

Clean Keto Recipes



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.