

# Keto Recipe

A keto meal is presented on a dark grey plate. It includes a poached egg with a vibrant yellow yolk, a slice of avocado toast topped with a green spread and red pepper flakes, and a side of leafy greens.

TRUSTED NUTRA PRODUCTS

# Avocado Breakfast Bowl

**Time:** 20 minutes

**Servings:** 1

## Ingredients

- 1 avocado, halved
- 1 tbsp salted butter
- 3 large eggs
- 3 rashers bacon, chopped
- Salt and black pepper

## Instructions

1. Scoop avocado flesh, leaving 1/2 inch border.
2. Melt butter on low heat. Beat eggs with salt and pepper.
3. Fry bacon, add eggs and scramble.
4. Mix and spoon into avocado halves. Serve warm.

# Cauliflower Carbonara Skillet (Under 10 Carbs)

**Time:** 15 minutes

**Servings:** 2

## Ingredients

- 2.5 cups riced cauliflower
- 8 slices bacon
- 6 garlic cloves, minced
- 1 tbsp Italian seasoning
- 1/2 tsp salt
- 1/2 cup cashew cream
- 2 egg yolks

## Instructions

1. Cook bacon until crispy.
2. Add garlic, then cauliflower and seasoning.
3. Stir in cream and simmer until thick.
4. Top with egg yolk before serving.

# Flaxseed Crackers

**Time:** 1 hour 10 minutes

**Servings:** 3

## Ingredients

- 1 cup flaxseed meal
- 3 tbsp olive oil
- 1/4 cup apple cider vinegar
- 1–2 tsp water
- 1/2 tsp sea salt

## Instructions

1. Mix all ingredients and rest 20 minutes.
2. Roll thin between parchment sheets.
3. Bake at 300F for 40–45 minutes.
4. Cool and cut into crackers.

# Healthy Herb Chicken Salad

**Time:** 10 minutes

**Servings:** 4

## Ingredients

- 2 cups cooked chicken breast, shredded
- 2 cups steamed green beans, sliced
- 1/2 cup keto-friendly mayonnaise
- 1/2 cup chopped pecans
- Fresh herbs (cilantro, basil, mint)
- Salt and white pepper to taste

## Instructions

1. Add all ingredients to a large mixing bowl.
2. Gently toss until evenly combined.
3. Serve immediately or chill before serving.

# Citrus Ahi Tuna Keto Bowl

**Time:** 15 minutes

**Servings:** 2

## Ingredients

- 8 oz fresh ahi tuna, diced
- 1 tbsp coconut aminos
- 2 tbsp sesame oil
- 1/2 avocado, cubed
- Fresh citrus segments
- Sesame seeds for garnish

## Instructions

1. Toss tuna with coconut aminos and sesame oil.
2. Gently fold in avocado and citrus.
3. Garnish with sesame seeds and serve chilled.

# Quick Low-Carb Almond Bread

**Time:** 30 minutes

**Servings:** 1 loaf

## Ingredients

- 4 tbsp fine almond meal
- 1 large egg
- 1/4 tsp baking soda
- 1/4 tsp salt
- 2 tbsp coconut or olive oil
- 2 tbsp water

## Instructions

1. Whisk dry ingredients together.
2. Add wet ingredients and mix until smooth.
3. Bake at 350F for 20 minutes or microwave until set.

# Macadamia Tuna Power Salad

**Time:** 10 minutes

**Servings:** 1

## Ingredients

- 1 can wild-caught tuna, drained
- 1 tbsp keto mayonnaise
- 1 tbsp Dijon mustard
- 1/4 cup chopped macadamia nuts
- 1 green onion, sliced
- Salt and pepper to taste

## Instructions

1. Combine tuna, mayo, and mustard in a bowl.
2. Fold in nuts and green onion.
3. Serve with fresh cucumber slices or leafy greens.

# 5-Minute Homemade Keto Mayo

**Time:** 5 minutes

## Ingredients

- 3 egg yolks
- 1 tsp mustard
- 1 tsp apple cider vinegar
- 1/2 cup olive oil
- Sea salt to taste

## Instructions

1. Place all ingredients in a tall container.
2. Blend with an immersion blender until thick and creamy.

# Smoked Salmon Cucumber Bites

**Time:** 30 minutes

**Servings:** Appetizer

## Ingredients

- Smoked salmon
- Cream cheese
- Heavy cream
- Lemon juice
- Fresh chives
- Cucumbers

## Instructions

1. Blend salmon, cream cheese, cream, and lemon juice until smooth.
2. Fold in chopped salmon for texture.
3. Spoon into hollowed cucumber cups and chill before serving.

# Healing Bone Broth Elixir

**Time:** 24 hours

**Servings:** 12 cups

## Ingredients

- Pastured chicken or beef bones
- Filtered water
- Apple cider vinegar
- Turmeric
- Lemon slices

## Instructions

1. Roast bones until lightly browned.
2. Slow cook with water and vinegar for 24 hours.
3. Strain, season, and store refrigerated.

# Spring Keto Venison Stew

**Time:** 6 hours

**Servings:** 4

## Ingredients

- 1 lb stew meat (venison or beef)
- Garlic cloves, sliced
- Celery and cabbage
- Bone broth
- Bay leaves
- Salt and pepper

## Instructions

1. Sauté vegetables until tender.
2. Brown meat and combine with vegetables.
3. Transfer to slow cooker and cook until tender.

# Thai-Inspired Keto Seafood Soup

**Time:** 55 minutes

**Servings:** 8

## Ingredients

- 2 lbs white fish fillets, cubed
- 4 cups bone broth
- 1 cup coconut milk
- 4 garlic cloves, minced
- 1 tbsp grated ginger
- 2 bay leaves
- 2 tbsp fish sauce
- Juice of 2 lemons
- Fresh cilantro
- Salt to taste

## Instructions

1. Sauté garlic and ginger in oil until fragrant.
2. Add fish and sear lightly.
3. Pour in broth, coconut milk, and bay leaves.
4. Simmer for 20 minutes, finish with lemon juice and herbs.

# Easy Keto Breakfast Tacos

**Time:** 25 minutes

**Servings:** 1

## Ingredients

- 3 oz shredded cheddar cheese
- 1 large egg
- 2 slices bacon, cooked
- Fresh arugula
- Salt and pepper

## Instructions

1. Melt cheese into a circular shape in a hot skillet.
2. Crack egg into the center and season.
3. Cover and cook until egg sets.
4. Fill with bacon and greens, fold and serve.

# Almond Butter Turkey Burgers

**Time:** 40 minutes

**Servings:** 10 patties

## Ingredients

- 2 lbs ground turkey
- 1/2 cup unsweetened almond butter
- 1 egg
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 tsp turmeric
- Salt to taste

## Instructions

1. Mix all ingredients until evenly combined.
2. Form patties and place on baking tray.
3. Bake at 400F for 20–25 minutes.

# Keto Power Breakfast with Green Sauce

**Time:** 30 minutes

**Servings:** 2

## Ingredients

- Spinach, arugula, and parsley
- Garlic cloves
- Olive oil
- Bacon strips
- Eggs
- Asparagus tips
- Salt and pepper

## Instructions

1. Blend greens, garlic, and olive oil into a smooth sauce.
2. Arrange bacon in rings on baking tray.
3. Crack eggs inside rings and add asparagus.
4. Bake at 350F for 20 minutes, drizzle sauce before serving.

# Creamy Tuna Zoodle Bake

**Time:** 1 hour

**Servings:** 2

## Ingredients

- 1 large zucchini, spiralized
- 2 cans tuna, drained
- 2/3 cup cashew cream
- Onion and mushrooms
- 1 tsp mustard
- Salt and pepper

## Instructions

1. Combine tuna, vegetables, seasoning, and cream.
2. Fold in zoodles and transfer to baking dish.
3. Bake at 325F for 35 minutes until golden.

# Chewy Chocolate Chip Keto Cookies

**Time:** 20 minutes

**Servings:** 20 cookies

## Ingredients

- 2 cups almond flour
- 1 egg
- 3 tbsp coconut oil
- 1/3 cup keto sweetener
- Dark chocolate, chopped
- Vanilla extract

## Instructions

1. Mix wet ingredients until smooth.
2. Stir in dry ingredients and chocolate.
3. Shape cookies and bake at 325F for 15–18 minutes.

# Low-Carb Acai Almond Smoothie

**Time:** 6 minutes

**Servings:** 1

## Ingredients

- Unsweetened acai puree
- Almond milk
- Avocado
- Protein powder
- Almond butter

## Instructions

1. Add all ingredients to blender.
2. Blend until smooth and creamy.
3. Serve immediately.

# Zesty Lemon Cashew Keto Cookies

**Time:** 22 minutes

**Servings:** 12

## Ingredients

- 1 cup unsweetened cashew butter
- 2 large eggs
- Zest and juice of 1 lemon
- 1/2 tsp vanilla extract
- 1/4 tsp baking soda
- Keto-friendly sweetener to taste

## Instructions

1. Preheat oven to 350F.
2. Mix all ingredients into a smooth batter.
3. Spoon dough onto lined baking tray.
4. Bake 10–15 minutes until set.

# Macadamia Chocolate Keto Fat Bombs

**Time:** 40 minutes

**Servings:** 6

## Ingredients

- 1/3 cup unrefined coconut oil
- 2 tbsp unsweetened cocoa powder
- 2 tbsp powdered keto sweetener
- 1 tsp vanilla extract
- 12 macadamia nuts
- Pinch of sea salt

## Instructions

1. Whisk coconut oil, cocoa, sweetener, and vanilla.
2. Pour into parchment-lined container.
3. Press macadamia nuts into mixture and sprinkle salt.
4. Freeze 20 minutes, slice, and store chilled.

# Keto Berry Almond Recovery Smoothie

**Time:** 5 minutes

**Servings:** 1

## Ingredients

- Unsweetened almond milk
- Frozen keto-friendly berries
- Almond butter
- Collagen or protein powder
- MCT or coconut oil

## Instructions

1. Blend all ingredients until smooth.
2. Adjust thickness with ice or water.
3. Serve immediately.

# Simple Keto Snack Bites

**Time:** 15 minutes

**Servings:** 10 bites

## Ingredients

- Almond flour
- Coconut oil
- Natural keto sweetener
- Vanilla extract
- Pinch of salt

## Instructions

1. Mix all ingredients into a soft dough.
2. Roll into bite-sized balls.
3. Chill before serving.

# Everyday Keto Energy Bars

**Time:** 25 minutes

**Servings:** 8 bars

## Ingredients

- Almond flour
- Nut butter of choice
- Coconut oil
- Keto sweetener
- Cocoa powder (optional)

## Instructions

1. Combine all ingredients until thick.
2. Press into lined dish.
3. Refrigerate until firm, then slice.

# **TrustedNutraProducts Keto Lifestyle Notes**

## **Staying Consistent**

Focus on whole foods, quality fats, and adequate hydration. Preparing meals ahead of time helps maintain consistency and long-term success.

## **Ingredient Quality**

Choosing clean, minimally processed ingredients ensures better nutrition and taste. Always read labels and avoid added sugars.

## **Disclaimer**

This book is intended for educational purposes only and does not replace professional medical advice. Consult a healthcare provider before making dietary changes.