

ketodetox

One day of ketogenic meals

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purpose of this project

For the last month, I've been following the ketogenic (keto) diet, which consists of limiting your daily net carbohydrate intake to 20 grams or less and consuming the majority of your calories from healthy fat sources. I've felt great eating this way, and am excited to share my experiences with others. I love to cook and try new things, and following the keto diet has inspired me to do more of both. I'd love to create my own recipe blog one day and maybe even my own cookbook!

I decided to create recipe cards for my final InDesign project instead of using pictures of my previous work. I felt more excited creating this project than I otherwise would have because I was interested and inspired by the content. Plus, these recipe cards would be just the type of thing I may want to use InDesign to create in the future. I hope you enjoy these cards and learn a little more about how to cook up some delicious keto eats.

breakfast zoodle bowl



ingredientes

- * 1 avocado
- * 1/2 bunch fresh parsley
- * 1 Tbsp extra virgin olive oil
- * 4 cloves garlic, separated
- * 1-2 Tbsp lime juice, to taste
- * kosher salt to taste
- * black pepper freshly ground
- * extra virgin olive oil for cooking
- * 2-4 zucchini, spiralized
- * eggs sunny-side-up
- * bacon, extra crispy
- * cherry tomatoes optional
- * feta cheese, optional

directions

1. Make avocado sauce by blending all the ingredients together with an immersion blender or in a food processor. Season with lime (or lemon), salt and freshly ground black pepper to taste. The sauce keeps well in an airtight container in the fridge for a couple days.
2. Heat up olive oil in a pan over medium heat and add in garlic. Sauté for a minute or two until lightly golden. Add in zoodles and cook until lightly softened (but not fully overcooked), 2 to 3 minutes. Transfer to a coriander and allow to drain while you cook the eggs and bacon.
3. To assemble, mix in avocado sauce with the zoodles and either indulge on its own or top with eggs (we love sunny side up here!), bacon (extra crispy!), cherry tomatoes and a touch of crumbled feta.

nutrition

- Total Servings: 2
- Per Serving:
- Calories: 192
- Fat: 16g
- Total Carbs: 12g
- Fiber: 7g
- Net Carbs: 5g
- Protein: 3g



shrimp pad thai



ingredientes

- * 1 package shirataki fettuccini noodles
- * 1.5 Tbsp fish sauce
- * 1.5 Tbsp liquid aminos
- * 2 Tbsp sugar alternative
- * 1/4 tsp blackstrap molasses
- * 1/8-1/4 teaspoon cayenne pepper or red pepper flakes
- * 2-3 Tbsp fresh lime juice
- * 1-2 Tbsp coconut oil for cooking
- * 2 cloves garlic, minced
- * 8 ounces fresh shrimp
- * 2 eggs lightly beaten
- * 1 cup bean sprouts
- * 3 green onions finely sliced
- * 1/2 cup fresh cilantro leaves torn
- * 1/4 cup unsalted peanuts, lightly toasted & roughly chopped
- * lime wedges for serving

directions

1. Whisk together thoroughly in a small bowl fish sauce, liquid aminos, sweetener and red pepper flakes or cayenne. Add lemon juice to taste, starting at 2 tablespoons.
2. Heat up oil in a skillet or pan over medium heat. Add in garlic and sauté briefly until it just starts to brown. Add in shrimp and cook for 2-5 minutes on each side (depending on their size), until just cooked through. Pile the shrimp on the edge of the pan.
3. Pour in the lightly beaten eggs and continue to cook, stirring them to scramble, until solid but still moist and tender.
4. Pour in the prepared sauce and mix briefly until the shrimp and scrambled eggs are evenly coated. Add in prepared noodles, tossing to coat in the sauce. Add soy sprouts and continue to cook for 3-4 minutes.
5. Garnish with green onions, cilantro and peanuts. Serve immediately with fresh lime.

nutrition

- Total Servings: 2
- Per Serving:
- Calories: 265
- Fat: 16g
- Total Carbs 2g:
- Fiber: 0g
- Net Carbs: 2g
- Protein: 27g



churro doughnuts



ingredientes

- * 2/3 cup almond flour
- * 1/4 cup coconut flour
- * 1 Tbsp psyllium husk ground
- * 1 tsp xanthan gum
- * 1 cup water
- * 1/4 cup grass-fed butter
- * 2 Tbsp sugar alternative
- * 1/4 tsp kosher salt
- * 2 eggs lightly beaten
- * 1 tsp vanilla extract

For Topping:

- * grass-fed butter
- * 1/4-1/2 cup sugar alternative
- * 1-2 teaspoons ground cinnamon
- * chocolate sauce, optional

directions

1. Preheat oven to 350°F. Line a baking tray with parchment paper
2. Whisk together in a medium bowl almond flour, coconut flour, psyllium husk and xanthan gum. Set aside.
3. Heat up water, butter, sweetener and salt in medium pot (or Dutch oven) until it just begins to simmer. Lower heat to low and add in flour mixture, mixing constantly to incorporate. Continue to cook and stir until the dough pulls away from the pan and forms into a ball, 1-3 minutes.
4. Transfer dough back to the bowl and allow to cool for 5 minutes.
5. Add in one egg at a time, mixing until fully incorporated. The dough will be very stiff, but keep going until fully mixed in. Mix in vanilla extract.
6. Allow the dough to rest until it comes to room temperature (10-15 minutes) and spoon dough into a piping bag with a star tip. Pipe out rounds onto the prepared baking tray, we made 12 out of a batch.
7. Bake for 15-20 minutes, until deep golden. Baking times will vary a lot here depending on your oven (convection etc), so check in at minute 10. Brush with melted butter right out of the oven and sprinkle with cinnamon 'sugar'.
8. Store in an airtight container for 3 days, giving them a quick re-warm before serving again.

nutrition

Total Servings: 12

Per Serving:

Calories: 88

Fat: 7g

Total Carbs: 3g

Fiber: 2g

Net Carbs: 1g

Protein: 2g

