

The Book

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# Chapter 1. Introduction

Here you'd think I'd put some long story about doing Keto and how awesome it is.

# Chapter 2. Breakfast

## 2.1. Caveman Keto Almond Buns

### Ingredients

- 3/4 cup almond flour
- 1 heaping tsp baking powder
- 1/2 tsp Truvia or other sweetener
- 1/4 tsp salt
- 2 eggs
- 1/4 cup melted butter
- 1 tbsp water

### Steps

1. Preheat oven to 350
2. Leave two eggs out on the counter to reach room temp, if you're in a pinch, warm them up in a bowl of warm water for a few minutes.
3. Take the dry ingredients (almond flour, baking powder, sweetener, salt) and combine them in a bowl.
4. Add the warm eggs, melted butter, and water and give it all a good whisk.
5. Grab a muffin tin or preferably a muffin top pan and pour out the batter evenly, this recipe makes approximately 6 servings in a muffin top pan.
6. Bake at 350F/175C for approximately 15 minutes or until golden brown, and you're done-ski. Burgers, pulled pork sandwiches, and eggs benny await in all their keto glory.

## 2.2. Pancakes

## 2.3. Almond Flour Based

## 2.4. Coconut Flour Based

## 2.5. Waffles

# Chapter 3. Bread

## 3.1. Coffee Cup Bread

1 Tablespoon butter 1/3 cup almond flour 1 egg 1/2 teaspoon baking powder 1 pinch salt

<https://kirbiecravings.com/keto-low-carb-mug-bread/>

## 3.2. Fathead recipe

General purpose dough

<https://www.ditchthecarbs.com/fat-head-pizza/>

1 3/4 cups pre shredded/grated cheese mozzarella is the best or Edam/mild cheese 3/4 cups almond meal/flour 2 tbsp cream cheese 1 egg pinch salt to taste 1/2 tsp dried rosemary/ garlic or other flavourings optional your choice of toppings such as pepperoni peppers, cherry tomatoes, olives, ground/mince beef, mushrooms, herbs etc

Instructions

1. Mix the shredded/grated cheese and almond flour/meal in a microwaveable bowl.
2. Add the cream cheese. Microwave on HIGH for 1 minute.
3. Stir then microwave on HIGH for another 30 seconds.
4. Add the egg, salt, rosemary and any other flavourings, mix gently.
5. Place in between 2 pieces of baking parchment/paper and roll into a circular pizza shape (see photos above). Remove the top baking paper/parchment. If the mixture hardens and becomes difficult to work with, pop it back in the microwave for 10-20 seconds to soften again but not too long or you will cook the egg.
6. Make fork holes all over the pizza base to ensure it cooks evenly.
7. Slide the baking paper/parchment with the pizza base, on a baking tray (cookie tray) or pizza stone, and bake at 220C/425F for 12-15 minutes, or until brown.
8. To make the base really crispy and sturdy, flip the pizza over (onto baking paper/parchment) once the top has browned.
9. Once cooked, remove from the oven and add all the toppings you like. Make sure any meat is already cooked as this time it goes back into the oven just to heat up the toppings and melt the cheese. Bake again at 220C/425F for 5 minutes.

Pizza

Cauliflower crust

Coconut flour crust

# Chapter 4. Appetizers and Snacks

Nothig yet.

# Chapter 5. Meat

BBQ

# Chapter 6. Veggies

## 6.1. Creamed Spinach

## 6.2. Salads

Spinach, chicken, mixed shredded cabbage and carrots, green onions, cucumbers, and pita croutons, tossed with Maisón chinese dressing and topped with mandarin oranges.

Spicy Dressing.

- 2 tablespoons minced ginger
- 1 teaspoon minced garlic
- 1/2 cup filtered water
- 1 tablespoon lime juice
- 1 tablespoon toasted sesame oil
- 1 tablespoon wheat-free soy sauce
- 1 tablespoon fish sauce (or coconut aminos for vegan)
- 1/4 cup sugar free peanut butter
- teaspoon cayenne pepper
- teaspoon kosher salt
- 1 tablespoon granulated erythritol sweetener

also Use the garlic sauce



# Chapter 7. Sauces

## 7.1. Garlic Yogurt Sauce

- 1 cup fat free Greek yogurt
- 8 garlic cloves
- 3 tablespoons lemon juice
- 1 teaspoon onion powder
- 4 -5 tablespoons olive oil
- salt, as needed

Mix it all up.

# Chapter 8. Sides

## 8.1. Cole Slaw

- 12 ounces ( $\frac{1}{2}$  small) of Green Cabbage, thinly sliced
- 6 ounces ( $\frac{1}{4}$  small) of Red Cabbage, thinly sliced
- 2 Scallions, thinly sliced
- $\frac{1}{4}$  cup of Parsley, fresh
- $\frac{1}{3}$  cup of Low-carb Mayonnaise (If you buy your mayonnaise make sure it's whole egg no sugar)
- 2 tablespoons of Sour Cream
- 2 teaspoons Apple Cider Vinegar
- 2 teaspoons of Lemon Juice
- $\frac{1}{4}$  teaspoon of Garlic Powder
- $\frac{1}{4}$  teaspoon of Salt
- Pinch of White Pepper

# Chapter 9. Dessert

nothing yet

## 9.1. Keto mousse

TDB

## 9.2. Chocolate Peanut Butter Fat Bombs

TBD

# Chapter 10. Drinks

Nothing here yet.

Low carb beer

Occasional glass of wine.

Whiskey, Vodka.