

30 DAY INDIAN KETO RECIPE BOOK

LOSE WEIGHT BY EATING DELICIOUS
INDIAN KETO FOOD



RIMA PAI

**30 Day Indian Keto Recipe Book
Lose Weight By Eating Delicious
Indian Keto Food**

Rima Pai

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**For M, for standing by me, through thick and thin, literally
and figuratively.**

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My Very Own Keto Story

I was never too skinny but I wasn't too fat either, I was just a chubby teenager. The kind people called cute. Cute is a not a bad adjective when you are a teen but as I grew older and wiser, I realized the chubbiness was not exactly giving away to different ones like attractive or fit or active or even energetic.

I went through the usual rites of passage like a lot of other Indian women did, finished my education, started working, got married, had two children and for a long time, life centered around children, husband, home and work.

My health, I realized had somehow taken a backseat. My weight, especially after my second child was not exactly my ideal one, I was on thyroid medication and I was not happy about how my clothes fit. I have never been one to "diet", I mean I love food, I spend a fair amount of time thinking about it, planning meals, talking to friends about restaurants and a lot of my fond memories are about food. I knew giving up food and starving myself was not how it was going to pan out. It would have probably meant more waking hours thinking anxiously about my next meal! Until one day in the middle of a conversation with a friend, I heard the term Keto for the very first time. My friend mentioned how it allowed you to eat almost all the food groups unlike some very restrictive diets, kept you fuller for a long time and the best part of all, it made you lose weight. I was skeptical, but as I researched more and read more and realized how much of a way of life it had become to certain people and how great they felt on it, I thought it was worth trying out. It made complete sense to cut out processed and complex carbs and sugar, we have known these are not healthy for a long time now. I worried if I would be able to give up some of my favorites like bread and pasta and if I would have to give up eating good old desi ghar ka khaana. I decided to give it a shot for a month, like a really good shot and to my surprise, I started losing weight. I started walking as well and soon I felt better, my clothes fit better and I figured out I could enjoy a lot of my regular meals with just minor tweaking. This book was created to help others like me, to plan and make simple home cooked meals. No fancy and super expensive ingredients but using the ones we find in most of our homes. All you need is the will to see a healthier and a fitter you and make this a way of life.

Introduction to Keto

A Ketogenic diet or a Keto diet is a very low-carb, high-fat diet that is moderate in proteins.

The diet involves reducing carbohydrate intake to a substantially low level and replacing it with fat so that the body shifts its metabolism to burn fat for fuel rather than carbohydrates for fuel. This reduction puts the body in the metabolic state that is known as ketosis.

When the body is in a ketosis state, the body starts burning fat for fuel and forces the liver to convert fat into ketones which also supplies the energy to the brain.

A ketogenic diet can cause a drastic reduction in blood sugar and insulin levels and hence has numerous health benefits and is often responsible for reversing Type 2 diabetes.

In general, when we are consuming food that is high in carbs, our body produces glucose and insulin. Glucose is the easiest molecule that can be used as energy and hence it would be chosen as the primary energy source over any other energy source. Glucose is needed in the creation of ATP (an energy molecule), which fuels and maintains our bodies.

Insulin is produced by the body to process the glucose in the blood stream. It helps control the blood glucose level by signaling the liver, muscle and fat cells to take the glucose directly from the bloodstream for energy.

In case the body's energy levels are met, a portion of the excess glucose is stored by the liver as glycogen. Up to 5% of the liver's mass can be stored as glycogen. In this case, since glucose is being used as the fundamental source of energy, fats are not needed and hence are stored in the body.

There are two main things that happen to glucose if your body doesn't need it:

- Glycogenesis - Excess glucose will be converted to glycogen, and stored in your liver and muscles. Estimates show that only about half of your daily energy can be stored as glycogen.
- Lipogenesis - If there's already enough glycogen in your muscles and liver, any extra glucose will be converted into fats and stored. That is why someone could be putting on weight since the body is consuming lesser energy as

compared to what is being produced through the consumption of food.

When one lowers the source of carbs, the body automatically shifts into a state known as Ketosis.

The ketosis state is also triggered when one is fasting and is in fact one of the fastest ways to put the body in the ketosis state. Some religions and cultures promote fasting for precisely this reason. Unfortunately, sometimes this leads to eating food that is not always healthy.

But obviously, it's not possible to fast forever. A low-carb or "keto" diet, on the other hand, can be eaten indefinitely and results in ketosis. It has many of the benefits of fasting – including weight loss – without having to fast.

What Is Ketosis?

When the body is in a ketosis state, it produces substitute fuel molecules called as ketones and which is where the "Keto" in the Keto diet comes from. Ketones provide fuel to the body when glucose or blood sugar is in short supply.

When on a low carb diet, these ketones get produced. It is important to note that a Keto diet is a Low Carb, High Fat and Moderate Protein one. Excess protein can easily be converted in blood sugar and in turn stored as fat and kicking the body out of ketosis.

Ketosis is an everyday process of the body, regardless of the number of carbs you eat. Your body can adapt very well, processing different types of nutrients into the fuels that it needs. Proteins, fats, and carbs can all be processed for use. Eating a low carb, high fat diet just ramps up this process and is a normal and safe chemical reaction.

These ketones (acetoacetate) are created when the body breaks down fats, creating fatty acids, and burned off in the liver in a process called betaoxidation. The result of this process is the creation of 2 other ketones (BHB and acetone), which are used as fuel by the muscles and brain.

When the body is in Ketosis, it becomes easy to access fat reserves which help to burn existing stored fat as energy, helping to make one's body a FAT BURNING MACHINE. Another added advantage is insulin levels also drop.

This is obviously great if you're trying to lose weight!

Ketosis is an amazing state to be in, and in fact certain studies show that the body and the brain prefer using ketones rather than glucose and run 70% more efficiently.

How Does Your Body Handle This Change?

Since our bodies in general are used to the simple process of breaking down carbohydrates into glucose and using it as energy, over time the body has built up an arsenal of enzymes ready for this process, and only a few enzymes for dealing with fats which it mostly stores.

Since the body suddenly must deal with the lack of glucose and increase in fats, it means building up a new supply of enzymes.

As the body gets into a ketogenic state, the body will naturally use what's left of the glucose in the blood stream. It will also deplete the glycogen stores in the muscles – which can cause a lack of energy, and a general lethargy. In the first few weeks, many people report:

- Headaches
- Mental fogginess
- Flu-like symptoms (known as the “keto flu”)
- Dizziness

Often, this is the result of electrolytes being flushed out, as ketosis has a diuretic effect. Make sure to drink plenty of water and keep up your sodium intake through salt. This will help with water retention, and help replenish the electrolytes.

You can find out the Ketosis levels in your body by testing for Ketones in your blood or urine by using Keto sticks. Some blood sugar meters can also measure ketones in your blood. Be aware though, that extremely high levels of Ketones are dangerous.

Ketones Are Brain Fuel

Our brains can easily burn carbs when they are consumed, although if the carb consumption is much lower, ketones can be used up instead.

This is a necessary function for basic survival. As the body, can only store carbs for a day or two, the brain would quickly shut down after a couple of days without food. Alternatively, it would quickly have to convert our muscle protein into glucose – a very inefficient process – just to keep the brain going. Fortunately, our bodies have evolved to be smarter than that. Normally we have fat stores that last so that we can survive for months without food. Ketosis is how the body makes sure that the brain can run on those fat stores too.

Bottom line: We do not need to eat any carbs at all. The brain can happily run on fat.

Many people report of feeling more energized and focused when the brain gets to run on ketones, made from fat. And it certainly speeds up fat loss, if you're trying to lose weight!

Benefits Of Ketosis

1) Elimination of Cravings:

Most people report that Hunger is the single worst side effect of dieting leading to cravings and in turn making dieting a type of high stress mental game leading to guilt pangs when one ends up eating more than the controlled portions.

This is one of the main reasons why many people feel miserable and eventually give up on their diets.

One of the best things about following a ketogenic diet is that it leads to an automatic reduction in appetite and feeling of satiation.

The studies consistently show that when people cut carbs and eat more fat and protein, they end up eating much fewer calories.

2) Keto Diet Leads To More Weight Loss

Studies show that people on only low-carb diets lose more weight, faster, than people on low-fat diet, even when the low-fat dieters are actively restricting calories.

One of the reasons for this is that low-carb diets tend to get rid of excess water from the body. Because they lower insulin levels, the kidneys start shedding excess sodium, leading to rapid weight loss in the first week or two.

In studies comparing the Keto diet with other traditional diets has shown that

people end up losing 2-3 times more weight as compared to others, without being hungry!

3) Faster Reduction Of Belly Fat

Not all fat in the body is the same. It's where that fat is stored that determines how it will affect our health and risk of disease. Fat can be categorized as subcutaneous fat (under the skin) and visceral fat (in the abdominal cavity).

This visceral fat is that fat that tends to lodge around the organs and can drive inflammation, insulin resistance and is believed to be a leading driver of the metabolic dysfunction. The Keto diet is very effective at reducing this harmful abdominal fat. Not only does the Ketogenic diet promote faster fat loss compared to low-fat diets, a big proportion of that fat comes from the visceral fat within the abdomen.

Over time, this should lead to a drastically reduced risk of heart disease and type 2 diabetes.

4) Reduction In Triglycerides

Triglycerides are fat molecules and elevated levels in the blood after an overnight fast is an indicator of being at high risk for heart disease.

One of the main drivers of elevated triglycerides is carbohydrate consumption, especially the simple sugar- fructose.

When people cut carbs, they tend to have a very dramatic reduction in blood triglycerides.

5) Increased Levels Of Good Cholesterol (HDL)

High Density Lipoprotein (HDL) is often called the "good" cholesterol. HDL and LDL refer to the lipoproteins that carry cholesterol around in the blood. Whereas LDL carries cholesterol from the liver and to the rest of the body, HDL carries cholesterol away from the body and to the liver, where it can be reused or excreted.

It is well known that the higher your levels of HDL, the lower your risk of heart disease will be.

One of the best ways to increase HDL levels is to eat fat and a keto diet includes a lot of fat.

While on the Keto diet, the HDL levels increase dramatically whereas they tend to increase only moderately or even go down on low-fat diets.

The Triglycerides:HDL ratio is another very strong predictor of heart disease risk. The higher it is, the greater your risk of heart disease is. By lowering triglycerides and raising HDL levels, low-carb diets lead to a major improvement in this ratio.

6) Reduction In Blood Sugar And Insulin Levels

When we eat carbs, they are broken down into simple sugars (mostly glucose) in the digestive tract.

From there, they enter the bloodstream and elevate blood sugar levels.

Because high blood sugars are toxic, the body responds with a hormone called insulin, which tells the cells to bring the glucose into the cells and to start burning or storing it.

For people who are healthy, the quick insulin response tends to minimize the blood sugar “spike” to prevent it from harming us.

However, many people have major problems with this process. They have what is called insulin resistance, which means that the cells don’t “see” the insulin and therefore it is harder for the body to bring the blood sugar into the cells.

This can lead to a disease called type 2 diabetes, when the body fails to secrete enough insulin to lower the blood sugar after meals. This disease is very rampant today, afflicting about 300 million people worldwide.

There is a very simple solution to this problem- by cutting carbohydrates, you remove the need for all that insulin. Both blood sugars and insulin levels reduce substantially.

In one study in type 2 diabetics, 95.2% had managed to reduce or eliminate their glucose-lowering medication within 6 months.

If you are currently on blood sugar lowering medication, then talk to your doctor before making changes to your carbohydrate intake, because your dosage may need to be adjusted to prevent hypoglycemia.

7) Blood Pressure Level Reduction

Elevated blood pressure (hypertension) may lead to heart disease, stroke, kidney failure and many other diseases.

Low-carb diets are an effective way to reduce blood pressure, which should lead to a reduced risk of these diseases and help you live longer.

8) Most effective treatment against metabolic syndrome

The metabolic syndrome is a medical condition that is highly associated with the risk of diabetes and heart disease.

Symptoms of this syndrome include:

Abdominal obesity

Elevated blood pressure

Elevated fasting blood sugar levels

High triglycerides

Low HDL levels

All these symptoms typically improve on a Keto diet.

Side Effects of the Keto Diet

Although the ketogenic diet is safe for healthy people, there may be some initial side effects while the body adapts.

This is often referred to as “keto flu” – and is usually over within a few days.

Keto flu includes a drop in energy and mental function, sleep issues, nausea, digestive discomfort and decreased exercise performance.

To minimize this, you can try a regular low-carb diet for the first few weeks. This may teach your body to burn more fat before you completely eliminate carbs.

A ketogenic diet can also change the water and mineral balance of your body, so adding extra salt to your meals or taking mineral supplements can help. It is extremely important to keep the body well hydrated always and you should aim to drink at least 2-3 liters of water every day.

For minerals, try taking 3,000–4,000 mg of sodium, 1,000 mg of potassium and 300 mg of magnesium per day to minimize side effects.

At least in the beginning, it is important to eat until fullness and to avoid restricting calories too much. This diet usually causes weight loss without any intentional calorific restriction.

For free bonus recipes <http://www.ketomonk.com/p/bonus>

What To Eat And What To Avoid On Keto?

There is a great deal of information on the internet about what can be eaten and what can be avoided on a Ketogenic diet. Being aware of what you put into your body is extremely important, a lot of us have probably experienced firsthand what mindless eating can do. This simple guide should help you determine what can be used while cooking up a meal or while rustling up a snack. It can also help when you have to eat out so you can make better informed choices.

Since Keto is a high fat, moderate protein and low carb diet, make sure to include those components appropriately.

FATS:

Make sure to eat -

Saturated fats like butter, ghee and coconut oil.

Monounsaturated fats like olive oil and avocado oil. You can use extra virgin olive oil for dressing up salads or to finish up a meal.

Polyunsaturated fats only if they are naturally occurring like the ones in fish and seafood.

Steer clear of -

Trans fats like hydrogenated oils and refined oils like sunflower, canola and margarine.

PROTEIN:

Make sure to eat -

Poultry like chicken, duck and quail. You can also eat organ meats like heart, liver and kidneys.

Eggs

Fish that is locally available like mackerels/bangda, surmai/sear/kingfish, tuna, salmon, rawas/indian salmon, pomfret, sardines.

Shellfish in the form of prawns, mussels, shellfish, lobster, squid, crab

Animal protein from mutton, beef, pork, ham, turkey, veal, bacon and sausages. Organ meats like heart, liver and kidneys can be consumed as well.

Steer clear of -

Cured meats with added sugar.

Pulses like dals, chana, rajma and beans.

DAIRY:

Make sure to eat -

Full fat dairy products like full fat dahi/yogurt, paneer, fresh cream, heavy whipping cream, sour cream, cream cheese, Greek yogurt.

Cheese in the form of Cheddar, Mozzarella, Parmesan, Ricotta, Feta, Colby, Gouda, Monterey Jack, mascarpone.

Spreads like full fat mayonnaise

Steer clear of -

Dairy products like lassi, full fat milk, store bought mithai and sweets, sweetened khoya, and products that claim to be low fat and filled with binders.

FRUITS AND VEGETABLES:

Make sure to eat -

Leafy greens and vegetables palak/spinach, methi/fenugreek, moringa/drumstick leaves, broccoli, cauliflower, cabbage, green beans, lauki, lettuce, cucumber, zucchini, celery, asparagus.

Vegetables like brinjal/eggplant, mushrooms, garlic, ginger, onions, bhindi/lady's finger and tomatoes are to be consumed in moderation

Fruits for most part contain a lot of sugar so berries like strawberries are to be consumed moderately. Use avocados since they are full of good fats. Citrus ones like lemon and orange are best used for dressing up salads and for flavoring meats and fish. Also, to be used while making flavored water or drinks.

Steer clear of -

Vegetables like potatoes, peas, corn, carrots.

Fruits like bananas, mangoes, papaya, watermelons, peaches, grapes, pomegranates.

NUTS AND SEEDS:

Make sure to eat -

Low carb nuts like macadamia nuts and pecans, chia, pumpkin, til/sesame seeds.

Moderate carb nuts like almonds, walnuts and peanuts

Steer clear of -

Heavy carb nuts like cashews and pistachios.

FLOURS AND GRAINS:

Make sure to eat -

Flours like coconut flour, almond flour, flaxseed flour and soy flour, unsweetened dessicated coconut, psyllium husk.

Steer clear of -

Flours like rice flour, wheat flour, besan, makkai/corn/maize, rajgira, bajra, jowar, rava and avoid products made from them.

Grains like oats, rajgira, rice, quinoa.

SPICES, SEASONINGS, CONDIMENTS, SAUCES, SWEETENERS:

Make sure to eat -

Spices like sea salt, haldi/turmeric, chili powder, jeera/cumin, cayenne, cinnamon/dalchini, cloves/lavang, cardamom/elaichi, mustard/rai

Seasonings like garam masala, chaat masala, jaljeera, coriander leaves/kothimir/hara dhania, italian seasoning, basil, oregano, thyme, parsley

Condiments like olives, mustard, apple cider vinegar, ketchup with no sugar

Sauces like soy sauce, green chili and red chili sauces without sugar, sriracha and Worcestershire.

Sweeteners available as Stevia, Erythritol, Xylitol,

Steer clear of -

Condiments and sauces which contain sugar, MSG

Sweeteners like aspartame, sucralose and Splenda, Equal.

DRINKS AND BEVERAGES:

Make sure to drink and use -

Liquids like water, broths, soups without sugar and using the right ingredients, flavored waters, smoothies made with keto friendly ingredients, unsweetened almond and coconut milk, coffee, green tea.

Steer clear of -

Fresh fruit juices of all kinds since they are high in sugar

Sodas, diet sodas, alcohol

Cocktails and Mocktails

Milk

MISCELLANEOUS:

Make sure to use -

Unsweetened cocoa powder, dark chocolate, 90 % and above, whey protein powders

Steer clear of -

Processed foods like breads, pasta, noodles, store bought sweets and desserts

How To Calculate Your Daily Macros

Follow the link below to calculate your personal macros.

<https://keto-calculator.ankerl.com>

BREAKFAST

Meat and Veggie Stuffed Omelet

Eggs are an extremely essential part of the Keto diet so it helps to have different egg recipes when you want to rustle up a meal. You can use a variety of ingredients to stuff this omelet and use as many or as few as you want.

Ingredients

2 eggs

1 sausage cut into pieces

1 strip bacon cut into pieces

20 gms spinach

20 gms mushrooms cut into bite sized pieces

15 gms cheddar cheese or one that is easily available

1 tbsp. olive oil

1 tbsp. butter

Salt to taste

Pepper

Bringing everything together

1. Heat a pan and add the bacon slices to it. Cook till the bacon is done and remove the pieces and keep them aside.
2. In the same pan, along with the bacon fat, add the olive oil and sauté the sausage slices till done. Add the mushrooms and cook them until they are soft and done.
3. Wash the spinach leaves and chop them. Add them to the pan with the sausage and mushrooms and let them cook for a couple of minutes until they just wilt.
4. At this stage add the bacon and mix everything well. This will be your stuffing for the omelet.
5. Add butter to the pan taking care that it's not too hot so that it doesn't burn. Beat the eggs with salt and pepper and pour them into the pan.
6. When the sides start getting done, cover with a lid so that the eggs cook perfectly but are not overdone. When the eggs are cooked, add the stuffing to the middle of the omelet along with the cheese. Fold the sides of the omelet

over to cover the stuffing so that the cheese melts as well.

Nutritional Information Per Serving

Serving Size -1

Calories 613

Fat 47 g

Total Carbohydrate 5 g

Protein 34 g

Spicy Bacon and Egg Cups

These cups can be made for breakfast or can be a meal with a small salad on the side. Jalapenos give these a nice flavor but you can use green chilies if you cannot find jalapenos to deliver a little spicy punch.

Ingredients

1 egg

2 strips of bacon

1 tbsp. cream cheese

10 gms of shredded cheddar or other shredded cheese

½ tbsp. butter for greasing

1 tbsp. chopped jalapenos or chopped green chilies depending on the spice level you would like

Salt to taste

Freshly cracked black pepper

Bringing everything together

1. Heat up a pan and cook the bacon strips till they are almost done.
2. Preheat the oven to 185 deg C as the bacon is cooking.
3. In a bowl, whisk the egg, cream cheese, shredded cheese and chopped jalapenos along with salt and pepper. You can also add the bacon fat from frying the bacon into this.
4. Grease a couple of muffin molds with the butter. Arrange the bacon strips so that they line the inside of the molds.
5. Divide the egg mixture and pour into the two molds. Bake for 15-20 minutes till the eggs are cooked.

Nutritional Information Per Serving

Serving Size -1

Calories 291

Total Fat 26 g

Total Carbohydrate 2 g

Protein 15 g

Paneer Methi Cheese Marke Chilla

If you enjoy the desi version of pancakes then chillas are for you. Typically made with grains and flours, this one uses paneer and can be had for breakfast or for a meal. You can also get innovative and add vegetables like zucchini or palak or the greens from green onions. It's a good way to stick to your keto diet and also get some fiber in. Consider it your morning fat bomb !

Ingredients

50 gms crumbled paneer, make sure there are no big lumps or pieces

1 tsp. finely grated ginger

1 tsp. finely chopped green chilies

½ tsp. each of haldi, chili powder and garam masala

2 tbsp. cleaned, washed and chopped methi leaves

1 tbsp. finely chopped coriander leaves

2 tbsp. shredded cheese of your choice

1 tbsp. ghee or butter

2 tbsp. hung curd sprinkled with chaat masala for serving.

Bringing everything together

1. In a bowl, combine all the ingredients except the ghee and make sure everything is well blended.

2. Heat up ghee in a pan and spread the mixture to make little pancakes or chillas.

3. Cook till the chilla turns crisp and brown. Serve it with some hung curd sprinkled with chaat masala.

Nutritional Information Per Serving

Serving Size -1

Calories 372

Total Fat 33 g

Total Carbohydrate 4 g

Protein 13 g

Breakfast Bowl

If you are tired of the eggs and meat routine and want to try something a little different, try making yourself a breakfast bowl. You can make this either at night or make it as soon as you are up and then eat it as you finish your morning tasks.

Ingredients

2 tsp. chia seeds

200 ml unsweetened coconut milk

½ tsp. vanilla extract

30 gms strawberries or berries that are easily available.

1 tbsp. of powdered nuts (you can include walnuts, almonds, macadamia nuts, pecans)

Sweetener as per taste

Bringing everything together

1. In a bowl soak the chia seeds in the unsweetened coconut milk and add the vanilla extract. If you are soaking it overnight, cover the bowl and put it in the refrigerator.

2. When you are ready to eat, add the berries, sweetener and powdered nuts.

Nutritional Information Per Serving

Serving Size -1

Calories 155

Total Fat 11 g

Total Carbohydrate 9 g

Protein 5 g

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Veggie and Ricotta Muffins

These muffins can be made in batches and can be eaten for breakfast or even a snack if you have some leftover that is! This recipe is great in a lot of ways because you can use as many or as little of the veggies as you like and if you prep the veggies beforehand these can be whipped up quickly with not much effort – ideal when you don't have much time but need something filling and tasty.

Ingredients

¼ cup finely chopped onion
¼ cup cubed zucchini
¼ cup broccoli florets
¼ cup washed, cleaned and chopped mushrooms
½ cup cleaned, washed and chopped spinach
1 tbsp. minced garlic
2 eggs
1 cup ricotta cheese
¼ cup shredded cheese of your choice
1 tbsp. olive oil
Salt and pepper to taste

Bringing everything together

1. In a pan heat up olive oil and add the onions and garlic and cook until they are soft and there's no raw garlic smell.
2. Add the vegetables except the spinach and cook until tender. Add the spinach and cook for a few minutes till it wilts. Add salt and pepper and keep aside to cool.
3. Preheat the oven to 185 degrees C.
4. In a bowl beat the eggs and add the ricotta and shredded cheese. Add the vegetables and mix everything well and season further with salt and pepper.
5. Grease a muffin pan with butter or cooking spray and fill it up about ¾ th of the mold with the mixture since it will rise a little.
6. Bake for about 20-30 minutes or till the eggs are firm.

Nutritional Information Per Serving

Serving Size -2

Calories 457

Total Fat 33 g

Total Carbohydrate 13 g

Protein 20 g

SNACKS

Cauliflower Tikkis

If you are craving for Tikkis or Pattice and think you cannot enjoy them whilst on your Keto diet, say hello to Cauliflower tikkis. Dress them up in your favorite Indian spices and you will probably not miss your aloo tikkis! If you want to skip the egg, use 2 tbsp. of husk for binding instead.

Ingredients:

200 gms cauliflower shredded or riced

1 egg

½ cup finely chopped onion

1 tsp. ginger paste

1 tsp. garlic paste

½ tsp. finely chopped green chilies

¼ tsp. haldi

1 tsp. chili powder

1tsp. garam masala

¼ tsp. chaat masala

2 tbsp. coriander leaves

2 tbsp. olive oil

2 tbsp. low fat hung curd

Salt to taste

Bringing everything together

1. Add the shredded cauliflower into a kitchen towel or a muslin cloth and squeeze out all the water. Put the dried-out cauliflower into a bowl.
2. Add the masalas, ginger and garlic paste, egg and coriander leaves and mix well. Make little tikkis and flatten them in the palm of your hand.
3. Heat up the oil in a pan and add the tikkis into the oil once it's hot. Shallow fry the tikkis till they are golden brown and crisp.
4. Add a pinch of chili powder, chaat masala to the hung curd and enjoy it

with the tikkis.

Nutritional Information Per Serving

Serving Size -2

Calories 230

Total Fat 16 g

Total Carbohydrate 12 g

Protein 12 g

Cheese and Meat Chips

When the munchies strike a little before lunch time or around tea time it is nice to have something on hand to satisfy those cravings. These are extremely simple to make and can be carried around wherever you go.

Ingredients:

100 gms Chicken Salami or Chicken Sausage, approximately 20 slices

150 gms shredded cheese

Chili flakes

Dried herbs

Bringing everything together

1. Preheat the oven to 200 degrees C. Line a baking sheet with foil or parchment paper. You could also spray a baking dish with cooking spray.
2. Place the salami or sausage slices on the tray. Divide the cheese equally over all the slices.
3. Sprinkle some chili flakes and dried herbs and put the tray into the oven.
4. Bake for 10 minutes and till you see the cheese get bubbly and done.
5. Cool them and your crunchy snack is ready.

Nutritional Information Per Serving

Serving Size -3

Calories 280

Total Fat 24 g

Total Carbohydrate 1 g

Protein 16 g

Cheesy Tamatar Salad

This is by far the quickest snack that you can assemble and enjoy on your Keto diet and the flavors though simple go extremely well together.

Ingredients

1 firm tomato sliced
100 gms fresh mozzarella sliced
2 tbsp. fresh basil leaves
Sea salt to taste
Freshly cracked black pepper
3 tbsp. olive oil

Bringing everything together

1. Arrange the tomato slices and top with the sliced mozzarella.
2. Chop the basil leaves and top them on the tomato and mozzarella.
3. Drizzle olive oil generously and sprinkle sea salt and crushed pepper.

Nutritional Information Per Serving

Serving Size -2

Calories 365

Total Fat 30 g

Total Carbohydrate 5 g

Protein 9 g

Kurkure Paneer Slices

This simple recipe can be prepped and kept in the fridge and you can use as much as you need at a time and save the rest for later. You can also marinate the paneer in different containers so you can pull out only one from the fridge for immediate use.

Ingredients

100 gms paneer cut into thick slices
2 tsp. ginger garlic paste
2 tbsp. yogurt
1 ½ tsp. red chili powder
1 tsp. haldi
1 tsp. garam masala powder
½ tsp. crushed kasoori methi
½ tsp. amchoor powder
2 tbsp. finely chopped coriander leaves
2 tbsp. butter/ghee
½ tsp. chaat masala
1 tbsp. lemon juice
Onion rings for garnish
Salt to taste

Bringing everything together

1. Marinate the paneer slices with curd and all the masalas and keep aside for 20-30 minutes or so.
2. Heat up a pan with butter or ghee and add the paneer slices and fry till golden and crispy.
3. Sprinkle the chat masala and lemon juice and garnish with onion rings.

Nutritional Information Per Serving

Serving Size -2

Calories 298

Total Fat 26 g

Total Carbohydrate 2 g

Protein 11 g

Crunchy Broccoli Tofu Salad

This recipe makes use of a simple salad dressing and is sweet and spicy and full of the goodness of tofu and broccoli. As always you can add extra vegetables or even grilled chicken to change things up a bit.

Ingredients

1 cup broccoli – if you don't like it raw blanch it or steam it for a few minutes in hot water but make sure its crunchy and not mushy
50 gms tofu cut into cubes
15 gms thinly sliced cabbage
25 gms thinly sliced cucumber
2 tbsp. peanut butter
2 tbsp. apple cider vinegar
2 tbsp. lemon juice
2 tbsp. roasted peanuts
1 tbsp. finely chopped coriander leaves
chili flakes as needed
salt to taste
2 tbsp. butter

Bringing everything together

1. In a pan heat up butter and fry the tofu pieces till they are roasted and brown on all sides.
2. In a bowl mix the peanut butter, apple cider vinegar and lemon juice. Add a little water to thin the dressing a little if it's too thick. Add chili flakes as needed.
3. Mix all the salad ingredients and season with salt. Add the dressing and make sure all the vegetables are coated well.
4. Garnish with coriander leaves and roasted peanuts.

Nutritional Information Per Serving

Serving Size -2

Calories 275

Total Fat 24 g

Total Carbohydrate 11 g

Protein 10 g

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Multi Fillings Egg Muffins

This recipe uses different fillings for the egg muffins so you enjoy a variety of them or if you enjoy one of them you can use the same filling for all of them. Feel free to switch them up as you like. These make for a great snack and be carried on the go as well.

Ingredients

4 eggs

½ cup spinach washed and chopped

¼ cup chopped onions

½ cup chopped tomatoes

¼ cup chopped capsicum

½ cup broccoli florets

¼ cup chopped mushroom

½ cup shredded cheese + 2tbsp. for topping

2 tbsp. ricotta cheese or any other soft cheese

2 tbsp. butter softened

Salt and pepper to taste

Italian seasoning and chili flakes – optional

Bringing everything together

1. Grease a 6-mold muffin pan with butter. Use one mold for each of the following combinations –half the spinach and half the tomatoes, half the capsicum and half the onions, remaining half of the tomatoes and ricotta, half the broccoli and capsicum, half the spinach and mushrooms, remaining half of the broccoli and the shredded cheese.

2. Preheat the oven to 185 degrees C.

3. Break the eggs in a bowl and season well with salt and pepper after beating them. You can also season the different fillings with salt, pepper and Italian seasoning and chili flakes.

4. Pour the egg mixture evenly into all the 6 molds. Top with the 2-tbsp. shredded cheese.

5. Bake the muffins for 20-25 minutes till the eggs are cooked. Unmold and serve.

Nutritional Information Per Serving

Serving Size -2

Calories 334

Total Fat 24 g

Total Carbohydrate 11 g

Protein 18 g

Zucchini Cheese And Garlic Breadsticks

If you loved cheese and garlic breadsticks before you embarked on your low carb keto journey, there is no reason to completely miss it. You can make a batch of these zucchini garlic breadsticks when you want to have some of those cheesy garlicky flavors minus a whole lot of the carbs of course.

Ingredients

- 1 medium sized zucchini, grated
- 1 cup shredded mozzarella
- 1 cup shredded cheddar
- 2 tbsp. garlic powder
- 2 tsp. husk
- 1 tbsp. Italian seasoning
- 1 egg
- 2 tbsp. cream cheese for serving
- Salt and pepper to taste

Bringing everything together

1. In a bowl add the grated zucchini and sprinkle some salt and leave aside for a few minutes. Squeeze out all the water from it by using a fine cloth or a kitchen towel so that the zucchini is fairly dry.
2. Keep aside ¼ cups each of the mozzarella and cheddar for the second round of baking
3. To this zucchini add a beaten egg, the cheese, husk, garlic powder, Italian seasoning and salt and pepper to taste. Mix everything well together.
4. Preheat the oven to 185 deg C. Line a baking tray with parchment paper or foil and spread out the zucchini mixture on it evenly making sure it is not too thin.
5. Bake for 30 minutes. Take out the tray and spread the remaining cheese and bake for another 8 -10 minutes so that the cheese on top melts nicely as well.
6. Take it out of the oven and cut into thick strips.
7. Serve with some cream cheese.

Nutritional Information Per Serving

Serving Size -3

Calories 311

Total Fat 23 g

Total Carbohydrate 9 g

Protein 21 g

Spinach Yogurt Cheese Dip with Veggies

This snack is great on the go and will help when you need to eat more veggies and up your fiber quotient. You can use cut cucumbers, colored peppers or capsicum, steamed green beans, cauliflower, broccoli, and asparagus to serve up with this dip.

Ingredients

1 cup cleaned, washed and chopped spinach
1 cup Greek yogurt or full fat hung curd
½ cup cream cheese
¼ cup sour cream
1 tsp garlic powder
1 tsp paprika or cayenne powder or red chili powder
Salt to taste

Bringing everything together

1. Blanch the chopped spinach in hot water or steam in the microwave for a few minutes.
2. Cool the spinach and drain it completely so there is not too much moisture in it.
3. In a bowl gently blend the yogurt, cream cheese, sour cream, garlic and paprika powders and add salt to taste.
4. Chill and serve with veggies of your choice.

Nutritional Information Per Serving

Serving Size -3

Calories 220

Total Fat 17 g

Total Carbohydrate 6 g

Protein 11 g

Egg Salad In Lettuce Cups

Egg Salad is just one more versatile way you can use eggs on a Keto diet. This egg salad uses ingredients that are typically available in your refrigerator and you can keep it simple or make it a tad bit fancier by adding bacon and chives.

Ingredients

6 hard boiled eggs
1 tbsp. butter at room temperature
½ cup full fat mayonnaise
1 tbsp. Dijon mustard
2 tsp. paprika or chili powder
2 tbsp. finely chopped green onions
2 tbsp. finely chopped celery
4 lettuce leaves – romaine or iceberg
Salt to taste

Bringing everything together

1. Cut the eggs into small pieces and put them in a bowl.
2. Add the mayonnaise, mustard, green onions and celery, and the seasonings.
3. Gently bring everything together in the bowl, making sure the egg pieces are coated well.
4. Spoon some of the egg salad into the lettuce leaves and serve.

Nutritional Information Per Serving

Serving Size -3
Calories 466
Total Fat 43 g
Total Carbohydrate 5 g
Protein 13 g

Zucchini Mini Pizzas

These mini pizzas use the zucchini slices for a base so you can have your pizza and eat it too. You can use either pepperoni or salami or sausages or even use chopped veggies for toppings. Spinach and ricotta are a great combination as well. As with regular pizzas, you can try and experiment with different toppings.

Ingredients

1 medium sized zucchini cut into slices
½ cup unsweetened pizza sauce
1 cup shredded cheese
¼ cup mushrooms washed and sliced
¼ cup green capsicum chopped
¼ cup onions chopped
¼ cup sliced salami or pepperoni or sausage
1 tbsp. pizza seasoning
1 tbsp. olive oil
salt to taste

Bringing everything together

1. Once the zucchini is cut into slices, blot the slices to remove any moisture.
2. Preheat the oven to 185 deg C.
3. Coat the zucchini with olive oil and arrange them in a baking tray or pan.
4. Spoon out a little pizza sauce on each of the slices.
5. Top with mushrooms, plain pepperoni or salami or sausage, onions and capsicum, in combinations of your choice.
6. Sprinkle the salt, pizza seasoning and add the shredded cheese on top of all the slices.
7. Bake for 15-20 minutes till all the cheese melts and the zucchini slices crisp up a little.

Nutritional Information Per Serving

Serving Size -2

Calories 282

Total Fat 20 g

Total Carbohydrate 11 g

Protein 16 g

Roasted Mixed Nuts

Nuts are great for everyone and when roasted with a few simple spices, end up becoming even more appetizing. These can be carried to work, on a trip or just stored at home so you reach for these when you need a healthy snack.

Ingredients

2 cups mixed nuts – almonds, macadamia, hazel nuts and walnuts

2 tbsp. butter

1 tsp. sea salt

½ tsp. pepper

½ tsp. paprika or cayenne or chili powder

¼ tsp. cinnamon powder

1 tsp. sweetener

Bringing everything together

1. Preheat the oven to 185 deg C.
2. In a pan slowly melt the butter taking care to not burn it. Add the nuts and all the seasonings and make sure the nuts are coated well.
3. Line a baking tray with parchment paper and spread the nuts on the tray in a single layer.
4. Bake for 15 minutes and halfway through just toss them around once more on the tray so they evenly bake on all sides.
5. Take the tray out of the oven and let the nuts cool for a few minutes before transferring them into an air tight container.

Nutritional Information Per Serving

Serving Size -4

Calories 390

Total Fat 36 g

Total Carbohydrate 10 g

Protein 12 g

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Sausage Stir Fry

It is a good idea to have sausages handy on your keto diet since they can be very useful when you are making a meal. You can eat them as is once they are cooked, add them to a frittata or an omelet or make a stir fry. This recipe uses chicken sausages; you can replace them with ones you like. Also make sure the sausages you get are free of flours and fillers of any sort.

Ingredients

4 chicken sausages cut into big pieces, 3-4 pieces from each sausage

½ cup onions sliced lengthwise

½ cup colored capsicums or peppers sliced lengthwise

¼ cup broccoli florets

½ cup mushrooms cut into quarters

2 tbsp. finely chopped garlic

2 tbsp. finely chopped ginger

1 tsp. finely chopped green chilies

1 tbsp. vinegar

1 tbsp. garam masala

2 tbsp. finely chopped coriander leaves

2 tbsp. butter

1 tbsp. olive oil

salt and pepper to taste

Bringing everything together

1. In a pan heat up the olive oil and cook the chicken sausages till well done. Drain on a paper towel.
2. In the same pan slowly melt the butter taking care not to burn it. Add the green chilies, ginger and garlic and cook for a couple of minutes. Add the onions and cook till they are translucent.
3. Add the mushrooms and cook till they are done. Add the broccoli and capsicum and cook till they are tender and not mushy.
4. At this point add the chicken sausage back to the pan. Season with garam masala, salt, pepper and vinegar.

5. Mix everything well together and garnish with coriander leaves.

Nutritional Information Per Serving

Serving Size -2

Calories 381

Total Fat 20 g

Total Carbohydrate 11 g

Protein 22 g

Greek Salad With Feta

Mediterranean cuisine is considered one of the healthiest diets, and this Greek Salad with Feta cheese is no different. Most of the ingredients are easily available in our stores. If Feta cheese is hard to find, use a soft cheese that is easily available.

Ingredients

1 cucumber peeled and cut into cubes
1 medium tomato cut into cubes
1 small green capsicum or pepper cut into cubes
½ cup finely sliced red onions
8 black olives chopped
50 gms feta cheese crumbled
¼ tsp. dried oregano
1 tbsp. extra virgin olive oil
salt and pepper to taste

Bringing everything together

1. In a bowl add the cucumber, tomato, capsicum and onion, olives.
2. Season with salt, pepper and dried oregano. Sprinkle the crumbled feta and drizzle the olive oil all over the salad. Mix well and serve.

Nutritional Information Per Serving

Serving Size -2

Calories 186

Total Fat 17 g

Total Carbohydrate 10 g

Protein 4 g

Brussel Sprouts with Bacon

If you can lay your hands on Brussel sprouts, they are a nice change from the regular broccoli and cauliflower. You can omit the bacon in this dish but it adds a nice flavor to the dish.

Ingredients

100 gms Brussel sprouts washed and cut into quarters

2 rashers of bacon

1 clove of garlic finely chopped

¼ cup shredded cheese

½ tbsp. olive oil

salt and pepper to taste

¼ tsp. red chili flakes

Bringing everything together

1. In a heavy bottomed pan heat up the olive oil and add the bacon. Cook till done. Take out the bacon and drain on a paper towel.
2. In the same pan, add the garlic and cook for a couple of minutes. Add the Brussel sprouts and cook for 6-7 minutes till they are done.
3. In the meantime chop up the bacon into smaller pieces and add them to the pan once the sprouts are done.
4. Season with salt, pepper and the red chili flakes. Sprinkle the cheese and let it melt for a couple of minutes and serve.

Nutritional Information Per Serving

Serving Size -2

Calories 168

Total Fat 12 g

Total Carbohydrate 49 g

Protein 12 g

Juggad wale Vegetables

We all have those days when towards the end of a week we have some smaller portions of vegetables that have not been used up in our refrigerator. Remember how most mothers did juggad and used up leftover veggies? Roasting them with a few herbs is a nice way to use them up. They can be eaten as a snack or even had as a side. This recipe uses lots of vegetables; you can use the ones that you have on hand.

Ingredients

50 gms broccoli washed and cut into big florets
50 gms cauliflower washed and cut into florets
25 gms eggplant cut into thick slices
50 gms colored peppers or capsicum cut into big squares
50 gms asparagus trimmed and cut into halves
50 gms cabbage cut into big chunks with the thick stem intact
25 gms leeks cut into big pieces
2 Amul Cheese cubes grated
100 ml. Amul Fresh Cream
2 tbsp. olive oil
1 tbsp. fresh rosemary and thyme each finely chopped or herbs of your choice
2 tbsp. finely chopped garlic
salt and freshly cracked pepper to taste

Bringing everything together

1. Preheat the oven to 200 degrees C.
2. Put all the vegetables on a big roasting tray that has been greased either with cooking spray or a bit of oil.
3. Season the vegetables with salt and pepper. Sprinkle the garlic and herbs evenly and drizzle the olive oil. Toss everything around so all the vegetables are coated well.
4. Roast the vegetables for about 30 minutes or so and make sure to toss them a couple of times in between so all the vegetables are evenly cooked.
5. In a pan on medium heat, add the vegetables, the grated cheese cubes and the cream and cook for 3-4 minutes till everything is mixed well.

Nutritional Information Per Serving

Serving Size -2

Calories 246

Total Fat 19 g

Total Carbohydrate 8 g

Protein 9 g

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MAINS

Palak Paneer

Palak paneer is one of those ubiquitous Indian dishes that you will find on menus everywhere – from dhabas to restaurants of all kinds and one that can be replicated in our homes very easily. Luckily for us, it's also one of those recipes that lends its beautifully to be ketofied.

Ingredients:

Making the puree

200 gms spinach or palak

2 or more green chilies

3 cloves of garlic

½ inch of ginger

4 cups of water for blanching the spinach

Making the gravy

100 gms paneer cut into cubes

½ cup finely chopped onion

½ cup finely chopped tomato

2 cloves of garlic finely chopped

¼ tsp. hing or asafoetida

½ tsp. jeera

¼ tsp. haldi powder

½ tsp. red chili powder (if you feel the green chilies will provide enough heat, skip this)

1 tsp. garam masala

1 bay leaf

2 tbsp. ghee or butter

½ tsp. kasoori methi

1 tsp. lemon juice

Salt to taste

1 tsp. of cream and ginger juliennes to garnish

Bringing everything together

1. Clean the spinach leaves thoroughly by washing multiple times.
2. Boil 4 cups of water in a pan and once the water starts boiling drop the spinach leaves into it and turn off the heat. Leave for a few minutes and strain the leaves. Do not discard this water and reserve it for later.
3. Blend the blanched spinach, ginger, garlic and green chilies into a smooth paste and keep it aside.
4. Put a pan on heat and add the ghee or butter. Make sure to use lesser heat if you are using butter so that it doesn't burn. Once hot, add the hing, jeera and the bay leaf and let it crackle. Add the finely chopped onions and let them fry until they turn golden brown.
5. Add the finely chopped garlic and let it fry taking care to not burn it.
6. Add the finely chopped tomatoes and let them soften and cook down.
7. Once you see the fat releasing from the sides of the mixture, add the haldi and chili powders, kasoori methi and garam masala. Fry for a minute.
8. Add the spinach puree and stir well. Add some of the reserved water and let it simmer for a few minutes till the spinach is cooked and all the masalas are incorporated well. Season with salt and add the lemon juice.
9. Add the cubed paneer and let it cook for a few minutes till the paneer softens.
10. Garnish with cream and ginger juliennes.

Nutritional Information Per Serving

Serving Size -2

Calories 362

Total Fat 28 g

Total Carbohydrate 9 g

Protein 15 g

Frittata with Vegetables

If you love eggs but are tired of the same old boiled eggs and masala omelet, change things up with a Frittata. This is one dish that can easily be made for breakfast, lunch or dinner. The best part is you can add vegetables or other meats like ham, chicken and sausage to liven things up.

Ingredients:

4 eggs

1 tbsp. olive oil

1 tbsp. butter

½ cup mushrooms

½ cup washed spinach leaves

¼ cup finely chopped onions

½ cup cheese – take your pick from cheddar, mozzarella or ricotta or one that is easily available

Salt and pepper to taste

Chili flakes (optional)

Bringing everything together

1. Preheat the oven to 185 degrees C. While the oven is heating up, heat up a pan and heat up the olive oil on medium heat. Add the chopped onion and cook till the onions soften and become translucent.
2. Add the mushrooms and cook till the water evaporates.
3. Add the palak leaves and cook them till they wilt slightly.
4. In a bowl, break the eggs and beat them lightly and season with salt and pepper. Add most of the cheese to it and leave some for topping the eggs while baking them.
5. Heat up a cast iron skillet or an oven proof pan to melt the butter and coat it well. Add the mushrooms and spinach to it and pour the egg and cheese mixture to it.
6. Top with remaining cheese and put it in the oven to bake for about 20-25 minutes until the eggs are cooked and set.

Nutritional Information Per Serving

Serving Size -2

Calories 410

Total Fat 33 g

Total Carbohydrate 3 g

Protein 23 g

Masala Fish Fry

If you are tired of chicken and paneer and love your fish, here is a simple yet tasty recipe that takes very little prep time and is ready in a jiffy. Use fish that is locally and easily available and you are good to go.

Ingredients:

100 gms fish fillet (take your pick from Basa, Surmai/King fish/Sear, Tilapia, Betki)

2 tsp. garlic paste

2 tsp. chilli powder

1/2 tsp. haldi powder

1 tbsp. coriander leaves chopped fine

½ tbsp. lemon juice

2 tbsp. oil

Salt to taste

1 tbsp. husk mixed with a pinch of salt and ¼ tsp. chili powder

Bringing everything together

1. Wash and clean the fish well and drain all the water.

2. Mix the garlic paste, chili and haldi powders, lemon juice, salt and coriander leaves and coat the fish pieces well. Leave aside for 20 minutes to marinate.

3. Heat the oil in a pan. Coat the fish pieces in the husk and chili powder mix and put them into the pan.

4. Cover the pan with a lid for a few minutes till the fish cooks on one side. Flip the fish pieces and cook the other side as well so that both sides are crispy and done.

5. Serve with lemon juice and onion rings.

Nutritional Information Per Serving

Serving Size -1

Calories 348

Total Fat 30 g

Total Carbohydrate 1 g

Protein 23 g

Jhatpat Jhinga

If you are a prawn or shrimp fan this jhatpat jhinga is for you. With ingredients that are found in most Indian homes and considering prawns cook quickly, this can be made after a long day at work or to pack for lunch or when you need some comfort food.

Ingredients:

100 gms Prawns
¼ cup finely chopped onions
¼ cup finely chopped tomatoes
1 tsp. ginger-garlic paste
½ tsp. finely chopped green chilies
1 tbsp. finely chopped coriander leaves
1 tsp. chili powder
¼ tsp. haldi powder
½ tsp. garam masala powder
1 tbsp. lemon juice
2 tbsp. oil
Salt to taste

Bringing everything together

1. Clean and devein the prawns and keep aside.
2. In a pan, heat oil, add the onions and fry till they soften. Add the ginger garlic paste and cook till the raw smell disappears and the onion has turned golden brown.
3. Add tomatoes and cook till they soften.
4. Add the chili and haldi powders, garam masala and salt. Cook for a minute.
5. Add the prawns and cook till done. Take care to not overcook the prawns as they will toughen up.
6. Add the lemon juice and mix well.
7. Garnish with coriander leaves.

Nutritional Information Per Serving

Serving Size -1

Calories 380

Total Fat 28 g

Total Carbohydrate 8 g

Protein 22 g

Desi Chinese Style Chicken and Broccoli Stir Fry

If you love your Chinese khaana and think you have to miss it on your Keto diet, fret not, there are recipes you can still try so that you can continue to enjoy it.

Ingredients

200 gms boneless chicken cut into small pieces

50 gms broccoli washed and cut into florets

1 tbsp. finely chopped ginger

1 tbsp. finely chopped garlic

3 stalks of spring onions, greens and whites separated and chopped

1 ½ tbsp. chopped green chilies

2 tbsp. soy sauce

2 tbsp. red chili sauce

2 tbsp. olive oil

½ tsp. sweetener

1 tbsp. butter

salt to taste

pepper to taste

Bringing everything together

1. In a pan on medium heat, melt the butter and add the chicken pieces. Season with salt and pepper and cook for 15 minutes so that the chicken is cooked and browned. Keep aside.
2. In a wok or pan heat up the olive oil and add the green chilies, garlic, ginger and the whites of the spring onions and cook for a few minutes.
3. Add the broccoli florets and sauté for a few minutes till they are tender but not mushy.
4. Add the sauces, sweetener and season further with salt and pepper as needed.
5. Mix the chicken back in and blend everything together and cook for a couple more minutes. Garnish with the greens from the spring onions.

Nutritional Information Per Serving

Serving Size -2

Calories 277

Total Fat 20 g

Total Carbohydrate 2 g

Protein 23 g

Keto Cauliflower Egg Fried Rice

Most of you have probably made excellent friends with cauliflower by now on your Keto diet and have used it as a replacement for when you would like to eat rice. If you haven't done it so far, then use this recipe to get acquainted! Though this recipe uses eggs and a couple of vegetables, you can add chicken or bacon or shrimp as well.

Ingredients

1 small head of cauliflower cut into florets
2 eggs
2 stalks of spring onions with whites and greens separated
1 tbsp. soy sauce
1 tbsp. green chili paste
1 tbsp. finely chopped garlic
2 tbsp. ghee
1 tbsp. sesame oil
¼ cup thinly sliced beans
½ cup broccoli florets
Salt and pepper to taste

Bringing everything together

1. Clean the cauliflower and cut into florets. Using a food processor or a mixer pulse it so that it has a rice like consistency. Be careful to not to overdo it, it will turn mushy otherwise.
2. Pour out the riced cauliflower onto a plate or tray lined with a paper towel or a muslin cloth and squeeze and drain out as much moisture as possible.
3. Heat a pan with ghee and add the riced cauliflower and season with salt and pepper. Let it cook for a few minutes. Take it out and keep aside. You can use this as a base for other dishes as well or proceed to make the fried rice.
4. In the same pan heat up the sesame oil and add the garlic and whites of the spring onions and cook for 2 minutes.
5. Add the beans and cook till they are still crunchy. Add the broccoli at this stage and cook for 2-3 minutes.

6. Add the cauliflower rice back to the pan along with the soy and green chili sauce and season further as needed.
7. Beat the eggs and season with salt and pepper. Make a well in the cauliflower rice and pour the eggs in. Scramble the eggs and mix them into the rice as they cook.
8. Garnish with the greens of the spring onions and mix everything well before serving.

Nutritional Information Per Serving

Serving Size -2

Calories 347

Total Fat 27 g

Total Carbohydrate 11 g

Protein 11 g

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Mushroom Pepper Masala

If you want a break from eating meat or paneer try this with a side of cauliflower rice and a salad to make a complete meal.

Ingredients

100 gms mushrooms, cleaned and cut into quarters
25 gms capsicum cut lengthwise
¼ cup finely sliced onions
2 green chilies sliced lengthwise
1/2 tbsp. finely chopped ginger
1/2 tbsp. finely chopped garlic
1 tsp. pepper and ½ tsp. jeera/cumin and ½ tsp. dhania/coriander seeds all roasted and pound in a mortar pestle or ground together in the mixer
1 tsp. garam masala
1 tbsp. lemon juice
2 tbsp. finely chopped coriander leaves
1tbsp. ghee or coconut oil
4-5 curry leaves
Salt to taste

Bringing everything together

1. Heat up ghee or coconut oil in a pan. Add the slit green chilies and let them splutter.
2. Add the onions, ginger and garlic and cook for a few minutes till the raw smell disappears and then add the curry leaves.
3. Add the sliced capsicum and sauté for a couple of minutes.
4. Add the mushrooms, the masalas and salt. Cover and cook till the mushrooms are done.
5. The mushrooms will release water so remove the lid and make sure to cook off most of the water.
6. Add the lemon juice and garnish with coriander leaves.

Nutritional Information Per Serving

Serving Size -1

Calories 190

Total Fat 15 g

Total Carbohydrate 9 g

Protein 4 g

Soya Paneer Cheese Kababs

Soya granules which are easily available are a good source of protein and can be used in a lot of different ways. This recipe uses soya chunks along with paneer and cheese to make some wholesome Kababs.

Ingredients

50 gms soya chunks boiled, well drained and mashed or chopped up fine in a food processor

100 gms paneer crumbled

50 gms grated cheese

1 ½ tbsp. ginger garlic paste

1 tsp. finely chopped green chilies

2 tbsp. husk

2 tsp. garam masala

2 tsp chaat masala

2 tbsp finely chopped coriander leaves

Salt to taste

3 tbsp oil/ghee/butter to shallow fry

Bringing everything together

1. In a bowl mix together the all the ingredients and make flat kababs.
2. Heat up a little oil, ghee or butter taking care not to burn it in a shallow pan and fry the kababs till they are crispy and done.
3. Drain on a paper towel and serve it with either cream cheese or hung curd sprinkled with some chaat masala.

Nutritional Information Per Serving

Serving Size -3

Calories 332

Total Fat 27g

Total Carbohydrate 3 g

Protein 27 g

Mast Masale Mussels

Mussels or clams are easily available in most markets. Once the initial cleaning is done, these don't take much time to cook and make up for the effort thanks to their deliciousness.

Ingredients

250 gms mussels with their shells
½ cup onion finely chopped
¼ cup tomato finely chopped
2 tbsp. dessicated coconut
½ cup unsweetened coconut milk
2 tsp. chili powder
1 tsp. haldi powder
2 tsp. garam masala powder
2 tsp. ginger garlic paste
2 slit green chilies
2 tbsp. coriander leaves finely chopped
2 tbsp. coconut oil
Salt to taste

Bringing everything together

1. Clean the mussels in running water to make sure you remove all the sand and dirt.
2. Heat water in a pan and when the water is hot, drop the mussels gently into the water. In a few minutes, the mussels will open. Discard the ones that haven't opened and gently wash the rest. You can either use both parts of the shell or the use only the one to which the flesh is attached.
3. In a wide bottomed pan heat up the coconut oil, add the green chilies and let them splutter. Add the onions, ginger garlic and fry till brown. Add the dessicated coconut and cook till it browns slightly.
4. Add the tomatoes and cook them till they soften. Add the haldi, chili powders and garam masala and cook for a minute.
5. Drop the mussels in slowly into the pan and gently coat the shells with the masala. Add salt to taste and let them cook for 5-6 minutes.

6. Add coconut milk and let it slowly simmer for a few minutes and take care not to curdle it.
7. Garnish with chopped coriander leaves.

Nutritional Information Per Serving

Serving Size -2

Calories 251

Total Fat 21 g

Total Carbohydrate 9 g

Protein 22 g

Butter Garlic Prawns

This continental dish is great for those times when you are in the mood for something different and will make a great meal alongside some salad or roasted vegetables.

Ingredients

100 gms prawns cleaned and deveined

8-10 garlic cloves finely chopped

1 tbsp. finely chopped parsley

2 tbsp. butter

1 tbsp. olive oil

1 tbsp. lemon juice

salt and pepper to taste

Bringing everything together

1. In a pan heat up the olive oil and add the butter till it melts.
2. Add the garlic and cook for a couple of minutes.
3. Add the prawns and cook till the prawns are done taking care to not cook for than 8-10 minutes depending on the size of the prawns or so since this will end up making the prawns tough.
4. Season with salt and freshly ground pepper preferably and lemon juice. Toss it all together and garnish with parsley.

Nutritional Information Per Serving

Serving Size -1

Calories 463

Total Fat 37 g

Total Carbohydrate 0 g

Protein 21 g

Saag Mutton

Saag Mutton combines spinach and mutton and can be had with Keto rotis or cauliflower jeera rice. Try and get boneless chunks of meat if possible. You can also substitute mutton with chicken.

Ingredients

200 gms boneless mutton

½ cup onions finely chopped

½ cup tomatoes finely chopped

1 cup pureed spinach

2 tbsp. ginger garlic paste

1 tsp. each of haldi and chili powder

2 tsp. garam masala powder

2 green chilies slit

1 tbsp. lemon juice

2 tbsp. ghee

1 tbsp. oil

For tempering use 2 green cardamoms, small piece of cinnamon, 1 bay leaf, 4 pepper corns, 2 cloves

salt to taste

Bringing everything together

1. In a pressure cooker, heat up the oil a little and add the ghee. Add the whole spices for tempering, slit green chilies and fry for a minute.
2. Add the onions and fry till they soften and turn translucent. Add the ginger garlic paste and cook for a couple of minutes. Turn on the heat and add the mutton and cook on high for a few minutes.
3. Add the chopped tomatoes and cook further till the tomatoes soften up. Add the haldi, chili powder and garam masala and cook for a minute.
4. Mix everything well and make sure the masala coats all the meat. Add a cup of water and cook for 4 whistles or till the mutton is tender and cooked.
5. Once the pressure is released, add the spinach puree and lemon juice and cook for 5 minutes so that the puree is blended well with the meat and the

gravy.

Nutritional Information Per Serving

Serving Size -2

Calories 470

Total Fat 36 g

Total Carbohydrate 8 g

Protein 28 g

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Palak Methi Roti

Rotis and Rice are a quintessential part of our Indian cuisine so this roti had to make it to the list. You can add to this recipe – crumbled paneer, chopped onions, ajwain/caraway seeds, ginger, spring onions and what have you or just have it plain too.

Ingredients

1 cup powdered flaxseed

1 tbsp. husk

½ cup cleaned, washed and chopped methi and palak leaves

1 tsp. garlic –green chili paste or just ground in a mortar pestle

½ tsp. each of haldi, mirchi/chili powder and garam masala

1 tbsp. oil

2 tbsp. ghee

salt to taste

Almond or coconut flour for dusting, optional

¾ -1 cup warm water

Bringing everything together

1. In a big bowl add the powdered flaxseed, husk, methi and palak leaves, garlic-green chili paste and the dry masalas. Mix everything well and add the oil.
2. Starting off with 1/3 cup of warm water slowly work the mixture into a dough adding more water as needed. Keep aside for 15-20 minutes.
3. Divide the dough and roll out the rotis using almond or coconut flour. If you don't have those on hand, roll out the rotis between two sheets of plastic or parchment.
4. Transfer to a medium hot tava and cook with ghee till both sides are evenly done.

Nutritional Information Per Serving

Serving Size -3

Calories 279

Total Fat 28 g

Total Carbohydrate 1 g

Protein 9 g

Gobhi Parathas

Dreaming of parathas with makkhan melting on them? You can make a batch of these gobhi parathas with soya flour and enjoy them with some butter or full fat dahi.

Ingredients

1 cup soyabean flour
½ cup washed, cleaned and grated cauliflower
1 tsp. finely chopped each of green chilies and ginger
1 tsp. garam masala
1 tbsp. oil
2 tbsp. ghee
salt to taste
¾ -1 cup warm water

Bringing everything together

1. Make a mixture of the grated cauliflower, green chilies and ginger and garam masala.
2. Make a dough using the soyabean flour, oil and warm water. Add the water slowly as you make the dough.
3. Divide the dough into equal parts. Ensure they are big enough to hold the filling. Divide the mixture into as many rotis you are going to make say about 3-4.
4. Roll the roti into a small circle and place the filling in the center. Bring all the edges together and join them. Flatten the dough and roll gently using dry flour for dusting.
5. Transfer to a medium hot tava and cook with ghee till both sides are evenly done. Serve with white butter or yogurt.

Nutritional Information Per Serving

Serving Size -2

Calories 246

Total Fat 22 g

Total Carbohydrate 3 g

Protein 7 g

Tandoori Chicken Boti

An all-time favorite, tandoori chicken is a recipe most amateur cooks can master easily. This recipe uses boneless chicken chunks but you can use whatever cuts of chicken you have handy. You could also marinate more chicken and freeze it and use it when required.

Ingredients

200 gms boneless chicken chunks

2 tbsp. ghee

2 tbsp. ginger garlic paste

3 tbsp. full fat yogurt

2 tsp. Kashmiri red chili powder

1 tsp. garam masala

2 tbsp. lemon juice

2 tsp. tandoori masala

1 tsp. chat masala

1 tbsp. oil

salt to taste

onion rings to serve

Bringing everything together

1. Wash and clean the chicken chunks.
2. In a bowl make a marinade with ghee, ginger-garlic paste, yogurt, red chili powder, garam masala, tandoori masala and 1 tbsp. lemon juice. Add the chicken chunks to it and make sure all the pieces are coated evenly.
3. Let it rest in the refrigerator for a couple of hours. If you are short on time, let it rest for 20-30 minutes at least.
4. Pre-heat an oven to 200 deg C. If you have skewers, skewer the chicken pieces and cook for 8 minutes. Brush the skewers with oil and cook for another 3-4 minutes until completely done.
5. If you don't have skewers bake them in a dish and turn them half way through after brushing them with oil.
6. Once done, sprinkle with chat masala and the remaining lemon juice and serve with onion rings.

Nutritional Information Per Serving

Serving Size -2

Calories 321

Total Fat 25 g

Total Carbohydrate 1 g

Protein 23 g

Kerala Style Egg Curry

Try this version of Egg Curry on the days you want to try a different version of egg curry than you normally make.

Ingredients

4 eggs hard boiled, cut into halves
2 tbsp. coconut oil
½ cup onions finely chopped
½ cup tomatoes finely chopped
2 tsp. ginger garlic paste
½ cup coconut milk
1 tsp. red chili powder
½ tsp. black pepper
½ tsp. haldi powder
1 tsp. garam masala
1 tsp. coriander powder
½ tsp. saunf or fennel powder
½ cup unsweetened coconut milk
2 tbsp. washed and chopped coriander leaves
5-6 curry leaves
2 green chilies slit length-wise
salt to taste

Bringing everything together

1. In a pan heat up the coconut oil and add the green chilies and let them splutter. Add the curry leaves next.
2. Add the onions and ginger garlic paste and sauté till the onions turn golden brown.
3. Add the tomatoes next and cook them till they soften. Add the dry masalas next – chili powder, garam masala, coriander powder, haldi powder and saunf powder. Cook for a couple of minutes.
4. Turn the flame to a simmer and slowly add the coconut milk and let it cook

for a few minutes till it is all blended.

5. Place the eggs in the pan and spoon the curry over the eggs. Cover and cook for 2-3 minutes. Add water if you think the curry is too thick and you would like it a little thinner.

Season with coriander leaves and serve.

Nutritional Information Per Serving

Serving Size -2

Calories 256

Total Fat 25 g

Total Carbohydrate 8g

Protein 14 g

SIDES

Guacamole

Avocados make for great partners on your Keto journey. Sometimes referred to as butter fruit in India, avocados are versatile and can be incorporated in a lot of ways. One of the simplest and tastiest forms is Guacamole. Serve it as a side with either cut vegetables or a simple fish or meat dish.

Ingredients:

1 large avocado approximately 150 gm
¼ cup chopped onion
¼ cup chopped tomato
1 tbsp. chopped coriander leaves
2 tbsp. lemon juice
1 green chili finely chopped
Salt to taste

Bringing everything together

1. Choose an avocado that is slightly soft and has a dark green, almost blackish skin.
2. Cut into half, scoop out the seed. Use a spoon and scoop out the flesh into a bowl.
3. Mash it slightly and add the onion and tomato, lemon juice, coriander leaves and salt and mix well.
4. Make sure you make the guacamole just before eating it, otherwise the avocado can oxidize and turn dark.

Nutritional Information Per Serving

Serving Size -2

Calories 141

Total Fat 11 g

Total Carbohydrate 11 g

Protein 2 g

Roasted Lemony Garlicky Broccoli

This is a great dish that you can use as a side with a meat main course or just eat a bowl of this by itself when you want to munch on something. If you do not have an oven, you can steam the broccoli for a few minutes so that it's still crunchy and drizzle the sauce on it. You can then finish the dish off in a pan with some olive oil and toss it along with the cheese.

Ingredients

100 gms broccoli washed and cut into florets
1 ½ tbsp. olive oil
½ tbsp. minced garlic
Salt and pepper to taste
1 tsp. Chili flakes
1 tbsp. lemon juice
½ tsp. lemon zest
2 tbsp. cheese of your choice

Bringing everything together

1. In a bowl mix together the olive oil, lemon juice and zest, garlic and seasonings.
2. Preheat the oven to 180 degrees C.
3. Line a baking tray with parchment paper or foil and lay the broccoli florets on it.
4. Drizzle the sauce all over the broccoli and sprinkle cheese generously on it.
5. Bake for 20 minutes and serve.

Nutritional Information Per Serving

Serving Size -1

Calories 247

Total Fat 24 g

Total Carbohydrate 5 g

Protein 6 g

Cucumber Peanut Salad

This easy salad can be made as a side or just eaten as is. The peanuts add a nice crunch and its always a good idea to keep some roasted peanut powder at home to sprinkle on salads or desserts.

Ingredients

50 gms cucumber deseeded if the seeds are very big and diced

1 tbsp. roasted peanut powder (Roast the peanuts in a pan on medium heat so that the skin blackens slightly. Cool the peanuts and remove the skins. Use a mortar and pestle or a quick pulse in the mixer to coarsely grind the peanuts)

1 tsp. oil

pinch of hing

½ tsp. jeera seeds

1 slit green chili

1 tbsp. lemon juice

1 tbsp. finely chopped coriander leaves

3-4 curry leaves

1/2 tsp. sweetener

salt to taste

Bringing everything together

1. In a bowl mix together the cucumber, peanut powder, lemon juice, salt and sweetener.

2. In a small tadka pan, heat up the oil, add hing and jeera. Once the jeera splutters, add the slit green chili and curry leaves. Add this tadka to the salad mixture and mix well.

3. Garnish with chopped coriander leaves.

Nutritional Information Per Serving

Serving Size -1

Calories 101

Total Fat 9 g

Total Carbohydrate 3 g

Protein 3 g

Cheese and Cream Spinach

This side blends cream, cheese and spinach and makes for great company alongside some simple grilled fish or meat.

Ingredients

3 cups cleaned, washed and chopped spinach
2 cloves garlic minced
4 tbsp. cream cheese
2 tbsp. sour cream
2 tbsp. shredded cheese
1 tbsp. butter
salt and pepper to taste

Bringing everything together

1. Heat up a pan and add the butter. As it melts, add the minced garlic and fry for a couple of mins.
2. Add the chopped spinach and let it cook for a few minutes till it is dry. Add the cream cheese and mix everything together. Cook till the cream cheese has blended well into the spinach.
3. Add the sour cream and shredded cheese and season with salt and pepper. Keep stirring till the cheese melts and the mixture thickens a little.

Nutritional Information Per Serving

Serving Size -2

Calories 210

Total Fat 20

Total Carbohydrate 3 g

Protein 5 g

Millie Aur Julie Wali Sabji

This simple side with a variety of vegetables and sautéed with a little garlic is perfect for those meals when you are eating meat or fish and want a side to balance it. The key is to keep the vegetables crunchy and not overcook them. You can either use all the vegetables in the recipe or rustle this up using whatever you have on hand.

Ingredients

100 gms broccoli cleaned, washed and cut into florets
50 gms mushrooms cleaned washed and cut into quarters
50 gms capsicum cut into strips
100 gms spinach cleaned and washed
25 gms green beans split lengthwise and chopped into long pieces
2 Amul Cheese Cubes
100 ml. Amul Fresh Cream
2 tbsp. finely chopped garlic
Salt, pepper and chili flakes to taste

Bringing everything together

1. Heat up the oil in a pan and add the garlic. Cook for a couple of mins and first add the mushrooms and beans and sauté for some time.
2. Next add the broccoli, Brussel sprouts and cook for 3-4 minutes. Slide in the capsicum and cook for a couple of minutes.
3. Add the spinach and cook it just enough to wilt it. Season with salt, pepper and chili flakes. Grate the cheese cubes and add the fresh cream and mix everything well.

Nutritional Information Per Serving

Serving Size -2

calories 248

Total Fat 19 g

Total Carbohydrate 11 g

Protein 10 g

DESSERTS

Almond Walnut Chocolate Mousse

When you crave something, sweet which is a given for most of us this recipe should help you satisfy that craving. You can limit the sweetener according to how sweet you would like it to be.

Ingredients

2 tbsp. butter at room temperature

2 tbsp. cream cheese

1 tbsp. sour cream

½ cup heavy whipping cream

1 ½ tbsp. unsweetened cocoa powder

¼ tsp. vanilla extract

sweetener as per taste

1 tbsp. of chopped almonds and walnuts

Sprinkle of instant coffee powder

Bringing everything together

1. Blend all the ingredients except the coffee powder and the nuts so that they are mixed well.
2. Sprinkle some instant coffee powder and top it with the chopped nuts.

Nutritional Information Per Serving

Serving Size -2

Calories 411

Total Fat 43 g

Total Carbohydrate 4 g

Protein 4 g

Keto Rocky Road

The regular Rocky Road is filled with a lot of sugary goodness which doesn't always bode well for our diets so try this Keto Rocky Road instead.

Ingredients

200 gms dark unsweetened chocolate

100 gms butter

50 gms chopped nuts – almonds, walnuts

½ tsp sea salt

1 tsp. sweetener

Bringing everything together

1. In a microwave safe bowl, melt the chocolate with the butter for three 30 – second intervals or till the butter and chocolate are completely melted and can be blended together.
2. Add the stevia and chopped nuts and mix well.
3. Line a tray or a plate with parchment paper and spread the mixture evenly on it. Sprinkle with sea salt.
4. Place the tray in the refrigerator for an hour or in the freezer for 20 minutes till it is set completely.
5. You can either cut it into regular shapes or just make uneven pieces too.

Nutritional Information Per Serving

Serving Size -4

Calories 507

Total Fat 54 g

Total Carbohydrate 15 g

Protein 10 g

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Shrikhand

For a lot of us shrikhand evokes festive memories and rightfully so! This simple yet creamy dessert is always part of menus during festivals and ceremonies and thankfully can be adapted to a ketogenic diet as well. Greek yogurt if available can be used directly or you can use full fat hung curd. Hung curd can be made by straining full fat curd in a muslin cloth or a fine strainer until all the water has drained out.

Ingredients

100 gms greek yoghurt or full fat hung curd

3 tbsp. almond milk

2 tbsp. chopped nuts

Few strands of saffron

½ tsp. cardamom powder (optional)

2 tbsp. sweetener or to taste

Bringing everything together

1. Warm the almond milk and dissolve the saffron strands in it.
2. In a bowl carefully blend the yogurt, the almond milk along with the saffron, chopped nuts, cardamom powder and the sweetener using a spoon or a spatula.
3. Chill for a couple of hours and serve

Nutritional Information Per Serving

Serving Size -2

Calories 444

Total Fat 33g

Total Carbohydrate 7 g

Protein 29 g

Lauki ki kheer

A lot of us probably had nightmares in childhood about the dreaded lauki. Much maligned, this is one vegetable that is very healthy and can be masqueraded in a lot of ways. Try this sweet version if the savory ones are not for you.

Ingredients

150 gms lauki or bottle gourd grated using a fine grater which should yield about a cup

100 gms heavy whipping cream or heavy cream

25 gms ghee

1 tbsp. sweetener or as per taste

2 tbsp. mixed nuts crushed in a mortar pestle, use almonds, macadamia nuts and few strands of saffron. Reserve some for topping later.

Bringing everything together

1. The grated lauki will release a fair bit of water so squeeze out all the moisture using a kitchen towel or napkin.
2. In a thick bottomed pan heat up the ghee and add the lauki. Let it cook for 6-7 minutes.
3. Add the cream and let it cook on a low to medium flame for 10 minutes. Keep stirring so that it does not burn. The kheer should have a much thicker consistency by now.
4. Add the sweetener and the mixed nuts and cook for another couple of minutes. If you think the kheer has thickened too much at this point, you can add a few drops of water.
5. You can serve this warm or once cooled, you can refrigerate it and serve. Garnish with the reserved mixed nuts.

Nutritional Information Per Serving

Serving Size -3

Calories 247

Total Fat 23 g

Total Carbohydrate 9 g

Protein 2 g

Kesar Kalakand

Kalakand is often found in most mithai stores and is also one of those deserts that can be easily replicated at home. What's more is that you can enjoy a Keto version of it too.

Ingredients

200 gms paneer crumbled, make sure there are no lumps or big pieces

50 ml almond milk

50 ml fresh cream

½ tsp. cardamom powder

2 tbsp. mixed nuts

2 tbsp. ghee + 2 tsp. for greasing a tray or plate

1 tbsp. saffron dissolved in 2 tbsp. warm almond milk

3 tbsp. sweetener or as per taste

Bringing everything together

1. Crumble the paneer or use a grater to shred the paneer finely.
2. In a heavy bottomed pan heat up the ghee and add the paneer. Cook for 3-4 minutes.
3. Add the almond milk and fresh cream and cook till the mixture all comes together and thickens.
4. Add the cardamom powder and the saffron dissolved in the almond milk and mix so that the mixture is evenly colored with the saffron.
5. Turn off the heat and spread the kalakand on a tray or plate or thali that has been greased with ghee.
6. Spread the mixed nuts all over the kalakand and gently press them down. Let it cool down and then chill for a couple of hours. Cut into squares and store in the refrigerator.

Nutritional Information Per Serving

Serving Size -4

Calories 348

Total Fat 28 g

Total Carbohydrate 10 g

Protein 12 g

Coconut Macaroons

These little gems are always around in the big glass jars in bakeries and at the chai-wala. If you have enjoyed them with a cup of tea or just as a sweet pick me up, try making them at home and store them in an air-tight container to be enjoyed over a period.

Ingredients

1 cup unsweetened dessicated coconut

1 egg white

1 tbsp. sweetener or to taste

1 tsp. vanilla extract or essence

Bringing everything together

1. Preheat the oven to 185 deg C.
2. In a bowl, whisk the egg white until it has foamed well and increased in size.
3. Add the sweetener, dessicated coconut, vanilla extract and gently fold in everything together.
4. Line a tray with parchment paper or grease it well. Using a small mouthed ladle, spoon out the mixture on to the parchment paper leaving some space between each portion.
5. Bake for 12-14 minutes, by which time you should see the macaroons slowly browning up and color up uniformly.
6. Let them cool for 15-20 minutes before transferring them to an air tight container.

Nutritional Information Per Serving

Serving Size -3

Calories 282

Total Fat 24 g

Total Carbohydrate 15 g

Protein 1 g

Mug Main Masti

Mug cakes are all the rage since you can just make a small portion at a time and all you need is some basic ingredients and a microwave and a mug of course! You can use a mug or a ramekin to make these and dress them up with nuts or whipped cream.

Ingredients

2 tbsp. unsalted butter
1 egg
3 tbsp. almond flour
2 tbsp. unsweetened cocoa powder
½ tsp. baking powder
½ tsp. vanilla essence or extract
¼ tsp salt
½ tsp baking soda
1 tbsp. sweetener to taste
1 tbsp. chopped mixed nuts

Bringing everything together

1. In a large coffee mug or ramekin, add the butter and melt for 15 seconds.
2. Add the cocoa powder, sweetener, baking powder, salt, almond flour and mix well making sure there are no lumps.
3. Beat an egg in a small bowl and add to the mixture and add the chopped nuts.
4. Microwave for 1 minute first and check. Depending on your microwave, you could microwave an additional 20-30 seconds extra and check again. Use a toothpick to make sure the cake is done.
5. You can either serve it as is or serve with a dollop of unsweetened whipped cream.

Nutritional Information Per Serving

Serving Size -2

Calories 256

Total Fat 22 g

Total Carbohydrate 12 g

Protein 7 g

Gulabi Kulfi

Gulabi kulfi gets its name and color from the berries used in the recipe. Use whatever berries you have on hand and make and freeze a batch while you are at it.

Ingredients

200 ml. Amul Fresh Cream

1 cup full fat yogurt

1/4 cup strawberries

1 tsp. unsweetened rose essence

1 tbsp. sweetener or to taste

Bringing everything together

1. Blend all ingredients in a food processor or using a hand blender.
2. Fill the kulfi molds and freeze for a few hours or overnight.

Nutritional Information Per Serving

Serving Size -3

Calories 256

Total Fat 20 g

Total Carbohydrate 10 g

Protein 8 g

Chocolate and Coffee Ice cream

Chocolate and coffee are often a much-loved pair but if coffee is not for you, skip using the coffee and make yourself some good old chocolate ice cream.

Ingredients

200 ml fresh cream

2 tbsp. chocolate flavored whey

2 tbsp. unsweetened cocoa powder

1 tsp. instant coffee powder dissolved in 1 tbsp. warm water and cooled

1 tbsp. vanilla essence

2 tbsp. mixed nuts optional

Bringing everything together

1. Blend all the fresh cream, whey, cocoa powder and the coffee decoction in a blender till everything is mixed well, smooth and thicker.
2. Pour into a container and top with mixed nuts. Freeze for a few hours.

Nutritional Information Per Serving

Serving Size -2

Calories 198

Total Fat 17 g

Total Carbohydrate 8 g

Protein 6 g

Coconut and Cream Barfi

Nariyal Barfi or Coconut and Cream Barfi is made using dessicated coconut and fresh cream with a faint hint of cardamom. You can always add nuts of your choice while making the barfis or just top them with nuts or leave them as is. They taste good pretty much every way.

Ingredients

- 1 cup unsweetened dessicated coconut
- ¼ cup fresh cream, you can use the store bought one
- 2 tbsp. unsweetened coconut milk
- 2 tbsp. sweetener or as per taste
- ½ tbsp. ghee for greasing
- 2 tbsp. mixed nuts (optional)
- ½ tsp. cardamom powder (optional)

Bringing everything together

1. Put a pan to heat and add the dessicated coconut, cream, coconut milk, sweetener, nuts if you are using them and the cardamom powder. Mix everything so that all the ingredients blend together.
2. Keep stirring on medium heat till the mixture starts thickening and starts to leave the edges of the pan. This may take about 12-15 minutes.
3. Grease a plate or thali or tray with ghee and evenly pour the mixture onto it. If you are using the nuts as a topping, spread them at this stage on top of the mixture. Let it cool and then cut it into squares. Make sure to store them in the refrigerator.

Nutritional Information Per Serving

Serving Size -3

Calories

Total Fat 32 g

Total Carbohydrate 11 g

Protein 1 g

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