt like truffle salt.
- **Storage:** You can store them in an airtight safe container and place in the refrigerator for 3 to 5 days and reheat them in the microwave when they need to be served.

SALMON CAKES

[542 CALORIES] FAT: 50G PROTEIN: 10G CARBOHYDRATES: 4G

Ingredients

- 2 x 5 oz. Pink Salmon
- 2 tbsp. Mayonnaise, low-carb
- ¼ tsp. Chilli Powder
- 1 Egg, large & preferably farm-raised
- ¼ tsp. Garlic Powder
- ½ of 1 Jalapeño, chopped
- 2 tbsp. Red Onion, chopped
- 1 tbsp. Oil
- Salt & Pepper, as needed

Directions

- For making this delicious salmon cakes, combine salmon, red onion, jalapeno, egg, mayonnaise, and seasoning in a large bowl until combined well.
- Now, make patties out of the mixture.
- Then, heat oil in a large skillet over medium-high heat.
- Next, fry the patties for 4 minutes per side or until they are golden brown and crispy.
- Serve it hot.
- **Tip:** To serve it as a snack, pair it with avocado sauce.
- **Storage:** You can store them in an air-tight container after wrapping them in cling wrap for three days in the refrigerator and reheat in the oven.



OLIVE FOCACCIA

[137 CALORIES] FAT: 54G PROTEIN: 6G CARBOHYDRATES: 1G

Ingredients

- 2 ½ tbsp. Whole Psyllium Husk or 2 ½ tbsp. Flax Seeds, grounded
- 4 Eggs, large
- 1 tsp. Baking Powder
- 2 tbsp. Yogurt, whole milk
- ½ tsp. Salt
- 1/3 cup + 1 tbsp. Coconut Flour

Topping:

- 2 tbsp. Extra Virgin Olive Oil
- ¼ cup Kalamata Olives, sliced
- 2 tbsp. Herbs, minced
- Pinch of Salt

Directions

- Preheat the oven to 375F.
- Next, whisk the eggs and yogurt in a large mixing bowl until combined well.
- Then, add all the remaining ingredients into the bowl until you get a dough.
- Now, transfer the dough to a greased parchment paper baking sheet and form a rectangle of ½ inch thickness.
- Next, place the olive oil, herbs, and salt in a small pot and mix until fragrant.
- Finally, brush the dough with the seasoned oil and top it with olives. Bake for 15 minutes or until cooked.
- Serve it hot.
- **Tip:** For more flavor, you can add minced garlic. Instead of ground flax seeds, you can also use ground chia seeds as well. Experiment and see which works the better for you.
- **Storage:** You can store them in an airtight safe container and place in the refrigerator for a week and reheat them in the microwave when they need to be served.

MINI PEPPER NACHOS

[163 CALORIES] FAT: 15G PROTEIN: 7G CARBOHYDRATES: 0.5G

Ingredients

- 1 lb. Beef, ground
- 1 tbsp. Chili Powder
- ½ cup Tomato, chopped
- ½ tsp. Pepper
- 1 tsp. Cumin, ground
- 1 ½ cup Cheddar Cheese, shredded
- 1 tsp. Garlic Powder
- 1 lb. Mini Peppers, halved & seeded
- 1 tsp. Paprika
- ¼ tsp. Red Pepper Flakes
- ½ tsp. Kosher Salt
- ½ tsp. Oregano

Directions

- First, mix chili powder, oregano, cumin, red pepper flakes, garlic powder, pepper, paprika and salt in a small bowl until combined well.
- After that, heat a large sauce pan over medium heat and to this stir in the beef.
- Cook for 8 minutes while stirring it continuously with a spoon so that there is no lumps.
- Next, spoon in the spice mixture and mix well. Off the heat.
- Preheat the oven to 400F.
- Arrange the mini-peppers in a parchment paper lined baking tray in a single layer with a cut side up.
- Now, spoon the beef mixture into the mini peppers and top it with shredded cheese.
- Finally, bake for 8 minutes or until the cheese is gooey and melted.
- Garnish with chopped tomatoes and serve immediately. Enjoy.
- **Tip:** You can also top it with your choice of desired keto toppings.
- **Storage:** You can store them in an airtight safe container and place in the refrigerator for a week and reheat them in the microwave when they need to be served.

CHEESE CRACKERS

[174 CALORIES] FAT: 14G PROTEIN: 8G CARBOHYDRATES: 3G

Ingredients

- 1 ½ cups Almond Flour, blanched
- ¾ cup Cheddar Cheese, shredded
- 1 tbsp. Nutritional Yeast
- 1 Egg, large & preferably farm-raised
- ¼ tsp. Sea Salt

Directions

- To begin with, place the cheddar cheese in a microwave-safe bowl until melted and smooth.
- In the meantime, combine almond flour, nutritional yeast, and sea salt in a large bowl.
- Now, stir in the egg into the bowl until you get a crumbly mixture.
- Next, add the melted cheese into this and knead with your hands until you get a smooth oily dough. **Tip:** If it seems too sticky, place it in the refrigerator for 10 to 15 minutes.
- Make a ball out of it and place it between two pieces of greased parchment paper.
- Roll it out into a rectangle and preheat the oven to 350F.
- Then, slice squares out of the rectangle and place them a parchment-paper-lined baking sheet.
- Prick it with a fork and bake for 11 minutes or until it becomes golden color.
- Allow it to cool and then serve.
- **Tip:** If the crackers seem oily on top, pat it with paper towels. Serve it along with artichoke dip for pairing. .



CAULIFLOWER PARMESAN SOUP

[240 CALORIES] FAT: 20G PROTEIN: 8G CARBOHYDRATES: 5G

Ingredients

- 1 cup Parmesan Cheese
- 8 tbsp. Butter
- 2 tbsp. Thyme, chopped
- Salt & Pepper, to taste
- 2 cups Water
- 1 Head of Cauliflower, chopped
- $\frac{1}{2}$ of 1 Onion, medium & chopped
- $\frac{1}{2}$ of 1 Leek, sliced
- 2 cups Vegetable Broth

Directions

- First, heat a large pot over medium heat and melt the butter in it.
- To this, stir in the onion, salt, and leek. Cook for 3 minutes until it becomes translucent and softened.
- Next, add half of the cauliflower and butter along with broth and water.
- Now, bring the mixture to a boil and allow it to simmer for 10 to 15 minutes or until the cauliflower is cooked and tender.
- After that, stir in the $\frac{3}{4}$ of the remaining cauliflower and continue simmering.
- In the meantime, melt the remaining butter in another pan along with the thyme.
- Stir continuously once the butter begins to melt and brown.
- When the cauliflower in the pot has cooked fully, transfer the mixture to a high-speed blender and allow it to cool slightly.
- Spoon in the parmesan cheese and blend for a minute or two or until everything is smooth. **Tip:** Add water if needed.
- Finally, pour the mixture to the serving bowl and garnish it with slightly browned cauliflower florets. Serve it hot.
- **Tip:** If you want to make it dairy-free, you can avoid parmesan and butter.



MEATY KETO BALLS

[313 CALORIES] FAT: 27G PROTEIN: 13G CARBOHYDRATES: 4G

Ingredients

- 1 lb. Sausage, ground
- 2 cups Cheddar Cheese, shredded
- 8 oz. Cream cheese
- 2 tsp. Italian Seasoning
- 2 cups Almond Flour, blanched
- 2 tsp. Baking Powder

Directions

- Preheat the oven to 400F.
- After that, mix almond flour, Italian seasoning, cheddar, and baking powder into a large mixing bowl.
- Then, stir in the cream cheese and sausage to it until combined. **Tip:** Do not overmix as it can make it rubbery.
- Now, by using a cookie scoop form balls out of this dough and arrange them on a greased parchment paper-lined baking sheet.
- Next, bake them for 7 minutes. Flip them and bake for further 8 minutes or until cooked through.
- Finally, place it under the broiler for 2 minutes. Serve within 2 hours if possible or refrigerate until it needs to be served and reheat.
- **Tip:** For more flavor, you can add minced garlic. Serve it with low-carb ranch dressing.
- **Storage:** You can store them in an airtight safe container and place in the refrigerator for 3 to 5 days and reheat them in the microwave when they need to be served.



SPAGHETTI SQUASH

[89 CALORIES] FAT: 6G PROTEIN: 6G CARBOHYDRATES: 3G

Ingredients

- ½ cup Parmesan Cheese, shredded
- 1 Spaghetti Squash, large & sliced into halves lengthwise
- Salt & Pepper, to taste
- 3 tbsp. Butter, softened
- 3 tbsp. Parsley, minced
- 2 Garlic cloves, minced

Directions

- Preheat the oven to 375F.
- Next, scoop out the seeds from the spaghetti and set it aside.
- After that, mix garlic, parsley, and butter in a small bowl until combined well.
- Now, brush this butter mixture over the cut-sides of the spaghetti and inside.
- Then, place the squash on a parchment-paper-lined baking sheet and keep the sheet in the middle rack of the oven.
- Bake for 55 minutes or until the squash is cooked and strands are visible from the sides.
- Finally, scoop out the strands of the squash to a serving bowl. Spoon in the parmesan cheese, salt, and pepper to it. Mix well.
- Serve and enjoy.
- **Tip:** For a complete meal, serve it along with sautéed green beans and meat.
- **Storage:** You can store them in an air-tight container for two to three days maximum in the refrigerator and heat in the microwave or on stove-top after sprinkling it with a bit of water over it.

ULTIMATE KETO PIZZA

[247 CALORIES] FAT: 20G PROTEIN: 9.7G CARBOHYDRATES: 3.3G

Ingredients

- ½ cup Almond Flour, blanched
- 1 Egg, large & preferably farm-raised
- 5 tbsp. Butter
- ¼ tsp. Salt
- 6 oz. Mozzarella, part-skim & pre-shredded
- ½ tsp. Garlic Powder
- ¼ cup Coconut Flour
- 2 tsp. Baking Powder

Directions

- For making this tasty pizza fare, place the cheese and butter in a large saucepan over low heat and melt it until it comes together.
- Next, take the saucepan from the heat and stir in almond flour, salt, coconut flour, baking powder, and garlic powder to it. Mix well.
- Then, add the egg and give a good stir until everything comes together and you get a dough. Use your hand or a spatula to knead the dough in the bowl.
- After that, flour your clean work station and place the dough. Knead it until you get a smooth dough. **Tip:** If the dough seems too sticky, add a spoon or two of almond flour and knead again.
- Now, place the dough between two pieces of parchment paper and roll it into 12 inches.
- Take off the top parchment paper and roll up the end slightly to get a crust.
- Finally, transfer the pizza base to a greased baking sheet and bake for 13 minutes or until it is firm and slightly browned.
- Remove the pan from the oven and top it with toppings of your choice and bake for 5 to 7 minutes or until cooked and bubbly.
- Serve it hot.
- **Tip:** You can top it with meat and extra cheese.

CAPRESE CHICKEN SALAD

[154 CALORIES] FAT: 11.7G PROTEIN: 9.5G CARBOHYDRATES: 2G

Ingredients

- ½ of 1 Yellow Onion, chopped
- 1 tsp. Garlic Powder
- 3 cups Chicken Breast
- ½ cup Mayonnaise, low-carb
- 1 ½ cup Cherry Tomatoes, halved
- 1 tsp. Salt & Pepper
- 1 cup Mozzarella, fresh & cubed
- 1/3 cup Basil, fresh & chopped

Directions

- To start with, combine mayonnaise, pepper, garlic powder, and salt in a bowl until mixed well.
- After that, slice the chicken breast into thirds and then keep them in the food processor.
- Pulse them once until so that you get small pieces.
- Now, place the tomatoes, mozzarella, onion, and chicken in a large bowl and spoon the mayo mixture over it.
- Toss well and garnish it with basil.
- Serve and enjoy.
- **Tip:** You can serve it with lettuce leaves or on toast.



DELICIOUS AVOCADO BROWNIES

[152 CALORIES] FAT: 14G PROTEIN: 4G CARBOHYDRATES: 8G

Ingredients

- 1 Avocado, medium, ripe, peeled & pitted
- 2 Eggs, large & preferably farm-raised
- ½ cup Chocolate Chips, low-carb
- ¼ cup Ghee, melted
- 1 tsp. Vanilla Extract
- ½ tsp. Baking Soda
- 1/3 cup Cacao Powder
- ¼ tsp. Salt
- 4 tbsp. Nut Butter of your choice, unsweetened & unsalted
- 1/3 cup Lakanto or Granulated Low-carb Sweetener of your choice

Directions

- Preheat the oven to 350F.
- Now, place all the ingredients in a food processor and process the mixture on medium speed for 35 seconds or until everything comes together. **Tip:** Do not overmix as the texture would change to that of cake batter.
- Next, transfer the mixture to a greased parchment paper-lined small baking pan. **Tip:** Line the pan in such a way that the two sides of it overhang like handles.
- Smoothen the top of the batter and sprinkle some extra chocolate chips over it evenly.
- Finally, bake for 23 minutes or until the top portion is set and a sharp toothpick inserted in the middle comes out mostly clean.
- Remove the pan from the oven and allow it to cool on a cooling rack for about 20 minutes.
- With the parchment paper handles, carefully take the brownies from the pan to the rack and cool completely. **Tip:** If time permits, refrigerate it overnight.
- Slice into squares and enjoy.
- **Tip:** If you prefer, you can spoon in two tablespoons of gelatin for a chewier texture.
- **Storage:** You can store them in an air-tight container for one week in the refrigerator

CREAMY CHOCOLATE ICE CREAM

[245 CALORIES] FAT: 25G PROTEIN: 3G CARBOHYDRATES: 2G

Ingredients

- 6 Egg Yolks
- 3 tbsp. Cocoa Powder, unsweetened
- 4 oz. Erythritol
- 1 tsp. Vanilla Extract
- 2 ½ cup Heavy Cream

Directions

- To begin with, combine the heavy cream and vanilla in a medium saucepan over low heat or until it reaches a temperature of 120F.
- Once it reaches that temperature, remove it from the heat and allow it to cool completely.
- Next, mix egg yolks and Erythritol in another bowl with a whisker until it becomes pale yellow.
- Then, spoon half a cup of the warm cream mixture to the eggs and combine well.
- When it has combined well, pour the remaining cream until everything comes together. **Tip:** Make sure the mixture is not hot, as it will otherwise create a lump in the mixture.
- Return the mixture to the pan and heat on low heat for about 15 to 20 minutes or until thickened while stirring it continuously. **Tip:** Do not heat it over high heat or it will cook the eggs unevenly. When the mixture is ready, it will stick to the back of the spoon without dripping off.
- Now, transfer the mixture to a container and keep it in the refrigerator. Stir it every 20 minutes to 1 hour until it is completely chilled.
- Finally, pour the mixture into an ice cream machine and follow the instructions until you get ice cream with the consistency of soft-swerve. Freeze for min.15 mins before serving.
- **Tip:** Top it with sugar-free choc chips or nuts.

YUMMY MUG CAKE (KETO)

[303 CALORIES] FAT: 28G PROTEIN: 11G CARBOHYDRATES: 3G

Ingredients

- 1 tbsp. Butter, melted
- 1 Egg, large, preferably farm-raised & lightly beaten
- 1 tbsp. Cocoa Powder
- ½ tsp. Baking Powder
- 3 tbsp. Almond Flour
- 2 drops of Vanilla Essence
- 2 tbsp. Granular Sweetener of your choice
- 1 tbsp. Chocolate Chips crumbled, sugar-free

Directions

- First, place the butter in a microwave-safe mug and heat it for 10 seconds or until melted.
- After that, stir in the almond flour, cocoa powder, baking powder, sweetener, egg, and vanilla until mixed well.
- Now, heat for 1 minute on high power while making sure not to overcook it.
- Garnish with chocolate chip cookie crumble and serve.
- **Tip:** You can add peanut butter flavor to the cake if you swirl it with peanut butter on top of the cake batter before you cook it for 1 minute.
- **Storage:** You can store them in a freezer-safe container.

MUST-TRY PEANUT BUTTER COOKIES



[80 CALORIES] FAT: 7G PROTEIN: 4G CARBOHYDRATES: 2G

Ingredients

- 1 cup Peanut Butter
- 1 Egg, large & preferably farm-raised
- 2/3 cup Granular Low-carb Sweetener of your choice

Directions

- Preheat the oven to 350F.
- Then, place peanut butter, sweetener, and egg in a large mixing bowl and combine until everything comes together.
- Now, make balls out of this mixture and arrange them on a parchment paper-lined baking sheet.
- Press them down slightly into a round shape and later with a fork, make two diagonal marks.
- Finally, bake them for 10 minutes or until they are golden colored on the edges.
- Allow it to cool completely and serve.
- **Tip:** If preferred, drizzle chocolate over it and garnish it with nuts.
- **Storage:** You can store them in an air-tight container for 2 weeks at room temperature and in the refrigerator for 1 month. Reheat in microwave or thaw once taken out.

SCRUMPTIOUS CHEESECAKE MOUSSE

[269 CALORIES] FAT: 27G PROTEIN: 3G CARBOHYDRATES: 2G

Ingredients

- 1 cup Whipping Cream
- 8 oz. Cream Cheese
- ¼ tsp. Lemon Extract
- 1/3 cup Erythritol, powdered
- 8 oz. Cream Cheese, softened
- 1 ½ tsp. Vanilla Extract

Directions

- To begin with, place the cream cheese in a large mixing bowl and beat it with an egg beater until smooth.
- Next, spoon in the Erythritol, lemon extract, and vanilla to it and stir well.
- In another bowl, whisk the whipping cream on medium speed until you get stiff peaks.
- Now, add half of the cream cheese to it and mix well.
- Once combined, stir in the remaining half of the cream cheese and beat until you get a light and fluffy mixture.
- Finally, place it in the refrigerator for a minimum of 2 hours. Serve and enjoy.
- **Tip:** If desired, top it with chocolate chips or fresh fruit.
- **Storage:** You can store them in an air-tight container for 2 weeks at room temperature and in the refrigerator for 1 month. Reheat in microwave or thaw once taken out.