

Egg Fusion

Ingredients:

- 5 large eggs.
- 9 slices of ham (thin cut).
- ½ cup of chopped roasted red peppers.
- ¼ cup crumbled feta cheese.
- ⅓ cup finely chopped fresh spinach.
- 1 ½ Tbsp pesto sauce.
- Pinch of salt and pepper.

Instructions:

- Preheat oven at 400 degrees.
- Spray a six hole muffin tray with cooking spray.
- Line each hole of the muffin tray with 1 ½ pieces of ham. Ensure that there are no holes.
- Mix the spinach and red peppers together. Place a small amount in each hole of the muffin tray.
- Place ½ Tbsp of crumbled feta cheese on top of the spinach and peppers.
- Take the 5 eggs and whisk gently, add the salt and pepper.
- Share the mixture evenly across the muffin tray.
- Place in the oven and bake for 16-18 minutes until the eggs feel set.
- Remove each one gently from the muffin tray.
- Garnish with ¼ tsp of pesto sauce and some of the roasted red peppers.

Nutritional Information:

Total servings - 6

Per serving:

Fat - 6.7g

Carbohydrates - 1.8g

Protein - 9.3g

Calories - 109

The Ultimate Breakfast Frittata

Ingredients:

- 14 oz smoked, uncured sausage (chopped).
- 4 oz sliced mushrooms.
- 10 oz fresh spinach.
- 1 clove of garlic (crushed).
- 8 eggs.
- Pinch of salt and pepper.

Instructions:

- Preheat oven at 400 degrees.
- In a large frying pan, wilt the spinach on a medium heat setting. When wilted, remove the excess juice and put spinach aside.
- Spray the large frying pan with cooking spray. Cook the sliced mushrooms, crushed garlic and chopped smoked sausage; when cooked, add evenly to a large ovenproof dish.
- In a bowl, whisk the eggs with salt and pepper. Add the whisked eggs to the mixture in the ovenproof dish and place carefully in the oven. Bake for 15-20 minutes.
- Remove from the oven, cover with a clean tea towel and let it rest for ten minutes.

Nutritional Information:

Total servings - 6

Per serving (one slice):

Fat: 26g

Carbohydrates: 2g

Protein: 20g

Calories: 333

Bewitching Blueberry Breakfast Muffins

Ingredients:

- ¼ cup of blueberries.
- ¼ cup of almonds (sliced).
- 16 oz cream cheese.
- 2 eggs.
- ½ tsp of sugar-free vanilla extract.
- ½ cup of low carb sugar substitute.

Instructions:

- Preheat oven at 350 degrees.
- Keep the cream cheese at room temperature and beat until creamy and smooth.
- Gradually add the eggs, vanilla and sweetener; beat until mixture is blended well.
- Gently fold in the almonds and blueberries.
- Line a 12 hole muffin tray with baking paper and spoon the mixture evenly into each mold.
- Bake in preheated oven for 20 minutes.
- Wait until completely cool and place in fridge.

Nutritional information:

Total servings - 12

Per serving (1 muffin)

Fat: 14g

Carbohydrates: 2g

Protein: 3g

Calories: 155

Avocado Medley

Ingredients:

- 2 hard boiled eggs (chopped).
- 1 medium tomato (chopped).
- 1 ripe avocado (chopped).
- 1 tsp fresh lemon juice.
- 3 slices cooked bacon (chopped).
- Pinch of salt and black pepper.

Instructions:

- Mix the avocado, tomato and boiled eggs together with the salt, black pepper and lemon juice. Mix enough to slightly mash some of the avocado and eggs.
- Sprinkle the chopped bacon over the top.

Nutritional Information:

Total servings: 1

Per serving:

Fat: 31g

Carbohydrates: 12g

Protein: 21g

Calories: 404

The Avocado Breakfast Twist

Ingredients:

- 4 avocados.
- 8 eggs.
- 4 oz smoked salmon (cut into 1 inch strips).
- Salt and pepper.
- Chilli flakes.

Instructions:

- Preheat oven at 425 degrees.
- Cut avocados in half and remove stone. Scoop out enough avocado (little bits at a time) until it will hold an egg.
- Place the avocado halves on a baking tray, lined with greaseproof paper.
- Take the salmon strips and place in the hollow of each avocado half.
- Crack the eggs into a bowl, spoon out the yolk and put into the avocado half; fill with as much of the egg white that the avocado will hold.
- Sprinkle salt and pepper over the eggs.
- Bake in the oven for 15-20 minutes.
- Sprinkle over with chilli flakes and serve warm.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 19.3g

Carbohydrates: 7.9g

Protein: 13.2g

Calories: 250

Egg and Bacon Banquet

Ingredients:

- 6 large hard boiled eggs.
- 12 slices of bacon.
- 3.5 oz cream cheese.
- ¼ tsp dried thyme.

Instructions:

- Preheat oven at 400 degrees.
- Take the shell off the eggs and cut in half lengthways.
- Remove the yolk to leave the indentment in the egg.
- Mix together the cream cheese and thyme.
- Fill 6 egg white halves (indentments) with the cream cheese filling.
- Place the 6 empty egg white halves on top of the filled halves (to form a whole egg)
- Take two bacon slices (per egg) and wrap tightly around the egg.
- Place the wrapped eggs on a baking tray, bake in the oven for 30 minutes.

Nutritional Information:

Total servings: 6

Per serving (1 filled egg):

Fat: 17.2g

Carbohydrates: 0.7g

Protein: 11.9g

Calories: 205

Tropical Coconut Breakfast Bar

Ingredients:

- ¼ cup coconut oil.
- ½ cup almond butter.
- 20 drops Stevia.
- 6 tbsp shredded coconut (unsweetened)
- 2 oz Macadamia nuts.

Instructions:

- Blend almond butter, shredded coconut and coconut oil together in a mixing bowl.
- Crush the Macadamia nuts and add to blended mixture. Stir in Stevia drops.
- Mix vigorously and pour the mixture into a 9x9 baking tray, lined with greaseproof paper.
- Keep in the refrigerator overnight. Slice into bars next day.

Nutritional Information:

Total servings: 6

Per serving (1 bar):

Fat: 33g

Carbohydrates: 7g

Protein: 5g

Calories: 327

Delicious Raspberry Delight

Ingredients:

- 5.2 oz fresh raspberries.
- 1 cup coconut milk.
- ½ cup chia seeds.
- ½ cup almond milk (unsweetened).
- 3 tsp vanilla extract (unsweetened).

Instructions:

- Pour the raspberries, almond milk and coconut milk into a blender. (save a few raspberries for final topping).
- When fully blended, stir in the chia seeds and vanilla extract.
- Leave overnight in the refrigerator.
- Spoon into a dish. Place extra raspberries on top.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 18.2g

Carbohydrates: 4.2g

Protein: 5.5g

Calories: 223

Crispy Cauliflower Toasties

Ingredients:

- 1 small cauliflower head (grated).
- 1 avocado (chopped).
- ½ cup mozzarella cheese (chopped).
- 1 large egg.
- 1 tbsp fresh lime juice.
- ½ tsp garlic powder.
- Pinch of salt and pepper.

Instructions:

- Preheat oven at 425 degrees.
- Place the cauliflower in a bowl (microwave safe). Heat on high in the microwave for 8 minutes.
- Allow the cauliflower to cool. Place on paper towels to remove excess water.
- Mix egg, mozzarella, garlic powder, salt and pepper together; stir in the cauliflower. (mix well).
- Line a baking tray with greaseproof paper.
- Spoon the mixture onto the tray evenly; making four squares.
- Bake in the oven until browned (15-20 minutes).
- In a bowl, mash the avocado with lime juice and a pinch of salt and pepper.
- Spread the crispy cauliflower with avocado miix.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 23.5g

Carbohydrates: 6.5g

Protein: 10g

Calories: 300

Big Blueberry Pancake Boost

Ingredients:

- 30g blueberries.
- ⅛ tsp Stevia.
- ¼ cup almond flour.
- ¼ tsp cinnamon.
- ¼ tsp baking powder.
- 1 tsp coconut flour.
- 1 tbsp coconut oil.
- 1 tbsp almond milk.
- 1 egg.
- Pinch of salt.

Instructions:

- Put all dry ingredients into a blender. (shake well for even distribution).
- Add all wet ingredients and blend well.
- Fold in the blueberries.
- Heat a little coconut oil in a pan until hot and pour in half of the mixture.
- Cook for 1 ½ minutes or until bubbles start to stay around the edge of the pancake.
- Flip the pancake and cook for another 30 seconds.
- Do the same with the other half of the mixture.

Nutritional Information:

Total servings: 1 (2 pancakes)

Per serving:

Fat: 35g

Carbohydrates: 7g

Protein: 15g

Calories: 415

Amazing Cheesy Asparagus

Ingredients:

- 16 oz asparagus.
- 1 cup whipping cream.
- ½ cup grated cheese.
- 2 large hard boiled eggs.
- Cooking spray.
- Salt and pepper.

Instructions:

- Chop the hard ends of the asparagus. Spray with cooking spray and sprinkle with salt and pepper.
- Grill on a medium heat for 4-5 minutes.
- In a large frying pan, heat the cream over a medium heat; stirring constantly for 3 minutes.
- Gradually stir in cheese. Continue heating until melted.
- Pour the cheese sauce over the asparagus.
- Slice the hard boiled eggs and place on top of asparagus.

Nutritional Information:

Total servings: 6

Per serving:

Fat: 22g

Carbohydrates: 5g

Protein: 7g

Calories: 230

Jalapeno Keto – Kickstart

Ingredients:

- 1 medium jalapeno (finely sliced).
- 1 cup mozzarella (grated)
- ½ cup cheddar (grated).
- 8 slices of bacon (cooked and chopped).
- 2 cups almond flour.
- ¼ cup coconut flour.
- 2 large eggs.
- 1 tsp baking powder.
- ½ tsp salt.
- ¼ cup whipping cream.
- 2 tsp cream of tartar.

Instructions:

- Preheat oven at 325 degrees.
- Mix together coconut flour, almond flour, baking powder, cream of tartar and salt.
- In another bowl, mix eggs and whipping cream. Gradually mix in mozzarella and cheddar. Pour this mixture into the dry mixture.
- Fold the ingredients together and gradually add in the jalapenos and chopped bacon.
- On a baking tray lined with greaseproof paper, transfer the dough and knead into a flattened circle.
- Cut the dough into 8 equal slices. Separate the slices.
- Bake in the oven for 22-23 minutes or until golden brown. Cool for 20 minutes.

Nutritional Information:

Total servings: 8

Per serving:

Fat: 28.4g

Carbohydrates: 8.5g

Protein: 16.9g

Calories: 347

Cheesy Sausage Layers

Ingredients:

- 3.5 oz ground pork sausage.
- 7.5 oz radishes (chopped).
- 1 large egg.
- ¼ cup cheddar cheese (grated).
- ¼ tsp salt.
- ¼ tsp black pepper.

Instructions:

- In a frying pan, cook sausages on a medium heat until fully cooked through.
- Once cooked, remove from pan and set aside.
- Using the same frying pan, add the radishes, salt and pepper.
- Cook for 10-12 minutes or until they pierce easily with a fork.
- In another pan, fry an egg (ensure the yolk is runny).
- Layer the cheese over the radishes, place the sausage on top (the layers will melt the cheese).
- Place the egg on top and serve.

Nutritional Information:

Total servings: 1

Per serving:

Fat: 49g

Carbohydrates: 7g

Protein: 32g

Calories: 617

Mushroom Frenzy

Ingredients:

- 3 large eggs.
- 4 large mushrooms (chopped).
- 1 oz cheddar cheese (grated).
- ¼ red onion (chopped).
- 1 oz butter (for frying).
- Pinch of salt and pepper.

Instructions:

- Whisk eggs in a bowl with the salt and pepper.
- In a large frying pan, melt the butter. Add mushrooms and onions, cook until tender.
- Pour the whisked eggs over the mushrooms and onions.
- As the sides of the egg cook and the middle is still a little runny, add the cheese.
- Fold the omelette in half. When all is golden brown, remove from pan.

Nutritional Information:

Total servings: 1

Per serving:

Fat: 44g

Carbohydrates: 5g

Protein: 26g

Calories: 517

Hearty Hot Halloumi

Ingredients:

3 oz halloumi cheese (chopped).
1 red onion (chopped).
4 oz bacon (chopped).
4 large eggs.
4 tbsp fresh parsley (chopped).
½ cup olives (pitted).
2 tbsp olive oil.
Pinch of salt and pepper.

Instructions:

Heat olive oil in a large frying pan.
Add halloumi, onions and bacon; fry until golden brown.
Whisk the eggs, salt, pepper and parsley; add to the pan.
Stir the mixture, scrambling the eggs.
Lower heat and stir in olives. Cook for 2 minutes.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 59g
Carbohydrates: 4g
Protein: 28g
Calories: 663

Avocado Loaded Tuna Salad

Ingredients:

- 1 avocado (halved and pitted).
- 1 5oz tin tuna in water (drained).
- ¼ cup full fat mayonnaise.
- ½ tsp salt.
- ½ tsp pepper.
- 1 red onion (chopped).
- 1 celery stick (chopped).

Instructions:

- Mix together tuna, mayonnaise, red onion, celery, salt and pepper.
- Load each half of the avocado with the mixture.

Nutritional Information:

Total servings: 1 (2 halves)

Per serving:

Fat: 30.6g

Carbohydrates: 9g

Protein: 18g

Calories: 385

Chicken Montage

Ingredients:

- 16 oz chicken breast (cooked and diced).
- $\frac{1}{3}$ cup red onion (finely chopped).
- $\frac{1}{2}$ cup celery stick (finely chopped).
- $\frac{3}{4}$ cup full fat mayonnaise.
- 1 $\frac{1}{2}$ tbsp mustard.
- Pinch of salt and pepper.

Instructions:

- Combine all of the ingredients and mix well.
- Serve on a bed of lettuce.

Nutritional Information:

Total servings: 8

Per serving:

Fat: 16.5g

Carbohydrates: 1.5g

Protein: 12g

Calories: 236

Saucy Garlic Salmon

Ingredients:

- 16 oz fresh salmon.
- 2 garlic cloves.
- ¼ cup mayonnaise.
- ¼ cup parmesan cheese (grated).
- ¼ cup fresh parsley (chopped).
- 2 tbsp ghee.

Instructions:

- Preheat oven at 350 degrees.
- Line a baking tray with greaseproof paper.
- Season salmon with salt and pepper; set aside.
- In a large frying pan, melt the ghee and saute the garlic.
- Turn heat to low; add cheese, parsley and mayonnaise. Stir well until all is combined and melted.
- Spread the mixture over the salmon, cover with foil.
- Bake in the oven for 10-15 minutes or until it easily flakes with a fork.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 24g

Carbohydrates: 1g

Protein: 25g

Calories: 318

Smoked Salmon Shuffle

Ingredients:

- 3 oz smoked salmon (chopped).
- 5 cups steamed broccoli.
- ½ cup cream cheese (softened).
- 3 garlic cloves (crushed).
- 3 tbsp butter.
- 1 cup coconut milk.
- ¼ cup parmesan cheese (grated).
- ½ tsp salt.
- ½ tsp black pepper.

Instructions:

- Melt butter in a large frying pan, add garlic and cook until lightly browned.
- Turn heat to low and add the coconut milk. Stir continuously until it begins to thicken.
- Add pepper, salt, parmesan cheese and cream cheese. Cook for 5-6 minutes until all cheese is melted.
- Stir in smoked salmon and heat for 3-4 minutes.
- Pour mixture over steamed broccoli.

Nutritional Information:

Fat: 43g

Carbohydrates: 11g

Protein: 12g

Calories: 469

Zesty Zucchini Melts

Ingredients:

- 2 zucchinis (halved lengthways).
- 4 large tomatoes (chopped).
- 1 150g mozzarella ball (chopped).
- 1 tsp lime juice.
- 1 handful basil leaves.
- 3 tbsp olive oil.

Instructions:

- Preheat oven at 400 degrees.
- Drizzle the oil over the zucchinis and bake for 20-25 minutes or until softened.
- Mix mozzarella with tomatoes and lime juice; spoon mixture into the cooked zucchinis.
- Place back in the oven for 5 minutes or until cheese has melted.
- Sprinkle basil leaves over the top.

Nutritional information:

Total servings: 4

Per serving:

Fat: 17g

Carbohydrates: 7g

Protein: 9g

Calories: 213

Chicken and Mushroom Melange

Ingredients:

- 4 chicken legs (skin removed).
- 11 oz small cup mushrooms (halved).
- 2 cups garlic and herb passata.
- 1 chicken stock cube.
- ½ cup black olives (pitted).
- 1 tbsp olive oil.

Instructions:

- In a large pan, add oil and cook mushrooms until tender.
- Add chicken legs to pan, cook gently until they begin to brown.
- Pour in passata and crumble in the stock cube.
- Stir in olives, cover and simmer for 40 minutes until chicken is cooked and tender.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 18g

Carbohydrates: 8g

Protein: 33g

Calories: 326

Not So Naughty Nachos

Ingredients:

Nachos:

- 3 oz almond flour.
- 1 large egg.
- 2 tbsp cream cheese.
- 6 oz mozzarella (grated).
- 1 tsp cumin powder.
- 1 tsp coriander powder.
- Pinch of chilli powder.
- Pinch of salt and pepper.

Meat sauce:

- 2 cups mince beef.
- 1 red onion (chopped).
- 1 ½ cups tinned tomatoes (chopped).
- 1 tbsp tomato puree.
- ½ tsp chilli powder.

Instructions:

- Add cooking spray to a large frying pan and fry the onion until tender.
- Add the beef to the onion and fry until it browns and is cooked completely.
- Add the tinned tomatoes, tomato paste and all spices. Simmer on low heat for 15 minutes; stirring occasionally.
- In a separate bowl; add almond flour, grated cheese and cream cheese. Microwave at a high temperature for 1 minute.
- Stir and place back in the microwave for an additional 30 seconds.
- Remove, stir again and add the egg, salt, pepper and spices; mix together.
- On a sheet on greaseproof paper, place the pastry. Place another sheet of greaseproof paper to the top and roll into a thin rectangle.
- Remove the top sheet of greaseproof paper and slide the bottom sheet with pastry, onto a baking tray. Bake at 425 degrees for 15 minutes or until the top has browned. Turnover and brown the other side.
- Cut nachos into triangular shapes and bake again for 4 minutes.
- Place a handful of nachos on a large plate and spoon over the hot sauce.

Nutritional Information:

Total servings: 6

Per serving:

Fat: 29.7g

Carbohydrates: 8.1g

Protein: 32g

Calories: 426

Juicy Jalapenos

Ingredients:

- 8 jalapenos (halved and deseeded).
- 8 slices of bacon (cut in half lengthways).
- ½ cup cheddar cheese (grated).
- 8 oz cream cheese.
- 1 tsp salt.
- 1 tsp pepper.

Instructions:

- Preheat oven at 325 degrees.
- Line a plate with a paper towel and place the bacon on top. Microwave for 3 minutes and set aside to cool.
- In a large bowl, add cream cheese, salt, pepper and cheddar. Microwave for 20 seconds and stir well.
- Using a small spoon, carefully put mixture into the jalapeno halves.
- Wrap bacon slices around the jalapenos.
- On a baking tray lined with greaseproof paper; bake jalapenos for 15 minutes.

Nutritional Information:

Total servings: 1

Per serving:

Fat: 6.6g

Carbohydrates: 1g

Protein: 2.9g

Calories: 79

A Touch of Italian Salad

Ingredients:

- 10 oz lettuce (chopped).
- 3 oz salami.
- 3 oz Parma ham.
- 5 oz mozzarella cheese.
- 5 oz canned artichokes.
- 3 oz roasted red peppers.
- 1 oz sun dried tomatoes.
- 4 tbsp olive oil.
- 3 tbsp olives (pitted).
- 2 tbsp fresh parsley (chopped).
- 1 chilli pepper (chopped).
- ½ tbsp salt.

Instructions:

- Put chopped lettuce onto a large platter and sprinkle over the parsley.
- Place all other ingredients on top, except for olive oil, salt and chilli.
- In a bowl, crush together the salt and chilli; add to olive oil and drizzle over the salad.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 65g

Carbohydrates: 12g

Protein: 38g

Calories: 821

Garlic and Herb Lamb

Ingredients:

- 8 lamb chops.
- 1 tbsp olive oil.
- 1 tbsp butter.
- Pinch of salt and pepper.
- 4 oz garlic and herb butter.

Instructions:

- Season the lamb with salt and pepper.
- Place butter and a little olive oil in a large frying pan; fry the chops for 4-5 minutes.
- Serve on a plate with the herb butter on top.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 62g

Carbohydrates: 0.3g

Protein: 43g

Calories: 723

Summer Salmon Sensation

Ingredients:

Sauce:

- 1 cup mayonnaise.
- ½ cup full-fat Greek yogurt.
- 4 tbsp pesto.
- Salt and pepper.

Salmon:

- 32 oz salmon.
- 4 tbsp pesto.

Instructions:

- Preheat oven at 400 degrees.
- Line a baking tray with greaseproof paper and lay the salmon skin side down.
- Spread 4 tbsp pesto on top of salmon and a pinch of salt and pepper.
- Bake for 20-25 minutes or until salmon flakes easily.
- In a bowl, mix the mayonnaise, yogurt and pesto together.
- Place salmon on a plate and drizzle with sauce.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 90g

Carbohydrates: 3g

Protein: 50g

Calories: 1035

Crispy Bacon with Crunchy Cabbage

Ingredients:

- 16 oz green cabbage (chopped).
- 10 oz bacon (chopped).
- 2 oz butter.
- Salt and pepper to taste.

Instructions:

- In a large frying pan, fry the bacon until crispy.
- Add cabbage, butter, salt and pepper; fry until soft and slightly coloured.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 79g

Carbohydrates: 9g

Protein: 21g

Calories: 850

Bustling Beef Salad

Ingredients:

- 16 oz green cabbage (finely chopped).
- 1 ¼ cups mayonnaise.
- 1 tbsp mustard.
- 24 oz roast beef (cooked).
- 5 oz cherry tomatoes.
- 4 pickles.

Instructions:

- Mix mustard and mayonnaise together in a large bowl.
- Add the chopped cabbage to the bowl, mix well together.
- Put beef, tomatoes and pickles on a plate and add a large spoon of the cabbage mixture.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 58g

Carbohydrates: 7g

Protein: 34g

Calories: 704

Pork and Pepper Plate

Ingredients:

- 10.6 oz pork (cut into strips).
- 4 oz butter.
- 2 peppers (sliced).
- 2 spring onions (chopped).
- 2 tbsp almonds.
- 1 tsp chilli paste.

Instructions:

- Add 3 oz of butter to a large frying pan.
- Brown the pork over a high heat for 2-3 minutes.
- Add onions, peppers and chilli paste; fry for an additional 2-3 minutes, stirring continuously.
- Place on a plate, add the remaining 1 oz of butter and sprinkle with almonds.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 78g

Carbohydrates: 5g

Protein: 29g

Calories: 842

Midday Mushrooms

Ingredients:

- 12 mushrooms.
- 8 oz bacon.
- 7 oz cream cheese.
- 2 tbsp butter.
- 3 tbsp chives (chopped).
- 1 tsp paprika powder.

Instructions:

- Preheat oven at 400 degrees.
- In a large frying pan, fry the bacon until it is extremely crisp. Let it cool and crumble it.
- Cut the stems off the mushrooms and finely dice them. Lightly fry them in the bacon tainted fat.
- Mix remaining ingredients with the bacon and mushroom stems.
- On a baking tray lined with greaseproof paper, place the mushrooms and fill with the mixture.
- Bake for 20-25 minutes until golden brown.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 46g

Carbohydrates: 5g

Protein: 12g

Calories: 477

Spicy Salmon and Spinach

Ingredients:

- 24 oz salmon fillets.
- 16 oz spinach.
- 2 oz olive oil.
- ½ cup mayonnaise.
- 1 oz parmesan cheese (grated).
- 1 tbsp chilli paste.
- Pinch of salt and pepper.

Instructions:

- Preheat oven at 400 degrees.
- In an ovenproof dish, drizzle half of the olive oil.
- Season the salmon with salt and pepper; place in the dish, skin side down.
- Mix the chilli paste with the mayonnaise and stir in the parmesan cheese.
- Spread the mixture over the fillets and bake in the oven for 15-20 minutes.
- In a large frying pan, wilt the spinach in the remaining olive oil for 1-2 minutes.
- Place the wilted spinach on plates and top with the salmon.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 57g

Carbohydrates: 2g

Protein: 41g

Calories: 700

Coconut Salmon Bites

Ingredients:

- 20 oz salmon (cut into 1" cubes).
- 20 oz cabbage (chopped).
- ½ cup unsweetened shredded coconut.
- 4 ½ tbsp olive oil.
- 1 tsp salt.
- 1 tsp turmeric.
- ½ tsp onion powder.
- 4 oz butter.
- Pinch salt and pepper.

Instructions:

- Drizzle olive oil over the cubed pieces of salmon.
- On a plate, mix turmeric, onion powder, coconut and salt. Toss the salmon chunks into the mixture to give an even coating.
- In a large frying pan, fry the salmon on a medium heat until browned. Set aside and keep warm.
- Fry the chopped cabbage in butter until lightly browned.
- Melt remaining butter, season with salt and pepper.
- Place cabbage on plates and top with salmon chunks; drizzle over the melted butter.

Nutritional Information:

Total servings: 4

Per servings:

Fat: 65g

Carbohydrates: 3g

Protein: 34g

Calories: 735

Tangy Goat Cheese

Ingredients:

- 10 oz goat cheese (sliced).
- 3 oz fresh baby spinach.
- 2 oz butter.
- ¼ cup pumpkin seeds.
- 1 tbsp balsamic vinegar.

Instructions:

- Preheat oven at 400 degrees.
- Line a baking tray with greaseproof paper and bake the cheese for 10 minutes.
- In a dry frying pan, toast the pumpkin seeds until they begin to brown and start to pop.
- Turn down heat and add butter; let simmer until it turns golden brown. Add the balsamic vinegar and let cook for a couple of minutes. Turn off heat.
- Place baby spinach on a plate. Place cheese on top and drizzle over the sauce.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 73g

Carbohydrates: 3g

Protein: 37g

Calories: 824

Cauliflower Delight

Ingredients:

- 5 cups cauliflower florets (chopped).
- 5 garlic cloves (crushed).
- ¼ cup thick whipping cream.
- 3 tbsp butter.
- 3 tbsp parmesan (grated)
- 2 tbsp dried rosemary.
- ½ tsp black pepper.

For gravy:

- 2 cups of stock.
- ½ cup thick whipping cream.
- 4 tbsp butter.
- 1 tsp pepper.

Instructions:

- Bring a large pan of water to the boil and add the cauliflower. Boil for 15 minutes or until softened.
- In a frying pan; fry garlic, butter and rosemary over a medium heat, until fragrant.
- Add cream, parmesan and black pepper to the mixture.
- In a bowl, mash the mixture with the cauliflower. Mix well until smooth and creamy. Set aside and keep warm.
- Over a high heat, add cream, butter, stock and pepper to a saucepan. Bring to the boil and simmer for 10-15 minutes.
- Pour over the cauliflower mash.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 41g

Carbohydrates: 9g

Protein: 5.5g

Calories: 389

Satisfying Onion Soup

Ingredients:

- 4 large onions (finely chopped).
- 5 garlic cloves (chopped).
- 2 cups chicken broth.
- 2 cups beef broth.
- 4 tbsp ghee.
- ½ cup cheddar cheese.

Instructions:

- In a large pan, melt the ghee and cook onions until caramelised.
- Add garlic and broth.
- Bring to boil; reduce heat and simmer for 45-60 minutes.
- Sprinkle cheddar cheese on top.

Nutritional Information:

Total servings: 6

Per serving:

Fat: 17g

Carbohydrates: 9g

Protein: 15g

Calories: 223

Cheesy Zucchini

Ingredients:

- 4 cups zucchini (sliced).
- 1 medium onion (finely sliced).
- 1 ½ cups cheddar cheese (grated).
- 2 tbsp butter.
- ½ cup thick whipping cream.
- ½ tsp garlic powder.
- ¼ tsp xanthan gum.
- Pinch salt and pepper.

Instructions:

- Preheat oven at 375 degrees.
- In a 9x9 ovenproof dish, layer the zucchini and onion slices (slightly overlapping each other). Season with salt and pepper and sprinkle with half cup of grated cheese.
- Repeat until there are three layers.
- Mix the garlic powder, xanthan gum, butter and thick cream in a microwave proof dish.
- Heat for 1 minute in the microwave and whisk until smooth.
- Pour the mixture over the layered zucchini.
- Bake for 45 minutes until the top is golden brown.

Nutritional Information:

Total servings: 8

Per serving:

Fat: 20g

Carbohydrates: 3g

Protein: 8g

Calories: 230

White Wine Chicken

Ingredients:

- 4 medium chicken breasts.
- 1 cup white wine.
- 1 cup coconut cream.
- ¼ cup olive oil.
- 10.5 oz mushrooms (sliced).
- 10.5 oz green beans (chopped).
- 4 garlic cloves (crushed).
- 2 tsp mustard.
- 1 tsp salt.
- 1 tsp pepper.

Instructions:

- Preheat oven at 350 degrees.
- In a large frying pan, half the olive oil and cook chicken breasts for 2 minutes on each side.
- Line an ovenproof dish with greaseproof paper. Cook the chicken for 15-20 minutes.
- In the frying pan, slightly brown mushrooms using the remaining olive oil and garlic.
- Add white wine, coconut cream, beans, mustard, salt and pepper; reduce to simmer until sauce becomes smooth and creamy.
- Ensure chicken is cooked through.
- Place chicken on plates and spoon over creamy sauce.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 30g

Carbohydrates: 8g

Protein: 8g

Calories: 381

Tasty Beef Taco Pie

Ingredients:

- 16 oz mince beef.
- 6 large eggs.
- 1 cup cheddar cheese (grated).
- 1 cup thick cream.
- 2 garlic cloves (crushed).
- 3 tbsp taco seasoning.
- ½ tsp salt.
- ¼ tsp black pepper.

Instructions:

- Preheat oven at 350 degrees.
- Fry the beef in a large frying pan until browned over.
- Reduce heat to low and add taco seasoning; cook until sauce is thickened.
- Grease a 9" ovenproof dish; spread beef in evenly.
- Mix the cream, eggs, garlic, salt and pepper. Por over the beef.
- Sprinkle cheese over the dish and bake for 30-35 minutes until cheese is golden brown.
- Let rest for 5 minutes before serving.

Nutritional Information:

Total servings: 8

Per serving:

Fat: 27.9g

Carbohydrates: 2.14g

Protein: 24.1g

Calories: 370

Pretty Pan Chicken

Ingredients:

- 6 chicken thighs (with skin on).
- 1 medium cauliflower (cut into small florets).
- 8 oz brussel sprouts (quartered).
- 4 slices of bacon (chopped).
- 2 tbsp salted butter (melted).
- 2 garlic cloves crushed.
- $\frac{3}{4}$ tsp cumin.
- $\frac{1}{2}$ tsp paprika.
- $\frac{1}{2}$ tsp coriander.
- $\frac{1}{2}$ tsp cayenne pepper.
- 2 tbsp avocado oil.
- 1 tsp salt.
- 1 tsp black pepper.

Instructions:

- Mix together melted butter, garlic, half of the salt, half of the pepper, cayenne, coriander, paprika and cumin.
- Preheat oven at 450 degrees.
- Brush the mixture over the chicken.
- In a bowl, place the cauliflower, bacon and brussel sprouts. Drizzle with avocado oil and the rest of the salt and pepper. Toss ingredients together.
- Place the chicken on a baking tray, cook for 40-45 minutes on top shelf.
- Place the veg on a baking tray, place in middle of oven.

Nutritional Information:

Total servings: 6

Per serving:

Fat: 29.5g

Carbohydrates: 8.8g

Protein: 28g

Calories: 437

Lemon Capers and Halloumi

Ingredients:

- 6 oz halloumi (sliced).
- 2 chillies (finely chopped).
- 2 tsp capers.
- 2 tbsp olive oil.
- 1 tsp lemon rind (grated).
- 2 tbsp lemon juice.
- 3 oz mixed lettuce leaves.

Instructions:

- Heat 2 tsp olive oil in a large frying pan over medium heat.
- Cook halloumi for 2 minutes on each side until golden brown. Set aside.
- Heat the rest of the oil and cook the capers and chilli for 5 minutes.
- Add lemon rind and lemon juice; stir for 1 additional minute.
- On a plate, arrange the lettuce and halloumi. Drizzle with the lemon mixture.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 19.1g

Carbohydrates: 1.5g

Protein: 10.5g

Calories: 298

Cheesy, Creamy Spinach

Ingredients:

- 10 oz fresh spinach (chopped).
- ½ cup thick cream.
- 3 garlic cloves (crushed).
- 3 oz cream cheese (softened).
- 2 tbsp butter.
- ¼ tsp dried oregano.
- ¼ tsp dried basil.
- ¼ cup parmesan (grated).

Instructions:

- In a large frying pan, melt the butter.
- Cook garlic for 1 minute and add the spinach. Cook for 3 minutes until wilted.
- Stir in cream cheese, thick cream, basil and oregano.
- Cook for 3-4 minutes, stirring continuously until cream cheese melts.
- Sprinkle with grated parmesan.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 21g

Carbohydrates: 3g

Protein: 6.5g

Calories: 220

Avocado Shrimp

Ingredients:

- 16 oz prepared cooked shrimps.
- 1 avocado (pitted and chopped).
- 1 tsp olive oil.
- ¼ cup fresh lime juice.
- ¼ cup red onion (chopped).
- 1 medium tomato (chopped)
- 1 jalapeno (deseeded and chopped).
- Pinch of salt and pepper.

Instructions:

- Mix together olive oil, lime juice, salt and pepper.
- Chop the shrimp into medium sized pieces.
- Put the shrimp, avocado, red onion, tomato and jalapeno into a bowl and stir in the lime mixture.
- Chill for 20 minutes before serving.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 13g

Carbohydrates: 4g

Protein: 27g

Calories: 255

Special Spicy Wings

Ingredients:

- 6 chicken wings, 6 chicken drumsticks.
- ½ cup hot chilli sauce.
- 2 tbsp butter.
- 1 tsp garlic powder.
- Pinch salt and pepper.

Instructions:

- Lightly coat the chicken in the hot chilli sauce, cover and refrigerate for an hour.
- Line a baking tray with foil and place the chicken on.
- Cook under a hot grill for 10 minutes until they turn deep brown.
- In a saucepan, melt the butter with the rest of the hot sauce; add in the garlic powder. Stir and take off heat when butter has completely melted.
- Turn the chicken and cook for an additional 10 minutes.
- When cooked, place in a bowl and pour over the hot spicy sauce.

Nutritional Information:

Total servings: 2

Per serving: (6 wings or 6 drumsticks).

Fat: 46g

Carbohydrates: 1g

Protein: 46g

Calories: 620

Tuna Alfresco

Ingredients:

- 16 oz tuna.
- 1 jalapeno.
- 1 avocado.
- 3 spring onions.
- 2 tbsp soy sauce
- 2 tbsp olive oil.
- 2 tbsp sesame seed oil.
- 1 tbsp mayonnaise.
- 1 tsp sesame seeds.
- ½ lime juice.
- 2 cucumbers.

Instructions:

- Chop the tuna and avocado into ¼ inch cubes.
- Place chopped tuna and avocado in a bowl. Finely chop the spring onions and jalapenos and add to the bowl.
- Pour over the sesame oil, olive oil, soy sauce, mayonnaise and lime juice.
- Combine the ingredients, using your hands.
- Slice the cucumbers and place with the tuna mixture on a plate.

Nutritional Information:

Total servings: 2

Per serving:

Fat: 25g

Carbohydrates: 4g

Protein: 56g

Calories: 487

Peppered Pork Chops

Ingredients:

- 4 pork chops (bone-in).
- 6 slices bacon (chopped).
- 2 medium onions (thinly sliced).
- ½ cup chicken broth.
- ¼ cup thick cream.
- ¼ tsp salt.
- ¼ tsp pepper.

Instructions:

- In a large frying pan, fry the bacon until crispy.
- Use a slotted spoon and set aside. Keep bacon grease.
- Add onions, salt and pepper to bacon grease, cook for 15 minutes until tender. Add onions to bacon in the bowl.
- Sprinkle chops with salt and pepper, add to pan. Turn heat up to medium-high; brown first side for 3 minutes. Reduce heat to medium, turn the chops over and cook for an additional 8-10 minutes. Remove and cover with foil.
- Add chicken broth to pan, add cream and simmer for 2-3 minutes until thickened.
- Stir in the onion mixture, simmer for an additional minute.
- Pour over the pork chops.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 18g

Carbohydrates: 6.3g

Protein: 37g

Calories: 352

Choco-Raspberry

Ingredients:

- 8 oz cream cheese (room temperature).
- 1 cup butter (room temperature).
- ⅓ cup walnuts (chopped).
- ¼ cup sugar substitute.
- 6 tbsp cocoa powder (unsweetened).
- 2 tbsp thick cream.
- 2 tsp vanilla extract.
- 1 tsp raspberry extract.

Instructions:

- Whisk the cream cheese and butter together in a microwave safe bowl, until smooth.
- Add cocoa powder, sugar substitute, walnuts, thick cream, vanilla and raspberry extract. Stir until well combined.
- Microwave on high for 30 seconds, take out and whisk again.
- Spread the mixture into a greased baking tin.
- Cover with cling film and refrigerate for at least 2 hours.
- Cut into bars.

Nutritional Information:

Total servings: 12

Per serving:

Fat: 25g

Carbohydrates: 5.5g

Protein: 2.6g

Calories: 242

Peanut Butter Bad Boy

Ingredients:

- 1 cup peanut butter (unsweetened, softened).
- 1 cup coconut oil.
- ¼ cup vanilla flavoured almond milk.

Instructions:

- Mix the peanut butter and coconut oil; microwave for 30 seconds until slightly melted.
- Whisk in the almond milk, until well combined.
- Line a loaf tin with greaseproof paper and pour in mixture.
- Refrigerate for 2-3 hours or until set.

Nutritional Information:

Total servings: 10

Per serving:

Fat: 35g

Carbohydrates: 5.3g

Protein: 6.5g

Calories: 341

Chocolate Simplicity

Ingredients:

- 1 cup thick whipping cream.
- 2 tbsp cocoa powder (unsweetened).
- ½ tsp almond extract.
- ½ tsp espresso powder (instant).
- 1 tbsp Stevia.
- 2 tbsp dark chocolate chips.
- Pinch of salt.

Instructions:

- Mix cream, espresso powder, almond extract, Stevia and sea salt in a bowl.
- Whisk until mixture is fluffy and holds its form.
- Spoon into individual serving dishes.
- Sprinkle with chocolate chips to serve.

Nutritional Information:

Total servings: 4

Per serving:

Fat: 13g

Carbohydrates: 8g

Protein: 1.4g

Calories: 139

Cracking Chocolate Cake

Ingredients:

- 4 large eggs.
- 2 ½ cups butter.
- ½ cup sugar substitute.
- 12 oz baking chocolate (unsweetened).
- ⅓ cup water.
- ¼ tsp salt.
- A little boiling water.

Instructions:

- In a pan, heat water, salt and sugar substitute until dissolved.
- Melt the baking chocolate in the microwave.
- In a large bowl, mix the melted chocolate and butter. Beat in the hot water mixture.
- Add each egg, whisking in completely before adding the next.
- Line a 9" springbase pan with greaseproof paper and pour in the mixture.
- Wrap in foil.
- Place the pan into a larger pan and pour boiling water around the edge, about 1" high.
- Preheat oven at 350 degrees.
- Leave cake in the water bath and bake for 45 minutes.
- Refrigerate overnight and remove side of springbase pan.

Nutritional Information:

Total servings: 12

Per serving:

Fat: 26g

Carbohydrates: 8g

Protein: 6g

Calories: 295

GET YOUR PERSONAL COPY OF MY...

BREAKTHROUGH 30-DAY KETO MEAL PLAN



Click here for More