

A close-up photograph of a dark ceramic bowl filled with food. The bowl contains several pieces of glazed, dark brown ribs, a bed of white rice topped with a brown sauce, and fresh green herbs and sliced green onions. The bowl is set on a dark wooden surface, with some cauliflower florets visible in the background and foreground.

UNFASTING

Intermittent Fasting Without Hunger

Dr. Harlan Kilstein

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Forward

Keto and Intermittent fasting pack an incredible one-two power punch. But for a lot of people, fasting is something to be avoided. People are afraid they will be hungry.

With Unfasting, that never happens.

You fast every night when you are sleeping. I suggest 12 hours at night that you drink only water or tea. But during the day, Unfasting will do its magic.

This is a simple plan that may be alternated with my Speed Keto program or my Speed Keto Rapid Fat Loss Program (RFL).

You should not mix programs. Do one for a month then switch it up to confuse your metabolism.

As always, our Completely Keto Support Squad looks forward to supporting your journey in our Unfasting Facebook Group. Remember to answer all the questions when entering the group to make sure there is no delay in your acceptance.

Unfasting is particularly special to me because this is how I live my life. I'm never hungry.

Unfasting works and I can't wait to hear your success story.

With love and respect,

- Harlan Kilstein



Disclaimer

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Chapter 1

Introduction

Intermittent Fasting became popular based on the work of Jimmy Moore and Jason Fung, MD. Fung has successfully treated his patients for obesity, diabetes and even cancer with Intermittent Fasting.

Intermittent Fasting has also developed its own confusing collection of, “rules” and terms. OMAD, 2MAD, 12:12, 16:8 and various other magical combinations.

But a lot of people want the results of Intermittent Fasting, without the fasting. That’s where Unfasting comes in.

In any Keto group there are discussions of what breaks a fast. It may be an exaggeration, but to some people – breathing seems to be on their list of breaking a fast.

When I interviewed Dr. Jason Fung, I specifically asked him about the use of chicken broth. He approved the use of coffee, tea and chicken broth.

Since then, I adapted the SIRT Diet to the Unfasting RFL program and created my first version of Unfasting, but I’ve created this all new program for faster results.

Unfasting – Intermittent Fasting Without Hunger – has its origins from a meeting in a doctor’s office, where he had just diagnosed me as celiac after a rigorous series of tests. Then he blurted out:

“You have Syndrome X.”

“What’s that?” I asked in confusion.

“Well, you’re the computer guy. Why not Google it when you get home?”

“Okay give me the short form,” I requested the doctor.

“Syndrome X means you have a hormonal situation that will prevent you from losing weight – ever,” the doctor said bluntly.

“So nothing is going to work?” I questioned in shock.

The doctor closed his eyes and said, “There’s one thing that works without fail.”

And what the doctor told me, was the moment I got the idea for Unfasting. It’s worked for every single person I’ve shared it with.

Now it will work for you.



How Unfasting Works

Unfasting is so easy, you'll never think you are fasting.

For 12 hours a day you're going to fast – nothing but water if you need it. But here's the good part – you maintain a strict fast **ONLY** when you are sleeping! The rest of the time you are Unfasting!

Following our recipes and plan during the day, you'll have unlimited soups that are filling and nourishing. You'll have one meal for dinner.

On weekends you'll have 3 full meals a day with fasting at night.

This program will work really quickly for you. I wouldn't spend much time arguing with people about whether Unfasting is really fasting.

Eat to Be Thin

On this eating plan you can truly, “eat to be thin.” Sipping on luxurious cream soup from a mug or digging into a bowl of steaming broth with vegetables and meat as often as you want, will have the scale moving downward and you won't ever have to deal with the pangs of hunger. On weekdays, you can literally eat as much soup as you need to feel satisfied between waking up in the morning and dinnertime! No short term or long-term fasting is involved at any time during this month-long, keto program.

The Comfort of Soup ...

Many of us have been conditioned to love a good bowl of homemade soup. When you were younger, chances are you were fed soup by a loving parent or grandparent when chilled or feeling ill, and have come to associate the comfort of soup with a loved one who cares. On a busy day when you need to restore mind, body and soul, a mug of steaming soup will usually do the trick.

But there are other great reasons for including soup on the daily menu. Staying well hydrated is a must for weight loss and soup easily adds extra fluid into your diet. Packed with a variety of veggies and proteins, soup is also a nourishing, nutrient-dense snack or meal. Plus, soup is easier to digest than many other foods, so all those nutrients are easier for your body to absorb and use.

When faced with a refrigerator drawer full of veggies, just a bit past their prime but still edible, it's time to get out the soup pot. Making homemade soup is a great way to use up leftovers from last night's meal, as well as the vegetables left in the fridge at the end of the week. And soup isn't just for warming you up on a cold winter day; there are chilled soups included in the recipe section that are perfect for hot days during the summer months.

One Meal Each Day + All the Soup You Want!

In our house there is always soup simmering on the stove or in the slow-cooker/instant pot, and you'll likely find some waiting in the fridge or freezer too. We consider it a staple item and are thrilled with our new, month long program that features unlimited soup throughout the week. Many of you will be pleased to know that this ketogenic eating plan does not include short-term fasting. Just enjoy a variety of soups throughout the day and when dinner time rolls around, you can have a full meal. On the week-ends you get a break from soup and the menu includes 3 keto meals each day. When Monday comes you will be ready for soup again and given the variety of soup recipes provided, you won't be bored.

3 Meals a Day on Saturday & Sunday

I've included many new recipes in the Breakfast, Lunch and Dinner recipe sections, along with a few client favorites that have stood the test of time. On the week-ends, you can enjoy three ketogenic meals a day, as well as sipping on broth between meals, if desired, and of course, Bullet Proof Coffee is always the perfect start to your day.

Re-cap of How a Keto Program Works

When eating a typical, carb heavy American diet, people are usually consuming many carbohydrates daily. The USDA pyramid recommends that whole grains should comprise 60% of our daily diet. This means that over half of the recommended daily caloric intake for Americans should be coming from grains. At least that's what the food pyramid indicates!

But here's the thing: foods that include large amounts of wheat and/or other high-carbohydrate grains, rapidly raise blood sugar (glucose). The sudden increase of blood sugar causes the body to release insulin, which can also be described as the fat-storing hormone. Insulin unlocks body cells so that glucose can enter and become a source of energy so these cells can carry on with their normal tasks. Now when more glucose is available than can be used for immediate energy needs, the body goes to work on another project: storing the unneeded and excess glucose; first as glycogen in the liver and muscles and when these storage systems are full, body fat is created! That's how a diet with a heavy emphasis on carbohydrates encourages weight gain.

Here's another interesting fact: the body can only store small amounts of glucose (in the form of glycogen) at a time, just enough to last a few days. So if carbohydrates aren't available, what happens when body cells need energy to function? The process of evolution has allowed human beings to develop other pathways for producing energy in response to times of famine when easy carbs are not available in the environment. Once the body's store of glucose is used up, through a process known as ketogenesis, we start to burn stored body fat for energy. When this happens, the liver breaks down stored fat into a source of energy the body can easily use; ketone bodies.

A ketogenic menu plan purposefully limits carbohydrate consumption and emphasizes moderate protein and higher fat consumption. It's designed to kick your body into ketosis and encourages the use of stored, excess body fat for daily energy needs.

As ketone levels become higher, the body moves into a state we call ketosis where stored fat is burned as the main source of fuel. A ketogenic eating plan purposefully limits the amount of carbohydrates consumed during the day while allowing for the consumption of moderate amounts of protein and a higher consumption of fats. Most people lose a significant amount of weight over the first month after adopting a keto eating plan and then settle into a slower, but still consistent pattern of weight loss.

A Word About Cream Soups

While calorie counting isn't something I encourage for my clients, I do keep calories in mind when designing my daily menu plans. Now there are two camps within the Keto community. Some believe that the number of calories ingested and the amount of fat intake doesn't matter and others, believe the opposite. It makes sense to us that consuming a huge number of calories a day, even if these calories are comprised of mostly healthy fats, will result in weight gain for some people and stalled weight loss for others.

We are in the camp that thinks calories do matter. My team and I employ a balanced approach when crafting recipes and meal plans for our ketogenic programs to ensure that insulin production is controlled. A nice variety of cream soups are included in the recipe section. While these recipes are all keto friendly, I have a word of caution about over consuming them.

Some tend to be more calorie-dense than other keto soups, so using these recipes is limited to a few times a week as opposed to being everyday soups. Small amounts of heavy cream, full fat coconut milk and coconut cream are used judiciously to give our soups a pleasing texture.

You will note that a variety of cream soups appear on the menu plan on Mondays and Wednesdays. You are welcome to spread out the consumption of these soups over a few days by having only one or two mugs on a single day.

Immersion Blender

I also put a handheld, immersion blender to good use when making creamy soups, as the end result is a cream soup with lower calories. I heartily recommend you invest in an immersion blender, if you don't already have one. Even though you can use a larger, high speed blender when making soup, you'll find that an immersion blender just makes the whole process easier and there's definitely less mess to deal with when it's time for clean-up.

Good Bone Broth

On chore day when laundry is in the washer and the vacuum has been pulled out of the closet to do its weekly duty, we often get out the stock pot too. Doing the prep that precedes the making of a hardy bone broth is part of our chore day routine. Since we have to be home anyway, this is the perfect day to have a pot of bone broth simmering on the stove top.





Stock is made from meat scraps, meaty joints and bones. We simmer our homemade broths a moderate amount of time and use them on their own, sipping on them as is, or as the foundation of other foods like sauces, soups and stews. I've included a few broth recipes and encourage you all to try making your own homemade broth. The taste is simply superior. Having said this, I know there are some good options available at most grocery stores; just select boxed organic broths, without sugar. If you are lucky to have a farmer's market close by, you can often purchase nice homemade organic broths from a vendor there.

MCT Oil & Bullet Proof Coffee

MCT is medium-chain triglyceride oil. When ingested, this form of fat is immediately accessible as an energy source for your body. It doesn't need a lot of processing in the liver, plus your brain loves medium chain triglycerides and gobbles them up! Adding this oil to coffee in the morning helps clear up a foggy brain and gives you immediate energy for tackling a busy day. It also supports ketosis which is just what you want on a keto diet.

You will find quite a few different brands of MCT oils out there but they are not all equal. It really matters what the MCT oil is made from. Most MCT oil comes from coconut oil. Cheaper varieties are often manufactured using too much caproic acid which has a throat burning sensation. Others use lauric acid which does not convert to ketones.

Brain Octane Oil (it's a brand of MCT oil) is ethically sourced and uses caprylic acid which converts to ketones within minutes giving you the boost you need each morning. If you choose a different brand of MCT please be sure it is organic and uses caprylic acid in the manufacturing of the oil.

Our recipe for Bullet Proof Coffee uses Brain Octane Oil. While I do recommend starting the day with a morning cup of this concoction, it is not a mandatory menu item during the four weeks of this program. Having said this, I will also mention that the added fat means added fuel on week days when you are eating only soups in the morning and afternoon. The energy boost from a bullet proof coffee really helps curb the appetite. It also tastes great!

Exercise

Brisk walking is especially beneficial in the first week of going keto. It will help you burn off the glycogen that's stored in your muscles and will hasten getting into ketosis. That's when serious weight loss begins, as your excess body fat starts to be processed for energy through the process of ketosis. Regular exercise can impact a general sense of well-being including improved emotional states, cardiovascular health and can also act as an appetite suppressant (again in the short-term). What I've noticed over time, is that many of my keto adapted clients develop goals of their own, aimed at becoming more active and fit, which I heartily support.

Our [Just4Minutes.com](https://www.just4minutes.com) works extremely well for people who want to torch off fat. Check it out at [just4minutes.com](https://www.just4minutes.com)

Chapter 2

Supplementation

Support for Your Body

If you've been following one of my other ketogenic food plans, you will already be familiar with my recommended list of supplements. It's important to take the list of supplements that follows, seriously. If you do and you add these supplements to your daily regimen, you will greatly enhance the weight loss success you achieve during this month.

Electrolytes

An electrolyte is a chemical that is capable of conducting electricity when mixed with water. Electrolytes necessary for normal bodily functions include:

- Sodium
- Potassium
- Calcium
- Bicarbonate
- Magnesium
- Chloride
- Phosphate

Here's an example ... muscles use calcium, sodium and potassium when they contract. Each time your heart beats, it's actually contracting in a specific rhythm. If electrolytes become too imbalanced, it can lead to weakness in muscles. Excessive contraction (as in muscle cramps) can also occur. It's easy to deduce that where the heart is concerned, we need electrolytes to survive and we need them in the proper proportions.

Leg cramps are common during or after a work-out and athletes often replenish electrolytes lost through sweat by having an electrolyte drink after exertion. While it's good to take in electrolytes when depletion is suspected, it's important to read labels as electrolyte drinks are often full of hidden sugars. Having said this, you will be able to find tasty sugar-free alternatives just about everywhere groceries are sold and at the corner store too.

One of the reasons we include chicken broth on the Unfasting Menu plan, is to naturally supplement the body with certain electrolytes. The long slow simmering process involved in making bone stocks of all kinds, leeches electrolytes like calcium, phosphate and sodium from nutrient dense bones that often go to waste. You are encouraged to take a cup of chicken broth whenever you feel the need during the Unfasting process.



Sodium

Drinking water at regular intervals during the day is extremely important during Unfasting. In fact, you will probably need to find ways of reminding yourself to take in another sip of H₂O. Keeping a water container close by will quickly become a habit.

But along with drinking more water and following a ketogenic diet, comes a need to urinate more often and with that, there may be a need for more sodium. This may be especially true since you will have eliminated all that excess salt from packaged foods and much of your daily intake will come from the sodium you add to your meals in the form of salt.

When selecting a salt look for either sea salt or rock salt. We are particularly fond of the pink Himalayan salt that can be found in most supermarkets today. Both sea salt and rock salt will add other important minerals to your daily diet.

Potassium can also be depleted just like sodium due to the diuretic effect that is part of any diet low in carbohydrate content. Your tasty bone broth will help add the much needed sodium and potassium to your daily intake.

This brings us to magnesium because it's needed in order for your body to be able to absorb potassium properly. Often potassium levels are low in the body because there is an insufficient level of magnesium present.

Magnesium

While there will be magnesium present in your chicken broth, it may not be in a high enough quantity to give you what you need each day. Most people are deficient in magnesium from the get go. This is true for a number of reasons:

For city dwellers the available drinking water goes through a filtering process which ends up removing most of its magnesium content; the same is true for bottled waters

The process of “softening” water removes magnesium

While magnesium is present in some foods, it is not there in sufficient quantities, making it hard to take in adequate magnesium through diet alone

While on the Unfasting program it is recommended that you take 400-800 milligrams of magnesium daily. There are different types of magnesium available on drugstore and health food shop shelves, but we recommend taking magnesium glycinate because it is easier for the body to absorb in this form.



Magnesium can cause loose stools for some people. If this is the case, then split your daily dose up, taking 400 milligrams in the morning with food and another 400 at lunchtime; again with food. If this dosage still proves to be too much, then switch to taking a smaller dose each time.

Cramping muscles can also be soothed by a good soak in a warm tub with a few cups of Epsom salts added in as the bath water is running.

If you have any concerns at all, be sure to consult with your family doctor.

Vitamin D

Exposure to the sun is by far the best (and most economical) way to raise vitamin D levels in the body. Many North Americans are deficient in Vitamin D. Those living the farthest distance from the equator are the ones most likely to be afflicted. Today we all wear brimmed hats and protective clothes in an effort to protect our eyes and skin from UV rays; this, along with sunscreens that are lathered on liberally, further complicate the problem.

According to a WebMD article: "Exposure of the hands, face, arms and legs to sunlight two to three times a week for about one-fourth of the time it would take to develop a mild sunburn, will cause the skin to produce enough vitamin D."

If you don't get enough time in the sun, then it may be prudent to take a vitamin D supplement. Correct dosages vary according to body weight and current vitamin D levels in the body.

Enzymes

Enzymes work to speed up chemical reactions and many chemical reactions in your body are regulated by enzymes. They work to catalyze the pathways of cell metabolism, including the digestion of large molecules like carbohydrates, proteins and fats. Enzymes assist with breaking them down into smaller more easily absorbed molecules:

- Simple sugars (glucose) from carbohydrates
- Amino acids from protein
- Cholesterol from fats

Many of these digestive enzymes are produced by the pancreas and intestines, as well as in the salivary glands and stomach. It's possible to have a healthy diet, yet be deficient in nutrients if digestive enzymes are not present in high enough quantity.

Enzyme deficiency can be caused by certain diseases, as well as inflammation in the digestive tract. Food allergies and sensitivities, IBS, diverticulitis, leaky gut, aging, low stomach acid and stress are only a few of the things that could contribute to insufficient digestive enzymes, with chronic stress being a major contributor.

Finding ways to reduce stress and eating a healthy balanced diet can help restore normal digestion, but sometimes supplementation with digestive enzymes is beneficial.

If you choose to supplement with digestive enzymes choose a product that includes a variety of enzymes. Read the label and look for a product that includes:

- proteases for breaking down proteins
- lipases for breaking down fats
- carbohydrases (amylase) for breaking down carbohydrates

Probiotics

Inside the digestive tract we have trillions (yes, trillions!) of bacteria. We call this, “gut flora”. A healthy and functioning gut flora:

- helps in the digestion of food
- assists in detoxifying harmful compounds
- produces vitamins as well as other nutrients
- balances the immune system

These good bacteria can be decimated when antibiotics are introduced. They are wiped out along with the bad bacteria that the antibiotic is actually targeting. This, along with chronic stress, is one of the biggest culprits for disrupting a healthy gut flora population.

Probiotics can be taken to restore gut flora and come in powdered form, usually in a capsule. The last 10 years have seen an uptick on understanding gut health and its importance for over-all health, but there are still many questions that need answering. Research is ongoing.

If you decide to take a probiotic look for a reputable brand that includes both Lactobacillus and Bifidobacterium.

- Triphala
- Triphala is an Ayurvedic herbal powder made from three fruits:
- Amalaki
- Bibhitaki
- Haritaki

Used for thousands of years in Ayurvedic medicine practice, Triphala is beneficial for digestion and elimination. It acts as a mild laxative and digestive tonic, stabilizes blood sugar and provides a source of antioxidants and vitamin C.

Triphala can be taken in powder form but due to its taste which is very bitter, sour, pungent and astringent all at the same time, you may prefer to take it in a capsule.





Fish Oil

As discussed earlier, the typical western diet with poor meat quality, fast foods, processed foods and vegetable oils, lacks Omega-3 fatty acids (EPA and DHA) and is overly rich in pro-inflammatory omega-6 fatty acids. For many people, the resulting systemic inflammation causes a wide range of negative health consequences.

Your body cannot make EPA or DHA and you must get them from the foods you eat or from supplementation. Fish oil is a potent source of these anti-inflammatory fatty acids and is also readily available in liquid or capsule form.

Fish oil will affect the “stickiness” of platelets so you should consult your physician if you have any bleeding issues, are taking blood thinners or have a surgery scheduled in the near future.

Krill Oil

Krill oil is an extract prepared from a tiny crustacean, *Euphausia Superb*, which is a species of Antarctic krill. It contains similar omega-3 fatty acids to fish oil but usually has higher levels of EPA.

Krill oil omega-3s are attached to phospholipids, which make them more easily absorbed by the body than the triglyceride form of omega-3s found in fish oil.

Since the source for krill oil is a crustacean, anyone with an allergy to shell-fish should exercise caution if considering taking this supplement.

**As always we recommend that everyone consult with their physician or primary health care provider before starting any new diet or program of supplementation. (I leave exact wording for disclaimers up to you and your legal team.)*

Chapter 3

Four Week Menu Plan

About Substitutions

You will be more successful if you enjoy each mouthful, so swapping one meal for another is allowed: with one caveat. You must only substitute using recipes that are provided on the program. If you prefer one meal over another, then that's what you should have. If the spice profile of a dish doesn't suit you, then change it up for something that does appeal. The main thing here is to enjoy the meals you eat.

I've included cream soup recipes on the menu twice a week. I want you to limit your consumption to one or two small bowls a day. Other than this one limitation, you are welcome to eat as much soup as you need to stay satiated throughout the day.

Please note you don't need to eat the whole recipe of soup in one day, as all the recipes will last in the fridge for up to 3 days. If you are just cooking for yourself, you will not likely follow the soup part of the menu plan as is, and will simply eat from the same pot of soup until it's done as each pot makes about 4 servings.

Week 1, Day #1 (Monday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soups of the Day: Chicken Noodle/Asparagus Soup and Creamy Thai Style Chicken Soup
- Dinner: Shepherd's Lamby Pie with Tossed Green Salad & Vinaigrette
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1, Day #2 (Tuesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Mulligatawny Soup and leftover Creamy Thai Style Chicken Soup
- Dinner: Grilled Salmon & Steamed Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 1, Day #3 (Wednesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: [Easy Keto Style Turkey Noodle Soup](#) and [Herbed Creamy Mushroom Soup](#)
- Dinner: [Instant Pot Corned Beef with Grilled Salad](#)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1, Day #5 (Friday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: [Caramelized Onion Soup](#)
- Dinner: [Oven Roasted BBQ Chicken with Roasted Cauliflower & Keto Coleslaw](#)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1, Day #4 (Thursday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: [Beef & Basil Soup](#) and leftover [Herbed Creamy Mushroom Soup](#)
- Dinner: [Thai Chicken Bowl](#)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1, Day #6 (Saturday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: [Keto Bagel](#) with PB & Jam
- Lunch: [Classic Spinach Lunch Salad](#)
- Dinner: [Grilled White Fish with Basic Green Salad](#) and [Vinaigrette](#)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1, Day #7 (Sunday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Bacon & Eggs (use either pork or turkey bacon)
- Lunch: Open-faced Chicken Salad Sandwich using Lunch Sandwich Fillings on a Keto Bagel
- Dinner: Coconut Beef with Cauliflower Fried "Rice"#1
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week #2, Day 8 (Monday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soups of the Day: Roasted Veggie Winter Gazpacho and Fish Chowder
- Dinner: Lemon/Herb Baked Chicken Dinner Plate
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 2, Day #9 (Tuesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Keto Greek Avgolemono Soup and leftover Fish Chowder
- Dinner: Beef Bourguignon with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2, Day #10 (Wednesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Simple Crockpot Chicken Soup and Cream of Tomato/Ginger Soup
- Dinner: Stir-fry Chicken & Veggie Bowl
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 2, Day #11 (Thursday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Mediterranean Beef & "Rice" Soup and leftover Cream of Tomato/Ginger Soup
- Dinner: Oven Baked Lamb Kebab with Tossed Green Salad & Green Goddess Salad Dressing
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2, Day #12 (Friday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the day: Leek & Chorizo Sausage Soup
- Dinner: Baked Garlic Shrimp with Roasted Broccoli
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2, Day #13 (Saturday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Scrambled Eggs with Breakfast Sausage
- Lunch: Tuna Salad Sandwich using Lunch Sandwich Fillings on Pancake Bread
- Dinner: Rosemary Drums with Roasted Cauliflower
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2, Day #14 (Sunday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Fried Egg, Mushroom & Spinach Skillet
- Lunch: Egg Salad Sandwich using Lunch Sandwich Fillings on Pancake Bread
- Dinner: Beef Tenderloin Steak Dinner
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3, Day #15 (Monday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Spicy Shredded Chicken & Lemon Soup and Cream of Hamburger Soup
- Dinner: Slow Cooker Asian Short Ribs with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3, Day #16 (Tuesday)

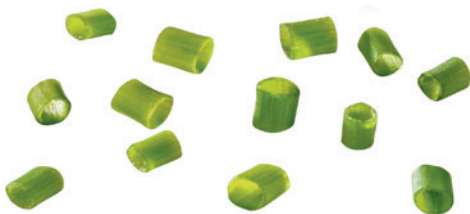
Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soups of the Day: Mulligatawny Soup and leftover Creamy Hamburger Soup
- Dinner: Lamb Meatballs with Fried Cauliflower "Rice" #2
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 3, Day #17 (Wednesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Light & Bright; Summer Veggie Soup and Onion Dijon Soup
- Dinner: Grilled Salmon & Steamed Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3, Day #18 (Thursday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Easy Keto Turkey Noodle Soup and leftover Onion Dijon Soup
- Dinner: Lemon/Herb Baked Chicken Dinner Plate
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 3, Day #19 (Friday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Beef & Basil Soup
- Dinner: Shepherd's Lamby Pie with Tossed Green Salad (keto dressing of choice)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3, Day #21 (Sunday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Avocado Egg Bake #2
- Lunch: Open-faced Tuna Salad Sandwich using Lunch Sandwich Fillings on a Keto Bagel
- Dinner: Teriyaki Chicken on Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3, Day #20 (Saturday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Bacon & Eggs
- Lunch: Lox, Greens & Avocado Lunch Bowl
- Dinner: Baked Chicken Drums & Fennel and Spiralized Veggie Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4, Day #22 (Monday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Simple Crockpot Chicken Soup and Creamy Thai Style Chicken/Coconut Soup
- Dinner: Beef Bourguignon with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 4, Day #23 (Tuesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soups of the Day: Leek & Chorizo Sausage Soup and leftover Creamy Thai Style Chicken/Coconut Soup
- Dinner: Rosemary Chicken Drums with Grilled Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4, Day #25 (Thursday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Keto Gazpacho (Chilled Soup) and Herbed Creamy Mushroom Soup
- Dinner: Roasted BBQ Chicken with Keto Coleslaw
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4, Day #24 (Wednesday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Chicken Noodle/Asparagus Soup
- Dinner: Lamb Meatballs and Cauliflower Fried Rice #1
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4, Day #26 (Friday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Soup(s) of the Day: Mediterranean Beef & "Rice" Soup and leftover Herbed Creamy Mushroom Soup
- Dinner: Grilled White Fish with Tossed Green Salad and Vinaigrette
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 4, Day #27 (Saturday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Fried Egg, Mushroom & Spinach Skillet
- Lunch: Classic Spinach Salad
- Dinner: Beef Tenderloin Steak Dinner
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week #4, Day 28 (Sunday)

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the Day:

- Breakfast: Bacon & Eggs
- Lunch: Lox, Greens & Avocado Bowl
- Dinner: Baked Garlic Shrimp with Broccoli
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Meal Plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Weigh yourself Measure yourself Put the scales away! Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Chicken Noodle/Asparagus Soup and Creamy Thai Style Chicken Soup Dinner: Shepherd's Lamby Pie with Tossed Green Salad & Vinaigrette	2 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Mulligatawny and leftover Creamy Thai Style Chicken Soup Dinner: Grilled Salmon & Steamed Asparagus	3 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Easy Keto Style Turkey Noodle Soup and Herbed Creamy Mushroom Soup Dinner: Instant Pot Corned Beef with Grilled Salad	4 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Beef & Basil Soup and leftover Herbed Creamy Mushroom Soup Dinner: Thai Chicken Bowl
8 Wake up Drink Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Roasted Veggie Winter Gazpacho and Fish Chowder Dinner: Lemon/Herb Baked Chicken Dinner Plate	9 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Keto Greek Avgolemono Soup and leftover Fish Chowder Dinner: Beef Bourguignon with Garlic Cauliflower Mash	10 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Simple Crockpot Chicken Soup and Cream of Soup Dinner: Stir-fry Chicken & Veggie Bowl with Fried Cauliflower "Rice" #2	11 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Mediterranean Beef & Rice Soup and leftover Cream of Tomato/Ginger Soup Dinner: Oven Baked Lamb Kebab with Tossed Green Salad & Green Goddess Salad Dressing
15 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Spicy Shredded Chicken & Lemon Soup and Creamy Hamburger Soup Dinner: Slow Cooker Asian Short Ribs with Garlic Cauliflower Mash	16 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Mulligatawny Soup and leftover Cream of Hamburger Soup Dinner: Lamb Meatballs with Fried Cauliflower "Rice" #2	17 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Light & Bright; Summer Veggie Soup and Onion Dijon Soup Dinner: Grilled Salmon & Steamed Asparagus	18 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Easy Keto Turkey Noodle Soup and leftover Onion Dijon Soup Dinner: Lemon/Herb Baked Chicken Dinner Plate
22 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Simple Crockpot Chicken Soup and Creamy Thai Style Chicken/Coconut Soup Dinner: Beef Bourguignon with Garlic Cauliflower Mash	23 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Leek & Chorizo Sausage Soup and leftover Creamy Thai Style Chicken/Coconut Soup Dinner: Rosemary Chicken Drums with Grilled Veggie Salad	24 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Chicken Noodle/Asparagus Soup Dinner: Lamb Meatballs and Cauliflower Fried Rice #1	25 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Keto Gazpacho (chilled soup) and Herbed Creamy Mushroom Soup Dinner: Roasted BBQ Chicken with Keto Coleslaw

Meal Plan

FRIDAY	SATURDAY	SUNDAY
5 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Caramelized Onion Soup Dinner: Oven Roasted BBQ Chicken with Roasted Cauliflower & Keto Coleslaw	6 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Keto Bagel with PB & Jam Lunch: Classic Spinach Lunch Salad Dinner: Grilled White Fish with Basic Green Salad and Vinaigrette	7 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Bacon & Eggs Lunch: Open-faced Chicken Salad Sandwich on a Keto Bagel Dinner: Coconut Beef with Cauliflower Fried "Rice"#1
12 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Leek & Chorizo Sausage Soup Dinner: Baked Garlic Shrimp with Roasted Broccoli	13 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Scrambled Eggs with Breakfast Sausage Lunch: Tuna Salad Sandwich on Pancake Bread Dinner: Rosemary Drums with roasted cauliflower	14 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Fried Egg, Mushroom & Spinach Skillet Lunch: Egg Salad Sandwich on Pancake Bread Dinner: Beef Tenderloin Steak Dinner
19 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Beef & Basil Soup Dinner: Shepherd's Lamby Pie with Tossed Green Salad (keto dressing of choice)	20 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Bacon & Eggs Lunch: Lox, Greens & Avocado Lunch Bowl Dinner: Baked Chicken Drums & Fennel and Spiralized Veggie Salad	21 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Avocado Egg Bake #2 Lunch: Open-faced Tuna Salad Sandwich on a Keto Bagel Dinner: Teriyaki Chicken on Zucchini Noodles
26 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Soup(s): Mediterranean Beef & "Rice" Soup and leftover Herbed Creamy Mushroom Soup Dinner: Grilled White Fish with Tossed Green Salad & Vinaigrette	27 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Fried Egg, Mushroom & Spinach Skillet Lunch: Classic Spinach Salad Dinner: Beef Tenderloin Steak Dinner	28 Wake up Bullet Proof Coffee (if desired) Drink electrolytes & broth throughout the day Breakfast: Bacon & Eggs Lunch: Lox, Greens & Avocado Bowl Dinner: Baked Garlic Shrimp with Broccoli



Chapter 4

Shopping Lists

Non-fasting Keto Weekly Shopping Lists

A quick word before you begin.

You will have to look in your fridge and pantry to check out what you already have in stock before heading out to the grocery store and/or the Farmer's Market. The first week's shopping list will be larger than the following weeks because you may have to purchase some basic menu items like cooking oils, MCT oil, mayonnaise, specific spices, pink Himalayan salt, peppercorns, some canned goods, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind, many of the items you purchase this week (like a bag of yellow cooking onions) will also be used next week. Try your best to find organic products and grass-fed, free range meats, wild-caught fish and free-range eggs.

Throughout the Non-fasting Keto program, you will be drinking plenty of fluids so make sure to stock up on a variety of allowed drinks. Having a good variety of beverages on hand will make staying hydrated more interesting and easier.

While I prefer to make my own version of bone broths, I recognize that this takes time that some folks just don't have. There are good organic broths (in tetra packs) available on most grocery store shelves so you can make your week-ends easier by simply adding several boxes of various flavored broths to your shopping list.

Please Note: You will likely have to adjust some of the amounts in the following lists. The amount of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase), accordingly. For this reason, I haven't included amounts for some items listed. When amounts do appear, they reflect the actual amounts used in the recipes for the weekly menu so you may have to alter those, as well.



Week I – Non-fasting Keto

Basics

- MCT oil (if using)
- Extra virgin olive oil
- Coconut oil
- Apple cider vinegar
- Organic coffee, regular and decaffeinated
- Regular tea & herbal teas
- Sugar free electrolytes
- Erythritol and/or liquid stevia (stay away from the granular stevia)
- Baking powder
- Tamari sauce
- Pink Himalayan salt
- Black peppercorns
- Onion powder
- Garlic powder (or granules)
- Dried thyme
- Dried oregano
- Dried basil
- Dried parsley
- Ground ginger
- Curry powder
- Dried cumin
- Ground coriander
- Ground turmeric
- Ground nutmeg
- Bay leaves
- Liquid smoke (for homemade BBQ sauce if making)

Meat, Fish & Seafood

- 1, 4-5 lb whole chicken (buy 2 if making homemade chicken broth & you don't have enough carcasses)
- 2-2 ½ lb beef marrow soup bones (if making homemade beef broth)
- 2 ½ lbs boneless/skinless chicken breasts
- 1 lb ground lamb
- 4 oz simmering beef (or turkey, or chicken) for Mulligatawny Soup
- 1 lb beef round (or other boneless cut)
- 1 lb salmon fillets
- 2lb whole fish (red snapper, sea bass, trout, etc.)
- 2 small or 1 large turkey thigh (skin on, bone in)
- 3 lb corned beef brisket
- 1 lb chuck roast
- Bacon (pork or turkey)



Vegetables & Fruits

- 1 lime
- 3 lemons
- Small bunch of fresh parsley
- Small bunch of fresh cilantro
- Small bunch of fresh rosemary
- 1 bag yellow cooking onion
- 1 red onion
- 1 bunch green onions (scallions)
- 2-3 garlic bulbs
- 1 ½ lb asparagus
- Small piece fresh ginger root
- 1 red chili pepper
- 1 jalapeño pepper
- 2 red bell pepper
- 1 yellow bell pepper
- Small bunch fresh basil leaves
- 2 lemongrass stalks (or 1” squeezed from a tube of lemongrass paste)
- 1 small zucchini
- 2 or 3 heads cauliflower, only buy one if you are also purchasing ready-made cauliflower “rice”
- 1 bag baby spinach leaves
- 1 bag mixed greens
- 2 bags pre-shredded cabbage
- Cherry tomatoes
- 2 medium tomatoes
- 1 bunch celery stalks
- Small bag of carrots
- ¼ lb green beans
- 2 Small bunch of broccoli
- 1 leek
- 1 ½ lb cremini mushrooms
- 1 Japanese eggplant

Dairy Section

- 1 pint heavy cream
- 1 lb unsalted butter (for making homemade ghee)
- 1 lb regular butter
- 1 dozen large eggs (free range if possible)

Other Items

- Tetra packs of organic chicken, beef, fish & vegetable broth (if not making your own)
- Variety of sugar-free electrolytes
- 2 packages of Konjac noodles (Miracle Noodles)
- 1 can full fat coconut milk
- 1 can coconut cream
- Full fat mayonnaise
- 2 cans tomato paste (or by paste in a tube for easier use)
- Dijon mustard
- Small bottle of dry white wine
- Sugar-free BBQ sauce (if not making your own)
- Dill pickle
- Ground flax seeds
- Psyllium husk powder
- Tahini
- Fish sauce



Week II – Non-fasting Keto

This week's shopping list will not be as long as last week as you've already purchased most of the basics including spices last week. Check out your fridge for leftover veggies before heading out to shop. You probably still have carrots, celery stalks and cooking onion, etc. that you can use this week. Of course, this will depend on how many people in your household are following the non-fasting keto menu plan, besides yourself. Alter the shopping list accordingly.

Basics

- Red wine vinegar
- Dried rosemary
- Xanthan gum
- Ground cinnamon
- Ground anise
- Dried dill (if not using fresh dill for Green Goddess Salad Dressing)

Meat, Fish & Seafood

- 2- 2 ½ lb beef marrow soup bones (if making homemade beef bone broth)
- 1 whole chicken (if making chicken broth and you don't have enough carcasses)
- 1 lb haddock fillets
- 2 lb tiger shrimp, peeled and deveined
- Bacon (turkey or pork) if needed
- 2 lbs boneless, skinless chicken breasts
- 2 lb beef chuck roast
- 1 lb lamb leg steaks or shoulder roast
- 2 large chorizo sausages
- ½ lb breakfast sausage
- 2 lb chicken drumsticks
- ½ lb Beef tenderloin Steak (2 -1" thick steaks)

Vegetables & Fruits

- 6 lemons
- 1 lime
- 6 Hass avocado
- 2 heads of cauliflower
- 1 bunch broccoli
- 2 packages frozen cauliflower "rice"
- Yellow cooking onion, if needed
- 3 leeks
- 3 tomatoes
- Fresh ginger root
- 2 garlic bulbs
- 2 red bell peppers
- 1 jalapeño pepper
- Fresh dill (if not using dried dill for Green Goddess Salad Dressing)
- Fresh parsley, if needed
- Fresh cilantro, if needed
- Fresh basil, if needed
- Fresh dill
- Fresh mint
- Fresh rosemary, if needed
- 1 bag mixed greens
- 1 bag baby spinach leaves
- Small basket of cherry tomatoes
- Small basket of pearl onions
- Cremini mushrooms
- 1 bunch green onions, if needed



Dairy Section

- 1 lb unsalted butter, for more ghee if needed
- Regular butter, if needed
- 1 dozen large eggs
- Heavy cream, if needed

Other Items

- Organic broth 1 qt. tetra packs , as needed if not making homemade broths)
- 28 oz can tomatoes
- 2 cans full-fat coconut milk
- Small bottle dry red wine
- Tomato paste , if needed
- 1 can solid tuna
- Variety of sugar-free electrolytes

Week III – Non-fasting Keto

Basics

- Red pepper flakes
- Sesame oil
- Coffee (regular & decaffeinated), if needed
- Mixture of herbal and regular teas, if needed
- Red wine vinegar
- Unseasoned rice vinegar



Meat, Fish & Seafood

- 2- 2 ½ lb beef marrow soup bones (if making homemade beef bone broth)
- 1 whole chicken (if making chicken broth and you don't have enough carcasses)
- 1 ½ lbs skinless & boneless chicken breasts (for soup on day #15 & dinner on day #18)
- 2 lb chicken drumsticks
- 1 ½ lb boneless, skinless chicken thighs
- 1 lb ground beef
- 2 lb ground lamb
- 3 lb bone-in beef short ribs, cut crosswise into 3" pieces
- ¼ lb simmering steak (for Mulligatawny Soup)
- 1 lb chuck roast
- 4 salmon fillets (about 1 lb)
- ¼ lb lox (6 slices altogether)
- 2 small or 1 large turkey thigh (skin on, bone in)
- Bacon (turkey or pork), if needed



Vegetables & Fruits

- 3 lemons
- 1 orange
- Bag of yellow cooking onions, if needed
- Celery
- Carrots, if needed
- 2 or 3 bulbs garlic
- Fresh parsley, if needed
- Fresh ginger root
- 3 heads of Cauliflower
- Green beans (small amount for Mulligatawny soup)
- Broccoli (small amount for Mulligatawny soup), if needed
- 4 small tomatoes
- 1 bunch Fresh mint
- 1 bunch fresh basil
- 1 bunch green onion (scallions)
- 6 small zucchini
- Daikon radish
- 1 yellow bell pepper
- 1 English cucumber
- 3 fennel bulbs
- Swiss chard
- 1 head Romaine lettuce
- Leeks
- 1 lb asparagus
- 1 packaged shredded cabbage
- 1 bag mixed greens
- Cherry tomatoes
- 3 Hass avocado
- Baby spinach leaves, if needed
- Mixed greens, if needed
- Red onion, if needed



Dairy Section

- 2 pints heavy cream, for coffee if using & for soup
- Butter, if needed
- Eggs, if needed

Other Items

- Several tetra packs of organic chicken and beef broth, if not making homemade
- 1 tetra pack of organic vegetable broth (if not making homemade vegetable broth)
- Tamari sauce, if needed
- Variety of sugar-free electrolytes
- Nutritional yeast
- 1 package Konjac noodles (Miracle Noodles)
- Tomato paste, if needed
- 1 can solid tuna



Week IV – Non-fasting Keto

Meat, Fish & Seafood

- 2- 2 ½ lb beef marrow soup bones (if making homemade beef bone broth)
- 1, 4-5 lb whole chicken (buy 2 if making homemade chicken broth & you don't have enough carcasses)
- 2 lb boneless, skinless chicken breasts
- 2 lb chicken drumsticks
- 2 lb beef chuck roast
- 1 lb bacon (turkey or pork)
- 2 large (4 oz) chorizo sausage links
- 1 lb ground lamb
- 2 whole fish (red snapper, sea bass, trout)
- 4 slices lox
- 2 lb tiger shrimp
- 8 oz beef tenderloin steak (2 - 1" thick steaks)

Vegetables & Fruits

- 7 lemons
- 2 limes
- Yellow cooking onion, if needed
- 1 jalapeño pepper
- Ginger root, if needed
- 2 lemongrass stalks (or 1" squeezed from a tube of lemongrass paste)
- 1 bunch green onions (scallions)
- 1 red chili pepper
- 2 red bell pepper
- 1 yellow bell pepper
- Fresh cilantro
- Fresh rosemary, if needed
- Fresh basil, if needed
- Fresh mint, if needed
- Package of pearl onions
- 2 lb cremini mushrooms
- 3 Garlic bulbs
- 2 heads of cauliflower
- 1 package frozen cauliflower "rice"
- 1 bunch broccoli (enough for 2 C florets)
- 6 medium tomatoes
- Basket of cherry tomatoes
- 1 English cucumber
- 4 leeks
- 1 Japanese eggplant
- 1 small zucchini
- ½ lb asparagus
- Red onion, if needed
- 1 package pre-shredded cabbage
- 2 packages of Baby spinach leaves
- 1 Package of mixed greens
- 1 Hass avocado



Dairy Section _____

- Heavy cream
- Unsalted butter, for ghee if you need to make more
- 1 lb butter, if needed
- Large eggs, if needed

Other Items _____

- Tetra pack organic broth (chicken, beef), as needed
- 1 can full fat coconut milk
- Small bottle of dry red wine, if needed
- Tomato paste, if needed
- 1 package konjac noodles (Miracle noodles)



Recipes

Basics



Bullet Proof Coffee

There are many different versions of bullet proof coffee out there on the Internet. The Unfasting version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning, because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Note: Some people react with loose stools when first adding MCT oil to their diet. You will most likely be okay with just one teaspoon, but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof morning coffee.

Nutritional Information

- Calories/serving: 77 (with cream), 45 (without cream)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream), 5 g (without cream)
- Protein: 0



Homemade Ghee

Sometimes people who are sensitive to milk in their diet, can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

Ghee is a great fat to cook with since the milk solids have been removed. This fat can be used at higher temperature, making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, salt free organic butter

Preparation

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted, you will fairly quickly see it separate into three distinct layers:
2. The top layer will be foamy and white in color
3. The middle will be yellow. This is the deepest layer and it is called clarified butter.
4. The milk solids from the butter will sink to the bottom of the pot forming the third layer
5. Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15-20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point, the clarified butter has become ghee.
6. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter, but you must be sure to remove all of the milk solids first.

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information

- Calories/tsp: 6
- Total Carbs: 0
- Fiber: 0
- Total Fat: 1 g
- Protein: 0



Green Goddess Salad Dressing

This dressing was invented and served to me by a friend. I begged for the recipe. Once again, I suggest you keep an eye on the “reduced produce” section at the grocery store. Quite often, I find perfectly ripened avocados there, ready for use on the same day. That’s when I make this divine salad dressing.

Tip: Even though a bit more expensive, always use freshly squeezed lemon or lime juice. The bottled juices have preservatives added that alter their flavors.

Ingredients

- 2 ripe avocados, peeled and stone removed
- 2 garlic cloves, minced or pushed through a press
- ½ C green onions (scallions), chopped
- 1 ½ T fresh dill, chopped (or 2 tsp dried)
- ¼ C parsley, chopped (or 2 tsp dried)
- 1 T fresh lemon juice
- ½ T fresh lime juice
- 1 ½ T extra virgin olive oil
- Freshly ground pink Himalayan salt & black pepper, to taste

Preparation

1. Put all ingredients in food processor and process until creamy.

Yield: 4 servings

Nutritional Information

- Total Calories/Serving: 161
- Total Carbs: 9g
- Fiber: 6g
- Net Carbs: 3g
- Total Fat: 14g



Vinaigrette

Homemade vinaigrettes are easy to make. Once you get on to how easy it is to whip one up, there will be no going back to heavy handed, fake tasting, store bought salad dressings.

Ingredients

- Juice from 1 lemon or 2 limes
- 1 tsp Dijon mustard
- 3 drops of liquid stevia
- 1 garlic clove
- $\frac{3}{4}$ C olive oil

Preparation

1. Whisk lemon juice, mustard, garlic and liquid stevia.
2. Drizzle olive oil into the lemon juice mixture and continue whisking until all the oil has been incorporated into the dressing.

Yield: 16 Servings (1 T/serving)

Nutritional Information

- | | |
|------------------------------|------------------|
| • Total Calories/Serving: 90 | • Net Carbs: 0g |
| • Total Carbs: 0g | • Total Fat: 10g |
| • Fiber: 0g | • Protein: 0g |



Best Keto BBQ Sauce

This BBQ sauce adds extra flavor to many different dishes plus it's totally Keto. I use it when making Oven Roasted BBQ Chicken. I'm sure you'll find many other uses for this homemade sauce ... so fire up the BBQ and enjoy!

Ingredients

- 2 T ghee or coconut oil
- 1 medium onion, finely diced
- 2 cloves garlic, minced or pushed through a press
- 1 T chili powder
- ½ tsp ground black peppercorns
- ¼ tsp ground cumin
- ½ tsp dried oregano
- 1 tsp dried basil
- ¼ tsp Liquid Smoke (if desired)
- 1 T Dijon Mustard
- ½ C sugar-free ketchup
- 2 T tomato paste
- ¾ C water
- ¼ C vinegar, white or apple cider
- 1 tsp Keto hot sauce (add more if you like heat & less if you don't)
- 1/3 C Erythritol Sweetener (or stevia to taste)

Preparation

1. Melt ghee in a stainless steel pot; add diced onion and sauté for a few minutes until soft and translucent.
2. Add minced garlic, chili powder, pepper, cumin, oregano and basil. Continue to sauté for another few minutes.
3. Add remaining ingredients and simmer, stirring occasionally, for 20 minutes.

Yield: Approximately 2 cups (each serving is 2 Tablespoons in size so there's about 16 servings in total)

Nutritional Information

- Calories/Serving (2 T): 41
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 3 g
- Protein: 1 g



Pancake Bread

Variations of a keto friendly Oopsie Bread or Cloud Bread abound on the Internet with most recipes using cream cheese. I like a version that uses mayonnaise instead of cream cheese making the end result perfect for a ketogenic diet! I missed sandwiches until I started to make this easy bread substitute. You are going to love it!

Ingredients

- 3 large eggs, separated
- 3 T mayonnaise, full fat

Preparation

1. Pre-heat the oven to 350 F.
2. Whip egg whites until stiff.
3. Beat egg yolks until light and creamy. Whisk in mayonnaise.
4. Carefully fold the egg yolk/mayonnaise mixture into the egg whites.
5. Create 6 pancake shapes, by mounding the mixture on a parchment lined baking sheet.
Bake on the middle rack of the pre-heated oven for 15 minutes. Cool on a wire rack.

Yield: serves 6

Nutritional Information

- | | |
|--------------------------------------|------------------|
| • Total Calories/Serving: 80/pancake | • Net Carbs: 1g |
| • Total Carbs: 1 g | • Total Fat: 8 g |
| • Fiber: 0 g | • Protein: 3 g |



Keto Bagels

This is one of my favorite breakfasts ... and also makes an excellent lunch item, as these bagels are versatile and can be used for sandwiches. I've included macros for a lunch option using an avocado/ sliced tomato filling as well as macros for a toasted bagel with PB & jam option for breakfast.

These bagels freeze well, so double or triple this recipe and keep some handy in the freezer. The bagels taste fantastic when toasted.

Ingredients

- ½ C ground flax seeds (use ground golden flax seeds if you can get them)
- ¼ C psyllium husk powder
- ¾ tsp baking powder
- ½ tsp pink Himalayan salt
- ½ C Tahini
- 1 C warm water
- Sesame seeds or poppy seeds for garnish, if desired

Preparation

1. Pre-heat oven to 375 F.
2. Combine ground flax and psyllium husk powder with baking powder and salt.
3. Mix the Tahini and water together and add to the dry ingredients. Stir until a ball of dough forms. Let the dough rest for a few minutes and it will thicken up nicely.
4. Lightly oil the palms of your hands to prevent sticking when forming the bagels. Divide the dough into six portions. Make each portion into a ball then flatten each ball with the palm of your hand. Poke your finger through the center of each dough circle to make a bagel shape.
5. Place bagels on a parchment lined baking sheet and bake on the middle rack of the pre-heated oven for 40 minutes.
6. Cool on a wire rack. Cut each bagel in half and toast before serving.

Yield: Serves 4

Nutritional Information

- Total Calories/Serving: 266
- Total Carbs: 13 g
- Fiber: 12 g
- Net Carbs: 1 g
- Total Fat: 21 g
- Protein: 10 g

Nutritional Information

with 1 T sugar-free peanut butter & 1 T sugar-free strawberry jam

- Total Calories/Serving: 294
- Total Carbs: 23 g
- Fiber: 12 g
- Net Carbs: 11 g
- Total Fat: 20 g
- Protein: 10 g

Nutritional Information

with ½ Hass avocado and 2 tomato slices

- Total Calories/Serving: 309
- Total Carbs: 14 g
- Fiber: 13 g
- Net Carbs: 1 g
- Total Fat: 23 g
- Protein: 10 g





One Hour Chicken Broth

We like to make our own homemade broth, so simmering up a large pot of good bone broth is one of the regular week-end chores at our house. Once done, we turn the delicious broth into a pot of soup that will nourish us for the first few days of the week ahead.

Ingredients

- 2 carrots, peeled and cut into chunks
- 2 stalks celery, cut into chunks
- 2 cooking onions, bottoms cut off and halved
- 5 whole black pepper corns
- 2 tsp pink Himalayan salt
- 1 tsp dried sage (or sprig of fresh)
- 1 tsp dried thyme (or sprig of fresh)
- 1 T dried parsley (or ¼ C fresh, chopped)
- 2 bay leaves
- 1 or 2 chicken carcasses, pulled apart into pieces
- Water, to cover (about 12 C)

Preparation

1. Place all ingredients into a large soup pot and bring the liquid to a boil over high heat. I just cut the bottom root part off of my onions and leave the skin on. The brown skin darkens the broth slightly. Adjust the heat so the liquid is just simmering and cover the pot with a tight fitting lid. Simmer for one hour.
2. Cool the broth and strain. Discards the bones and veggies. Store in the fridge for up to 3 days or freeze in measured batches for later use.

Yield: About 10 Servings (1 C each)



Good Beef, Chicken or Turkey Broth (Large Batch)

Make this recipe for bone broth on the weekend. It can be simmering on the stove or in an instant pot or large Crockpot while you are home doing chores. Bone Broth is a staple in our fridge. We use it as the base for different nutritious soups or for a simple and satisfying drink during intermittent fasting. If I find myself hungry between meals (which isn't very often), I opt to sip on a cup of homemade bone broth. I freeze bone broth in ice cube trays for this purpose. When the broth is frozen, I simply store cubes in a re-sealable plastic bag for use as needed.

You can also save your chicken or turkey carcasses in the freezer and make a fine bone broth from them when you have time. Use at least three small carcasses when making chicken bone broth. I also opt to use a whole chicken if I don't have any chicken carcasses handy.

When I do this I simply simmer the whole chicken, covered with water and the other ingredients, until the meat reaches an internal temperature of 165 F. I then remove the chicken from the pot, take the meat from the bones and return the bones and skin to the pot and let it simmer for a few more hours. The chicken meat can be cooled and frozen for use in recipes as the week progresses.

A turkey carcass will work well too. Follow the recipe below, omitting the first 2 steps if making chicken or turkey bone broth.

Ingredients

- 6 beef marrow bone chunks (2-2½ lb)
- Water (to cover bones)
- 2 T apple cider vinegar
- 10 pepper corns
- 1 bay leaf
- ½ bunch of fresh flat or curly leaf parsley (or 1 T dried parsley)
- Sprig of fresh thyme (½ tsp dried)
- Sprig of fresh rosemary (½ tsp ground)
- ¾ tsp ground Himalayan salt



Preparation

1. Pre-heat oven to 375 F
2. Put beef bones on a rimmed pan lined with foil. Place the pan on the middle rack of the pre-heated oven and roast the bones for 1 hour. Be careful when removing the pan from the oven as there will be some melted fat in the bottom of the shallow pan that will be very hot.
3. *Stove-top method:* Place the roasted bones and any melted fat in a large stock pot and add the cider vinegar and water. Allow bones to soak for 20 minutes before adding the remaining ingredients. Bring to a boil and then reduce the heat under the pot so the broth is just simmering.
4. Place the pot lid on top so it's slightly askew to allow steam to escape as the broth simmers. Skim the top of the liquid every 20 minutes or so during the first 1 ½ hours. You may need to add more water now and then, depending on how long you simmer the bone broth. We suggest at least 3-4 hours.
5. When it's done, remove from heat and let cool for a while before removing the bones, then strain the broth through a large sized sieve. Discard the mushy vegetables and bones. Store the bone broth, marked for use over the next few days, in the fridge and freeze the remainder.
6. *Instant Pot Method:* Place roasted bones and any melted fat into a 6 quart instant pot. Add remaining ingredients and cover with water (fill up to 1" below the highest mark in your pot).

Yield: Approximately 10 servings, 1 C each



Basic Fish Broth

Ingredients

- 1 T ghee or extra virgin olive oil
- 3 carrots, large dice
- 2 celery stalks, large dice
- 1 leek, white part chopped
- 1 cooking onion, large dice
- 2 garlic cloves, coarsely chopped
- 1 fennel bulb, chopped
- 1 lb fish heads, tails bones & trimmings
- ¼ C fresh chopped parsley (1 T dried)
- 6 black pepper corns
- 2 tsp pink Himalayan salt
- 1 C dry white wine
- About 12 C water

Preparation

1. Melt ghee over medium high heat in a soup pot. Add chopped carrots, celery, leek and onion. Adjust heat down to medium and sauté for a few minutes until the onion becomes translucent and the other veggies soften a bit.
2. Add the fennel, fish bones & bits, parsley pepper and salt.
3. Pour in the water and wine. Adjust the heat to high and bring the liquid to a boil. Lower the heat so the broth is just at the simmering point and simmer for 45 minutes.
4. Cool the broth and strain. Refrigerate for up to 3 days or freeze, divided into single-serving portions, for later use.

Yield: about 12 servings (1 C each)



Easy Veggie Broth

Ingredients

- 1 T ghee or extra virgin olive oil
- 1 carrot, peeled and large dice
- 2 celery stalks, large dice
- 1 cooking onion, peeled & large dice
- 1 leek, white part chopped
- 3 garlic cloves, minced or pushed through a press
- 1 fennel bulb, chopped
- 6 black peppercorns
- 2 tsp pink Himalayan salt
- 1 T dried parsley or ¼ C fresh (chopped)
- 2 tomatoes, large dice
- 12 C water

Preparation

1. Melt ghee over medium high heat and add the carrot, onion, celery and leek. Saute for a few minutes until onions and leek are translucent. Add the garlic and sauté for a few minutes more.
2. Add remaining ingredients, raise the heat and bring the liquid up to the boiling point. Adjust the heat so the broth is just simmering.
3. Allow to gently simmer for 40 minutes. Cool broth and refrigerate for up to 3 days or freeze in ready-to-use batches for later use.

Yield: About 10 servings (1 C each)



Recipes

Soups



Leftover Chicken Soup

Here's an excellent way to use up leftover cooked chicken. I use my immersion blender to easily blend the soup but like to stop short of a completely smooth soup.

However, the end texture is entirely up to you. A squeeze of fresh lemon juice brightens up the bowl!

Ingredients

- 1 T ghee or extra virgin olive oil
- ½ C cooking onion, small dice
- 2 cloves garlic, minced or pushed through a press
- 1 T fresh thyme leaves or 1 tsp dried thyme
- 1 tsp onion powder
- 3 C chicken broth
- 1 C uncooked cauliflower "rice"
- 2 C shredded leftover roasted chicken
- ¼ C full fat Greek yogurt
- 4 lemon wedges

Preparation

1. Melt ghee in a heavy bottomed saucepan over medium high heat and add the cooking onion. Saute onion a few minutes until translucent then add the garlic, thyme and onion powder. Saute for a few more minutes.
2. Pour in the broth and add the cauliflower rice. Bring to a boil then lower the heat until the broth is just simmering. Simmer for 5 minutes then add the shredded chicken. Simmer another five minutes then remove from heat.
3. Use your hand held immersion blender to process the soup until the texture you desire is achieved. I like to leave mine a bit chunky.
4. Serve immediately, garnished with a T of yogurt and a wedge of lemon on the side.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 214
- Total Carbs: 8g
- Fiber: 2g
- Net Carbs: 6g
- Total Fat: 7g
- Protein: 26g



Mulligatawny Soup

This old fashioned soup is a comfort food in my home and is sure to satisfy your hunger pangs throughout the day.

Ingredients

- 1.5 T ghee or extra-virgin olive oil
- 4 oz uncooked chicken, turkey or beef, cut into small dice
- ½ cooking onion, small dice
- 2 celery ribs, small dice
- 1 tsp onion powder
- 1 tsp curry powder
- 3 C organic beef, turkey or chicken broth
- 2 C cauliflower “rice”
- ½ C green beans, cut into 1” pieces
- ½ C broccoli
- 2 medium tomatoes, medium dice

Preparation

1. Melt ghee over medium high in a heavy bottomed pot. Add onions and celery. Saute until they soften. Sprinkle the onion and curry powders over-top and sauté for 1 minute more. Add the diced meat and continue stirring while the meat browns.
2. Pour in the broth and add the cauliflower rice, broccoli, beans and diced tomato.
3. Bring to a boil then adjust the heat under the pot so the liquid is just at the simmering point. Simmer for 20 minutes to ½ an hour. Serve while hot.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 138
- Total Fat: 8g
- Total Carbs: 10g
- Protein: 6g
- Fiber: 4g



Mediterranean Beef & "Rice" Soup

Sweet spices give this soup a Mediterranean flare. You can use your food processor to make the rice using fresh cauliflower florets or simply buy a package of unseasoned frozen cauliflower rice next time you shop to make prep easier!

Ingredients

- 1 T extra-virgin olive oil
- ½ onion, small dice
- ½ lb beef chuck, small dice
- 1 tsp onion powder
- 1 cinnamon stick (or ½ tsp ground cinnamon)
- 1 star anise (or ½ tsp ground anise)
- 2 T tamari sauce
- 2 T tomato paste
- Few drops liquid stevia
- 3 C organic beef broth
- 2 C cauliflower rice

Preparation

1. Heat olive oil over medium high heat and sauté onion until translucent. Stir in onion powder (ground cinnamon and anise if using) and sauté for two minutes more.
2. Stir in tamari sauce and tomato paste. Add cinnamon stick and star anise to pot, if choosing this option.
3. Pour in the broth and add the cauliflower rice along with a few drops of stevia (to taste).
4. Bring liquid to the boiling point, then adjust the heat so the soup is just simmering. Simmer for 25 minutes.
5. Serve hot.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 191
- Total Carbs: 7g
- Fiber: 2g
- Net Carbs: 5g
- Total Fat: 11g
- Protein: 17g



Chicken Noodle/Asparagus Soup

You can whip this soup together in ten or fifteen minutes, so it's a great one for a busy day. Asparagus is a good source of fiber, as are the konjac noodles, so it has the added bonus of keeping you regular as well as satiated.

Ingredients

- 1 T ghee or extra-virgin olive oil
- ½ cooking onion, small dice
- 2 garlic cloves, minced or pushed through a press
- ½ tsp onion powder
- ½ tsp dried thyme
- ¾ lb boneless/skinless chicken breast, cut into medium dice
- 3 C organic chicken broth
- ½ lb asparagus, tough part of stem trimmed & cut into 1" pieces
- 1 package konjac noodles (also called Miracle noodles)
- Grinding of pink Himalayan salt and black peppercorns, to taste



Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat and sauté onion until translucent and golden in color. Add garlic, onion powder and thyme and stir for one minute more.
2. Add chicken and sauté while stirring for a few more minutes until chicken is lightly browned. Stir in the broth, scraping up any browned bits on the bottom of the pot.
3. Add the asparagus and bring the liquid up to the boiling point. Adjust the heat under the pot so the soup is just simmering.
4. Rinse the noodles under running water. The liquid from the noodles will have a slightly foul odor but don't be put off by this, as it is typical and will rinse away.
5. When the asparagus is al dente but still a nice bright green, add the noodles and simmer for one minute more to heat the noodles through. Correct the seasoning with salt and pepper. Divide between 4 bowls and serve.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 183
- Total Carbs: 5g
- Fiber: 2g
- Net Carbs: 3g
- Total Fat: 6g
- Protein: 20g



Caramelized Onion Soup

Just skip the usual bread and cheese topping when you want to have a bowl of yummy onion soup.

The onions give this soup a slightly higher carb count but it's worth it every once in a while!

Ingredients

- 1 T ghee or extra-virgin olive oil
- 2 yellow cooking onions, sliced
- 2 garlic cloves, minced or pushed through a press
- 1 tsp dried thyme
- 2 C organic beef broth
- ½ C dry white wine
- ½ tsp erythritol
- Freshly ground black pepper and pink Himalayan salt, to taste
- Chopped fresh parsley for garnish, if desired

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat.
2. Turn heat down to medium and add sliced onions. Saute for five minutes, stirring occasionally. Add the thyme and garlic. Sauté for one minute more.
3. Pour in the broth and wine.
4. Add the erythritol and turn the heat back up to medium high. Simmer soup for 10 minutes. Correct the seasoning with salt and pepper.
5. Sprinkle on parsley, if desired, and serve.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 112
- Total Carbs: 12g
- Fiber: 0g
- Net Carbs: 12g
- Total Fat: 4g
- Protein: 1g



Light & Bright; Summer Veggie Soup

Summer veggies served along with a few snips of various fresh herbs from the garden, in our tasty homemade vegetable broth, will please your palate on any hot summer day.

Ingredients

- 1 T ghee or extra virgin olive oil
- 2/3 C cooking onion, small dice
- 1 celery stalk, small dice
- 1 carrot, small dice
- 2 small zucchini, small dice
- ½ C green onions (scallions), thinly sliced
- ½ fennel bulb, small dice
- 1 C Swiss chard, chopped
- 3 C vegetable stock
- 1 head romaine lettuce, shredded
- 2 T snipped fresh garden herbs to (mint, parsley, thyme, etc.)

Preparation

1. Melt ghee in a heavy bottomed soup pot. Saute onion, celery, and carrot until these veggies soften and the onion becomes translucent. Add the zucchini, green onions, fennel and Swiss chard. Saute for a few minutes more, then add the vegetable stock. Bring the liquid up to the simmering point and simmer for 40 minutes. Stir in the fresh herbs.
2. You can blend the soup using the immersion blender to your preferred consistency, if desired. Stir in the shredded lettuce and allow the soup to warm for a few minutes more before serving.

Yield: 4 Servings

Nutritional Information

- | | |
|------------------------------|-----------------|
| • Total Calories/Serving: 97 | • Net Carbs: 7g |
| • Total Carbs: 11g | • Total Fat: 5g |
| • Fiber: 4g | • Protein: 2g |



Simple Crockpot Chicken Soup

A Crockpot can be a real time saver for making soup. Place ingredients in the slow cooker and walk away. I like the bit of bite jalapeno adds to this soup, along with the unexpected brightness from the fresh lime juice!

Ingredients

- 3 chicken breasts, diced
- 6 C organic chicken broth
- 1 cooking onion, small dice
- ½ carrot, peeled and small dice
- 2 garlic cloves, minced or pushed through a press
- 1 jalapeno pepper, seeded and minced
- Juice from 1 lime
- ¼ C fresh cilantro leaves
- Grinding of black peppercorns and pink Himalayan salt, to taste

Preparation

1. Place first 6 ingredients into a Crockpot and set to high for 4 hours. Correct the seasoning with salt & pepper and stir in the cilantro leaves.
2. Serve immediately.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|-----------------|
| • Total Calories/Serving: 135 | • Net Carbs: 4g |
| • Total Carbs: 5g | • Total Fat: 2g |
| • Fiber: 1g | • Protein: 14g |



Spicy Shredded Chicken & Lemon Soup

Use your slow cooker to good advantage when time is at a premium. Simply place ingredients in the Crockpot and walk away for four hours. Easy peasy and oh so tasty!

Ingredients

- 2 chicken breasts
- 6 C organic chicken broth
- Juice from 1 lemon
- 1 yellow cooking onion, chopped
- 2 garlic cloves, minced or pushed through a press
- ½ tsp crushed red pepper flakes
- 2 T minced chives or sliced green onion, for garnish if desired
- Grinding of black peppercorns and pink Himalayan salt, to taste

Preparation

- Place chicken, broth, lemon, onion, garlic and red pepper flakes in the slow cooker.
- Set to high for 4 hours.
- Remove the chicken and shred before returning to the slow cooker.
- Correct the seasoning with salt and pepper and serve, garnished with chives or sliced green onion, if desired.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 106
- Total Carbs: 5g
- Fiber: 1g
- Net Carbs: 4g
- Total Fat: 1g
- Protein: 15g





Keto Greek Avgolemono Soup

Even though it's not officially a cream soup, the addition of egg yolks gives this lemony chicken flavored soup a creamy texture. I've substituted cauliflower rice for the traditional white rice that's usually used when making Avgolemono, so our version of this classic is also Keto!

Ingredients

- 6 C organic chicken stock
- 2 C cauliflower "rice"
- 1 tsp onion powder
- ½ C freshly squeezed lemon juice
- 1 egg
- 2 egg yolks
- Grinding of black peppercorns and pink Himalayan salt, to taste
- ¼ C flat leaf parsley, chopped for garnish

Preparation

1. Pour the chicken broth into a heavy bottomed pot and bring to the boil over medium high heat. Add the cauliflower rice and lemon juice. Adjust the heat so the broth is just simmering. Simmer for 10 minutes until the cauliflower is soft and cooked through.
2. In a large bowl, whisk together the egg and egg yolks. You will have to temper the egg mixture by adding a ladle or two of hot broth while whisking. This will lightly cook the egg without making it curdle as it thickens.
3. Remove the soup pot from the heat. When it ceases simmering, slowly add the tempered egg mixture while whisking. Serve the soup immediately, garnished with some parsley. (If you have to reheat this soup as the day progresses, don't use the microwave as the eggs in the soup will curdle.
4. Reheat in a pot on the stove-top while stirring. Don't let the liquid even simmer, as this will also cause curdling).

Yield: 4 Servings

Nutritional Information

- | | |
|------------------------------|-----------------|
| • Total Calories/Serving: 78 | • Net Carbs: 6g |
| • Total Carbs: 8g | • Total Fat: 3g |
| • Fiber: 2g | • Protein: 5g |



Leek & Chorizo Sausage Soup

Chunky, hearty and oh so tasty, this version of homemade sausage soup will warm you up nicely on a cool, rainy day.

Ingredients

- 1 T ghee
- ½ C yellow cooking onion, medium dice
- 1 C sliced leeks, white part only (about 3 leeks)
- 1 tsp dried oregano
- ½ tsp dried thyme
- 2 garlic cloves, minced or pushed through a press
- 2 tomatoes, chopped
- 1 T tomato paste
- 1 C cauliflower “rice”
- 6 C organic chicken (or beef) broth
- 2 large chorizo sausage links (about 4 oz each), cut into bite-sized chunks

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat. Saute onion and leek for a few minutes, until softened.
2. Add the remaining ingredients and adjust the heat beneath the pot to high. Bring the soup to a boil, then turn the heat down again, so the soup is just simmering.
3. Simmer for 25 minutes.

Yield: 8 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 151 | • Net Carbs: 5g |
| • Total Carbs: 6g | • Total Fat: 10g |
| • Fiber: 1g | • Protein: 7g |



Keto Gazpacho Soup (Chilled)

Here's a seasonal chilled soup that's excellent on a hot summer day. It needs to be chilled for 3 or 4 hours before serving to taste its best.

Ingredients

- 2 T extra virgin olive oil
- 4 medium tomatoes, cut into chunks
- 1 small English cucumber, cut into chunks
- 1 red bell pepper seeded & cut into chunks
- ½ red onion, cut into chunks
- 5 cloves garlic, minced or crushed through garlic press
- 1 C fresh parsley, coarsely chopped
- ½ C fresh cilantro, coarsely chopped (substitute basil if preferred)
- ¼ tsp ground cumin
- 3 T tomato paste
- 3 T freshly squeezed lemon juice
- 2 C chilled vegetable or chicken broth
- 1 tsp erythritol
- Grinding of black peppercorns and pink Himalayan salt, to taste

Preparation

1. Use an immersion blender to blend all ingredients to your preferred texture.
2. Correct the seasoning with salt & pepper and chill in the fridge for 3-4 hours before serving.

Yield: 6 Servings

Nutritional Information

- | | |
|------------------------------|------------------|
| • Total Calories/Serving: 69 | • Net Carbs: 9g |
| • Total Carbs: 11g | • Total Fat: 3 g |
| • Fiber: 2g | • Protein: 2g |



Roasted Veggie Winter Gazpacho

Ingredients

- 2 C cauliflower florets
- 3 garlic cloves, paper removed
- 1 yellow cooking onion, cut into chunks
- 1 red bell pepper, seeded and cut into chunks
- 2 T extra virgin olive oil
- 1 28 oz can whole tomatoes
- 1 C organic vegetable, chicken or beef broth
- 1 tsp dried oregano
- ½ tsp dried thyme
- 1 T red wine vinegar
- Grinding of black peppercorns & pink Himalayan salt, to taste

Preparation

1. Pre-heat oven to 350 F.
2. Place cauliflower, garlic, onion and pepper on a baking sheet fitted with a piece of parchment paper. Drizzle the oil over-top and place on the middle rack of the pre-heated oven. Roast veggies for about 25 minutes until soft and lightly browned.
3. Place roasted veggies, canned tomatoes, broth, spices and vinegar in a heavy bottomed pot over medium high heat and heat until the liquid is just at the simmering point. Allow the soup to simmer for 20 minutes. Remove from heat.
4. Use an immersion blender to blend the soup to your preferred consistency.
5. Correct the seasoning with salt and pepper, if needed. Serve soup immediately, while hot.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 122
- Total Carbs: 13g
- Fiber: 4g
- Net Carbs: 9g
- Total Fat: 7g
- Protein: 3g



Beef & Basil Soup

Ingredients

- 1 T ghee or extra virgin olive oil
- ½ yellow cooking onion, small dice
- 1 celery stalk, small dice
- 1 lb chuck roast, cut into small cubes
- 1 carrot small dice
- ½ tsp dried thyme
- ½ tsp dried oregano
- 6 C organic beef broth
- ½ C fresh basil leaves, chopped

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat
2. Saute onion and celery until they soften then add the cubed beef. Continue to sauté until the meat is nicely browned.
3. Sprinkle in the thyme and oregano and add the carrots. Pour in the broth and stir in the basil. Simmer the soup for 30 minutes and serve.

Yield: 6 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 225 | • Net Carbs: 2g |
| • Total Carbs: 3g | • Total Fat: 12g |
| • Fiber: 1g | • Protein: 25g |



Easy Keto Style Turkey Noodle Soup

This soup tops my list of go-to comfort foods. Nourishing and satisfying, plus you can whip it up in no time!

Ingredients

- 1 T ghee
- 1 cooking onion, small dice
- 1 stalk celery, small dice
- ½ tsp dried thyme
- 1 T fresh parsley
- 2 C shredded cabbage
- ½ tsp ground black peppercorns
- ½ tsp pink Himalayan salt
- 1 quart box of organic chicken or turkey broth (use homemade if you have it on hand)
- 1 large or 2 small turkey thighs, skin on/bone in
- 1 package Miracle (or other brand) of Konjac noodles



Preparation

1. *Instant Pot Method:* Set Instant Pot on sauté and allow it to heat up for a minute or two. Melt the ghee and stir in the spices, pepper and salt. Add the diced onion and celery. Sauté for a few minute until the veggies soften then add the turkey thigh(s), skin side down. Sauté for 3 or 4 minutes until the skin is a nice golden color then press the “off” button. Pour the chicken or turkey broth over-top.
2. Secure the lid and set the steam release valve to the proper position. Select soup mode and program the time for 8 minutes. When the time is up allow the pressure to natural release for 10 minutes then perform a manual release.
3. Take the thigh(s) from the pot and set aside to cool for a few minutes. Remove the skin and discard. Take all the turkey meat from the bones and shred (discard the bones). Drain and rinse the konjac noodles and add them to the contents of the pot along with the shredded turkey meat.
4. Bring everything back up to the simmering point (on the sauté setting) and continue simmering for 5 minutes. Serve.
5. *Stove-top Method:* Heat ghee over medium high heat in a heavy bottomed soup pot.
6. Add the spices and sauté for a minute. Place turkey thigh(s) in the pot, skin side down and sauté in the ghee mixture until the skin is golden brown in color. Pour the stock over-top and bring the liquid up to the simmering point.
7. Simmer for 1 hour or until the internal temperature of the turkey thigh(s) reaches 165 F. Remove thighs from the pot and set aside until cool enough to handle.
8. Remove skin and take the meat off of the bones. Shred the turkey meat and discard the bones.
9. Drain and rinse the konjac noodles and add them to the contents of the pot along with the shredded turkey meat. Bring everything back up to the simmering point and simmer for 5 minutes. Serve and enjoy!

Yield: 6 Servings

Nutritional Information

- Total Calories/Serving: 194
- Total Carbs: 5g
- Fiber: 1 g
- Net Carbs: 4g
- Total Fat: 14 g
- Protein: 13 g



Creamy Thai Style Chicken/Coconut Soup

Full of flavor, this creamy soup rates high on the comfort scale. The punch of lemongrass and lime flavors adds brightness to this tasty soup.

Ingredients

- 1 T ghee or extra-virgin olive oil
- ½ lb boneless, skinless chicken breast, cut into 1" cubes
- 1 tsp ground ginger
- 1 red chili pepper, seeded and minced
- 1 bunch green onions (scallions), trimmed and thinly sliced
- 2 stalks fresh lemon grass (or 1 T lemon grass paste), peeled and finely chopped
- 2 C organic chicken broth
- 1 can full fat coconut milk
- 1 T tamari sauce
- 2 T fresh lime juice
- 2 tsp fresh ginger, grated or finely minced
- Grinding of pink Himalayan salt and black peppercorns, to taste

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat. Add chicken and sauté for about 4 minutes, until nicely browned.
2. Sprinkle in the ground ginger and add the chili pepper, green onions and lemon grass. Sauté for a few minutes more, until the pepper and onions are soft.
3. Pour in the chicken stock and coconut milk. Add the tamari, lime juice and fresh ginger. Simmer for 10 minutes and correct the season with salt and pepper. Serve while hot.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 245 | • Net Carbs: 3g |
| • Total Carbs: 4g | • Total Fat: 20g |
| • Fiber: 1g | • Protein: 9g |



Onion Dijon Soup

- Enjoy this creamy soup throughout the day. The punch of Dijon, along with a nicely muted onion flavor, makes this comforting soup an elegant snack.
- Ingredients
- 2 T extra-virgin olive oil
- ½ C leek, white part sliced thinly
- ½ C green onion (scallions), thinly sliced
- ½ C cooking onion, peeled and thinly sliced
- 2 tsp dried thyme
- 1 T Dijon mustard
- 3 C organic chicken stock
- 1/3 C heavy cream

Preparation

1. Heat oil in a heavy bottomed pot over medium high heat and add the leek, green onion and shallot. Sprinkle the thyme over-top. Turn the heat down to medium and sauté for 5 minutes until the onions are translucent and golden in color.
2. Add Dijon mustard and stir in the broth. Turn heat up and bring the soup up to the simmering point. Simmer for 5 minutes.
3. Pour in the heavy cream and stir until the soup is hot but not boiling. Serve immediately.

Yield: 4 servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 160 | • Net Carbs: 5g |
| • Total Carbs: 7g | • Total Fat: 15g |
| • Fiber: 2g | • Protein: 1g |



Herbed Creamy Mushroom Soup

An old fashioned favorite; creamy mushroom soup never goes out of style.

Ingredients

- 1 T ghee or extra virgin olive oil
- 1 leek, white part sliced thinly
- 1 garlic clove, minced or pushed through a press
- ½ tsp dried thyme
- ¼ tsp ground nutmeg
- 1 lb cremini mushrooms, trimmed and sliced
- 3 C chicken broth
- ½ C heavy cream
- Grinding of peppercorns and pink Himalayan salt, to taste

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat and add the leek. Sauté for a few minutes until the leek begins to soften, then sprinkle on the garlic, thyme and nutmeg. Saute for a few minutes more, then add the sliced mushrooms. Continue the sauté process, stirring occasionally until the mushrooms are cooked through. Reserve a few mushrooms for garnish.
2. Pour in the broth and heavy cream and heat through. Use an immersion blender to blend the soup until it is thick and creamy.
3. Correct the seasoning with a grinding of salt and pepper. Ladle into soup bowls and garnish with the reserved mushroom slices and some fresh thyme.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 206 | • Net Fiber: 6g |
| • Total Carbs: 7g | • Total Fat: 16g |
| • Fiber: 1g | • Protein: 7g |



Minted Cuke & Avocado Soup (Chilled Soup)

Use a blender to make this tasty soup in minutes. You will need to plan ahead as this soup has to chill in the fridge for a few hours.

Ingredients

- 1 ripe Hass avocado
- ½ English cucumber, roughly chopped
- 1 ripe tomato, roughly chopped
- 1 C full fat coconut milk
- 1 T fresh mint, chopped
- Grinding of pink Himalayan salt, to taste
- 4 mint sprigs, for garnish

Preparation

1. Blend all ingredients until smooth & creamy.
2. Chill for a few hours and serve, garnished with a mint sprig.

Yield: 4 servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 179 | • Net Carbs: 4g |
| • Total Carbs: 7g | • Total Fat: 15g |
| • Fiber: 3g | • Protein: 2g |



Cream of Tomato/Ginger Soup (Chilled Soup)

A nicely chilled soup on a summer day is hard to beat.

You can blend this basil flavored soup up in just minutes first thing in the morning, then pop it in the fridge for an hour (or longer) to chill; so simple, yet elegant.

Ingredients

- 1 ripe Hass avocado
- 1 tomato
- 2 tsp minced fresh ginger
- 1 tsp turmeric
- 5 fresh basil leaves
- Juice from ½ of a lemon
- 1 can full fat coconut milk
- Grinding of pink Himalayan salt, to taste

Preparation

1. Blend the ingredients and correct the seasoning with salt, to taste.
2. Chill in the refrigerator for at least one hour and serve, garnished with a bit of chopped tomato and a sprig of basil, if desired.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 192 | • Net Carbs: 7g |
| • Total Carbs: 10g | • Total Fat: 17g |
| • Fiber: 3g | • Protein: 2g |



Creamy Lamb Soup

Traditionally, Romanians enjoy a version of this soup on special occasions, like Easter. I've made this keto version which you can enjoy any day of the week!

Ingredients

- 1 T ghee or extra virgin olive oil
- ½ yellow onion, small dice
- 1 lb ground lamb
- 2 garlic cloves, minced or pushed through a press
- ¼ C fresh parsley, coarsely chopped
- 1 tsp dried thyme
- ½ tsp dried oregano
- 2 C cauliflower “rice”
- 5 C organic beef broth
- ½ C heavy cream

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat. Sauté onion for a few minutes until it's softened and translucent. Add the ground lamb and continue to sauté until the lamb is lightly browned. Add the garlic and sauté for one minute more.
2. Sprinkle on the thyme and oregano, add the cauliflower rice and pour the broth over-top. Simmer soup for 30 minutes.
3. Ladle half the soup into a food processor and process on high until the soup is creamed. Scrape the processed creamy soup back into the soup pot and add the heavy cream. Slowly reheat the soup until it's hot but not boiling. Serve immediately.

Yield: 6 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 267 | • Net Carbs: 3g |
| • Total Carbs: 2g | • Total Fat: 20g |
| • Fiber: 1g | |



Creamy Hamburger Soup

Ingredients

- 1 T ghee or extra virgin olive oil
- ½ yellow cooking onion, small dice
- 1 stalk celery, small dice
- 2 garlic cloves, minced or pushed through a press
- 1 tsp dried thyme
- 1 lb ground beef
- 1 carrot, small dice
- 4 C organic beef stock
- ½ C heavy cream
- 1 T fresh parsley, minced for garnish if desired

Preparation

1. Melt ghee in a heavy bottomed pot over medium high heat. Sauté onion and celery until soft. Add garlic and thyme and sauté for one minute more.
2. Add the ground beef and turn heat up to medium. Cook the beef while stirring until it is nicely browned. Add the carrot and stir in the beef broth. Adjust the heat so the liquid is just at the simmering point. Simmer for 20 min.
3. Stir in the heavy cream and heat the soup so it is hot but not simmering. Serve, garnished with parsley, if desired.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 363 | • Net Carbs: 4g |
| • Total Carbs: 5g | • Total Fat: 28g |
| • Fiber: 1g | • Protein: 26g |



Fish Chowder

I use fresh haddock to make this economical fish chowder, but any other white fleshed fish will do. You could easily use ½ C of heavy cream instead of the full fat coconut milk used in this recipe if that is your preference.

Ingredients

- 1 T ghee
- ¼ C onion, small dice
- 2 C raw cauliflower “rice”
- 4 C fish broth, from a tetra pack carton or homemade (you can substitute chicken broth if necessary)
- 1 C full fat canned coconut milk
- 1 lb haddock fillet, cut into bite-sized chunks
- 2 strips bacon, cooked and crumbled
- Fresh parsley for garnish, if desired

Preparation

1. Melt ghee in a heavy bottomed pot. Add onion and sauté until soft. Pour in the broth and add the cauliflower rice. Bring to a boil and simmer for a few minutes until the cauliflower is soft.
2. Transfer mixture to a food processor and pulse until a smooth and creamy liquid forms. Pour liquid back into the soup pot, add the coconut milk and bring up to a simmer over medium high heat.
3. Add the fish chunks and simmer until cooked through. Serve soup garnished with crumbled bacon.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 298
- Total Fat: 18 g
- Total Carbs: 7 g
- Protein: 28 g
- Fiber: 2 g



Recipes

—
Breakfast



Bacon & Eggs

I prefer sunny side up eggs and turkey bacon when making this breakfast, but feel free to cook the eggs any way you want (poached, boiled, baked or scrambled). Same goes for the bacon; you may prefer the pork version.

Ingredients

- 2 bacon strips
- 2 large eggs

Preparation

1. Heat a heavy skillet over medium high heat. Add bacon strips and fry, flipping the bacon now and then until it is nice and crispy. Remove and drain on paper towel.
2. Turn the heat under the skillet down to medium and crack the eggs into the hot grease from the bacon. Cook to your individual preference.

Yield: 1 Serving

Nutritional Information

- | | |
|-------------------------|------------------|
| • Calories/Serving: 312 | • Net Carbs: 1g |
| • Total Carbs: 1g | • Total Fat: 27g |
| • Fiber: 0g | • Protein: 16g |



Fried Egg, Mushroom & Spinach Skillet

Sizzling hot in a cast iron pan; that's the way I like this breakfast!

Ingredients

- 1 T ghee
- 4 cremini mushrooms, sliced
- 1 T yellow cooking onion, minced
- ½ C baby spinach leaves, shredded
- 2 eggs

Preparation

1. Melt ghee in a small cast iron pan. Add mushrooms and onion. Sauté for a few minutes.
2. Add the spinach leaves and once they have wilted move the veggies to the outside edge of the pan.
3. Crack the eggs into the center of the hot pan and season with salt & pepper.
4. Cover and cook for 2 or three minutes until the eggs are cooked to your liking. Remove from the heat and serve this breakfast right in the cast iron pan.

Yield: 1 Serving

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 303 | • Net Carbs: 3g |
| • Total Carbs: 5g | • Total Fat: 25g |
| • Fiber: 2g | • Protein: 15g |



Avocado Egg Bake #1 (with Bacon)

Even though I'm placing this recipe in the breakfast section, I also enjoy this Avocado Egg Bake for lunch and dinner. There are a variety of additions that can be tucked in with the egg in that lovely little hollow inside the avocado; today's version features bacon. You can use either pork or turkey bacon depending on personal preference.

Ingredients

- 2 bacon strips, turkey or pork
- 1 ripe Hass avocado, cut in half & pit removed
- 2 eggs
- Grinding of pink Himalayan salt and black peppercorns

Preparation

1. Pre-heat oven to 350 F.
2. Fry bacon until crispy. Crumble the bacon when it's cool enough to handle and set aside.
3. Cut avocado in half and remove pit. Leave skin on. Hollow out the interior a bit so there's room enough inside the boat to hold the egg. Sprinkle some of the bacon inside each cavity.
4. Crack an egg into the cavity of one of the avocado halves and season with salt and pepper. Place avocado boat on a parchment-lined, rimmed baking sheet. Do the same with the second avocado half.
5. Place baking sheet on the middle rack of the pre-heated oven for 20-25 minutes or until the eggs are done to your liking. Garnish with the remaining bacon crumbles before serving.

Yield: 2 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 152 | • Net Carbs: 1g |
| • Total Carbs: 4g | • Total Fat: 13g |
| • Fiber: 3g | |



Avocado Egg Bake #2 (with Smoked Salmon)

There are a variety of additions that can be tucked in with the egg in that lovely little hollow inside the avocado; various herbs, smoked salmon, small ham cubes & turkey sausage or bacon bits all can add flavor to this easy meal. Even though I'm choosing smoked salmon for this recipe you could let your family customize their own avocado/egg according to their own taste buds!

Ingredients

- 2 slices smoked salmon (lox), cut in half lengthwise
- 1 ripe Hass avocado, cut in half & pit removed
- 2 eggs
- Grinding of pink Himalayan salt and black peppercorns

Preparation

1. Pre-heat oven to 350 F.
2. Cut avocado in half and remove pit. Leave skin on. Hollow out the interior a bit so there's room enough inside the boat to hold the egg.
3. Place 2 of the smoked salmon strips so they form an X when draped inside the hollow.
4. Crack an egg into the cavity of one of the avocado halves and season with salt and pepper. Place avocado boat on a parchment-lined, rimmed baking sheet. Do the same with the second avocado half.
5. Place baking sheet on the middle rack of the pre-heated oven for 20-25 minutes or until the eggs are done to your liking.

Yield: 2 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 284 | • Net Carbs: 1g |
| • Total Carbs: 2g | • Total Fat: 22g |
| • Fiber: 5g | • Protein: 18g |



Scrambled Eggs & Breakfast Sausages

You can enjoy this simple breakfast with breakfast sausages made with pork or turkey, depending on your preference.

Ingredients

- 4 breakfast sausage links
- 2 tsp ghee
- 4 eggs
- 3 T heavy cream
- Salt & pepper to taste

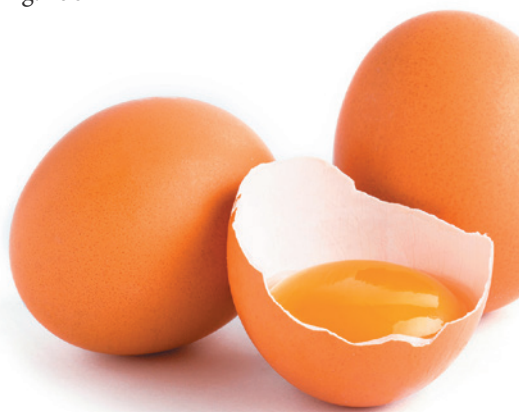
Preparation

1. Heat a heavy bottomed, non-stick skillet. Place sausage links in the pan and adjust the heat to medium high.
2. Fry the sausages, rolling them over occasionally so all sides are browned. The sausages are done when the internal temperature reaches 165F.
3. Whisk eggs and cream.
4. Wipe out the pan and return it to medium high heat. Melt the ghee and pour the egg mixture into the pan. Stir the eggs as they scramble.
5. Remove from the heat when the eggs are done to your liking.
6. Correct the seasoning with salt and pepper. Divide the eggs and sausages between two plates and serve.

Yield: 2 Servings

Nutritional Information

- Total Calories/Serving: 450
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Total Fat: 38g
- Protein: 24g





Recipes

Lunch



Classic Spinach Salad

Ingredients

- 4 C baby spinach leaves
- 1 C mushrooms, thinly sliced
- ½ red bell pepper, seeded and thinly sliced
- 2 T red onion, minced
- 2 hard boiled eggs, quartered
- 2 bacon slices, cooked and crumbled (use either pork or turkey bacon)
- 3 T Vinaigrette

Preparation

1. Toss all ingredients together, divide between 4 bowls and enjoy!

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 354 | • Net Carbs: 2g |
| • Total Carbs: 4g | • Total Fat: 35g |
| • Fiber: 2g | • Protein: 7g |



Lunch Sandwich Fillings

Sandwiches are back on the menu! A few suggestions for yummy sandwich fillings follow, but I have no doubt that you will soon be inventing your own favorite combos when a sandwich craving hits.

Our recipe for Pancake Bread yields enough bread slices for 3 sandwiches. Freeze the extra slices, separated by a piece of parchment paper for easy use later on.

I am also including the macro information for using these fillings on a Keto Bagel. The bagels also freeze well for easy use.

Chicken Salad Filling

Ingredients

- 2 small chicken breasts, cooked and diced or shredded
- 2 T full fat mayonnaise
- ½ celery stalk, thinly sliced
- 2 green onions, thinly sliced
- Grinding of black peppercorns & pink Himalayan salt, to taste

Preparation

1. Assemble all ingredients and use filling to make two sandwiches on either Pancake Bread or 2 open-faced sandwiches using one Keto Bagel.

Yield: 2 sandwiches

Nutritional Information

(on 2 slices of pancake bread)

- Total Calories/Serving: 404
- Total Carbs: 4g
- Fiber: 2g
- Net Carbs: 2g
- Total Fat: 29g
- Protein: 22g

Nutritional Information

(on keto bagel)

- Total Calories/Serving: 510
- Total Carbs: 14g
- Fiber: 14g
- Net Carbs: 0g
- Total Fat: 34g
- Protein: 39g



Egg Salad Filling

Ingredients

- 2 hard boiled eggs, peeled and mashed with a fork
- 1 T full-fat mayonnaise
- 1 green onion
- ¼ tsp Dijon mustard
- ¼ tsp dried dill
- 4 slices Pancake Bread

Preparation

1. Mix together the first 5 ingredients and spread half the mixture on one piece of bread. Top with the other half.
2. Repeat with remaining ingredients. Make 2 open faced sandwiches using one keto bagel if you prefer.

Yield: 2 Servings

Nutritional Information

(with 2 pancake bread)

- Total Calories/Serving: 291 (per sandwich)
- Total Carbs: 3 g
- Fiber: 0 g
- Net Carbs: 3g
- Total Fat: 27 g
- Protein: 12 g

Nutritional Information

(2 open faced sandwiches with one keto bagel)

- Total Calories/Serving: 199
- Total Carbs: 15 g
- Fiber: 12 g
- Net Carbs: 3 g
- Total Fat: 21 g
- Protein: 17 g



Tuna Salad Filling

Ingredients

- 1 can solid white tuna
- 1 green onion, thinly sliced
- 2 T full-fat mayonnaise
- 4 slices Pancake Bread

Preparation

1. Mix all filling ingredients together. Assemble 2 sandwiches and enjoy.

Yield: 2 Servings

Nutritional Information

(with 2 pancake bread)

- Total Calories/Serving: 243
- Total Carbs: 3g
- Fiber: 0g
- Net Carbs: 3g
- Total Fat: 28g
- Protein: 22g

Nutritional Information

(open-faced sandwiches with one keto bagel)

- Total Calories/Serving: 413
- Total Carbs: 14g
- Fiber: 12g
- Net Carbs: 2g
- Total Fat: 33g
- Protein: 20g





Lox, Greens & Avocado Bowl

Simple yet elegant ... and the best part is it takes 5 minutes to prepare!

Ingredients

- 2 C mixed greens
- 1 Hass avocado
- 4 slices lox
- 2 small tomatoes, quartered (or 6 cherry tomatoes cut in half)
- 2 green onions (scallions), sliced thinly
- 2 T Vinaigrette or other keto dressing of choice

Preparation

1. Divide all ingredients between two bowls and drizzle the vinaigrette over-top; done!

Yield: 2 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 335 | • Net Carbs: 10g |
| • Total Carbs: 19g | • Total Fat: 25g |
| • Fiber: 9g | • Protein: 16 |



Recipes

Dinner



Shepherd's Lamby Pie

I like ground lamb in my Shepherd's Pie, but you can easily substitute ground beef if that's more to your preference. Either way, this dish is a family pleaser!

Ingredients

- 1 T ghee or extra virgin olive oil
- ½ yellow cooking onion, small dice
- 1 tsp garlic powder
- ½ tsp dried thyme
- ½ tsp dried oregano
- 1 lb ground lamb
- 1 small zucchini, small dice
- 2 T tomato paste
- ¼ C water (or beef broth)
- Grinding of black peppercorns & pink Himalayan salt, to taste
- 1 recipe Garlic Cauliflower Mash



Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat and add the onion. Saute for a few minutes until the onion softens and becomes translucent. Sprinkle in the garlic powder, thyme and oregano.
2. Add the ground lamb and zucchini. Continue to stir fry for about 5 minutes while the lamb and zucchini cook.
3. Add tomato paste and water and continue to cook and stir, for a few more minutes while the sauce and pan juices thicken. Remove from heat and scrape the meat mixture into an 8"x8" square baking pan.
4. Pre-heat the oven to 350F while you make the Garlic Cauliflower Mash. Spread the mash, evenly over-top the lamb mixture and bake on the middle rack of the pre-heated oven for 30-35 minutes. Serve with a green salad on the side.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|-----------------|
| • Total Calories/Serving: 376 | • Net Carbs: 8 |
| • Total Carbs: 14 | • Total Fat: 26 |
| • Fiber: 6 | • Protein: 27 |



Grilled Salmon & Steamed Asparagus

- Here's a simple recipe for days when you must eat and run.
- Ingredients
- 4 salmon fillets (about 1 lb)
- 1 T extra virgin olive oil
- 1 lemon
- ¼ C fresh parsley, minced
- Grinding of black peppercorns & pink Himalayan salt
- 1 lb asparagus, trimmed

Preparation

1. Pre-heat oven to 350F.
2. Place salmon fillets on a parchment lined, rimmed baking sheet.
3. Cut lemon in half and squeeze juice from one half over-top the fillets. Cut the remaining lemon half into 4 slices and place next to the salmon. Drizzle oil over-top. Season everything with a grinding of salt & pepper. Sprinkle parsley over-top and place the pan on the middle rack of the pre-heated oven. Roast for 20 minutes.
4. When the salmon is almost done, steam the asparagus spears for 3-4 minutes. You want the spears to still be a bit crunchy and have a nice bright green color when done.
5. Arrange the asparagus and salmon on 4 plates and garnish with the baked lemon slices before serving.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 256 | • Net Carbs: 2g |
| • Total Carbs: 4g | • Total Fat: 13g |
| • Fiber: 2g | • Protein: 31g |



Instant Pot Corned Beef

Don't wait for St. Patrick's Day to roll around ... make corned beef whenever the fancy hits. While not exactly instant, it only takes 2 hours (90 minutes in the pot, plus about 30 minutes to come up to pressure) to cook. Prep is done in a snap. I like to soak my commercially prepared corned beef (throughout the day) to remove excess salt. Then into the Instant Pot for a couple of hours and presto; dinner is almost done.

Ingredients

- 3 lb commercially prepared corned beef brisket

Preparation

1. Place corned brisket in a stainless steel bowl and cover with water. Do this on the morning of the day you intend to cook this meal. Keep refrigerated. If you can, drain water and re-cover with fresh water a few times during the day. This should remove some of the pickling salt from the meat, so the end result is less salty. Alternatively, when ready to cook the meal, pour 1 quart of water into the instant pot.
2. Place rack in the bottom of the container and put your corned beef on top. Lock lid into place and set the steam release valve. Using the pressure cooking mode, set timer for one minute. When time is up, use the quick steam release method and open the pot when all the steam is released and the pressure indicator has dropped. This should work to remove excess saltiness from the brisket. Remove meat using tongs and discard the salty water. I know people who use this method successfully and also some who do both!
3. Use the meat/stew setting with the timer set for 90 minutes.
4. When the time is up, quick release pressure. Remove corned beef to a pre-warmed platter and cover with foil while you prepare the rest of the meal.

Yield: Serves 4

Nutritional Information

- | | |
|-------------------------------|-------------------|
| • Total Calories/Serving: 285 | • Net Carbs: 0g |
| • Total Carbs: 0g | • Total Fat: 21 g |
| • Fiber: 0g | • Protein: 24 g |



Thai Chicken Bowl

I've published this recipe before and it turned into a favorite for my online audience. Use leftover cooked chicken for this recipe or simply buy a spit roasted BBQ chicken and remove the skin. Take the meat from the bones and cut it into small pieces to use in the recipe.

Ingredients

- 2 C ready-made, raw cauliflower rice (or process fresh cauliflower florets)
- 1 T coconut oil
- 3 eggs
- 1 jalapeño pepper, small dice
- 1 T fresh ginger, minced
- 2 garlic cloves, minced or pushed through a press
- 1 C coconut cream, from a can
- 2 tsp tomato paste
- ¾ lb (3-4 small cooked chicken breasts), shredded
- Salt to taste
- ½ cup cilantro, chopped (for garnish)

Preparation

1. Place a wok-style pan over medium/high heat and melt 2 tsp of the coconut oil. Add the cauliflower "rice" and sauté, stirring occasionally.
2. While the cauliflower is cooking, scramble the eggs in a separate pan using the remaining 1 tsp of coconut oil. Shred the scrambled eggs into smaller bits and add to the wok with the softened cauliflower rice.
3. Add in the ginger, garlic, and the chopped jalapeños, tomato paste and coconut cream. Continue cooking.
4. When the cauliflower rice and peppers are soft, add in the shredded chicken meat. Mix well and heat through.
5. Divide into separate bowls and garnish with cilantro.

Yield: 4 servings

Nutritional Information

- Calories: 478
- Total Carbs: 6 g
- Fiber: 1 g
- Net Carbs: 5g
- Total Fat: 30 g
- Protein: 43 g



Roasted BBQ Chicken

Roasted chicken dinner is a weekly event at our house. I am particularly fond of this BBQ version using my Best Keto BBQ Sauce but you can use whichever Keto BBQ sauce pleases you most! When the meal is over, be sure to save the chicken carcass in the freezer so you can make One Hour Chicken Broth when you have the time.

Ingredients

- 5 to 6 lb chicken
- Fresh thyme and sage
- ½ cooking onion
- 1 T extra virgin olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- Grinding of black peppercorns & pink Himalayan salt
- ¼ C Best Keto BBQ Sauce or other sugar-free BBQ sauce of choice

Preparation

1. Pre-heat oven to 500 F
2. Rinse chicken and pat dry.
3. Insert cooking onion and herb sprigs into the chicken cavity.
4. Place chicken in roasting pan that has been sprayed lightly with oil.
5. Coat the outside of the bird with the olive oil and sprinkle on the garlic powder, dried thyme, salt & pepper.
6. Place on the middle rack of the pre-heated and immediately turn the oven temperature down to 350F.
7. Roast chicken for 1 hour. Remove from the oven and brush on the BBQ sauce. Return to the oven for about ½ hour-1 hour (or until the internal temperature reaches 165 F).

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 309
- Total Carbs: 11 g
- Fiber: 3 g
- Net Carbs: 8g
- Total Fat: 25 g
- Protein: 24 g



Coconut Beef

This tasty beef curry makes a great week-end meal. It can simmer away on your stove while you do your chores. If you like some heat, swap out the bell pepper for a hotter red pepper.

Ingredients

- 1 T coconut oil or ghee
- 1 lb beef round or other boneless, cut into 1-inch cubes
- 1 medium onion, sliced
- 1 T curry powder
- ½ tsp cumin
- ½ tsp ground coriander
- 1 tsp turmeric
- ½ tsp cardamom
- 1 can full fat coconut milk
- 1 carrot, julienned
- 1 bell pepper, medium dice (or use a hotter red pepper of preference)
- 10 cremini mushrooms, medium diced
- 1 T fish sauce
- 1 tsp fresh ginger, minced
- 2 garlic cloves, minced or pushed through a press
- ¼ cup fresh basil leaves, chopped
- Grinding of black peppercorns & pink Himalayan salt, to taste



Preparation

1. Melt coconut oil in a heavy bottomed saucepan and sauté the onion and beef until the meat is nicely browned and the onions are soft. Add the spices and sauté one minute more.
2. Pour in the coconut milk, carrots, bell peppers, mushrooms, and fish sauce.
3. Bring to the boil, then cover and simmer for 1 hour until the beef is tender.
4. Add the basil, garlic and ginger. Simmer for 10 minutes more and serve.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 419
- Total Carbs: 13g
- Fiber: 3g
- Net Carbs: 10g
- Total Fat: 28g
- Protein: 29g



Beef Bourguignon (Instant Pot or Stove-top)

The instant pot is a quick way to get a mouth watering stew on the table. However, a heavy bottomed pot on the stove-top will do the trick too; it will just take a bit longer.

No matter what method of cooking you choose, Beef Bourguignon is an elegant stew that's sure to please.

Ingredients

- ½ C butter
- 1 ½ lb beef chuck roast, cut into large cubes
- 4 bacon strips, turkey or bacon, diced
- 10 pearl onions, peeled & left whole
- 3 garlic cloves, minced
- ½ carrot, sliced into rounds
- 10 cremini mushrooms, quartered
- 1 C organic beef broth
- ½ C dry red wine
- ½ tsp xanthan gum
- 2 bay leaves
- ½ tsp dried thyme
- Grinding of peppercorns & pink Himalayan salt, to taste



Preparation

1. Melt $\frac{1}{4}$ C of the butter in the instant pot and sauté the meat in batches until all the cubes are nicely browned. Remove from the pot as they are done and set aside. Do the same if cooking the stew on the stove-top.
2. Add the remaining butter as well as the diced bacon, pearl onions, mushrooms. Sauté for 4 or 5 minutes.
3. Pour in the broth and red wine. Add the meat back into the pot and, if using the instant pot, secure the lid. Reset the pot to the stew setting and set the timer for 30 minutes. Allow the instant pot to release the steam naturally before removing the lid. Add the xanthan gum and set the instant pot back to the sauté setting. Allow the stew to simmer and thicken for a few minutes.
4. If cooking on the stove-top, simply cover the pot and allow the stew to simmer, stirring occasionally, for about an hour. Stir in the xanthan gum for the last 15 minutes.
5. Ladle into bowls and serve with Garlic Cauliflower Mash on the side, if desired.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 408
- Total Carbs: 5g
- Fiber: 2g
- Net Carbs: 3g
- Total Fat: 28g
- Protein: 29g



Grilled White Fish

You can either fire up the grill or use a ridged grill pan on your stove-top to grill whole fish to perfection.

Ingredients

- 4 small whole fish, (about 6 oz each), cleaned and scaled
- ½ T extra virgin olive oil
- Grinding of black peppercorns & pink Himalayan salt
- ¼ C fresh parsley
- Sprig of fresh rosemary
- 2 garlic cloves, pushed through a press
- 4 lemon slices

Preparation

1. Allow the fish to sit at room temperature for ½ hour then pat it dry, inside and out with paper towel. Fire up the grill and let it pre-heat to medium high.
2. Brush the fish all over with the olive oil, season inside and out with salt & pepper and tuck the parsley, rosemary, garlic and lemon slices into the cavity.
3. Lightly brush the grill with oil. With the lid up, grill the fish until it is slightly charred and releases from the grill easily (this will take about 10 minutes). Carefully turn the fish and grill for another 10 minutes or until the flesh is white and opaque. Remove from grill and let stand for a few minutes before serving.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|-----------------|
| • Total Calories/Serving: 336 | • Net Carbs: 2g |
| • Total Carbs: 2g | • Total Fat: 7g |
| • Fiber: 0g | • Protein: 48g |



Slow Cooker Asian Short Ribs

The slow cooker is put to great use when short ribs are on the menu. You can go the low and slow route or set the cooker to high and the ribs will be done quicker.

I like to serve these ribs next to [Garlic Cauliflower Mash](#) or [Fried Cauliflower Rice #1](#).

Ingredients

- ½ C tamari sauce
- ½ C beef broth
- ½ T erythritol
- 3 cloves garlic, minced or pushed through a press
- 1 T freshly grated ginger
- 1 tsp sesame oil
- 1 tsp crushed red pepper flakes, optional
- 3 lb bone-in beef short ribs, cut crosswise into 3" pieces
- 1 tsp xanthan powder
- 2 T fresh parsley leaves, chopped

Preparation

1. In a large bowl, whisk tamari, beef broth, Erythritol, garlic, ginger, sesame oil and red pepper flakes.
2. Place ribs into the slow cooker and pour the tamari mixture over-top. Stir the ribs around a bit to make sure everything gets coated with the sauce.
3. Cover and cook on low heat for 7 hours or high heat for 3 ½ hours.
4. Serve immediately, garnished with parsley

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 471
- Total Carbs: 4g
- Fiber: 1g
- Net Carbs: 3g
- Total Fat: 27g
- Protein: 48g



Lemon/Herb Baked Chicken Dinner Plate

Tangy and tasty, these chicken breasts grace our table often. You can simply bake them in the oven or fire up the BBQ. Either way they are an easy to prepare meal you will enjoy often.

Ingredients

- 2 T extra virgin olive oil
- ¼ C fresh lemon juice
- 2 T fresh chopped parsley (1 tsp dried)
- 2 garlic cloves, minced or pushed through a press
- ½ tsp dried thyme
- ½ tsp dried rosemary
- 1 pound skinless & boneless chicken breasts
- Grinding of black peppercorns and pink Himalayan salt
- 2 T Best BBQ Sauce or other sugar-free BBQ sauce of preference
- 1 avocado, peeled and sliced
- 2 C mixed greens
- 16 cherry tomatoes



Preparation

1. Place chicken breasts in a re-sealable bag. Make a marinade by whisking olive oil, lemon juice, parsley, garlic and spices; then pour over chicken breasts. Seal bag and refrigerate for at least one hour or overnight.
2. Pre-heat the oven to 350 F.
3. Remove chicken from bag (do not pat dry) and discard the remaining marinade. Lay chicken breasts on a baking sheet lined with parchment paper. Place on the middle rack of the pre-heated oven. Bake for 15 minutes.
4. Remove from oven and baste the chicken with the BBQ sauce. Return to the oven for another 10 minutes or until the chicken reaches 165 F.
5. Divide the mixed greens and avocado slices between 4 plates, place a chicken breast on each plate and garnish with the cherry tomatoes.

Yield: 4 Servings (1 chicken breast per serving)

Nutritional Information

- | | |
|-------------------------------|-------------------|
| • Total Calories/Serving: 290 | • Net Carbs: 3g |
| • Total Carbs: 9g | • Total Fat: 15 g |
| • Fiber: 6g | • Protein: 27 g |



Stir-fry Chicken & Veggie Bowl

Heat up the wok and stir-fry this meal in minutes. Served with Cauliflower Fried Rice #1 (or #2) on the side and you have a mighty fine meal!

Ingredients

- 1 ½ T ghee or coconut oil
- 4 skinless and Boneless chicken Breasts, cut into 1” chunks
- ½ yellow cooking onion, medium dice
- 1 celery stalk, thin slices
- 3 garlic cloves, minced or pushed through a press
- 1 red bell pepper, seeded and julienned
- 1 T tamari sauce
- 1 T fish sauce
- ¼ C cilantro leaves, if desired

Preparation

1. Melt ½ T of the ghee in a wok over medium high heat. Add half of the chicken and stir-fry for 4 or 5 minutes until the internal temperature of the chicken chunks reaches 165F. Remove from the wok and keep warm. Do the same with the other half of the chicken.
2. Melt the remaining ghee and stir-fry the onion and celery until they are soft. Add the garlic and stir-fry for one minute more. Return the chicken to the wok and stir in the tamari and fish sauce. Toss to coat the chicken and heat through.
3. Serve next to cauliflower “rice” garnished with cilantro, if desired.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 166
- Total Carbs: 5g
- Fiber: 2g
- Net Carbs: 3g
- Total Fat: 22g
- Protein: 6g



Baked Garlic Shrimp with Roasted Broccoli

You can bake this meal all at one time on separate rimmed baking sheets: it's easy and it's delicious!

Ingredients

- 2 lb tiger shrimp, peeled and de-veined
- ¼ C butter
- 4 garlic cloves, minced or pushed through a press
- 1 lemon, cut into wedges
- 2 C broccoli florets
- 2 T extra virgin olive oil

Preparation

1. Soak 4 wooden skewers for 30 minutes then divide the prepared shrimp and thread them onto the skewers. Place the shrimp skewers onto a parchment lined rimmed baking sheet.
2. Spread the garlic over the skewered shrimp and dot each skewer, liberally, with the butter. Set aside.
3. Place the broccoli florets in a bowl and drizzle the olive oil over-top. Toss so each piece gets evenly coated by the oil. Spread the florets out on a second, parchment lined baking sheet and place both the shrimp and the broccoli, side by side, onto the middle rack of the pre-heated oven. Bake for 20-25 minutes.
4. Divide the broccoli between 4 wide bowls. Remove the shrimp from the wooden skewers and place them beside the broccoli in each of the bowls. Drizzle any of the melted butter and garlic left on the pan over-top each of the bowls. Serve, garnished with lemon wedges.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 385 | • Net Carbs: 3g |
| • Total Carbs: 2g | • Total Fat: 21g |
| • Fiber: 1g | • Protein: 47g |



Oven Baked Lamb Kebab

This recipe requires a bit of time (30 min.) in the fridge marinating before it's ready for the oven. If it is more convenient, you can cut up the meat and mix up the marinade in the morning and refrigerate the meat and marinade in a zip-lock bag all day.

Ingredients

- 1 lb lamb leg steaks or shoulder roast, cut into small pieces
- 5 T extra virgin olive oil
- Freshly squeezed juice from 1 lemon
- 2 T fresh mint leaves, chopped
- ½ tsp ground coriander
- ½ tsp dried basil
- 1 tsp dried oregano
- 2 garlic cloves, minced or pushed through a press
- Salt and freshly ground black pepper to taste
- Fresh mint sprigs leaves for garnish, if desired

Preparation

1. In a mixing bowl or zip-lock bag, combine lamb, 2 T of the oil, lemon juice, chopped mint, coriander, basil, oregano and half of the crushed garlic, salt & pepper. Mix well. Cover and refrigerate for 30 minutes. Remove meat, but don't pat it dry. Discard the leftover marinade.
2. Pre-heat the oven to 375 F.
3. Thread the marinated meat onto 4 metal skewers and place them on a parchment lined rimmed baking sheet.
4. Bake on the middle rack of the pre-heated oven for 20 minutes. Check that the internal temperature reaches 165 F. Serve with a nice green salad on the side.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 457 | • Net Carbs: 1g |
| • Total Carbs: 2g | • Total Fat: 42g |
| • Fiber: 1g | • Protein: 19g |



Lamb Meatballs

This is a basic recipe for meatballs that you can use for a variety of meal options. Add a jar of your favorite sugar-free tomato sauce and serve the meatballs and sauce over zucchini noodles. Make up a big batch and freeze them, portioned out, for easy meals on nights when your family has things to do.

Ingredients

- 1 lb ground lamb
- 1 T nutritional yeast
- 1 egg, beaten
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 T fresh mint, chopped
- ½ small yellow cooking onion, minced
- 2 tsp garlic granules (or powder)
- Grinding of black peppercorns & pink Himalayan salt
- 3 T extra virgin olive oil

Preparation

1. Pre-heat oven to 350°F (180°C). Line a rimmed baking sheet with parchment paper or foil.
2. In a large bowl, combine lamb, nutritional yeast, egg, oregano, basil, mint, onion, garlic granules, salt & pepper.
3. Form meat mixture into 1" or slightly larger meatballs.
4. Heat oil in a large, heavy bottomed skillet over medium high heat and brown meatballs on all sides; working in batches if necessary. Transfer browned meatballs to the parchment lined baking sheet and bake for 8 to 10 minutes or until fully cooked and no longer pink inside. (Internal temperature should reach 165 F).

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 342 | • Net Carbs: 2g |
| • Total Carbs: 3g | • Total Fat: 26g |
| • Fiber: 1g | • Protein: 26g |



Baked Chicken Drums & Fennel

Chicken Drumsticks are a very economical meat cut that will go easy on your weekly food budget. When they are on sale I buy extra and freeze them for later use.

I've included a few orange slices for flavor in this dish. Even though oranges are not technically a keto food, you won't actually be eating them as they will be discarded before the drums are plated. All that remains will be a slight orange flavor and no extra carbs.

Ingredients

- ¼ C extra virgin olive oil
- 2 fennel bulbs, trimmed and cut into ¼" thick chunks
- Grinding of black peppercorns & pink Himalayan salt
- 3 orange slices (or lemon slices)
- 2 lbs chicken drums
- Fresh parsley for garnish, if desired

Preparation

1. Pre-heat oven to 450F.
2. Brush the bottom and sides of a roasting pan with half of the olive oil. Make a layer of fennel pieces overlapping the chunks if necessary. Drizzle the remaining oil over-top. Place on the middle rack of the pre-heated oven and roast the fennel for 10 minutes. Remove from the oven.
3. Arrange the drums on top of the fennel chunks. Tuck the orange slices between some of the drums. Brush some of the oil and juices on the bottom of the pan onto the drums and season with salt and pepper. Return to the oven for 15 minutes more.
4. Baste the chicken and orange slices with the drippings again then adjust the oven heat down to 350F. Bake for another 30 minutes or until the internal temperature of the chicken reaches 165F.
5. Divide chicken and fennel amongst 4 plates. Serve with a tossed green salad.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 458
- Total Carbs: 9g
- Fiber: 4g
- Net Carbs: 5g
- Total Fat: 28g
- Protein: 45g



Rosemary Drums

Economical chicken drumsticks make a good meal and are easy on the pocketbook! In this recipe, lemon and rosemary combine to make a memorable meal without much fussing.

Ingredients

- 2 lb chicken drums
- 2 T extra-virgin olive oil
- 2 T fresh minced rosemary
- Zest from 2 lemons
- 4 garlic cloves, minced or pushed through a press
- 1 T fresh lemon juice
- Grinding of black peppercorns & pink Himalayan salt

Preparation

1. Pre-heat oven to 375F.
2. Whisk olive oil, rosemary, lemon zest, lemon juice and garlic in a bowl large enough to hold the chicken. Add the chicken pieces and toss, making sure each piece gets coated evenly.
3. Line a rimmed baking sheet with parchment paper and place chicken pieces on the pan leaving some space between each piece.
4. Place on the middle rack of the pre-heated oven. Bake for 25 minutes then baste the chicken with the drippings on the pan. Bake for another 15-20 minutes or until the internal temperature of the chicken reaches 165F.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 429 | • Net Carbs: 3g |
| • Total Carbs: 3g | • Total Fat: 27g |
| • Fiber: 0g | • Protein: 44g |



Teriyaki Chicken on Zucchini Noodles

This recipe is perfect for a busy evening when you must eat and run. Dinner will be on the table quickly, so you can get on with your evening.

Ingredients

- 2 ½ T ghee or coconut oil
- 1 ½ lb Skinless & boneless chicken thighs, cut into 1" chunks
- ¼ C tamari sauce
- 2 T unseasoned rice vinegar
- 2 tsp sesame oil
- Erythritol or stevia, to taste
- 2 garlic cloves, minced
- Green onion (scallion), thinly sliced on the diagonal
- 2 small zucchini, spiralized
- Sesame seeds, for garnish

Preparation

1. Whisk tamari, rice vinegar, sesame oil, sweetener and xanthan gum. Set aside.
2. Heat 1 T of the ghee in a heavy bottomed skillet or wok over medium high heat. Add chicken chunks and stir fry until the chicken is brown, slightly crispy and reaches an internal temperature of 265F. Remove from the pan and keep warm.
3. Melt 1 T of the ghee and stir fry the minced garlic for one minute then pour in the tamari mixture. Stir until the sauce thickens.
4. Add the cooked chicken and toss to coat with the sauce. Keep warm
5. In another skillet, heat the remaining ghee over medium high heat until it melts. Toss in the spiralized zucchini and stir fry until the noodles soften and brown lightly. Divide the noodles between 4 bowls and top with the chicken teriyaki. Garnish with sesame seeds and sliced green onion.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 412
- Total Carbs: 3g
- Fiber: 1g
- Net Carbs: 2g
- Total Fat: 30g
- Protein: 35g



Beef Tenderloin Steak Dinner

There's nothing quite as tender, steak-wise, as tenderloin. I look for well-marbled meat and choose steak cuts that are at least 1 ½" thick.

Ingredients

- 8 oz beef tenderloin (2 steaks)
- 1 T ghee
- Grinding of black peppercorns & pink Himalayan salt
- 2 C baby spinach
- 6 cherry tomatoes
- 2 T fresh lemon juice
- 2 T extra virgin olive oil
- Sweetener, to taste

Preparation

1. Sprinkle both sides of each steak with a grinding of salt and pepper.
2. On the BBQ: Pre-heat the BBQ to high. When it's hot, sear the steak on each side (about 2 minutes) keeping the lid of the BBQ up. Once steaks have a nice sear on them, lower the heat to medium, close the lid and continue grilling the steaks for 2 or 3 more minutes per side. Use a meat thermometer to check the internal temperature of the steaks for best results; 120 F for rare or 130 F for medium-rare. The steaks should rest, off the heat for 3 or 4 minutes before serving and during this time the internal temp will rise approximately 5 more degrees.
3. Grill pan method: Heat grill pan over high heat until hot. Melt 2 tsp of ghee in the pan and sear the steaks on each side then turn the temperature down to medium/high. Cook steaks for 2 or 3 minutes per side and follow the above instructions for correct internal temperature and resting period.
4. While the steak is resting whisk lemon juice, olive oil and erythritol. Set aside
5. Arrange half the spinach and cherry tomatoes on each plate and drizzle the dressing over-top the salad. Place a steak on each plate and serve immediately.

Yield: 2 Servings

Nutritional Information

- | | |
|-------------------------------|------------------|
| • Total Calories/Serving: 422 | • Net Carbs: 7g |
| • Total Carbs: 9g | • Total Fat: 29g |
| • Fiber: 2g | • Protein: 34g |



Recipes

Sides & Salads



Garlic Cauliflower Mash

For creamy cauliflower mash, you will need to take care when squeezing the excess moisture out of the steamed cauliflower. It's a bit of a messy process but the end result is worth your effort. The mash will be creamier and thicker ... just the way you like it!

If you are in a hurry you can skip roasting the garlic. Simply sauté the raw chopped garlic in the ghee until it browns and gets a bit crispy.

Ingredients

- 1 ½ heads of cauliflower, cut into florets
- 1 garlic bulb
- 3 T ghee or butter, melted
- Grinding of black pepper corns and pink Himalayan salt



Preparation

1. Pre-heat oven to 375 F.
2. Remove excess paper from garlic bulb and brush off any loose dirt from the root end. Use a sharp knife to cut off a bit of the top part of the bulb but leave the root end intact. Place bulb on a baking sheet and onto the middle rack of the pre-heated oven. Bake for 25 minutes or until the bulb turns a golden brown and the individual cloves inside the bulb are soft. When cool enough to handle, separate the cloves and remove the papery coating. Chop roughly into smaller chunks and set aside.
3. Steam cauliflower over boiling water until very tender. Transfer cooked cauliflower to a deep bowl. Fold a few sections of paper towel and place on top of the cauliflower.
4. Using paper towel squeeze as much excess moisture as possible out of the florets by pressing down on them. The moisture will wick upwards into the paper towel. Don't worry if the cauliflower falls apart during this process.
5. Mash the cauliflower using an immersion blender. Don't be afraid that the mash will get gluey by over-processing. It's the starch in potatoes that does that and since there's no starch in cauliflower, you don't have to worry! Melt the butter and fold into the mashed cauliflower.
6. Stir in the chopped roasted garlic and correct the seasoning with salt and pepper. Serve while hot.

Yield: 6 Servings

Nutritional Information

- Total Calories/Serving: 98
- Total Carbs: 8g
- Fiber: 4g
- Net Carbs: 4g
- Total Fat: 7g
- Protein: 3g



Grilled Salad

I make this salad using a ridged grill pan on my stove-top if the weather is cooler, but when summertime rolls around, it is BBQ season!

Grilling bumps the flavor of these vegetables up a notch and this is one of my favorite ways to make a salad. Paired with fish or chicken, this salad is superb.

Ingredients

- 1 Japanese eggplant, cut into rounds
- 1 small zucchini, cut into rounds
- 1 yellow bell pepper, seeded and cut into 6 sections
- 1 red bell pepper, seeded and cut into 6 sections
- 1 thick slice of red onion
- 5 basil leaves
- 2 T extra virgin olive oil
- 2 T fresh lemon juice
- Sweetener to taste, if desired
- 1 tsp dried oregano

Preparation

1. Place vegetables in a large bowl and drizzle 1 T of the olive oil over-top. Toss so everything gets coated evenly.
2. Used a ridged grill pan on your stove-top to grill the veggies in batches or fire up the BBQ and grill the veggies there for a nice charred flavor. Either way, the outcome will be good. Once grilled, set the vegetables aside in a bowl to cool down to room temperature.
3. Make a dressing by whisking the remaining olive oil with the lemon juice and dried oregano. Toss the basil leaves with the veggies and drizzle the dressing over-top. Toss again and serve.

Yield: 4 Servings

Nutritional Information

- Total Calories/Serving: 99
- Total Carbs: 9g
- Fiber: 3g
- Net Carbs: 6g
- Total Fat: 7g
- Protein: 2g



Tossed Green Salad

Ingredients

- 2 C baby spinach leaves
- 2 C mixed greens
- ½ bell pepper, julienned
- ¼ C red onion, thinly sliced & rings pulled apart
- 6 cherry tomatoes

Preparation

1. Toss all ingredients together and serve with your favorite keto dressing on the side.

Yield: 4 Servings

Nutritional Information

- | | |
|------------------------------|-----------------|
| • Total Calories/Serving: 36 | • Net Carbs: 3g |
| • Total Carbs: 6g | • Total Fat: 0g |
| • Fiber: 3g | • Protein: 3g |



Spiralized Veggie Salad

I've found the texture of spiralized veggies gives tossed salad a new appeal and I'm down with anything that helps me and my family enjoy more fresh veggies!

Ingredients

For the salad:

- 1 small zucchini, spiralized
- ½ English cucumber, spiralized
- ½ C spiralized Daikon
- ½ carrot, spiralized
- 2 C mixed greens
- ¼ C yellow bell pepper, thin slices

For the dressing:

- Juice from ½ lemon
- ½ tsp Dijon mustard
- Liquid stevia, to taste
- 1/3 C extra-virgin olive oil

Preparation

1. Place all the prepared veggies in a salad bowl.
2. To make the vinaigrette salad dressing, whisk lemon juice, Dijon mustard, and stevia.
3. Drizzle the oil into the dressing a drop at a time while continuing to whisk until all the oil is incorporated into the dressing.
4. Top the salad with the dressing and toss just before serving.

Yield: 4 Servings

Nutritional Information

- | | |
|-------------------------------|-------------------|
| • Total Calories/Serving: 203 | • Net Carbs: 4 g |
| • Total Carbs: 5 g | • Total Fat: 19 g |
| • Fiber: 1 g | • Protein: 3 g |



Fried Cauliflower "Rice" #1

You can use a variety of different spices and herbs to create different flavor profiles for this tasty "rice". It's a versatile side-dish that works well with many different entrées.

Ingredients

- 2 T extra virgin olive oil or coconut oil
- 2 C cauliflower "rice"
- ¼ C onion, fine dice
- 2 garlic cloves, minced

Preparation

1. Melt ghee in a wok or heavy skillet over medium/high heat.
2. Sauté onion for 3 minutes or until soft.
3. Add minced garlic and sauté for one more minute.
4. Add riced cauliflower and stir-fry for about 4 or 5 minutes until the rice is soft and cooked through. Remove from heat and serve immediately.

Yield: 4 servings (1/2 C each)

Nutritional Information

- | | |
|------------------------------|-----------------|
| • Total Calories/Serving: 82 | • Net Carbs: 2g |
| • Total Carbs: 4g | • Total Fat: 7g |
| • Fiber: 2g | • Protein: 2 g |



Fried Cauliflower "Rice" #2

You can use a variety of different spices and herbs to create different flavor profiles for this tasty "rice". It's a versatile side-dish that works well with many different entrées.

Ingredients

- 2 T extra virgin olive oil or coconut oil
- 2 C cauliflower rice
- ½ carrot, julienned
- ½ celery stalk, sliced thinly
- 1 T fresh ginger root, minced
- 2 green onions (scallions), sliced thinly
- 2 garlic cloves, minced
- 2 T tamari sauce

Preparation

1. Melt ghee in a wok or heavy skillet over medium/high heat.
2. Add remaining ingredients and stir-fry for 5 minutes until the cauliflower is cooked and all the ingredients are softened.
3. Stir in the tamari sauce & serve.

Yield: 4 servings (1/2 C each)

Nutritional Information

- | | |
|------------------------------|-----------------|
| • Total Calories/Serving: 89 | • Net Carbs: 3g |
| • Total Carbs: 5g | • Total Fat: 7g |
| • Fiber: 2g | • Protein: 3g |



Roasted Cauliflower

Roasting punches up the flavor of cauliflower and results in a tasty side-dish that pairs well with red meat, fowl and fish.

Ingredients

- 3 C cauliflower florets (raw, not frozen)
- 2 T extra virgin olive oil
- Grinding of black peppercorns & pink Himalayan salt

Preparation

1. Pre-heat the oven to 350F.
2. Line a rimmed baking sheet with parchment paper.
3. Toss florets with oil and spread out on the parchment lined pan.
4. Season with salt and pepper.
5. Place pan on the middle rack of the pre-heated oven and roast for 20-25 minutes or until the cauliflower is tender and lightly browned.

Yield: 3 Servings

Nutritional Information

- | | |
|-------------------------------|-----------------|
| • Total Calories/Serving: 103 | • Total Fat: 9g |
| • Total Carbs: 4g | • Protein: 1g |
| • Fiber: 1g | |



Keto Coleslaw

You can find already shredded cabbage mixtures in most grocery stores, so whipping up coleslaw takes no time at all on days you are in a hurry to get a meal on the table. It may be more economical to buy a whole cabbage and shred it yourself if you are feeding a larger group.

Using a food processor makes quick work of this job, so whatever method you choose; coleslaw will be an easy to make side-salad.

Ingredients

- 3 C pre-shredded cabbage
- 1 dill pickle, small dice
- 3 T onion, minced
- 3 T full-fat mayonnaise
- ½ T pickle juice or apple cider vinegar
- Quick squirt liquid stevia (if desired)
- Salt and pepper to taste

Preparation

1. Mix all ingredients together and serve.

Yield: 4 servings

Nutritional Information

- | | |
|------------------------------|------------------|
| • Total Calories/Serving: 91 | • Net Carbs: 3g |
| • Total Carbs: 5 g | • Total Fat: 8 g |
| • Fiber: 2 g | • Protein: 1 g |

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