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KETO RECIPES

JESSICA INGLATERRA



ABOUT THE AUTHOR



Jessica Diogo was born in Guarabira in Paraíba - Brazil.

She moved as a newborn to the capital João Pessoa.

In 2014 she graduated in Literature but did not continue, her passion for cooking was stronger. In 2021 she decided to create recipe e-books to earn extra income.

Today she works on the internet and one of her main income comes from the sale of e-books.

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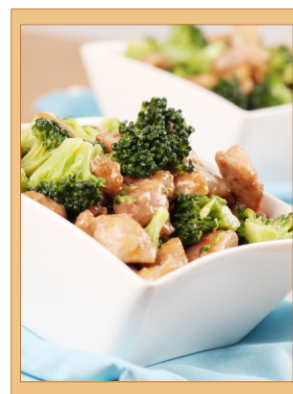
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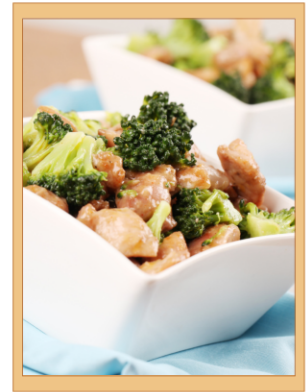
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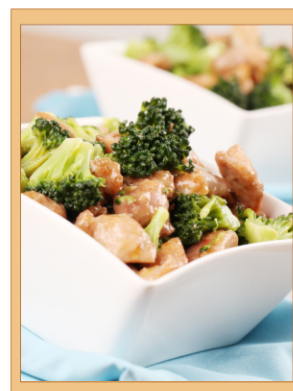
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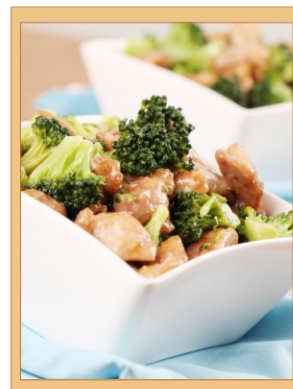
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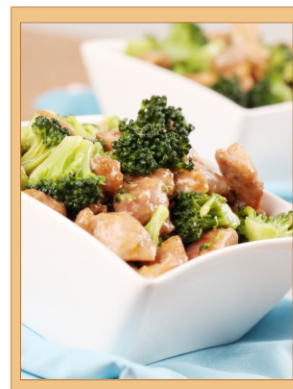
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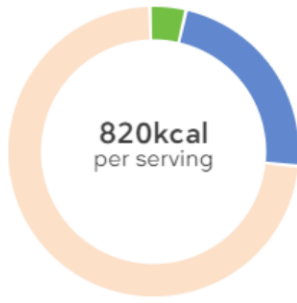
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DINNER



Ketogenic



NET CARBS

8g

4%

PROTEIN

45g

23%

FAT

65g

73%

FIBER

9g

TOTAL CARBS

17g

SATIETY SCORE

56



Keto carnitas

Ingredients

- 5 lbs pork shoulder
- 2 tbsp ground cumin
- 1 tbsp chili powder
- 1 tbsp garlic powder
- 2 tbsp dried oregano
- 1 tsp salt
- 1 oz. fresh or pickled jalapeños
- 1 orange, zest and juice
- 1 lime, the juice
- 1 lemon, the juice
- 2 oz. coconut oil (optional)
- 1 (4 oz.) yellow onion, sliced (optional)
- 2 (10 oz.) green bell peppers, sliced (optional)

12 h 25 m

Medium

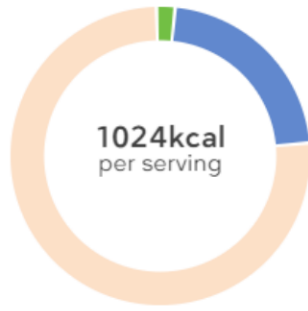
Serving

- **5 (2¼ lbs) avocados, diced**
- **4 (1 lb) tomatoes, diced**
- **1½ oz. fresh or pickled jalapeños**
- **1 cup (4 oz.) cheddar cheese, shredded**
- **1 cup sour cream**
- **½ cup (¼ oz.) fresh cilantro, chopped**

Instructions

- **Mix the dry spices and rub them on the meat. Place the meat fatty side up into a slow cooker, and add the remaining seasonings.**
- **Sprinkle jalapeños over the pork shoulder. Pour fresh orange zest and juice, lime juice and lemon juice, over the pork. Cook on low in the slow cooker for 10-12 hours or overnight.**
- **When the meat is tender, remove it from the slow cooker and chop into smaller chunks. Reserve the drippings and add to a pot. Over medium high heat, reduce drippings in half.**
- **Optional step: Warm the coconut oil in a large pan over medium high heat. Sauté the onions and peppers until tender, and set aside in a bowl.**
- **Add some of the reduced drippings to the pan. Once drippings are hot, add pork, and fry until the pieces are browned and crispy. Continue this process until all pork is fried. Getting the meat crisped up is really important in making it so delicious!**
- **Serve with avocado, tomato, jalapeño, shredded cheese, sour cream. Don't forget the fresh cilantro!**

Ketogenic



NET CARBS

6g

2%

PROTEIN

56g

22%

FAT

86g

76%

FIBER

1g

TOTAL CARBS

7g

SATIETY SCORE

49



Keto pizza

Ingredients for the Crust

- 4 eggs
- 1½ cups (6 oz.) shredded mozzarella cheese

Ingredients for the Topping

- 3 tbsp unsweetened tomato sauce
- 1 tsp dried oregano
- 1¼ cups (6 oz.) shredded provolone cheese
- 1½ oz. pepperoni
- olives (optional)

Ingredients for the serving

- 2 oz. (1 cup) leafy greens
- ¼ cup olive oil
- salt and ground black pepper

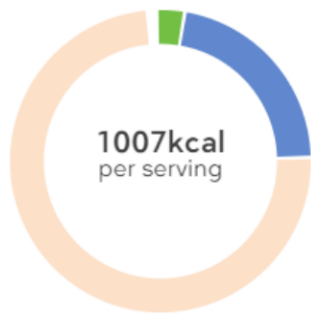
30 m

Easy

Instructions

- **Preheat the oven to 400°F (200°C).**
- **Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.**
- **Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.**
- **Increase the oven temperature to 450°F (225°C).**
- **Spread tomato sauce on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.**
- **Bake for another 5-10 minutes or until the pizza has turned a golden brown color.**
- **Serve with a fresh salad on the side.**

Ketogenic



NET CARBS

8g
3%

PROTEIN

55g
22%

FAT

81g
74%

FIBER

6g

TOTAL CARBS

14g

SATIETY SCORE

53



Keto cheeseburger

Ingredients for the Salsa

- 2 (8 oz.) tomatoes, diced
- 2 (1 oz.) scallions, sliced
- 1 (7 oz.) avocado, diced
- 1 tbsp olive oil
- 2 tbsp fresh cilantro, chopped
- salt, to taste

35 m

Medium

Ingredients for the Burgers

- 1½ lbs ground beef
- 1 cup (4 oz.) cheddar cheese, shredded and divided
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp paprika powder
- 2 tbsp fresh oregano, finely chopped
- 2 tbsp butter, for frying

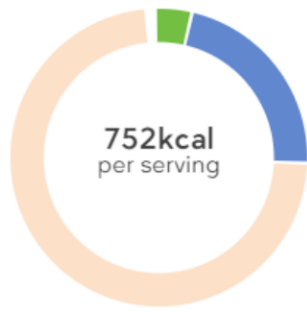
Ingredients for the Toppings

- **5 oz. (4 cups) lettuce**
- **½ cup mayonnaise or vegan mayonnaise**
- **5 oz. cooked bacon, crumbled**
- **4 tbsp pickled jalapeños, chopped**
- **2½ oz. sliced dill pickles**
- **4 tbsp Dijon mustard**

Instructions

- **Chop the salsa ingredients and stir them together in a small bowl. Set aside.**
- **Add the seasoning and half the cheese to the ground beef. Combine using your hands or a wooden spoon.**
- **Make one burger per serving and pan fry or grill for 3-4 minutes on each side for a medium burger. Cook it longer if you prefer it more well done. Season with salt and pepper and add the remaining cheese on top towards the end.**
- **Serve on a lettuce leaf with mayo, bacon, pickled jalapeños, dill pickle, and mustard. And don't forget the homemade salsa!**

Ketogenic



NET CARBS

8g
4%

PROTEIN

41g
22%

FAT

60g
73%

FIBER

8g

TOTAL CARBS

16g

SATIETY SCORE

54



Keto lasagna

Ingredients for the Lasagna sheets

- 8 eggs, beaten
- 10 oz. (1¼ cups) cream cheese
- 1 tsp salt
- 1/3 cup (1¾ oz.) ground psyllium husk powder

1 h 50 m

Challenging

Ingredients for the Meat sauce

- 3 tbsp olive oil
- ½ (2 oz.) yellow onion, finely chopped
- 1 garlic clove, finely chopped
- 1½ lbs ground beef or ground turkey
- 2 tbsp tomato paste
- ½ tbsp dried basil
- 1 tsp salt
- ¼ tsp ground black pepper
- ½ cup water

Ingredients for the Cheese topping

- **1½ cups sour cream**
- **1 cup (4 oz.) shredded mozzarella cheese**
- **½ cup (1⅓ oz.) shredded Parmesan cheese**
- **½ tsp salt**
- **¼ tsp ground black pepper**
- **½ cup (¼ oz.) fresh parsley, finely chopped**

Instructions for the Lasagna sheets

- **Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper.**
- **In a medium-sized bowl, whisk together the ingredients, until a smooth batter. Gradually whisk in the psyllium husk, and then set aside for a few minutes.**
- **Add the batter to the center of the parchment paper, and then place another parchment paper on top. Flatten with a rolling pin until the batter is at least 13 x 18" (33 x 45 cm). If you prefer thinner pasta, you can divide the batter into two equal batches, placing on two baking sheets with parchment paper.**
- **Bake each sheet (with parchment paper) for about 10-12 minutes. Set aside to cool. Next, remove the paper and slice pasta into sheets that fit a 9 x 12" (23 x 30 cm) baking dish.**

Instructions for the Meat sauce

- **In a large pan, over medium-high heat, warm the olive oil. Add the onion and garlic, stirring until soft. Next add the beef, tomato paste, and spices, and combine thoroughly, until the beef is no longer pink.**
- **Add water to the mixture, bring to a boil and then lower the heat, and let simmer for at least 15 minutes or until most of the water has evaporated. Since these lasagna sheets don't soak up as much liquid as traditional ones, the sauce should be on the drier side. Set aside.**
- **Preheat the oven to 400°F (200°C). Grease a 9 x 12" (23 x 30 cm) baking dish.**

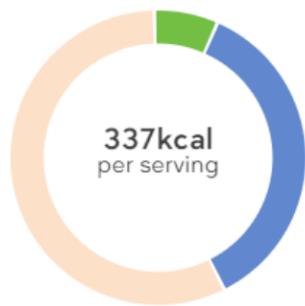
Instructions for the Cheese topping

- **Mix the mozzarella cheese with sour cream and most of the parmesan cheese. Reserve two tablespoons of the parmesan cheese for the final topping. Add salt and pepper and stir in the parsley.**

Instructions for the Cheese topping

- **Alternately layer the pasta sheets and meat sauce in the baking dish, starting with the pasta, followed by the meat sauce.**
- **Spread the cheese mixture on top of the pasta, and finish with the extra parmesan cheese.**
- **Bake in the oven for about 30 minutes or until the lasagna has a nicely browned surface. Serve with a green salad and your favorite dressing.**

High-protein
Ketogenic



NET CARBS

5g

7%

PROTEIN

30g

36%

FAT

21g

57%

FIBER

2g

TOTAL CARBS

7g

SATIETY SCORE

74



Stuffed keto mushrooms

Ingredients

- 1 tbsp butter, for greasing
- 18 oz. whole, portobello mushrooms, large (preferably 2 per serving)
- 4 oz. leeks, roughly chopped (See tip)
- 1 lb ground beef, or ground lamb, or ground pork
- 1¾ oz. (2/3 cup) shredded Parmesan cheese
- 2 tsp Worcestershire sauce
- salt and pepper

35 m

Medium

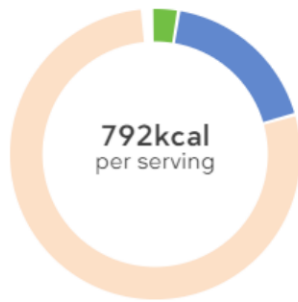
Instructions

- Preheat oven to 425°F (200°C). Grease a large, ovenproof dish with butter.
- Remove the stalks from the mushrooms and place the mushroom tops upside-down in the ovenproof dish. Add the mushroom stalks and chopped leeks to a food processor, and pulse until finely chopped (alternatively, you can chop all by hand).

Instructions

- **Transfer the mushroom and leek mixture to a large bowl, and add the ground meat, cheese, and Worcestershire sauce. Season with salt and pepper (omit this if you are using seasoned sausage meat). Mix together until combined.**
- **Divide the mixture evenly between the cavities of the mushrooms. Slightly flatten the tops so that each mushroom has the same depth, for equal cooking time. Any leftover mixture can be rolled into balls and cooked alongside the mushrooms.**
- **Bake on the middle rack uncovered for 15 minutes or until the internal temperature of the meat is 160°F (71°C), and the mushrooms are tender.**

Ketogenic



NET CARBS

6g
3%

PROTEIN

37g
18%

FAT

69g
78%

FIBER

1g

TOTAL CARBS

7g

SATIETY SCORE

44



Keto seafood chowder

Ingredients

- 4 tbsp butter
- 2 garlic cloves, minced
- 5 oz. (1½ cups) celery stalks, sliced
- 1 cup clam juice or vegetable stock
- 1½ cups heavy whipping cream
- 2 tsp dried sage or dried thyme
- ½ lemon, juice and zest
- 4 oz. (½ cup) cream cheese
- 1 lb salmon, boneless fillets or other firm fish, pin bones removed, fillets cut into 1" pieces
- 2 oz. (2 cups) baby spinach
- 8 oz. shrimp peeled and deveined
- salt and ground black pepper
- ½ tbsp red chili peppers
- fresh sage, optional for garnish

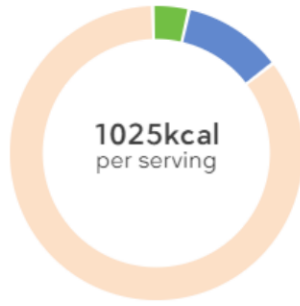
20 + 20 m

Easy

Instructions

- **Melt butter in a large pot over medium heat.**
- **Add garlic and celery. Cook for about 5 minutes, stirring occasionally. Add clam juice, cream, cream cheese, sage, lemon juice and lemon zest. Let it simmer for about 10 minutes without lid.**
- **Add the fish and shrimp. Simmer for 3 minutes or until fish is just cooked (should flake easily). Add the baby spinach and stir until wilted.**
- **Season with salt and pepper to taste.**
- **Garnish with fresh red chili and fresh sage before serving for extra flavor and splash of color.**

Ketogenic



NET CARBS

9g
4%

PROTEIN

29g
11%

FAT

96g
85%

FIBER

8g

TOTAL CARBS

17g

SATIETY SCORE

30



Keto salmon pie

Ingredients for the Pie crust

- $\frac{3}{4}$ cup (3 oz.) almond flour
- $\frac{1}{4}$ cup (1 $\frac{1}{4}$ oz.) sesame seeds
- $\frac{1}{4}$ cup ($\frac{3}{4}$ oz.) coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- $\frac{1}{4}$ cup water

55 m

Medium

Ingredients for the Filling

- 1 cup mayonnaise
- 3 eggs
- 2 tbsp fresh dill, finely chopped
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp ground black pepper
- 5 oz. ($\frac{2}{3}$ cup) cream cheese, at room temperature

Ingredients for the Filling

- **1¼ cups (5 oz.) cheddar cheese, shredded**
- **4 oz. smoked salmon**

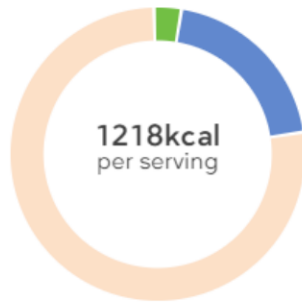
Instructions for the Pie crust

- **Preheat the oven to 350°F (175°C).**
- **Place the pie crust ingredients into a food processor bowl, fitted with a plastic pastry blade. Pulse until the mixture forms a ball. If you don't have a food processor, you can use a fork to mix the dough.**
- **Fit a piece of parchment paper into a 9" (23-cm) springform pan (This makes it a cinch to remove once it's cooked!).**
- **Oil your fingers or a spatula, and evenly press the dough into the base and slightly up the sides of the springform pan. Pre-bake the crust for 10–15 minutes, or until lightly browned.**

Instructions for the Filling

- **In a medium-sized bowl, mix the filling ingredients together (except the salmon), and pour into the pie crust. Add the salmon and bake for 35 minutes or until the pie is golden brown.**
- **Let cool for a few minutes and serve with a salad or other vegetables.**

Ketogenic



NET CARBS

9g
3%

PROTEIN

62g
20%

FAT

104g
77%

FIBER

1g

TOTAL CARBS

10g

SATIETY SCORE

47



Keto cheese pie

Ingredients for the Cheese pie

- **4½ cups (18 oz.) shredded cheddar cheese, divided**
- **8 eggs, beaten**
- **1½ cups heavy whipping cream**
- **salt and pepper**

1 h 5 m

Easy

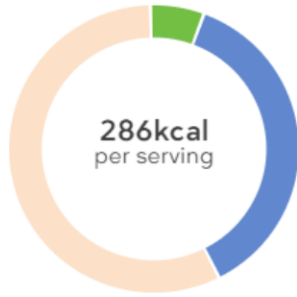
Ingredients for the For serving

- **¼ cup olive oil**
- **½ tbsp red wine vinegar**
- **salt and pepper**
- **1 lb smoked deli ham**
- **1 tbsp butter**
- **7 oz. (5½ cups) lettuce**

Instructions

- **Preheat the oven to 350°F (175°C). Grease one ramekin per serving or any other serving-sized baking dish (approximately 5-6" (12 cm) in diameter).**
- **In a large bowl, place half of the cheese. Whisk together the eggs and cream, and add to the bowl. Season with salt and pepper.**
- **Place the remaining cheese into rounded piles (½ cup (1.2 dl) per serving,) on a baking sheet lined with parchment paper.**
- **Move cheese piles into the oven for 5-10 minutes, or until the cheese has melted completely. Remove from oven and allow to cool slightly, but not completely.**
- **Using a spatula, place the still pliable cheese puddles over the ramekins. Guide the cheese to conform to the shape of each dish, to form a crust. Let cheese crusts harden completely.**
- **Pour the egg mixture into the crusts. Bake the pies for about 30-35 minutes, or until they are set, and have turned a nice golden color.**
- **Mix the olive oil, vinegar, salt, and pepper to make a simple vinaigrette. Prepare the salad.**
- **Cut the ham into thin strips, and fry in butter over medium-high heat, until crispy tender. Serve with pies, salad, and vinaigrette.**

Ketogenic



NET CARBS

4g

6%

PROTEIN

26g

37%

FAT

18g

57%

FIBER

3g

TOTAL CARBS

7g

SATIETY SCORE

76



Keto chicken saagwala

Ingredients for the Marinated chicken

- 1 lb boneless chicken thighs
- ½ tsp red chili powder
- ½ tsp turmeric
- ½ tsp coriander seed, powdered
- ½ tsp garam masala seasoning
- ½ tsp ground cumin
- 1 tbsp ghee
- salt

1 h

Easy

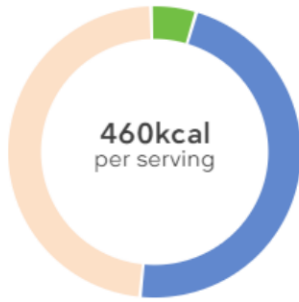
Ingredients for the Spinach curry

- ¾ lb (11 cups) fresh spinach
- ½ (2 oz.) red onion
- ¼ lb (2/3 cup) tomatoes
- 1¾ tsp ginger garlic paste
- ¼ cup heavy whipping cream
- 1 tbsp ghee
- salt

Instructions

- **Combine chicken with spices, ghee and some salt. Marinate for at least 20 minutes.**
- **Bring a pot of water to a boil. Add the spinach and submerge the leaves in the water. Blanch for 30-40 seconds, then drain and rinse with cold water. Add to a blender and blend until you get a smooth puree.**
- **Chop the red onion and tomato roughly and blend to a smooth puree.**
- **In a frying pan, heat the ghee and fry the marinated chicken until it turns a nice golden color, for about 3-4 minutes on each side. Remove from the pan and set aside.**
- **In the same pan, add the onion and tomato puree and ginger garlic paste. Rinse out the blender with a tablespoon of water so nothing goes to waste. Combine well.**
- **Cover with a lid and cook on low heat for about 5-7 minutes. Add spinach puree and salt to taste.**
- **Cover and cook for another 6-8 minutes until it gets a nice thick consistency.**
- **Stir in the cream and add the chicken pieces together with the cooking juices.**
- **Cook for another 4-5 minutes until the chicken is cooked through and nicely covered in the sauce. Add an extra tablespoon of cream on top for garnish.**

High-protein
Ketogenic



NET CARBS

5g
5%

PROTEIN

52g
47%

FAT

24g
48%

FIBER

1g

TOTAL CARBS

6g

SATIETY SCORE

81



Keto Caprese chicken

Ingredients

- **1½ lbs chicken breasts**
- **2 tbsp olive oil**
- **1 tsp sea salt**
- **1 tsp Italian seasoning**
- **½ tsp garlic powder**
- **½ tsp ground black pepper**
- **8 oz. (2 cups) fresh mozzarella cheese, sliced**
- **2 (8 oz.) Roma tomatoes, sliced**
- **¼ cup (1/3 oz.) fresh basil, cut into long, thin strips**
- **2 tbsp balsamic vinegar**

50 m

Easy

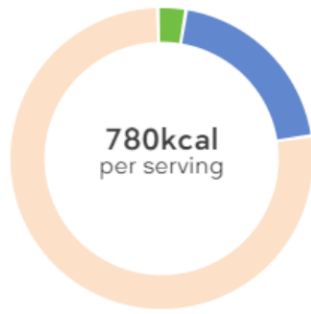
Ingredients for Serving

- **4 oz. (32/3 cups) baby spinach**

Instructions

- **Preheat the oven to 375°F (190°C).**
- **Drizzle the olive oil over the chicken breasts on both sides. Combine the seasonings in a small bowl and then sprinkle over both sides of the chicken breasts. Refrigerate for 20 minutes.**
- **Heat a large ovenproof skillet over medium-high heat. Brown the chicken breasts on both sides, about 3 minutes each side.**
- **Transfer the skillet to the oven and bake for 20 minutes.**
- **Remove the skillet from the oven and top each chicken breast with fresh mozzarella and tomatoes. Return to the oven for 3 minutes.**
- **Top each chicken breast with fresh basil and drizzle with balsamic vinegar before serving. Serve with baby spinach.**

Ketogenic



NET CARBS

5g
3%

PROTEIN

39g
20%

FAT

66g
77%

FIBER

2g

TOTAL CARBS

7g

SATIETY SCORE

48



Keto chicken Provençale

Ingredients

- 2 lbs chicken legs
- 8 oz. cherry tomatoes, halved
- 2½ oz. (½ cup) black or Kalamata olives, pitted
- 2 tbsp olive oil
- 5 garlic cloves, sliced
- 1 tbsp dried oregano or dried sage
- salt and pepper

55 m

Easy

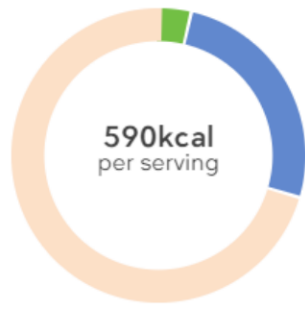
Ingredients for Serving

- 4 cups (5 oz.) lettuce
- ¼ lemon, the zest
- ½ cup mayonnaise
- 1 tsp paprika powder
- salt and pepper

Instructions

- **Preheat the oven to 400°F (200°C). Place the chicken skin side up in an oven-proof baking dish. Add garlic, olives, and tomatoes on top of and around the meat.**
- **Drizzle with olive oil. Sprinkle with oregano and season with salt and pepper.**
- **Place in the oven and roast until the chicken is fully cooked through. It should take about 45 minutes, depending on the size of the pieces. If you feel unsure, check the internal temperature with a meat thermometer. The chicken is cooked through when the temperature reaches 180°F (75°C).**
- **Serve with salad and mayo flavored with lemon zest and paprika or a mild chili and some salt and pepper.**

High-protein
Ketogenic



NET CARBS

5g

4%

PROTEIN

37g

26%

FAT

45g

71%

FIBER

3g

TOTAL CARBS

8g

SATIETY SCORE

58



Keto tuna casserole

Ingredients

- 1 oz. butter
- 1 (4 oz.) yellow onion, finely chopped
- 1 (5 oz.) green bell pepper, finely chopped
- 5½ oz. (1½ cups) celery stalks, finely chopped
- 1 lb tuna in water, drained
- ¾ cup mayonnaise
- 1 cup (2¾ oz.) shredded Parmesan cheese
- 1 tsp chili flakes
- salt and pepper

35 m

Easy

Ingredients for Serving

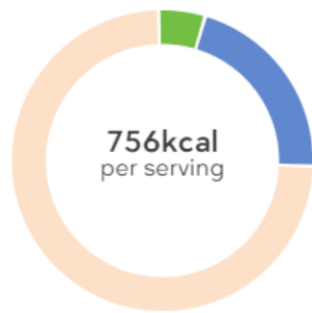
- 6 oz. (52/3 cups) baby spinach

35

Instructions

- **Preheat the oven to 400°F (200°C). Fry onion, bell pepper and celery in butter in a large frying pan until slightly soft. Season with salt and pepper.**
- **Mix tuna, mayonnaise, parmesan cheese, and chili flakes in a greased baking dish. Add fried vegetables and stir.**
- **Bake for 15-20 minutes or until golden brown.**
- **Serve with baby spinach.**

Ketogenic



NET CARBS

9g

5%

PROTEIN

40g

21%

FAT

62g

74%

FIBER

4g

TOTAL CARBS

13g

SATIETY SCORE

49



Keto cheesesteak casserole

Ingredients

- 4 oz. butter
- 10 oz. (4 cups) mushrooms, sliced
- 1 (4 oz.) yellow onion, finely sliced
- 2 (10 oz.) green bell peppers, finely sliced
- 1 lb ribeye steaks, shaved or very thinly sliced
- salt and pepper
- 1 garlic clove, minced
- 1 tbsp Italian seasoning
- 1 tsp chili flakes (optional)
- 1½ cups (7 oz.) shredded provolone cheese
- 1 tbsp hot sauce

50 m

Easy

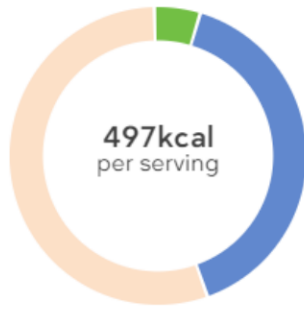
Ingredients for Serving

- 6 oz. (3 cups) leafy greens
- 4 tbsp olive oil

Instructions

- **Preheat the oven to 450°F (225°C) and grease a 9 x 12" (22 x 30 cm) pan.**
- **In a large pan, over medium heat, fry the vegetables in butter, until slightly soft. Set aside in a bowl.**
- **Add the meat to the frying pan, and cook until slightly pink. Then reduce temperature to medium-low, adding garlic, spices, and a pinch of salt and pepper.**
- **Return the veggies to the pan and stir.**
- **Place everything into the baking dish and sprinkle the cheese on top.**
- **Bake in the oven for 20-25 minutes, or until the casserole is bubbling and turns golden brown.**
- **Drizzle hot sauce on top, and serve with leafy greens and olive oil.**

High-protein
Ketogenic



NET CARBS

6g
5%

PROTEIN

48g
40%

FAT

30g
55%

FIBER

2g

TOTAL CARBS

8g

SATIETY SCORE

76



Keto chicken karahi

Ingredients

- 1/3 cup ghee
- 2 lbs boneless chicken thighs, cubed
- 1½ tsp salt
- 2 tsp ginger garlic paste
- 1 lb (2½ cups) tomatoes, halved
- 1 tsp ground cumin
- 1 tsp coriander, ground
- 1 tsp red chili powder
- ½ tsp turmeric
- 1 tsp ground black pepper
- 1 tsp garam masala seasoning
- 3 green chili peppers, divided
- 1 tsp dried fenugreek (kasoori methi), sliced (optional)
- ½ cup (3 oz.) Greek yogurt (4% fat)
- 2 tbsp fresh ginger, cut into thin strips
- 1 tbsp chopped fresh cilantro

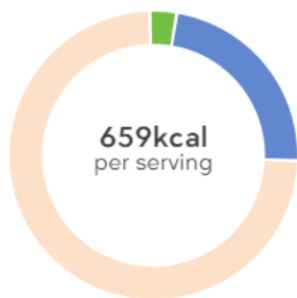
35 m

Medium

Instructions

- **Prepare the ingredients.**
- **Heat the ghee in a karahi, kadai, or wok. Then turn the heat up to high and add the chicken. Season with salt. Fry until most of the pink flesh has turned white, and then add in the ginger and garlic paste.**
- **Continue cooking the chicken until the garlic and ginger are fragrant and the meat begins to turn brown. Add the tomatoes and lower the heat a bit. Cover and cook until the tomatoes soften and you can pull off all the skin.**
- **Smash the tomatoes with the back of your spoon to almost purée them. Then add in all the spices: the cumin powder, coriander powder, red chili powder, turmeric, black pepper, and garam masala. Give it all a good mix and let it cook for 2 to 3 minutes.**
- **Next, add the fenugreek and 2/3 of the green chillies, and mix well. Cook uncovered on high heat until the gravy has thickened to a consistency you like. Normally karahi doesn't have much gravy, but it's nice and thick.**
- **Once it's cooked to your liking, add the yogurt and cilantro, and give it a final mix. Let it cook for a minute before serving with the last green chili chopped and sprinkled on top, along with the ginger.**

Ketogenic



NET CARBS

5g
3%

PROTEIN

38g
23%

FAT

54g
74%

FIBER

0g

TOTAL CARBS

5g

SATIETY SCORE

51



Sausage-crust keto quiche

Ingredients

- 12 oz. fresh sausage, casings removed
- ¼ cup (1 oz.) almond flour
- ½ cup (11/3 oz.) shredded **Parmesan** cheese
- 6 oz. ham, cured, cubed or sliced
- 12 oz. bacon, chopped and cooked
- 1½ cups (6 oz.) cheddar cheese, shredded
- 6 large eggs
- 1¼ cups heavy whipping cream
- 1/8 tsp salt (optional)

1 h 10 m

Easy

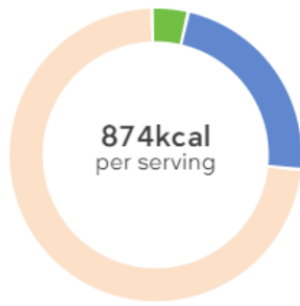
Instructions

- **Preheat the oven to 350°F (175°C).**
- **Use your hands or a hand mixer to combine the sausage meat, almond flour, and Parmesan cheese.**
- **Press the sausage mixture along the bottom and up the sides of a 9" (23 cm) pie plate. (You can also cook in a 9" x 9" (23 x 23 cm) casserole dish.)**

Instructions

- **Sausage crust should be evenly distributed and about $\frac{1}{4}$ inch (6 mm) thick throughout. Be sure to press the sausage crust firmly and all the way to the rim of the dish. The sausage will shrink and pull away from the sides as it cooks.**
- **Once the crust is formed, sprinkle the ham, $\frac{3}{4}$ of the cooked chopped bacon, and $1\frac{1}{4}$ cups (3 dl) of the cheddar cheese evenly over the crust.**
- **Whisk or beat the eggs, heavy cream, and salt until frothy. Pour the egg mixture on top of the ham, bacon, and cheese. Sprinkle the top of the egg mixture with the remaining bacon and cheese.**
- **Bake 45–55 minutes or until the center is set and the sausage is fully cooked.**
- **Let sit for at least 10 minutes before serving.**

Ketogenic



NET CARBS

8g

4%

PROTEIN

50g

23%

FAT

70g

73%

FIBER

9g

TOTAL CARBS

17g

SATIETY SCORE

56



Keto taco meatza

Ingredients for the Crust

- 11 oz. ground chicken or any ground meat
- 1 egg
- 1 tbsp Tex-Mex seasoning, sugar-free
- ¾ tsp salt, if seasoning is not salted
- 1 tbsp olive oil

Ingredients for the Topping

- 3 tbsp salsa
- 11/5 cups (4¾ oz.) Mexican cheese, shredded
- 2 tbsp pickled jalapeños

Ingredients for the serving

- 1 (7 oz.) avocado, in thin slices
- ¼ (1 oz.) red onion, in thin slices
- ½ cup sour cream or crème fraîche
- 2 tbsp fresh cilantro (optional)
- ½ lime (optional)
- 1 tsp red chili peppers (optional)

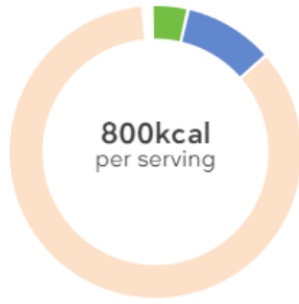
35 m

Easy

Instructions

- **Preheat the oven to 400°F (200°C).**
- **Mix ground meat with egg, spices, and olive oil until thoroughly combined.**
- **Spread the meat in thin flat circles (around 6 inches or 15 cm in diameter) in a baking tray lined with parchment paper. Bake for 10 minutes in the oven.**
- **Remove from oven and top with salsa sauce, cheese, and jalapeños. Bake for another 10-15 minutes or until the cheese has melted and got a nice golden color. Remove from the oven.**
- **Spread the onion and avocado on top.**
- **Sprinkle with cilantro, lime, sour cream, and possibly some red chili for additional color and spice.**

Ketogenic



NET CARBS

8g

4%

PROTEIN

21g

10%

FAT

74g

85%

FIBER

10g

TOTAL CARBS

18g

SATIETY SCORE

33



Keto avocado pie

Ingredients for the Pie crust

- $\frac{3}{4}$ cup (3 oz.) almond flour
- $\frac{1}{4}$ cup (1 $\frac{1}{4}$ oz.) sesame seeds
- $\frac{1}{4}$ cup ($\frac{3}{4}$ oz.) coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 2 eggs
- $\frac{1}{4}$ cup water

1 h 5 m

Medium

Ingredients for the Filling

- 1 red chili pepper, finely chopped
- 2 (14 oz.) avocados, diced
- 1 cup mayonnaise
- 6 eggs
- 2 tbsp fresh cilantro, finely chopped
- $\frac{1}{2}$ tsp onion powder

Ingredients for the Filling

- **½ tsp salt**
- **½ tsp ground black pepper**
- **6 oz. (¾ cup) cream cheese**
- **1 cup (4 oz.) Gouda cheese, shredded**

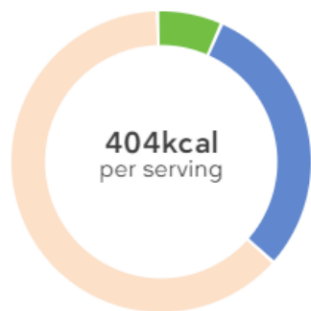
Ingredients for the serving

- **3 oz. (1½ cups) leafy greens (optional)**

Instructions

- **Preheat the oven to 350°F (175°C). Mix all the ingredients for the pie dough in a food processor for a few minutes until the dough forms a ball. If you don't have a food processor, just knead the ingredients together in a bowl using either a fork or your hands.**
- **Attach a piece of parchment paper to a springform pan, no larger than 12" (26 cm) diameter. The springform pan makes it easier to remove the pie when it's done. Grease the pan and the paper.**
- **Spread dough into the pan. Use an oiled spatula or your fingers. Pre-bake the crust for 10–15 minutes.**
- **Remove the seeds from the chili and chop finely. Place the avocado and the chili in a bowl and mix with the other ingredients.**
- **Pour mixture into the pie crust. Bake for 35 minutes or until lightly golden brown. Let cool for a few minutes and serve with a green salad.**

High-protein
Ketogenic



NET CARBS

7g

7%

PROTEIN

30g

30%

FAT

28g

63%

FIBER

2g

TOTAL CARBS

9g

SATIETY SCORE

65



Keto chili bake

Ingredients

- 1 tbsp olive oil
- 1½ oz. (41/3 tbsp) yellow onions, diced
- 2 garlic cloves, crushed
- 1 lb ground beef
- 1½ oz. (42/3 tbsp) red bell peppers, diced
- 1½ oz. (42/3 tbsp) green bell peppers, diced
- 2 tsp ground cumin
- 1 tsp chili powder
- 2 tsp tomato paste
- 8 oz. (1 cup) crushed tomatoes
- 4 oz. (1 cup) shredded cheddar cheese
- salt and pepper to taste
- 2 tbsp fresh cilantro, chopped

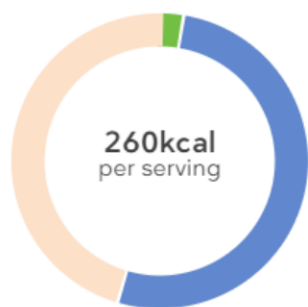
30 m

Easy

Instructions

- **Preheat the oven to 350°F (180°C).**
- **Dice the onion.**
- **Heat up a large skillet with olive oil. Add the onion and garlic and fry until soft. Add the ground beef, and cook until all the meat has browned.**
- **Add the peppers, stir, and cook until soft.**
- **Add the cumin, chili powder, tomato paste, tomatoes, salt, and pepper, and stir well.**
- **Place contents from the pan into a baking dish.**
- **Sprinkle the shredded cheese over evenly and cook in the oven for 20 minutes.**
- **Garnish with cilantro before serving.**

High-protein
Ketogenic



NET CARBS

2g

3%

PROTEIN

31g

52%

FAT

12g

46%

FIBER

1g

TOTAL CARBS

3g

SATIETY SCORE

84



Keto chicken rollups

Ingredients

- 1 tbsp butter for greasing
- 12 (7 oz.) green asparagus spears
- 11/5 lbs chicken breasts
- 4 oz. ham, cured, sliced
- 5 oz. (1¼ cups) Gouda cheese, sliced
- 1/3 cup white wine
- salt and pepper to taste

55 m

Medium

Instructions

- Preheat the oven to 375°F (190°C). Grease a 9"x13" (23 x 33 cm) baking dish with butter.
- Steam the asparagus for 5-10 minutes, or until it turns bright green.
- Using a sharp knife, slice each chicken breast in half, lengthwise. Place each half between two pieces of plastic film and beat with a meat mallet, or rolling pin to flatten them.